



## Syracuse Behavioral Healthcare

Spring 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 SBH Participants Say About ESNY!

Of the 12 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’d never heard of **turkey pepperoni** before- it was very good on the pizza, and **so much lower in fat!** I’m going to buy it from now on.”*

*“I’ve been eating more lately- especially high protein foods, and I’ve gained 4 pounds! **I am so happy because I’ve never been able to gain weight before.**”*

*“I’m more aware now of what I should be eating and am trying to **eat a more balanced diet**- always making sure I get my fruits and veggies!”*

*“The sugar activity really was eye opening - I’m making different choices now- **no more sweetened iced tea or soda!**”*

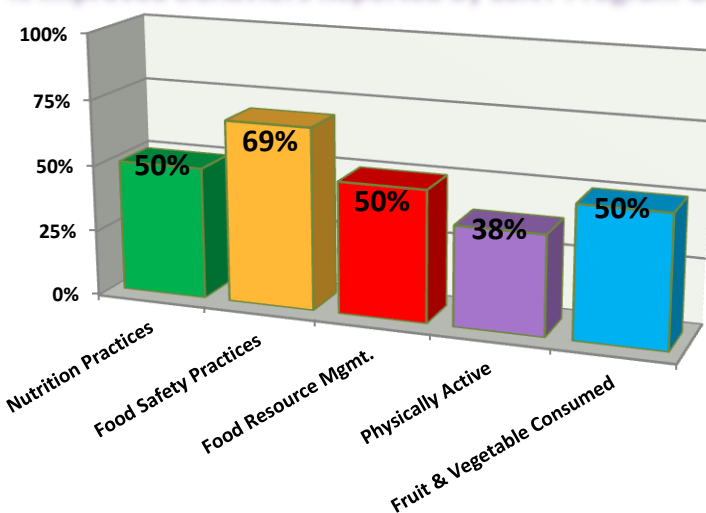
*“I feel so much healthier in my mind and body now that **I’m eating better.**”*

*“The **whole wheat crust** on the pizza is good- I didn’t think I’d like it this much!”*

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! SBH PROGRAM RESULTS 6/2012

#### % Improved Behaviors Reported by ESNY Program Gr



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, 50% more often used a grocery list and 38% more often compared prices when grocery shopping!

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

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

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