# EATING SMART, MOVING MORE with EFNEP

EFNEP

Join us on our online lessons to learn:

- Nutrition Tips
- Food Safety
- At Home Exercises
- New Recipes

1. To join please contact your local county educator:

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NC COOPERATIVE EXTENSION

N.C. A&T

NC STATE

USDA

United States Department of Agriculture
National Institute of Food and Agriculture

NCDPH
North Carolina Public Health

Eat Smart Move More

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