

# **Community Nutrition *EFNEP***

Interactive nutrition education program for families with children, birth to 18 years, families who are pregnant, caregivers OR young adults (18y-26y without children).

**9 FREE IN PERSON LESSONS – HELD WEEKLY**

- ~Learn How to Make Healthier Choices!
- ~Plan & Shop for Healthy Meals Within YOUR Budget!
- ~Keep Your Family - Food Safe!
- ~So MUCH More! FREE Electric Skillet!!

**Thursdays: July 2nd – August 27th  
10 a.m. – 11:30 a.m.**

**LOCATION: 11767 Lisbon Road  
Salem, OH 44460**

**To Register:**

**Email: [info@brcoh.org](mailto:info@brcoh.org)**

**Call: 330-533-3278 x 501**

**[mahoning.osu.edu](http://mahoning.osu.edu)**

