



**Alcorn.**  
EXTENSION PROGRAM  
*Empowering People*

[ALCORN.EDU/EXTENSION4-H](http://ALCORN.EDU/EXTENSION4-H)

### **Healthy Living Program**

The 4-H Healthy Living Program helps participants establish life-long healthy eating habits and cooking skills. This program teaches youth and families how to plan, shop, and prepare meals for their families that are healthy but budget friendly.