

Fill your grocery bag  
and eat well  
without emptying your  
wallet...



Call today!!

Cornell Cooperative Extension  
of Otsego County  
(607) 547-2536  
Extensions 224 or 234



### ***How do I get started?***

Call, write, visit or  
mail completed registration

**Cornell Cooperative Extension  
of  
Otsego County  
123 Lake Street  
Cooperstown, NY 13326  
(607) 547-2536  
Nutrition Educators  
Extension 224  
Extension 234**

**Email: [otsego@cornell.edu](mailto:otsego@cornell.edu)**

*Visit our Website at*  
[www.cceotsego.org](http://www.cceotsego.org)

## Eat Smart New York!



## Cornell Cooperative Extension of Otsego County

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05/07

# 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, 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 gives 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."*



Register now for up-coming  
ESNY gatherings in your area.  
Questions?

Please call Cooperative Extension  
at (607) 547-2536 ext. 224 or 234

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Programs I participate in: (please check)

\_\_\_\_\_ Food Stamps

\_\_\_\_\_ WIC

\_\_\_\_\_ Head Start

\_\_\_\_\_ Medicaid

\_\_\_\_\_ SSI

Information I would like:

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