

NORTH COUNTRY REGION  
**EAT SMART NEW YORK**  
Program

A Nutrition Education program



Cornell University  
Cooperative Extension

COUNTIES WE COVER: Oneida, Oswego, Jefferson,  
Franklin, Essex, Herkimer, Lewis, St. Lawrence,  
Hamilton & Clinton

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**YOUR INFORMATION**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

**WHERE DID YOU HEAR ABOUT US?**

\_\_\_\_ FROM A FRIEND

\_\_\_\_ FROM AN AGENCY, IT WAS

\_\_\_\_ FROM A STAFF MEMBER

Other Services I receive:

☐ FOOD STAMPS    ☐ MEDICAID    ☐ WIC    ☐ SSI    ☐ HEAD START    ☐ TANF

**I would like to know more about:**

- |   |  |
|---|--|
| <input type="checkbox"/> Healthier Meal Planning      | <input type="checkbox"/> Reducing Sweetened Beverages      |
| <input type="checkbox"/> Choose My Plate              | <input type="checkbox"/> Increasing Fruits & Vegetables    |
| <input type="checkbox"/> Increasing Physical Activity | <input type="checkbox"/> Healthier Low Cost Snacks & Meals |
| <input type="checkbox"/> Healthy Eating for Children  | <input type="checkbox"/> OTHER _____                       |

I am a parent: \_\_\_\_yes \_\_\_\_no

I am a senior citizen: \_\_\_\_yes \_\_\_\_no

**Consent of Release of Information:**

I, \_\_\_\_\_, consent to the release of information to Cornell Cooperative Extension (CCE). I understand that a CCE program educator will contact me with further information about programs that may be of interest to me.

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.

USDA is an equal opportunity provider and employer. This material was funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to check your eligibility for a range of benefits and apply for SNAP, go to [myBenefits.ny.gov](http://myBenefits.ny.gov) or call 1-800-342-3009 for more information