



**The Eat Smart New York program tries to improve health and reduce chronic disease for low-income adults and youth. The program teaches ways to:**

- Eat more fruits
- Eat more vegetables
- Drink fewer sweetened beverages
- Drink more low-fat milk
- Drink more water
- Exercise every day
- Maintain calorie balance

**Eat Smart New York can help you shop smarter and feel better!**

## **Who's Eligible?**

- If you currently receive SNAP (Supplemental Nutrition Assistance Program) benefits or are considered SNAP eligible, you can participate in this free program!

## **What You'll Learn**

- How to prepare easy, low-cost nutritious meals in minutes.
- How to spend less time at the grocery store and buy healthy food with your money and SNAP benefits.
- How to make healthy meals and snacks that children will love.
- How to plan meals, store and prepare food safely, and prepare foods using less salt, sugar, and fat.
- How to better understand food labels.
- How to make healthy lifestyle changes part of every day.

All classes are held at convenient times and locations!

### **JOIN US :**

- For a single session
- For a series of 4 to 6 classes

*Have an interested group of people?*

*Call us to schedule a class or a series of classes!*

**CALL TODAY FOR  
MORE INFORMATION**

**315-736-3394**

**Ext. 106**

**Or Email:**

**[northcountrysnaped@cornell.edu](mailto:northcountrysnaped@cornell.edu)**

To find out more about Eat Smart New York visit <http://otda.ny.gov/programs/nutrition> or call 1-800-343-8859 x2-3008. Funded by USDA, an equal opportunity employer.

**Check your eligibility for a range of benefits and apply for SNAP at:**

**[myBenefits.ny.gov](http://myBenefits.ny.gov)**



## What participants say:

*"I never realized how important reading a label could be. If I want to eat healthy, I need to start looking at labels more often."*

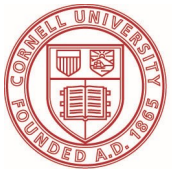
Mother of 2

*"I see that plate picture all over, but I never really understood what it was about until you explained it."*

Mother of 4

*"I've tried doing what you said about family meals and didn't think it would work, but I was surprised! We actually enjoy eating and talking."*

Father of 3



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[www.cceoneida.com](http://www.cceoneida.com)



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**This program is FREE to all SNAP and SNAP eligible individuals**

North County Region: Oneida, Oswego, Jefferson,  
Franklin, Essex, Herkimer, Lewis, St. Lawrence,  
Hamilton & Clinton Counties

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

NORTH COUNTRY REGION  
**EAT SMART NEWYORK**  
Program

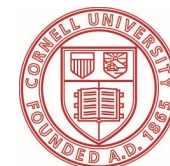


Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach



Supplemental Nutrition  
Assistance Program  
Nutrition Education  
(SNAP-ED)



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