

What people say about Eat Smart New York!

“Nicole, the Nutrition Program Associate, taught me how to read food labels so I make better food choices. I’m spending less and saving more. I couldn’t have done this without your program”

- Crystal, ESNY participant

“Reading food labels has made me more aware of what I’m feeding my family.”

- Kathy, ESNY participant

“I frequently refer our clients for advice on how to eat better during pregnancy. The feedback is always positive.”

- Julie, RN Planned Parenthood referring agency

“Our clients enjoy informative classes about cooking, food safety and nutrition. I believe these classes are worthwhile and are done creatively which makes learning fun.”

- Sharon, Activities Therapist
Substance Abuse Clinical Services
contracting agency

Eat Better!



Feel Better!

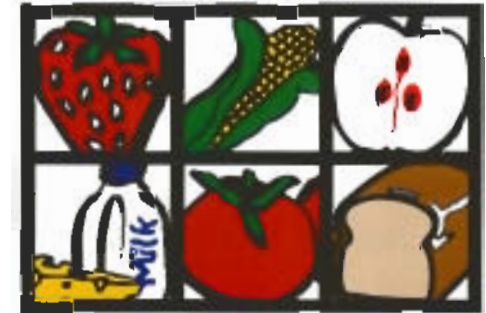


Do Better!



Cornell University
Cooperative Extension
Saratoga County

Eat Smart New York!



ESNY

A **FREE** program
promoting healthy
lifestyles and
financial fitness.

Eat Smart New York is offered by Cornell
Cooperative Extension of Saratoga County in
collaboration with Saratoga County Department of
Social Services.

...and Justice for all

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Contact Eat Smart New York
in Saratoga County at
(518)885-8995 Ext 221
1-800-443-0107 Ext 2230
www.ccesaratoga.org

Eat Smart New York! Can Help

- **Free** and confidential services meet the unique needs of foodstamp applicants and recipients.
- Participants are empowered to make informed decisions.
- Healthy diet and lifestyles are encouraged.
- Financial resources can be reviewed.
- Hands-on activities enhance learning.
- Frequent visits and follow-up promote behavioral changes.
- Referrals are available to other agencies.

Eat



Better!

Eat Smart New York! Participants Learn to:

- Plan thrifty menus
- Stretch food dollars
- Read food labels
- Budget household finances
- Use the Food Guide Pyramid
- Plan nutritious meals for pregnant moms, infants and children
- Meet the nutritional needs of seniors
- Manage weight for optimal health
- Increase activity at any age
- Prepare healthy meals in a flash
- Serve healthy snacks for kids
- Cook for one or two
- Cook from scratch
- Use leftovers creatively
- Store and prepare food safely
- Grow a vegetable garden
- Preserve food by canning or freezing

Feel



Better!

How Eat Smart New York! Works

Referrals are made for all foodstamp applicants and recipients.

Trained Nutrition Program Associates work with individuals and groups to determine needs and goals.

Sessions are conducted at homes, community centers, work sites or other convenient locations.

Weekly or bi-weekly meetings are scheduled for up to one year.

Do



Better!