



Teen Cuisine

Encore

Session Topics

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

Recipes • Food Demonstrations • Lesson Reinforcements • Hands-on Group Activities • Physical Activity



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

Join Us! For more information, contact: