

## Family Tapestry

April – May 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 Family Tapestry Participants say About ESNY!

Of the 8 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 think the kids and I are eating a lot **more fresh vegetables**, especially more **leafy greens like spinach**.”*

*“I loved the recipes we made in class, and was amazed by how **easy and inexpensive** it can be to cook **very tasty and nutritious food!**”*

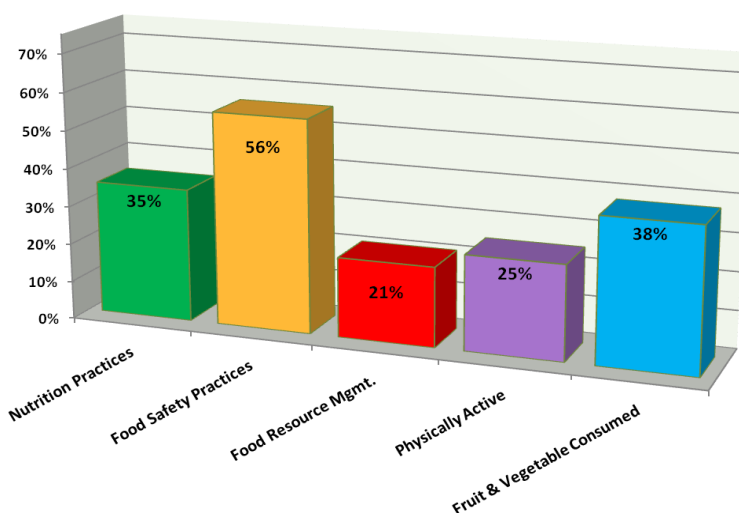
*“This month we actually **used** the **whole wheat tortillas** we get from WIC and they were good.”*

*“I tried eating breakfast for the past week and noticed that I had more of an appetite all day. I ate much less at dinner and had **more energy throughout the day**. I’m going to try and stick with it.” (She typically eats nothing all day and has a very large dinner)*

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! Family Tapestry PROGRAM RESULTS 5/2012

### % 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:** 25% improved in meal planning, 38% more often used a grocery list and 13% more often compared prices when grocery shopping!

**Nutrition Practices:** 50% more often thought about healthy food choices when deciding what to feed their families. 13% more often prepared food without adding salt and 50% more often used Nutrition Facts on food labels to make food choices, **with all participants increasing their intakes of Iron and Vitamins A, C and B-6!**

**Food Safety:** 63% followed the recommended practices, e.g. thawing & storing protein foods properly.

**All reported following recommended hand washing practices before preparing food.**