

Nutrition Education—Clip and return this portion and we will contact you:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Best Time To Call: _____

Referral Agency (if any)

1. Do you have children 18 years or younger living with you? Y N

2. Do you have children ages 5 or younger receiving WIC benefits?
Y N

3. Do you use your EBT card to purchase food? Y N

4. Would you prefer an individual or group setting? IND GRP

Mail to: Loree Symonds, Cornell Cooperative Extension of Steuben County, 3 E. Pulteney Square, Bath, NY 14810-1557.

What our participants say:

“I understand better how to read a nutrition facts label now. I enjoy preparing some of the healthy recipes that we learned to make during the classes. For example, when I make omelettes I like to add onions, green peppers, and mushrooms to help my family eat more vegetables. I leave the salt shaker alone. I eat fewer processed foods as a result of taking ESNY! classes with CCE Steuben nutrition educators. I know now these often contain too much sodium. One result of making these changes is that my blood pressure has improved.”

Trish

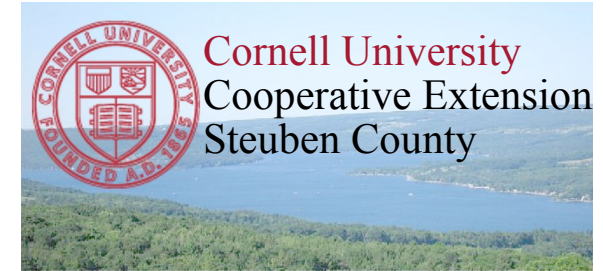
Bath NY- ESNY class graduate,
and mother of two teenagers.

Find us on Facebook at
www.facebook.com/ccesteuben

Or scan the code
here to visit
our website!



The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.



Eat Smart New York!



Eat Better For Less!

Supplemental Nutrition Assistance Program (SNAP) Nutrition Education



Eat Smart New York
can help you shop
smarter and feel better!

3 East Pulteney Square East
Bath, New York 14810-1557
Phone: 607-664-2300 Fax: 607-664-2303

PUTKNOWLEDGETOWORK.ORG

Eat Smart New York is a NYS Nutrition Education and Obesity Prevention Program



The Eat Smart New York program tried to improve health and reduce chronic disease for low-income adults and youth.

The program teaches ways to:

- Eat more fruits
- Eat more vegetables
- Drink fewer sweetened beverages
- Drink more low-fat milk
- Drink more water
- Exercise every day
- Maintain calorie balance

Who's Eligible?

If you currently receive SNAP (Supplemental Nutrition Assistance Program) benefits or are considered SNAP eligible, you can participate in this free program!

What You'll Learn

- How to prepare easy, low-cost nutritious meals in minutes.
- How to spend less time at the grocery store and buy healthy food with your money and SNAP benefits.
- How to make healthy meals and snacks that children will love.
- How to plan meals, store and prepare food safely, and prepare foods using less salt, sugar, and fat.
- How to better understand food labels.
- How to make healthy lifestyle changes part of every day.

All classes are held at convenient times and locations!

JOIN US:

- For a single session
- For a series of 4 to 6 classes

Have an interested group of people?
Call us to schedule a class
or a series of classes!

Call today for
more information
607-664-2300

To find out more about
Eat Smart New York visit
<http://otda.ny.gov/programs/nutrition>
or call 1-800-343-8859 x2-3008.

Funded by USDA,
an equal opportunity employer.
Check your eligibility for a range of benefits
and apply for SNAP at:



Eat Smart New York can help you shop smarter and feel better!

