



# EFNEP | FOOD TALK



Session	Lesson	Recipe Demos	Educational Extenders
1	Your Food, Your Choice	Curly Noodle Supreme Harvest Muffins	Calendar EFNEP Pen Recipe Cards
2	Keep Your Pressure in Check	Chicken Divan Cinnamon Dip	Menu Planner Grocery List Sodium Handout Recipe Cards
3	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
4	Color Me Healthy	Fiesta Quesadillas Ranch & Zesty Sauces Peach Crumble	Color Me Healthy Handout Measuring Spoon Measuring Cup Recipe Cards
5	Eat Well On the Go	Breakfast Burritos Zesty Sauce Fruity Parfaits	Reusable Lunch Bag Ice Pack Recipe Cards
6	Become a Nutrition Detective	Garden Fresh Tortizza 4-Fruit Smoothie	Reusable Water Bottle Recipe Cards
7	Keep Yourself Well	Famous Fried Rice Creamy Pineapple Pudding	Cutting Boards Recipe Cards
8	Keep Your Health Out of Jeopardy	Skillet Spaghetti Crunchy Apple Salad	Meals in Minutes Recipe Book EFNEP Certificate Recipe Cards



#WeAreEFNEP [ugaefnep.org](http://ugaefnep.org)



UNIVERSITY OF GEORGIA  
EXTENSION



## OVERVIEW OF SESSIONS

### SESSION 1: Your Food, Your Choice

- Consider why you choose certain foods and beverages.
- Share your food preferences using Voice by Choice.
- Complete enrollment packets.

### SESSION 2: Keep Your Pressure in Check

- Reduce mealtime stress by planning ahead.
- Learn ways to lower your sodium intake.

### SESSION 3: Save with Smart Shopping

- Read food labels to know what you are buying.
- Use the unit price to save money at the grocery store.

### SESSION 4: Color Me Healthy

- Add more fruits and vegetables to your diet.
- Compare the cost of fresh, frozen, and canned fruits and vegetables.
- Save money by reducing food spoilage and waste.

### SESSION 5: Eat Well on the Go

- Select healthier options when eating out.
- Learn how to cut back on high-fat foods.

### SESSION 6: Become a Nutrition Detective

- Reduce your intake of added sugars.
- Increase your intake of whole grains and fiber.

### SESSION 7: Keep Yourself Well

- Explore the importance of physical activity.
- Learn the four basic steps to food safety: Clean, Separate, Cook, Chill.

### SESSION 8: Keep Your Health Out of Jeopardy

- Review the key messages from Food Talk.
- Become an EFNEP graduate.
- Complete exit packets.

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For more information, contact your local UGA Cooperative Extension office.

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