



Cornell University
Cooperative Extension
Nassau County

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NUTRITION PROGRAMS FOR PARENTS

Cornell Cooperative Extension of Nassau County offers the following nutrition programs addressing the childhood obesity epidemic through promotion of increased physical activity and healthier eating habits. These presentations are for Nassau County libraries, PTAs, parent groups, child care providers, and other community organizations. Our Extension Educator, Jennifer Colletti (MS, RD), provides these presentations which include fact sheets and a question and answer period.

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. Accommodations for persons with disabilities may be requested by contacting Jennifer Colletti. Fee: \$125.00 for a one hour presentation.

Eating Smart From The Start

This presentation teaches parents and child care providers how to choose/prepare healthier foods, snacks, and beverages for their children. Information will be shared about ways to meet the key nutritional needs of children. Participants will also learn strategies for encouraging the development of healthy eating habits.

Healthier Fast Food

During this presentation, parents will explore how to make healthier fast food choices for themselves and their family. Money-saving strategies and recipes for making quick, healthy, kid-friendly meals at home will also be discussed.

Play Actively Every Day

Learn how to make physical activity fun for the whole family. Developmentally appropriate activities for a variety of age groups will be discussed. In addition, participants will explore ways to reduce family screen time.

Eat Smart New York is another CCE Nassau nutrition program addressing the childhood obesity crisis. To find out more about this free seven lesson series for small groups of low-income families with children under 20 years of age, contact Louise Spangle, the ESNY supervisor, at 516-485-9203 ext. 15. This program is funded in part by grants from the USDA's Supplemental Nutrition Assistance Program (food stamps) and Expanded Food and Nutrition Education Program.

3/29/2011

Building Strong and Vibrant New York Communities

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