

Aurora of CNY • Spring 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 – which 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 Aurora of CNY participants say About ESNY!

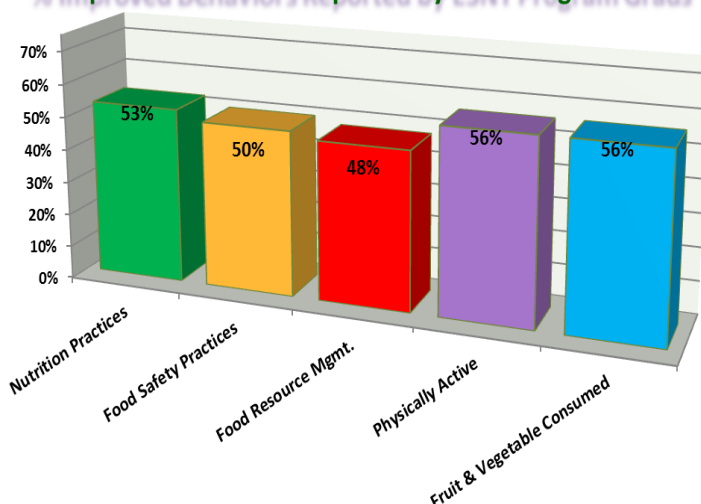
Of the 15 participants entering, all completed our six-week *EAT SMART* program. Everyone learned skills to select, plan & prepare healthy, low-cost meals that focus on vegetables and fruits. These are a few of the highlights they shared...

- “Instead of using so much salt, I am trying fresh herbs now. My sister and I are going to plant herbs in a container on our porch this spring; we plan to grow garlic too!”
- “I rinse the my canned good now to lower the salt and I look for whole wheat on labels with my shopper assistant- I switched to whole wheat wraps too”
- “I drink more water now and stay away from juices and eat whole fruit instead. I learned which color on the olive oil jars stands for “extra virgin” and “regular”; now I buy the right ones. I am a diabetic and my energy seems to be better!
- “I switched to no salt added deli turkey meat and use Go Lean whole grain cereal now, and ask for spinach for my 6 inch subs - I learned a lot in this class!”

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! Aurora of CNY PROGRAM RESULTS Spring of 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: 48% improved in meal planning, 57% planned meals in advance more often and 38% more often compared prices when grocery shopping!

Nutrition Practices: 57% more often thought about healthy food choices when deciding what to feed their families and 57% more often used Nutrition Facts on food labels to make food choices! All families with children are now reporting that their children are eating breakfast more often.

Food Safety: 100 % followed the recommended practices, e.g. thawing & storing protein foods properly - more often or always

All reported following recommended hand washing practices before preparing food.