

Services Offered Through Eat Smart New York

Eat Smart New York (ESNY) Nutrition Education is **FREE** to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP), the new name for Food Stamps.

Why make group requests to Eat Smart New York in Fulton and Montgomery Counties?

- Provides income-eligible individuals the opportunity to receive lessons at no charge, conducted by a trained nutrition program educator
- Participants become enabled to make informed choices and decisions
- Lessons are provided weekly or bi-weekly

Adult Programs

- **Group Series of Lessons** (six lessons with nutrition program educators at your location or in a community setting).
 - Participants learn about nutrition, meal planning, healthy food shopping on a budget, cooking and food safety, weight control and physical activity, and much more. The program is based on increasing positive health behaviors. Key messages of the program include:
 - Eat fruits and vegetables, whole grains, and nonfat or low-fat milk or milk products every day.
 - Be physically active every day as part of a healthy lifestyle.
 - Balance calories eaten from foods and beverages with calories used when being physically active.
- **One-time Programs for Groups** (45-60 minute session for a group organized by your agency)
 - Program Topics:
 - *Using MyPlate to Plan healthy Meals*
 - *Be a Label Detective* (How to use the Nutrition Label to Make Healthier Choices)
 - *Eating Better for Less* (How to save money when shopping)
 - *Making Healthy Choices and Modifying Recipes* (amount of fat, and sodium in foods)
 - *How Much Sugar?* (amount of sugar in beverages and other commonly consumed foods)
 - *Liven Up Your Meals with Vegetables and Fruits*
 - *Feeding Young Children*

How to request a program:

- Complete the referral form and return by mail to Cornell Cooperative Extension of Fulton and Montgomery Counties, 50 E. Main St., Canajoharie, NY 13317 or
- Send fax to Cornell Cooperative Extension at (518) 673-5594 or
- Call CCE at (518) 673-5525 and ask to make a referral to the nutrition education program.