



Teen Cuisine

Recipes

Food Demonstrations

Lesson Reinforcements

Hands-on Group Activities

Physical Activity

The Expanded Food and Nutrition Education Program (EFNEP) will offer a FREE 6-week lesson series. Teen Cuisine helps teens become self-sufficient in the kitchen while teaching them healthy habits that will last a lifetime.

Session Topics

- Eat Smart • You Are What You Eat
- Power Up with Breakfast • Find the Fat
- Kick the Sugar Habit • Snack Attack

Join Us! For more information, contact:

