

# Eat Smart New York! Can Help

- **Free** and confidential services meet the unique needs of limited income individuals.
- Participants are empowered to make informed decisions.
- Healthy diet and lifestyles are encouraged.
- Financial resources can be reviewed.
- Hands-on activities enhance learning.
- Frequent visits and follow-up promote behavioral changes.
- Referrals are available to other agencies.

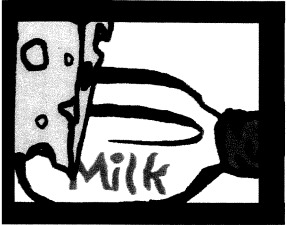
# Eat Smart New York! Participants Learn to:

- Plan thrifty menus
- Stretch food dollars
- Read food labels
- Budget household finances
- Use the Food Guide Pyramid
- Plan nutritious meals for pregnant moms, infants and children
- Meet the nutritional needs of seniors
- Manage weight for optimal health
- Increase activity at any age
- Prepare healthy meals in a flash
- Serve healthy snacks for kids
- Cook for one or two
- Cook from scratch
- Use leftovers creatively
- Store and prepare food safely
- Grow a vegetable garden
- Preserve food by canning or freezing

# How Eat Smart New York! Works

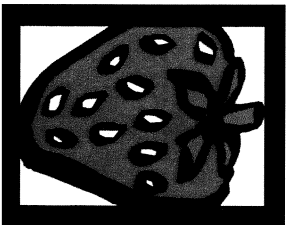
- Referrals are made for
  - limited income individuals or families
  - youth or teen groups
  - senior and adult groups
  - community organizations
- Trained Nutrition Program Associates work with individuals and groups to determine needs and goals.
- Sessions are conducted at homes, community centers, work sites or other convenient locations.
- Weekly or bi-weekly meetings are scheduled for up to one year.

Eat



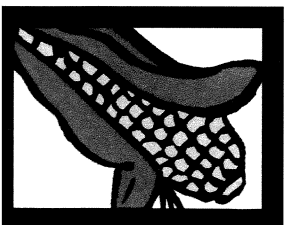
Better!

Feel



Better!

Do



Better!