

## ESNY is for you if:

- ☑ You have applied to receive or are receiving food stamps, WIC or your children attend Head Start.
- ☑ You run out of food before your next payday.
- ☑ You ever think about visiting a food pantry.
- ☑ You can not afford the variety or types of food you or your family need to be healthy.
- ☑ You think you would benefit from:

### Menu Planning

Plan your meals each week to stretch your food dollars.

### Food Preparation

Learn to cook tasty, healthy, low-cost meals

### Food Shopping

Learn how to get the most out of your food dollars

### Nutritious Snacks

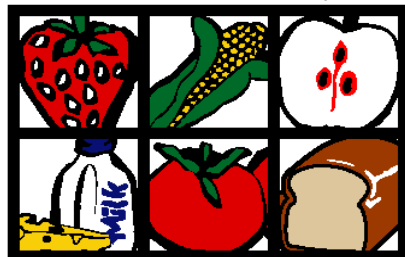
Learn about snacks that taste good and are good for you and your family.

### Basic Budgeting

Learn skills to help you manage your money, fulfill your dreams, and reach your goals.

## Bring ESNY To Your Home!

Eat Smart New York!



ESNY

To arrange for a free visit by a trained Nutrition Teaching Visitor in your home or in a small group contact:

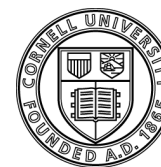
Cornell Cooperative Extension  
Association of  
Jefferson County's  
*Eat Smart New York Program*  
203 North Hamilton Street  
Watertown, NY 13601-2948  
315-788-8450

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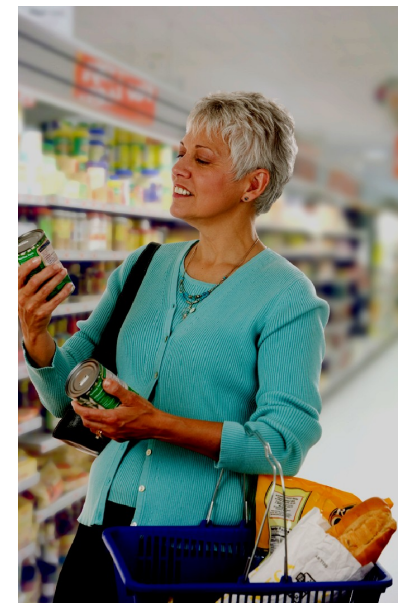
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Cornell University  
Cooperative Extension  
Jefferson County

203 N. Hamilton St. ♦ Watertown, New York 13601-2948



## Eat Smart New York

*Learn to fill your  
grocery cart and dinner table  
with healthy and economical  
foods.*

*Información y talleres  
disponible en español.*

## What is Eat Smart New York?



ESNY is a nutrition program which provides opportunities and choices including:

- ◆ help to families struggling to stretch their food dollars and serve well-balanced meals.
- ◆ a series of lessons, taught by a trained nutrition teaching visitor, tailored to your needs.
- ◆ nutrition and health programs for youth, families, and individuals.

## Eat Smart New York

Can help teach you how to:

- ◆ Plan and prepare economical and nutritious meals and snacks.
- ◆ Stretch your food dollar.
- ◆ Add variety to meals with new foods.
- ◆ Identify key nutrients in foods.
- ◆ Identify methods to store and preserve foods.
- ◆ Make the best use of food stamps.
- ◆ Eat healthy and move more for a healthy weight and healthy body.
- ◆ Teach your children good eating habits that will last them a lifetime.
- ◆ Use food resources and services within the community.
- ◆ Start a family garden.
- ◆ Budget your income to get the most for your money.
- ◆ Develop a personalized exercise program.
- ◆ Help pregnant and nursing moms with breastfeeding support.

