

Syracuse Housing Authority @ Ross Tower • November 2011- January 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



The Diabetes Wellness group at Ross Tower gathers to enjoy their final ESNY class and a healthy celebration meal together.

What SHA Residents About ESNY!

Of the 15 participants entering, 13 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 lowered my blood pressure just by NOT using the salt shaker!”

“I use the exercise handouts that you gave us and switch them up - I even keep a chart at home of the exercises I do. I try and walk the stairs often and walk around the grocery store. I noticed that my legs are stronger since starting these exercises!”

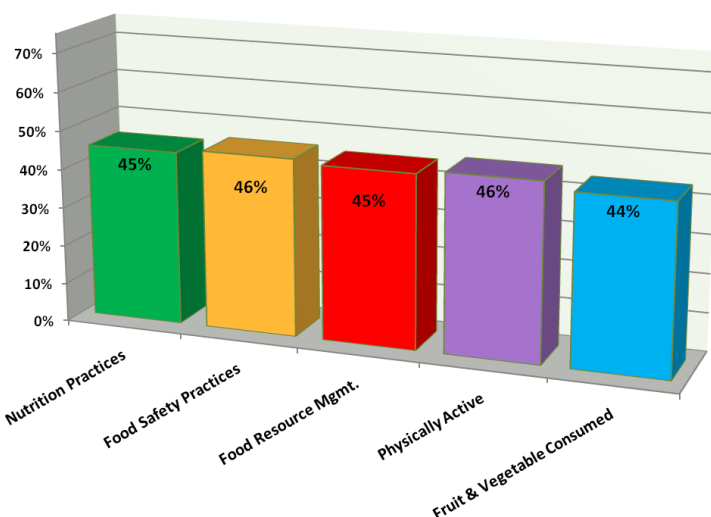
“At my appt this week, my doctor was thrilled because I’ve lost 10 lbs since I started taking this class. I have really started taking my health seriously and the results are showing!”

“I learned to get the canned goods first and pick up my dairy, meat and produce last- like you taught us in the food safety 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! SHA- Ross Tower PROGRAM RESULTS 1/2012

% 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: 38% improved in meal planning, 46% more often used a grocery list and 62% more often compared prices when grocery shopping!

Nutrition Practices: 62% more often thought about healthy food choices when deciding what to feed their families. 38% more often prepared food without adding salt and 38% more often used Nutrition Facts on food labels to make food choices, **with all participants increasing their intakes of Calcium and Vitamins A, C and B-6!**

Food Safety: 62% followed the recommended practices, e.g. thawing & storing protein foods properly.

All reported following recommended hand washing practices before preparing food.