

Eat Smart New York!

is only one program of Cornell Cooperative Extension. We also have resources in six other major program areas:

Environmental Health
& Stewardship

Nutrition & Health

Strengthening Rockland's
Non-for-Profit Businesses

Volunteer Involvement

Workforce Preparation

Youth Development

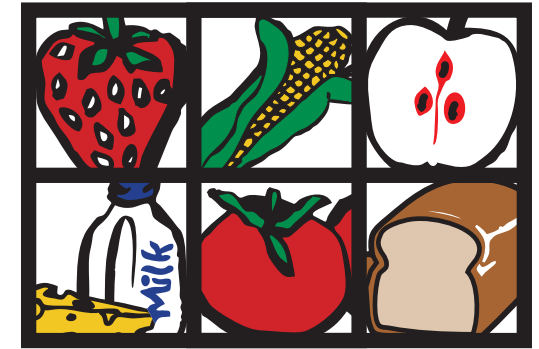
Eat Smart New York
Cornell Cooperative Extension
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Building Strong and Vibrant New York Communities

Cornell University
Cooperative Extension
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Eat Smart New York!



ESNY

An exciting program
where income eligible
participants explore:

Nutrition
Meal Planning
Smart Food Shopping
Cooking
Food Safety

& MUCH, MUCH MORE!!!

Cornell University
Cooperative Extension
Rockland County

Welcome to...

Eat Smart New York!

FREE
CLASSES

*Helping you find the perfect balance between your dollar and your diet.
Our Educators will help you with your questions and concerns.*

This program will help you explore:

Easy to use shopping tips to get more food for every dollar you spend.

How to plan healthy meals while saving money and time.

Tasty ways to include more grains, fruits and vegetables in your meals.

Important food safety tips that you need to know.

Easy to prepare healthy and delicious snacks.



Advantages to signing up for the Eat Smart New York! program today:

*You will share and discover easy, delicious and nutritious recipes.

*You will learn how to balance your diet and food budget.

*You can request family nutrition education in the home.

*You will identify ways to build nutrition and physical activity into your lifestyle.