



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



LEARN:

- Safe food preparation
- Benefits of physical activity
- Better food choices
- Preparing healthy meals and snacks

BENEFITS:

- Health and wellness education program at no cost to you
- UGA nutrition certificate of completion
- Reusable water bottle
- Meals in Minutes recipe book
- Virtual sessions currently available

FOOD TALK TEEN:

Delivers eight sessions, duration is flexible

Targets 9th - 12th graders

Uses research based nutrition education

Meets 28 Georgia Department of Education standards

Engages teens through interactive activities & discussions

Provides educational extenders to reinforce key messages

Find a Food Talk Teen program in your area here -
<https://ugaefnep.org/about/meet-our-team/>

