



The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Education Program (SNAP-Ed). The goals of both are to educate limited resource families with young children and SNAP eligible individuals to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle. NEP programs are delivered by County Extension Agents in all 120 counties and NEP Assistants serve in the majority of counties. County Extension Office information can be found at <http://extension.ca.uky.edu/county>.

For more information about KYNEP visit:

<http://KYNEP.ca.uky.edu>

<https://www.planeatmove.com/>

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