



Expanded Food and Nutrition Education Program  
Alabama Cooperative Extension System

The Alabama Cooperative Extension System offers **Today's Mom** through the Expanded Food and Nutrition Education Program (EFNEP). Today's Mom is a series of six free prenatal nutrition education lessons that teach moms-to-be nutrition and healthy lifestyle choices to ensure successful birth outcomes

### Today's Mom Lessons

- Hello Baby
- Building Baby
- Feeding Baby
- Fun in the Kitchen with Baby
- Eating on the Run with Baby
- Welcome Home Baby



Each lesson includes physical activity or relaxation techniques, food preparation, hands-on group activities, and parenting-related tips.

\_\_\_\_\_ **Yes**, I am interested in the Today's Mom program.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ *(If under the age of 18, parental permission required.)*

■ For more information about **Today's Mom**, contact the following:



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