



ADULT & FAMILY PROGRAM

Lessons are designed to meet the needs and wants of each participant. They are taught in a group setting or on an individual basis. This flexible program provides 8 to 21 lessons. Graduates receive a cookbook!

WHAT WE DO

Nutrition Education Assistants (NEAs) provide research-based, hands-on learning experiences for families and youth at no cost.

Lesson topics include:

- » stretching your food dollars
- » healthy eating
- » food safety
- » exercise tips



YOUTH PROGRAM

Did you know that healthy habits lead to better academic success? CNEP offers lessons that are age appropriate to teach healthy habits to students from kindergarten through 12th grade. Our flexible programs are available during and after school or in the summertime!



FOR MORE INFORMATION
ABOUT OUR PROGRAMS, CONTACT
YOUR COUNTY OSU EXTENSION
OFFICE OR SEARCH
“OSU CNEP” ONLINE TO FIND
OUR WEBSITE.



WHO WE ARE

A service of OSU Extension,
Community Nutrition Education
Programs (CNEP) educate and
empower individuals, families
and youth to improve nutrition
and physical activity habits.



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



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