

EFNEP

Expanded Food and Nutrition Education Program

What:

Free Nutrition Class

When:

Tuesdays

From 4:00-6:00pm

April 22-June 17, 2025

Where:

Hughes Station
Community Room
231 N. Main St.
Brighton, CO

For more information or to register:

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COLORADO STATE UNIVERSITY
EXTENSION

A **FREE** program for young adults and parents where you'll learn to:

- Cook new recipes
- Choose healthy foods
- Save money at the grocery store
- Keep food safe to eat
- Be more active!

Each week you'll learn to cook and taste new recipes!

Participants receive:

- Cutting mat
- Water bottle
- Grocery shopping list
- Produce brush
- Dry measuring cup
- Liquid measuring cup
- Measuring spoons
- Refrigerator thermometer
- *Cook it safe* magnet
- *Let's Cook!* Cookbook

These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). USDA is an equal opportunity lender, provider, and employer.

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