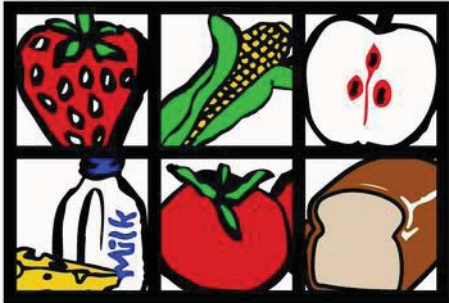


## Learn about...

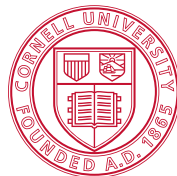
- Cooking quick, low-cost, healthy meals
- Smart food shopping to stretch your food dollars
- Food safety
- Nutrition Facts and making healthy food decisions
- Planning meals you and your family will love
- Getting your family to be more physically active and have fun!

Eat Smart New York!



ESNY

Contact Betty Clark,  
Eat Smart Program Coordinator at  
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Chenango County  
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email her at [blc28@cornell.edu](mailto:blc28@cornell.edu)



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*Cornell Cooperative Extension provides equal program and employment opportunities.*

# EAT Smart New York

## Food Stamp Nutrition Education Program



Cornell Cooperative Extension of  
Chenango County  
99 North Broad Street  
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*This material was funded by the  
USDA's Food Stamp Program. To  
find out more about ESNY, contact  
Cornell Cooperative Extension of  
Chenango County at (607) 334-5841.*



ESNY



ESNY is a program, in collaboration with the Department of Social Services, to provide nutrition education to food stamp participants and applicants. The program offers classes to teach participants about food budgeting, meal planning, nutrition, and food preparation.

Nutrition Teaching Assistants (NTA) visit homes and area agencies to instruct on choosing nutritious foods and to offer help in making wise choices in feeding infants and young children.



Program participants...

- can prepare, cook and taste a variety of different foods
- share food budgeting tips that work for them and their families
- receive a FREE computer food intake analysis with our nutrition educator
- everyone who participates in at least 6 classes receives a certificate.



This program will enable participants to make healthier food choices within limited budgets. It is open to food stamp eligible individuals or groups from collaborating agencies or programs such as: domestic violence centers, GED or English as a Second Language (ESL) programs, senior citizen centers, and other community based programs.

