



SAVE THE DATE

Date/Time	Session	Lesson	Recipe Demos	Educational Extenders
	1	Your Food, Your Choice	Creamy Chicken & Noodles Harvest Muffins	Calendar EFNEP Pen Recipe Cards
	2	Keep Your Pressure in Check	Chicken Divan Cinnamon Dip	Menu Planner Grocery List Recipe Cards
	3	Save with Smart Shopping	Ranch Sauce w/ Carrots Festive Tuna Salad	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

