



**Cornell University**  
**Cooperative Extension**  
**Nassau County**

**Nassau County**  
5 Old Jericho Turnpike  
Jericho, NY 11753  
516-433-7970  
Fax 516-433-7971  
[nassau@cornell.edu](mailto:nassau@cornell.edu)  
[www.cce.cornell.edu/nassau](http://www.cce.cornell.edu/nassau)

## **COMMUNITY NUTRITION PROGRAMS**

Cornell Cooperative Extension of Nassau County offers the following nutrition programs for presentation to Nassau County community groups: libraries, adult education programs, worksites, and other community organizations . Our Extension Educator, Jennifer Colletti (MS, RD), provides these presentations which include fact sheets and a question and answer period. Accommodations for persons with disabilities may be requested by contacting us.

For more information and to schedule a program for your group, please call Jennifer Colletti at 516-433-7970 ext. 22 or email [jac99@cornell.edu](mailto:jac99@cornell.edu). Additional topics are available upon request. Fee: \$125.00 for a one hour presentation.

### **Helpful Tips For Healthy Eating**

Are you interested in eating healthier and learning how to choose/prepare healthier foods and beverages? This program will provide you with suggestions for simple changes you can make at the store, when eating out, and in your kitchen which will help you achieve your goal of being healthier.

### **Saving Money On Groceries**

This presentation teaches strategies to help participants save money on groceries. Participants will learn how to prepare for their trip to the food store, useful tips while at the store, and what to do when they get home from the store to be a smart food shopper during these tough economic times.

### **Healthier Fast Food**

During this presentation, participants will explore how to make healthier fast food choices from typical fast food restaurants. They will also identify money-saving strategies for making quick, healthy meals at home. Recipes will be included.

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*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension in Nassau County provides equal program and employment opportunities.