



## Nojaims / West Side Initiative

October-November 2011

### 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 ‘Nojaims /WSI’ Participants Say About ESNY!

**Of the 6 participants entering, 4 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 use ground turkey now instead of beef, for burgers and chili.’*

*‘I convinced my sister to thaw the frozen turkey in the fridge this year. She always thaws it on the counter, but I told her what I learned about bacteria growth and she finally gave in and put it in the fridge! I was worried about my nieces and nephews getting food poisoning.’*

*‘I’ve been watching my portion sizes lately, and trying to eat less at a time. Also, I look at groceries differently now. I’m more conscious of the nutrition facts labels and have been trying to buy whole wheat products instead of white.’*

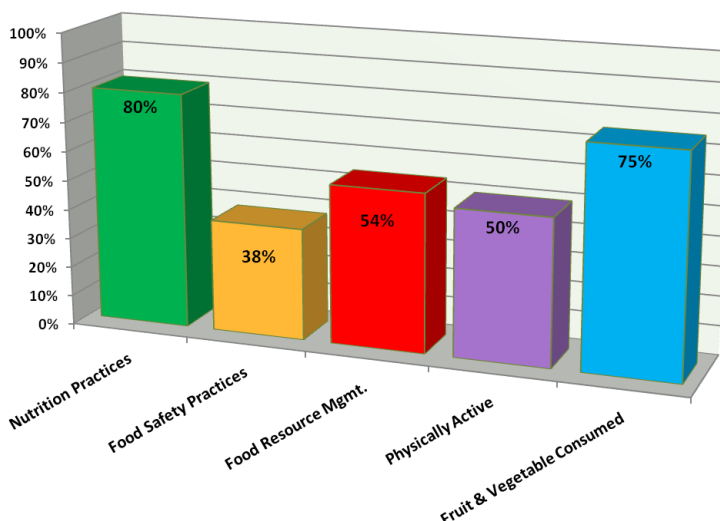
*‘I’m eating more dairy foods now, like yogurt and cheese.’*

*‘I’m walking so much more now... I’m up to about 1 hour a day!’*

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! NOJAIMS/WSI PROGRAM RESULTS 11/2011

### % 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:** 75% improved in meal planning, 25% more often used a grocery list and **100%** more often compared prices when grocery shopping!

**Nutrition Practices:** **100%** more often thought about healthy food choices when deciding what to feed their families, **100%** more often prepared food without adding salt and **100%** more often used Nutrition Facts on food labels to make food choices!

**Food Safety:** 50% followed the recommended practices, e.g. thawing & storing protein foods properly.

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