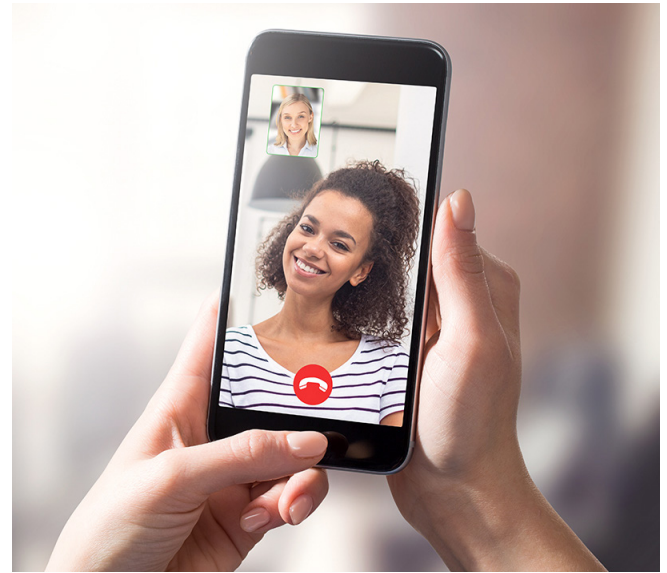


JOIN US FOR

ONLINE NUTRITION CLASSES



EFNEP offers six fun and free online classes. Learn about healthy eating, saving money at the grocery store, keeping food safe, and being physically active.

You will receive a water bottle, measuring cups and spoons, cookbook, and a graduation certificate!

WHO CAN ATTEND?

If you are pregnant or have children at home and are eligible for programs such as School Lunch, Supplemental Nutrition Assistance Program (Basic Food), WIC, or Head Start/ECEAP, you are eligible for EFNEP.

To sign up, scan the QR code with your phone or visit the website below.

https://wsu.co1.qualtrics.com/jfe/form/SV_0pshMpL5cjSAiIT



QUESTIONS?



For more information, visit the website: www.nifa.gov/efnep, or contact Diana Zamora, EFNEP Supervisor, diana.zamora@wsu.edu, 253-798-3227

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.



WASHINGTON STATE
UNIVERSITY
EXTENSION