

Join us via phone, tablet, or computer!

**The Expanded Food and Nutrition Education Program (EFNEP)** can show you how to eat healthier and be more active.

Limited-income parents/caregivers who participate learn how to make food choices to improve the quality of the meals they serve their family. EFNEP offers a FREE & FUN series of nine, 45-minute workshops via live interactive online Zoom meetings. After completing the series, you will receive a certificate from OSU and a couple small gifts.

**Open Series start dates**:

Monday, October 5th 6-7 p.m.

Thursday, October 15th 6-7 p.m.

To receive program access, advance registration is required a week before the series starts.

To register, email your name, phone & zip code to:

**Tanya North at** [**North.117@osu.edu**](mailto:North.117@osu.edu)