

Learn how to:

Make the Most of your Food Dollars

- ▲ Use the Nutrition Facts Label to make healthy food decisions
- ▲ Use unit pricing to find the best value



Live it, Don't Diet!

- ▲ Get moving for good health
- ▲ Choose lifestyle strategies for a healthy body



Eat for a Healthy Life

- ▲ Choose foods that are low in fat, sodium and added sugar and higher in fiber
- ▲ Make healthy choices away from home



Keep Food Safe



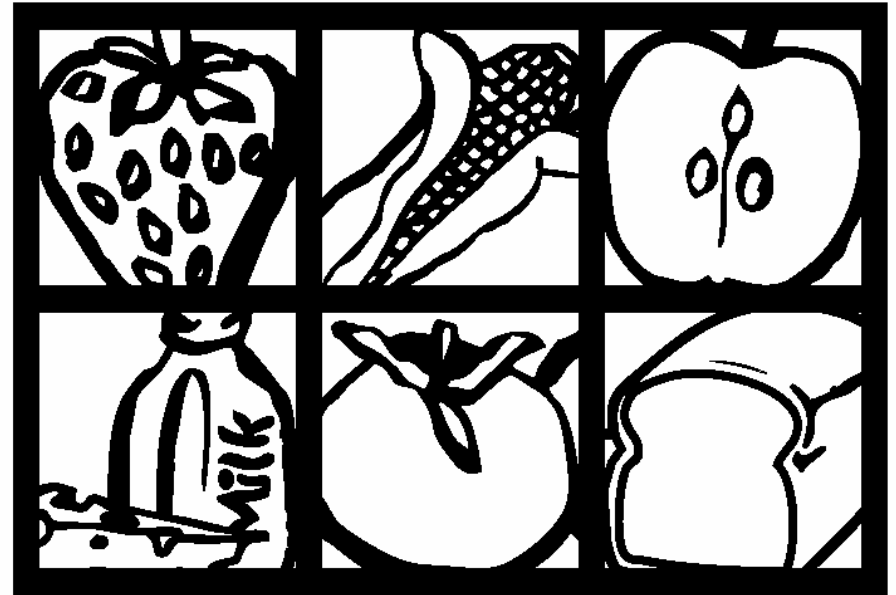
- ▲ Cook and serve foods at safe temperatures
- ▲ Store food appropriately

Make Quick and Easy Meals

- ▲ Prepare nutritious, low-cost meals and snacks
- ▲ Plan menus you and your family will love



Eat Smart New York!



Cornell Cooperative Extension of Otsego County

This material was funded by USDA's Food Stamp Program. To find out more about ESNY, contact Cornell Cooperative Extension of Otsego County at (607) 547-2536 Extension 224 or 234.

05/07

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Eat Smart New York!



What is “Eat Smart New York!”?



Nutrition Program Educators will help you personalize activities to help you and your family take control of your food bill, prepare quick and easy meals, purchase, prepare and store food safely, and stay active.

How would you like to have an extra \$1,000 a year in your pocket?

We can discuss strategies to save up to \$20.00 a week on your food bill. That's about \$1,000. savings a year!!

You may be eligible to receive **free gifts** throughout our program, to help with daily food preparation and savings strategies!

Where will we meet?

We can meet in your home or you may join a group in a convenient location in your neighborhood.

Who can participate?

Families or Individuals who have applied for or are receiving Food Stamps as well as those participating in WIC, Head Start or receiving Medicaid or SSI.



Here's what graduates say:

“I couldn't believe how much money I saved at the grocery store once I learned how to use unit pricing. This program is great”

“I couldn't believe how many calories and fat were in my fast food meal! Now I can make healthier choices when eating out.”

“I learned how to make quick, nutritious meals that my family loves. It gave me more time to spend with my kids!”

“With what I learned, I can now set a good example for my daughter by eating healthier and staying active.”

How do I get started?

Call, write, or visit:

Cornell Cooperative Extension Otsego County

123 Lake Street

Cooperstown, NY 13326

(607)547-2536

Nutrition Educators

Extension 224 Extension 234

Email: otsego@cornell.edu

Visit our Website at www.cceotsego.org