

# Community Nutrition Education Programs



**EXTENSION**

## Education Everywhere for Everyone

Community Nutrition Education Programs (CNEP) educate and empower individuals, families and youth to improve nutrition and physical activity habits.

Visit us online  
[cnep.okstate.edu](http://cnep.okstate.edu)

Oklahoma State University  
Family and Consumer Sciences



FCS OKSTATE EXTENSION



OKSTATEFCS



OKLAHOMASTATEFCS

# What we do

---

Nutrition Education Assistants (NEAs) provide research-based, hands-on learning experiences for families and youth.

Lessons focus on:

- ▶ Diet Quality
- ▶ Physical Activity
- ▶ Food Safety
- ▶ Food Resource Management
- ▶ Food Security

Our classes are completely free and available for individuals or groups. We partner with a variety of agencies, schools, and community sites.

If you're interested, simply scan the QR code below to check for classes offered in your county.

---

## Experts and Events Near You

Scan the code with your smartphone camera or QR code reader app



OSU Extension has offices in each of Oklahoma's 77 counties. Find your county information by using the link below.

[extension.okstate.edu/county/index.html](https://extension.okstate.edu/county/index.html)