

Feel Better...Do Better

With *Eat Smart New York!*



- Stretch your food dollars
- Cook quick, healthy meals
- Sample foods your kids will love



Meet with experienced staff one-on-one or in a group

How do I know if I am eligible?

Individuals, seniors or families receiving Food Stamps, WIC or Medicaid, or those who have applied for Food Stamps and families whose children are enrolled in Head Start qualify for Eat Smart New York! Other limited income individuals or families may qualify.

I want to learn more... here's how you can contact me:

Today's date: _____

Name: _____ Age: _____ Phone: _____

E-mail: _____

Street Address: _____ Apt.#: _____

City/Town _____ Zip: _____

Best time to contact: _____

Programs that you and your family participate in?

Food Stamps

School lunch or breakfast

Medicaid

WIC

Emergency Dining Site/Soup Kitchen

Other: _____

Mail or fax this form to:

Cornell Cooperative Extension

55 East Main Street; #210

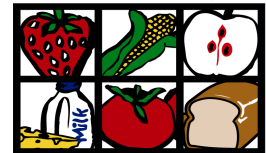
Johnstown N.Y. 12095

Fax (518)762-8155

Questions?

Call (518)762-3909 and ask to speak to a nutrition program educator.

Eat Smart New York!



ESNY



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

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Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.