

Did You Know??

Food stamp recipients have the right to nutrition education. The educator will come to your home and bring a gift each visit such as measuring cups and spoons, mixing bowls, or spices.



YES... It's Free!

Learn How To:

- Save money on your grocery bills.
- Learn to prepare low-cost, quick and healthy meals.
- Keep your family healthy by handling and storing food safely.
- Have more control over your health, your weight and your life!
- Sample fun foods the kids will love.

Here is what participants have to say about Eat Smart New York...

... "I have been able to lose some weight by changing the way I eat."

... "It's a reward when your child says this is yummy and it's a vegetable."

... "Since the Nutrition Educator started visiting I have been eating healthier and buying smarter."

To Learn More About:

Eat Smart New York!



ESNY

Call (585) 786-2251

Ask to speak to a nutrition educator

Eat Better!



Feel Better!



Do Better!

ESNY is an educational program available to food stamp recipients.

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