



CROUSE Outpatient Day Treatment 💧 Oct 2011–September 2012

What is Eat Smart NY?

- Learn about “Food Sense” and other food programs for families
- Save \$\$\$
- Learn how to make healthier food choices on a budget – (Food Stamps, WIC, 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 tasty, low-cost, quick recipes - which your kids will eat!
- Celebrate learning – Eating together as “Family”
- Learn tricks to keep the taste and slash calories, fat and sugar (Increase nutritional value!)



Crouse participants celebrate the completion of a 7 week ‘Eat Smart’ series

What ‘CROUSE’ Participants Say About ESNY!

Of the 46 participants entering, 33 completed our seven-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...

- “Since learning how important a healthy breakfast is, I’ve switched from eating a Jimmy Dean sausage sandwich in the morning to a Greek Yogurt and a piece of fruit instead. I actually feel more satisfied and can make it until lunch now.”

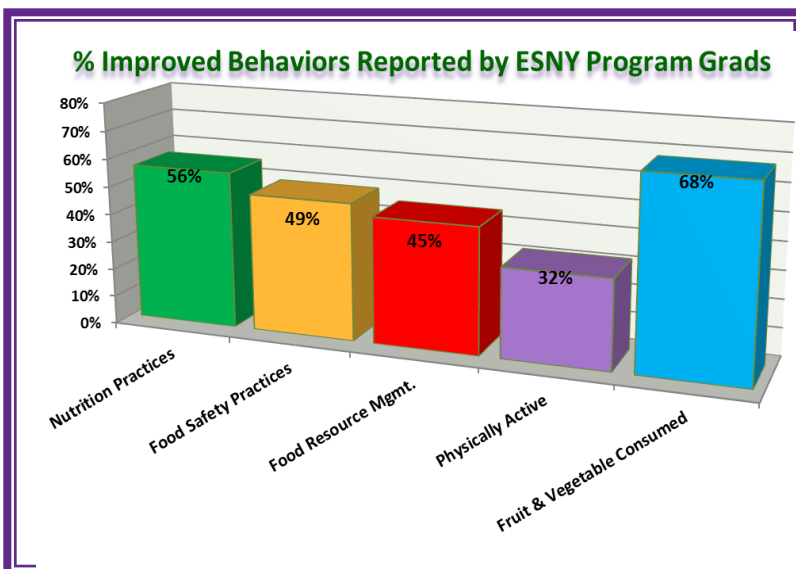
- “I’ve learned so much about how to feed my children- we’ve implemented a weekly planner that we all fill in and use it to shop with. The kids seem to eat more variety when they help to plan and make the meals.

- “I have been making different choices lately-thinking about the healthiest bread for my sandwiches, etc. I’ve completely changed how I shop... looking at labels all the time!

- “I stopped drinking 7 or 8 cups of coffee a day- I realized I was jittery all the time and it was polluting my body, instead of nourishing it...now I drink mostly water and a little juice and I feel much better!”

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.

EAT SMART NEW YORK! CROUSE PROGRAM RESULTS for 4 Groups - 2012



Participants who completed the 7-week program reported improvements in these knowledge and skill practices based on pre and post Food-related Behavioral Checklists.

Food Resource Management: 68% improved in meal planning, 59% more often used a grocery list and 47% more often compared prices when grocery shopping.

Nutrition Practices: 76% more often thought about healthy food choices when deciding what to feed their families, 71% more often prepared food without adding salt and 76% more often used Nutrition Facts on food labels to make food choices with all participants increasing their intakes of Iron, Calcium and Vitamins A, C and B-6!

Food Safety: 70% followed the recommended practices, e.g. thawing & storing protein foods properly.

All reported following recommended hand washing practices before preparing food.