



Session	Lesson	Recipe Demos	Educational Extenders
	Your Food, Your Choice	Curly Noodle Supreme Harvest Muffins	Calendar EFNEP Pen Recipe Cards
	Keep Your Pressure in Check	Chicken Divan Cinnamon Dip	Menu Planner Grocery List Sodium Handout Recipe Cards
	Save with Smart Shopping	Ranch Sauce w/ Carrots Easy Cheesy Broccoli Soup	Shopping Smart Brochure Reusable Grocery Bag What's In Season Magnet Recipe Cards
	Color Me Healthy	Fiesta Quesadillas Ranch & Zesty Sauces Peach Crumble	Color Me Healthy Handout Measuring Spoon Measuring Cup Recipe Cards
	Eat Well On the Go	Breakfast Burritos Zesty Sauce Fruity Parfaits	Reusable Lunch Bag Ice Pack Recipe Cards
	Become a Nutrition Detective	Garden Fresh Tortizza 4-Fruit Smoothie	Reusable Water Bottle Recipe Cards
	Keep Yourself Well	Famous Fried Rice Creamy Pineapple Pudding	Cutting Boards Recipe Cards
	Keep Your Health Out of Jeopardy	Skillet Spaghetti Crunchy Apple Salad	Meals in Minutes Recipe Book EFNEP Certificate Recipe Cards



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| FOOD

TALK