



Food Stamp Eligibility	
Household Size	Monthly Income
1	\$1107
2	\$1484
3	\$1861
4	\$2238
5	\$2615
6	\$2992

Cornell Cooperative Extension of Rensselaer County
61 State Street
Troy, NY 12180
(518) 272-4210
(518) 272-1648 fax

Our program is free and available to any person who receives, or is eligible for, Food Stamps, Medicaid, or is participating with Head Start or WIC. If interested, please complete this form and check off any topics which interest you. We will contact you as soon as possible. Thank you.

Date: _____

Name: _____ Age: _____

Address: _____

City: _____ # of children: _____

Phone: _____ Best time to contact: Day ___ Evening ___

Currently receiving: Food Stamps ___ Head Start ___ WIC ___ Medicaid ___

Basic Nutrition Information

- ___ My Pyramid
- ___ Caloric Needs
- ___ Portion Sizes
- ___ Nutrition During Pregnancy
- ___ Infant Nutrition
- ___ Toddler Nutrition 2-5

Food Preparation

- ___ Basic Cooking Techniques
- ___ Meatless Meals
- ___ Crockpot Cooking
- ___ Using Leftovers Creatively
- ___ Ethnic Cooking
- ___ Food Safety and Storage
- ___ Making a Shopping List

Healthy Habits

- ___ Maintaining a Healthy Weight
- ___ Exercising Safely at Any Age
- ___ Increasing Fiber
- ___ Increasing Fruits and Vegetables
- ___ Lowering Cholesterol
- ___ Lowering Sugar, Sodium, Fats
- ___ Low Fat Cooking
- ___ Making Informed Food Choices
- ___ Understanding Food Labels

Budgeting

- ___ Basic Budgeting
- ___ Managing Food Dollars
- ___ Menu Planning
- ___ Using a Shopping List
- ___ Using Farmers Markets Coupons