

## What is Eat Smart New York?

This is a **FREE**, confidential program to help you manage your food resources better.

## Who?

Anyone who is applying for or receiving Food Stamps, WIC, Medicaid, or participates in the Head Start program.

## Where...

Lessons can take place in your home, community center, or at your work site.

## When...

Lessons usually last about one hour and can be scheduled weekly or every other week, based on your schedule. Appointments can also be made during your lunch break at your worksite.

## What will we do?

Together, you and a nutrition educator will plan practical, hands-on activities, based on your needs and interests that will help you and your family.

Eat Smart New York!



ESNY

To find out more contact:

Cornell Cooperative  
Extension of Oneida County  
121 Second Street  
Oriskany, New York 13424  
315-736-3394 or 315-337-2531

[CLICK HERE for a referral form](#)



## Topics of interest:

### Basic Nutrition:

- Food Guide Pyramid
- Fats and Cholesterol
- Sugar, Starch and Fiber
- Vitamins & Minerals

### Food Preparation:

- Basic cooking skills
- Finding time to cook
- Getting kids to eat healthy
- Making recipes lower in fat, cholesterol, and sodium
- Cooking Meat
- Using beans

### Budgeting:

- Getting more for your money
- Setting up a family budget

### Food Shopping:

- Reading food labels
- Comparison Shopping
- Eating out
- buying meat/fish
- buying produce

### Food Safety:

- Preparing and buying safe foods
- Food Storage

### Menu Planning:

- Using more vegetables and fruits
- Kids' snacks
- Healthy Weight Control
- 30-Minute meals