



## 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!)



## What ‘Head Start’ Participants Say About ESNY!

Of the 8 participants entering, all 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’ve cut way down on soda since starting this class, and I lost 5 pounds! I drink much more water and only 2 sodas a day... I used to drink 5 or 6 bottles of Pepsi every single day.”*

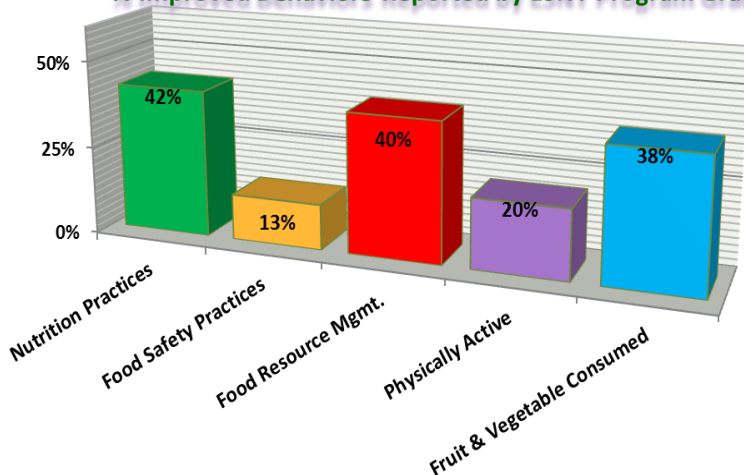
*“At home, we’ve started filling our plates the “MyPlate” way - we start with half our plate full of vegetables!”*

*“I had never tried yogurt before and wasn’t interested in it - but I loved it when we made the fresh fruit parfaits! I’ve started buying it and making it for my family”*

*“This class has opened my eyes to eating more whole grains - I always choose whole wheat pasta and bread now.”*

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.

**% Improved Behaviors Reported by ESNY Program Grads**



## EAT SMART NEW YORK! Lafayette Head Start PROGRAM RESULTS – 5/2013

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:** 50% improved in meal planning, 38% more often used a grocery list and 50% more often compared prices when grocery shopping.

**Nutrition Practices:** 75% more often thought about healthy food choices when deciding what to feed their families, 50% more often prepared food without adding salt and 63% more often used Nutrition Facts on food labels to make food choices!

**Food Safety:** 20% more often followed the recommended practices, e.g. thawing & storing protein foods properly.

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