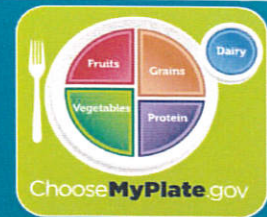


EFNEP



Expanded Food and Nutrition Education Program

Through the EFNEP series you will explore how to:

- Cook more meals and snacks at home
- Eat more fruits and vegetables
- Be more active with your family
- Reach and/or stay at a healthy weight
- Save money on groceries
- Control portion size
- Have more energy
- Keep food safe



There is no charge to participate!

CLASSES HELD ON:

TIME:

TUESDAY & THURSDAY

11:00 A.M. – 12:30 P.M.

JANUARY 9

JANUARY 11

JANUARY 16

JANUARY 18

JANUARY 23

JANUARY 25

JANUARY 30

FEBRUARY 1

PLACE:

**KIPP ASPIRE ACADEMY
239 STARK
SAN ANTONIO, TX
78204**



FOR MORE INFORMATION PLEASE CONTACT:

**BERENICE SAAVEDRA
FAMILY COMMUNITY COORDINATOR
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bsaavedra@kippsa.org**

<http://efnep.tamu.edu>



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