



**Cornell University**  
Cooperative Extension  
Nassau County

Eat Smart New York  
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## **EAT SMART NEW YORK**

### **For Agencies Serving Nassau County Residents**

#### **About our program:**

- ✓ For small groups of adults enrolled in one or more of the following means tested programs: Supplemental Nutrition Assistance Program (food stamps), WIC, Head Start, free/reduced school meals, TANF, Medicaid or SSI.
- ✓ For small groups of low-income parents/guardians with children under 20 years of age.
- ✓ A “free” series of 7-8 nutrition education classes tailored for families’ needs.
- ✓ Group classes for 5 to 12 participants at your meeting site, usually once a week.
- ✓ Classes include the preparation and tasting of quick, inexpensive recipes.
- ✓ Practical information based on Dietary Guidelines for Americans and Choose MyPlate.
- ✓ Each participant receives a dietary analysis and a certificate of completion.
- ✓ English and Spanish classes available.

#### **We help our participants learn how to:**

- ✓ Plan and cook easy, tasty healthy meals their whole family will love.
- ✓ Get their kids to eat more fruits and vegetables and like them.
- ✓ Use the **Nutrition Facts** label on food packages to choose healthier foods.
- ✓ Shop smart and save money on food.
- ✓ Keep their food safe.
- ✓ Be more physically active and have fun as a family.

#### **For more information, contact:**

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Cornell Cooperative Extension provides equal program and employment opportunities. Accommodations for persons with disabilities may be requested by calling Jennifer Colletti at 433-7970, ext. 22. This material was funded by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program. The Supplemental Nutrition Assistance Program (food stamps) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Nassau County Department of Social Services at 516-227-8523 or see [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) to apply online.

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*Building Strong and Vibrant New York Communities*

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