

*Healthy Food Choice Workshops*  
*Eat Better... Feel Better ...Do Better.*



**PROGRAMS AND RESOURCES FOR FAMILIES TO~**

- ~ENCOURAGE HEALTHY FOOD & ACTIVITY CHOICES
- ~NURTURE AND BUILD SELF ESTEEM
- ~BUILD SKILLS THAT LAST A LIFETIME

***CCE of Onondaga County Eat Smart! Programs for 2007***

***“Supercupboard” Kitchen Course***

*Adult participants learn how to:*

- ♥ Eat less fast and convenience foods - and still save time and money
- ♥ Use local food programs and save \$\$\$
- ♥ Make tasty, low-cost meals in minutes that taste delicious and are good for you!
- ♥ Budget for food, shop and plan family meals
- ♥ Prepare - serve - and store food safely
- ♥ Learn tips for active lifestyles!

*(Four -eight weeks, 1.5- 2 hours/class- Classes with cooking involved are scheduled for 7-8 weeks)*



***Sisters and Brothers in Health***

A flexible series of cooking experiences!

*Adult participants learn to prepare*  
**Quick and tasty fruit & vegetable dishes.**

Participants learn simple tips for adding vegetable and fruits to daily meals while they cook and share together!

*(Six-Eight, 2-hours/class)*

*\*Recommended as a follow-up to our “Supercupboard” course.*



**\* We request the agencies assist with the food or resources for programs that include cooking.**

**“Eat Smart”**

**Youth Programs**

An “action-oriented” program series to assist youth Make healthy food, lifestyle and activity choices and Informed consumer decisions. Family members are invited to celebrate the learning together!

*(A series of six, 1 – 1½ hour sessions*

*For youth ages 5 – 17. Mixed age groups (8-15)*

*Can be accommodated to help youth develop Teamwork and “mentoring” skills.)*

For more information, contact Cheryl - 424-9485/x 237



**What Makes our Programs Special?**

- ◆ **We have FUN!** Our classes are interactive with “hands-on experiences”—including cooking!
- ◆ **We are FLEXIBLE!** Your site or ours—day or evening classes available (first come basis!)
- ◆ **We provide YOU with FEEDBACK!** Through written evaluations about skills learned and behaviors improved by completed participants.
- ◆ **Our facilitators are skilled and sensitive-** We value differences and build on the strengths and skills of program participants

**Who can attend?**

- ✓ **Food Stamp recipients and applicants**
- ✓ **Parents enrolled in the WIC program**

*We request that a staff person from your agency attend each class that we offer.*

Contact Kathy Dischner at 424-9485 (Ext. 239), Anita Bono (Ext. 238), Patti Phillips (Ext. 240) or Cheryl Harper (Ext 237- Youth programs) to schedule a program at your community site or at our center. Our office is open 8:30 am – 4:30 pm, Monday-Friday. We offer programs with community agencies, as space/time is available.

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