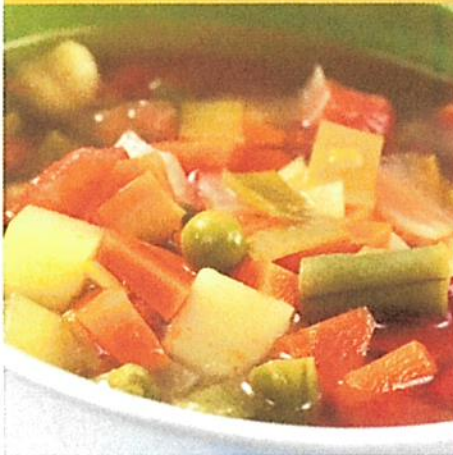


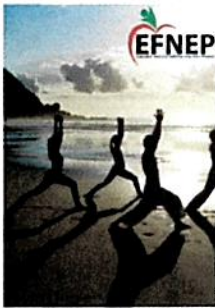
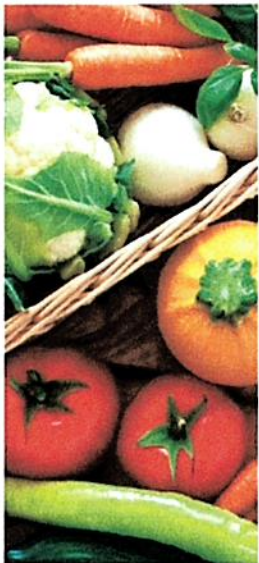
Hampton
County
Library
11 am

ADULT SOUP AND SIP...

*Improve your health with
wellness!*



Expanded Food & Nutrition Education Program- EFNEP



CLEMSON
COOPERATIVE EXTENSION

i INFO

**FREE to
participate**

Join us virtually on Facebook:
[https://www.facebook.com/
groups/634610837385709/](https://www.facebook.com/groups/634610837385709/)

Contact:

Jevencia Hill, Nutrition
Educator

jevench@clemson.edu

OCTOBER 13,
2021

OCTOBER 20,
2021

OCTOBER 27,
2021

NOVEMBER 3,
2021

EATING SMART BEING ACTIVE

Hampton County

- o Free LIVE Nutrition Classes and Cooking Demos
- o Want to join? Follow these 3 easy steps!
 1. Head on over to Facebook
 2. Search for Hampton County EFNEP- Jevencia Hill, Nutrition Educator
 3. Request to join the private group

PROGRAM PERKS:

- ✓ Get new recipes to use at home
- ✓ Money-saving tips at the grocery
- ✓ Prepare great tasting foods your family will love
- ✓ NO cost to participate

**CONTACT
CHRISSY COOK**

ccook@ahjlibrary.org