

## **Expanded Food and Nutrition Education Program**

### **Food Talk**

**Food Talk** is an adult nutrition education curriculum developed at the University of Georgia by EFNEP staff. Food Talk was designed to teach adults with children how to make healthy food and lifestyle choices. Food Talk consists of eight lessons, each containing simple messages conveyed in an interactive manner, through activities and recipe demonstrations. If you are interested Food Talk, call Redessa Crawford at 864-2030. The deadline to register is February 8, 2019.