



# Nutrition Education Course

**No Cost**

## Date:

**Wednesday:**

January 9, 16, 23, 30  
February 6, 13

## Time:

5:30 PM

## Location:

Lemon Grove Library  
3001 School Lane  
Lemon Grove, 91945

## Language:

Spanish/English

# EFNEP

Expanded Food & Nutrition Education Program  
County of San Diego

*Eating Smart • Being Active*

## Workshop Topics:

- Welcome
- Get Moving!
- Plan, Shop, Save
- Vary Your Veggies - Focus on Fruit
- Make Half Your Grains Whole
- Go Lean with Proteins
- Building Strong Bones
- Make a Change
- Celebrate! Eat Smart be Active

## *Incentives Included*

Receive a certificate from the University of California Cooperative Extension for completing all workshops.



This work is/was supported by the U.S. Department of Agriculture (USDA), National Institute of Food and Agriculture, the Expanded Food and Nutrition Education Program. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the USDA.

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