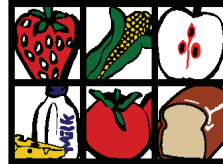


Community Food Security (CFS) recognizes that there is a relationship between food, nutrition, agriculture, and health. CFS programs improve the way these forces work together in order to provide environmentally, socially, and economically sustainable food systems. These systems produce culturally acceptable and nutritionally adequate food for persons to lead healthy and productive lives.



**Planting seeds today for
a better tomorrow**

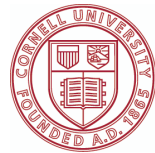
Eat Smart New York!



ESNY

Key Elements of Food Security

- Increase economic and job security.
- Boost education and awareness of CFS issues.
- Enhance local infrastructures.
- Boost food recovery and donations.
- Help with community food production and marketing of food products.
- Improve research, monitoring and evaluation efforts.



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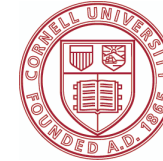
**Cornell Cooperative Extension
Association of Jefferson County's
Community Nutrition Education Program**
203 North Hamilton Street
Watertown, NY 13601-2948
P. 315-788-8450, F. 315-788-8461

Cornell

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Ensuring Food Security for Families



A program that seeks to reduce hunger by creating partnerships that build local food systems for both consumers and producers.

*Cornell Cooperative Extension Association of Jefferson County
provides equal program and employment opportunities.*

Cornell Cooperative Extension Association of Jefferson County partners with our community to bring safe, acceptable, nutritious foods to Jefferson County.

Food Security Projects in Jefferson County:

- **Food Pantry Gardens**

We encourage local pantries to start their own garden and offer their clients fresh, healthy vegetable choices.

- **Venison Donation to Food Pantries**

Venison provides a much needed source of protein. It's easy for hunters to help feed the hungry. Call 788-8450 to receive detailed information.

- **Garden In A Bucket**

In conjunction with the Food Bank of Central New York, we distribute tomato plants in 5 gallon buckets through the local food pantries & low-income housing



- **Youth Gardens**

Educating our youth about the importance of agriculture and nutrition is vital for creating sustainable food systems. ESNY creates hands-on experiences for youth. They have participated in gardens at Fort Drum, the Clayton Community Garden, the Children's Home, several area daycare centers and nine elementary schools. Is there a group in your community that would like to garden?

- **Community Gardens**

Community gardens provide participating families with fresh fruits and vegetables, physical activity, and a sense of belonging in their local community. A garden can provide several hundred dollars worth of produce each year. ESNY has helped coordinate the Clayton garden in collaboration with the YMCA's Project Strong. There is room at the Clayton garden for more plots.

- **Home Gardens**

Growing fruits and vegetables is not only fun, it provides all kinds of healthy benefits. ESNY has helped start over 100 home gardens. We teach people how to use our roto-tiller, show them how to plant seeds and care for growing plants. For those without access to land we offer container gardens.

- **Community Supported Agriculture (CSA)**

CSA is a program that allows consumers to pre-pay for locally grown produce. Farmers are contracted to provide fruits and vegetables during the growing season. ESNY has provided education to local farmers who established the first CSA in Jefferson County, called "Miracles By The Acre." Miracles By The Acre has blossomed—they now sponsor their own weekly farmers' market. Call to have a brochure sent to you.

- **Farm To School Programs**

Farm to School brings local producers and schools together to provide the freshest locally produced foods for our children. It also provides a market for growers that is close to home. ESNY has begun working with food service workers, principals, distributors, and growers, locally and regionally, to make this happen.

- **Canning and Freezing**

ESNY offers education that will allow consumers to preserve nature's bounty through out the winter months.

For more information about participating in any of these programs, please call Rosalind Cook at 788-8450.

