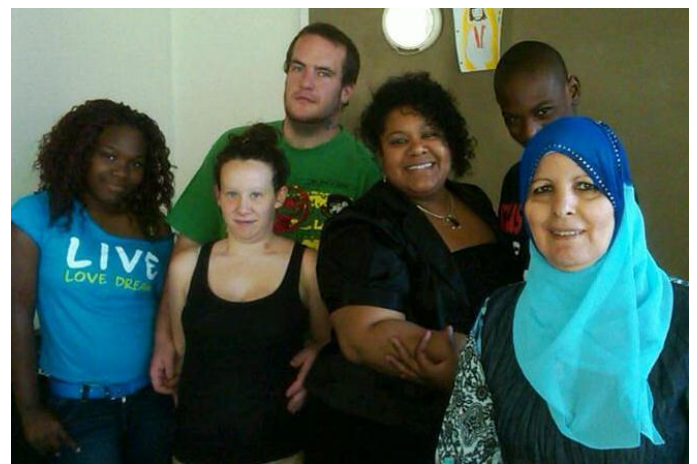


Atonement Headstart

May –June 2012

What is Eat Smart NY?

- Learn how to make healthier food choices on a budget – (Food Stamps, WIC, Food \$en\$e and School Food Programs)
- Feeding children healthy – Right from the start!
- Learn how to prepare and store food *safely*
- Control your portions – Go from “Super-size” to “Just Right-size” **Stay in control!**
- Make quick, tasty, low-cost recipes – that your family will eat!
- Celebrate learning – Eating together as “Family”
- Learn tricks to keep the taste and slash calories, fat and sugar (Increase nutritional value!)
- Understand Nutrition Facts labels and how to compare



What Atonement Headstart Participants say About ESNY!

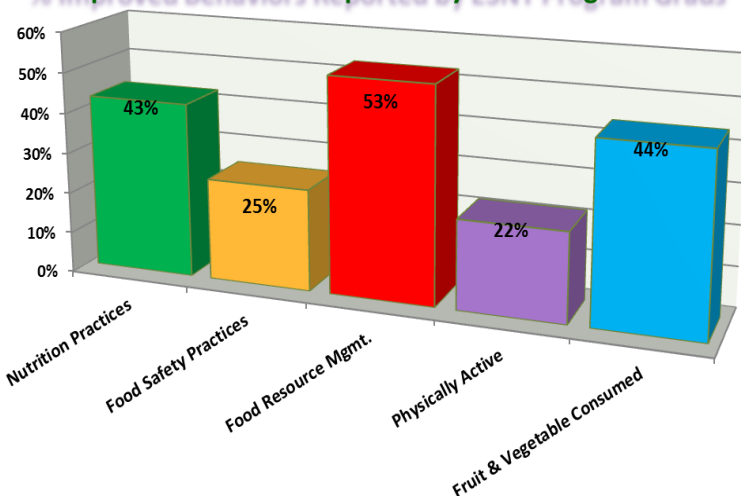
Of the 11 participants entering, 8 completed our six-week *EAT SMART* program. Everyone learned skills to select, plan & prepare healthy, low-cost meals that focus on vegetables and fruits. These are a few of the highlights they shared...

- “I realized now I can feel full after eating a meal of mostly vegetables with just a little meat and cheese.”
- “I have learned not to fight over what food the kids will eat or not eat”
- “I planted a garden this year for the first time ever, chose healthier snacks for my family and am getting more active – all since I took this class.
- “Since this class I have started training in the Head Start Food Service Program, this class gave me the confidence to start”

ESNY is an educational program available to food stamp recipients and other income-eligible residents. ESNY is a program of Cornell Cooperative Extension of Onondaga County in partnership with the Onondaga County Department of Social Services. USDA's Food Stamp Program funded this material. Cornell Cooperative Extension is an equal opportunity employer and provider. Please contact the Association office if you have any special needs. FFY2012

EAT SMART NEW YORK! Atonement Headstart PROGRAM RESULTS 6/2012

% Improved Behaviors Reported by ESNY Program Grads



Participants who completed the 6-week program reported improvements in these knowledge and skill practices based on pre and post Food-related Behavioral Checklists.

Food Resource Management: 60% improved in meal planning, 40% more often used a grocery list and 80% more often compared prices when grocery shopping!

Nutrition Practices: 60% more often thought about healthy food choices when deciding what to feed their families. 30% more often prepared food without adding salt and 60% more often used Nutrition Facts on food labels to make food choices, **with all participants increasing their intakes of Iron and Vitamins A, and B-6!**

Food Safety: 40% followed the recommended practices, e.g. thawing & storing protein foods properly. 60% reported following recommended hand washing practices before preparing food.