EATING SMART, EFNEP **MOVING MORE** with **EFNEP** Nutrition Tips Food At Home Exercises Join our free Safety New to learn: Recipes

For more information or to register for the free nutrition class, contact your EFNEP educator.

Educator:

When:

Contact:

Where:



In compliance with the Americans with Disabilities Act, NC State University will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to the EFNEP educator contact above. Requests can be served more effectively if notice is provided at least 10 days before the event.



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

More