

EAT SMART MOVE MORE

Looking to eat healthier, cook tastier meals, and stretch your food budget? Central State's EFNEP (Expanded Food and Nutrition Education Program) is here to help—and it's completely FREE! This hands-on program is designed for adults who care for children or are young adults (18-26), but others may qualify too.



CENTRAL
STATE UNIVERSITY

Extension



WEDNESDAYS – October 1-22, 2025, 11:30-1 pm

FARM SHED at FINDLAY MARKET – 1801 RACE ST. CINCINNATI

TO REGISTER, EMAIL: TNorth1@CentralState.edu

or text 937-993-2793 by September 17th

HERE'S WHAT YOU'LL ENJOY DURING OUR 6-WEEK PROGRAM:

COOK
TOGETHER



SHOP
SMARTER



EAT
BETTER



MOVE
MORE



FOOD
SAFETY TIPS



PORTION
POWER

