



Eat Smart New York

Eat Smart New York

A **Free** program to help you save money and take charge of your health!

If you have applied for or receive Food Stamps, WIC, Medicaid, Head Start, SSI or the AFDC program you are eligible for this program!

Classes will be held 9:00am to 10:00am March 8th, March 15th, March 22nd, March 29th, April 5th, April 12th and April 19th at Utica Public Library. (Attendees should plan on attending all 7 classes.) These classes are a collaborative effort between Cornell Cooperative Extension and Utica Public Library.

Eat Smart New York Can Help...

Free and confidential lessons to meet the needs of your family.

Learn how to make healthier choices.

Hands- on activities will boost your confidence and skills.

Save \$\$ on your grocery bills and stretch your food dollars.

Exercise safely at any age.

Prepare healthy snacks with your children that taste great and are fun to make.

Learn to use more fruits and vegetables with meal planning.

Learn to make 30 Minute Meals.

Learning how to read and compare food labels.

How ESNY Works...

A trained Nutrition Educator will provide nutrition classes in a group setting.

Learning sessions consist of 7 lessons featuring the latest research based information.

You will receive free kitchen items while completing the lessons.

Together, you and the Nutrition Educator will plan practical activities based on your needs and interests.

To register call **Utica Public Library at 315-735-2279** and ask for James.

What people say about Eat Smart New York...

"My Nutrition Educator has taught me how to read food labels so I can make healthier food choices." –ESNY Participant

"We have been working together to make kid friendly healthy snacks." –ESNY Participant

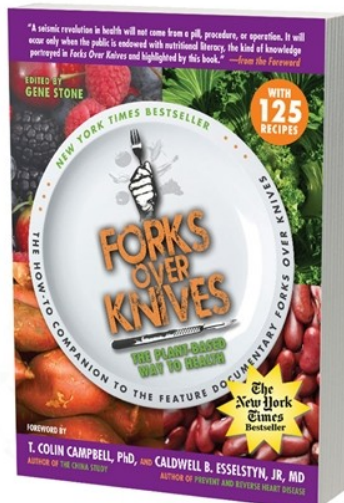


Healthy Transformations Book of the Month:

Forks over Knives: The Plant Based Way to Health
By: **Dr. T. Colin Campbell**

There is a great deal of research indicating the benefits of a plant based diet for cardiovascular health.

-Kim Thompson of *Healthy Transformations*



Special Thanks to...



Peter's Cornucopia

38 New Hartford Shopping Center

New Hartford, NY 13413

(315) 724-4998 www.peterscornucopia.net

Healthy Transformations

3985 Oneida Street, Suite 104

New Hartford, NY 13413

(315) 737-8270



www.healthytransformations.net