

Please
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EAT SMART NEW YORK Program

Cornell Cooperative Extension

61 State Street

Troy, NY 12180



Eat Smart New York is a **FREE** Nutrition Program for Rensselaer County residents who:

- Receive or apply for Food Stamps, *or*
- Have a child in Head Start, *or*
- Are receiving WIC services, *or*
- Are receiving Medicaid or SSI



WHAT PEOPLE SAY about ESNY

“My Nutrition Educator taught me how to read food labels so I make better food choices. I’m spending less and saving more. I couldn’t have done this without your program.”

Crystal, ESNY participant

“ Since the Nutrition Educator has been coming to my house, I have learned how to get my kids to eat vegetables.”

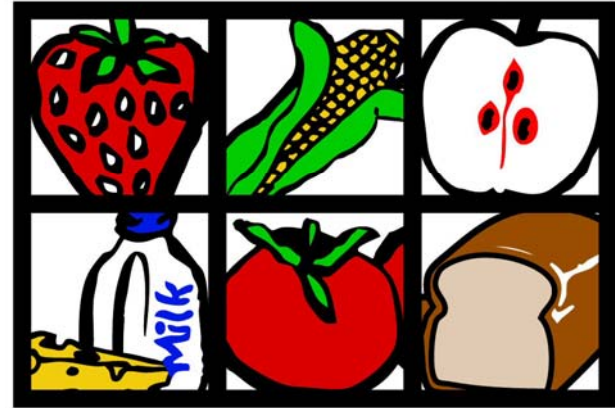
Kathy, ESNY participant

“ I learned about preparing snacks in a healthier way and using healthier ingredients. The recipes will be helpful in preparing the menu for the children.”

Nancy, Daycare provider

Cornell Cooperative Extension
of Rensselaer County

Eat Smart New York!



FREE Nutrition Education

**Helps You Save Money and
Take Charge of Your Health
and Your Life**

Call 272-4210

ccerensselaer.org

ESNY CAN HELP YOU

- Learn how to make healthier choices for you and your family.
- Save \$\$ on your grocery bills and stretch your food dollars.
- Learn the risk factors for pre-diabetes. Help prevent you and your children from developing Type 2 diabetes.
- Have more control over your health, your weight and your life through increased nutritional knowledge.
- Figure out what food labels can tell you to improve your diet.



HOW ESNY WORKS

- A trained Nutrition Educator will provide nutrition classes in a group setting or one-on-one lessons in the privacy of your own home.
- Learning sessions consist of 6-8 lessons featuring the latest research based information.
- You will receive free kitchen items such as measuring cups and spoons, jar openers, shopping lists and much, much, more!!!



To sign up for ESNY:

Call 272-4210 or

Cut along the dotted line, fill in contact information, fold flyer, seal, stamp and mail



EAT BETTER!

Step Up to Nutrition and Health



FEEL BETTER!



DO BETTER!



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YES, I am interested in participating in the EAT SMART NEW YORK Program.

NAME _____

Street _____

City _____

Phone _____

Email _____

Best time to contact me:

_____ am _____ pm