

Discover



a New
World and
Join EFNEP!

Learn:

- How to stretch your food dollar
- How to have a healthy diet
- How to keep food safe to eat
- How to eat the right foods for your unborn baby

Spread the word for EFNEP!

The Expanded Food and Nutrition Education Program is part of the Alabama Cooperative Extension System.
We help families eat well to have a better life.

You're #1



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EFNEP is A



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**Read Up
on EFNEP**



**and Become
Food Smart!**

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Jovita J. Lewis, Multi-County Extension Agent—EFNEP, Hale County. Recommendation for Barbara Stumppler, Extension Nutritionist, Professor, Nutrition and Food Science, Auburn University.

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