



EAT SMART, BE ACTIVE

Virtual Learning opportunity for the Clayton Community

Day: Monday's

Dates: July 12-August 16

Time: 6:00PM

Place: Online

The Expanded Food and Nutrition Education Program (EFNEP) can teach you how and why to eat healthier and be more active even on a limited budget.

You will learn how to make better food choices to improve the quality of life for you and your family, recipes and much more. EFNEP offers a series of 6, 40 minute live online classes via Zoom. At the end of the series, you will receive an OSU grad pack.

Registration or questions: **Contact: Tanya North at North.117@OSU.edu**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

—We Sustain Life—

efnep.osu.edu

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