



Photos courtesy of UMaine Extension



Free Distance Nutrition Education Classes!

University of Maine Cooperative Extension Expanded Food and Nutrition Education Program is **free** to income-eligible adults with children, or young adults 19-25 years old, and if you are eligible for programs such as SNAP, WIC, or Head Start.

- **Eating Smart, Being Active**

9-lesson series with live virtual classes and short videos to watch anytime

- **Create Better Health**

4-lesson series with live virtual classes, follow-up materials, and access to videos

- **10 Steps to a Healthier You**

10-lesson self-paced series with interactive videos and printable worksheets

All classes include recipes, choosing healthy foods, smart food shopping, food safety, and healthy activities. Participants receive free gift bag after class completion.

Not sure which class to choose? We can help!



Registration is required.

Scan QR code with a phone camera or visit our website.

For more information or to request a reasonable accommodation, contact:

Alice Cantrell, EFNEP CEA
Somerset and Franklin Counties

Email: alice.cantrell@maine.edu

Website: extension.umaine.edu/food-health/efnep/distance-education-class-options