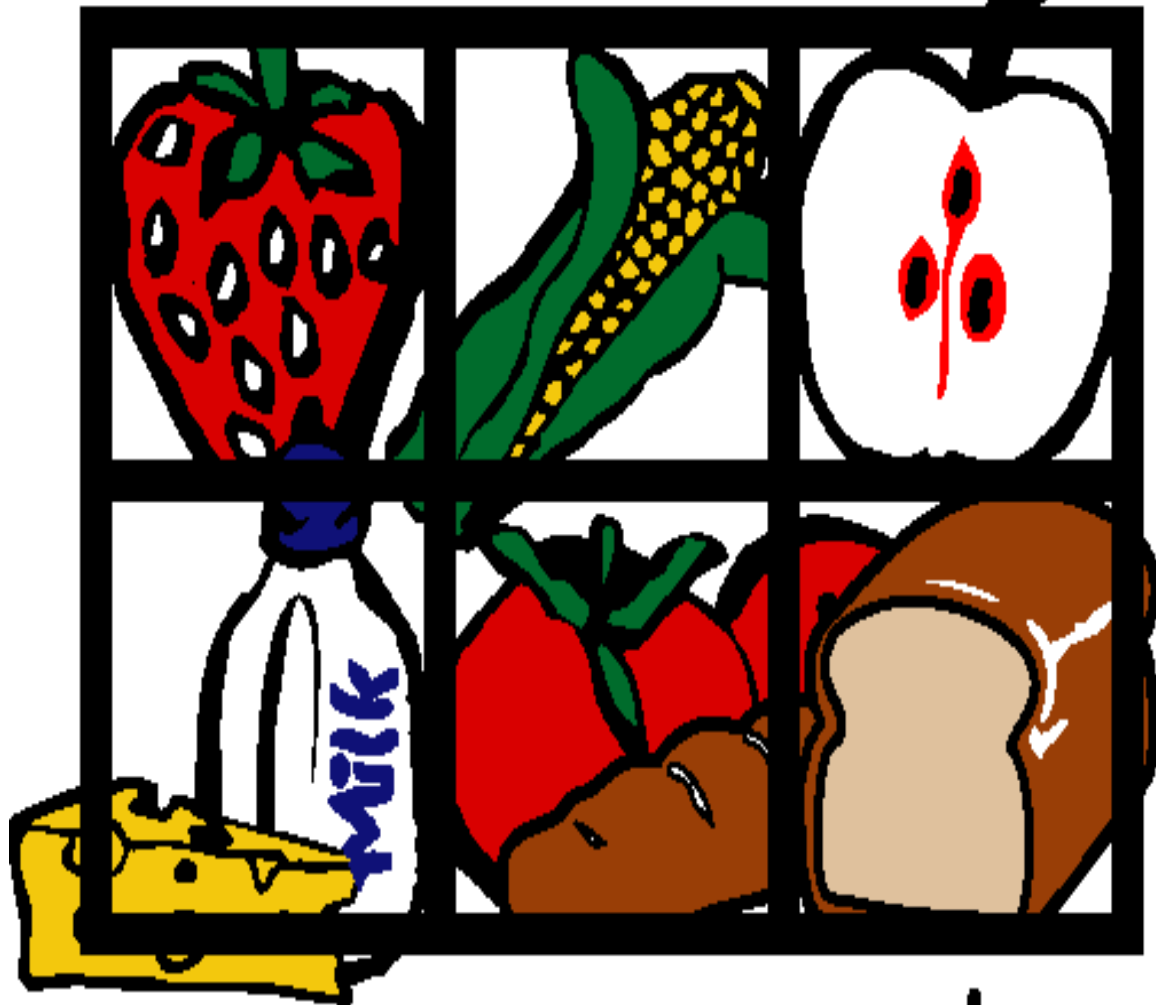


Eat Smart New York!



ESNY

EAT SMART, LIVE STRONG

Senior Nutrition Education Program

Six session food-based series offered at your community site

Come Cook , Learn and have fun!

- ~ Colorful and Classic Favorites- Make low-cost , quick meals which include more produce and whole grains .Eating more fruits and vegetables is easy when you add them to your favorite recipes that you already enjoy eating .
- ~ Eat Smart, Spend Less - How to buy different forms of fruits and vegetables on a limited budget (frozen, fresh in season) ,use of FMNP coupons and Farmer's Markets,
- ~ Reach Your Goals Step-by-Step– Seniors set small , SMART goals to eat more fruits and vegetables and be more Physically Active .
- ~ Go for the Grain- seniors learn simple strategies to make “half their grains whole” along with the health benefits of these nutrient and fiber-rich foods to manage diabetes, weight and improve immune system function.
- ~ Food Safety at any Age: Seniors learn simple shopping tips, food handling and food storage tips to help reduce risk for food-borne illness- a special threat to this vulnerable population

Free Calendar and a “*gift for the kitchen*” for all who attend at least 5 classes!

Kathy Dischner, Anita Bono or Cheryl Harper
Nutrition Educators

Cornell Cooperative Extension of Onondaga County