



Atonement Headstart - Winter 2008

What is Eat Smart NY?

- Learn about “Food Sense” and other food programs for families – Save \$\$\$
- Learn how to make healthier food choices on a budget – make wise use of Food Resources (Food Stamps, WIC, School Food Programs)
- Feeding children healthy – Right from the start!
- Learn how to prepare and store food *safely*
- Control your portions – Go from “Super-size” to “Just Right-size” – Stay in control!
- Make tasty, low-cost, quick recipes – that kids will eat!
- Celebrate learning – Eating together as “Family”



What Atonement Head Start Participants Say About ESNY!

Nine families of ten enrolled, completed our six-week *Supercupboard* cooking program. Everyone learned skills and strategies to select, plan, prepare and store quick and healthy, low-cost meals that their families would enjoy. They shared the following Highlights...

“This class was a big “wake-up call” for me. I’ve changed a lot of my habits - like how I shop, how I plan meals and what I eat. Because of what you’ve taught us, I am so much more conscious of portion sizes now.”

“I’ve prepared most of the recipes from class at home and my kids are eating healthier because of it! They’re hooked on fresh fruit and yogurt for snack time! I also make sure they eat breakfast at home before school, which I wasn’t doing before.”

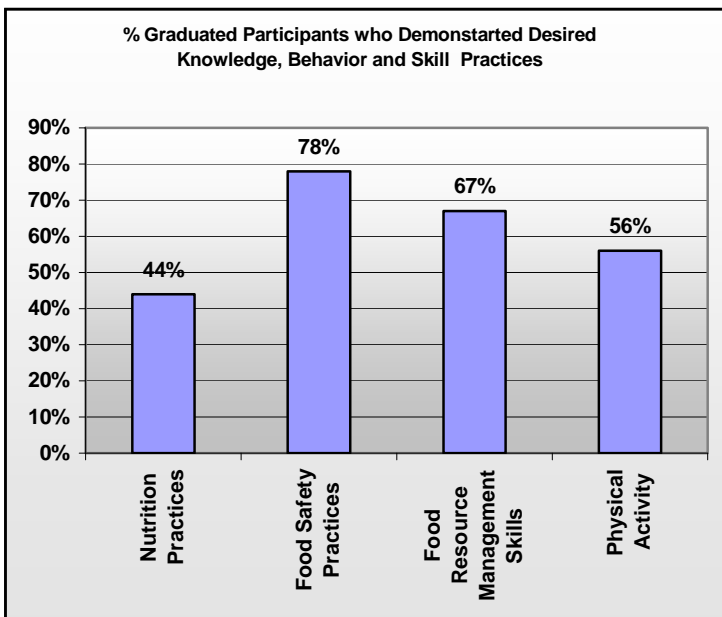
“The food safety information and those bacteria models made me realize that I will never thaw meat on the counter again! I’ve had food poisoning before and I never want to have it again!”

“The most helpful thing I learned was how to read the Nutrition Facts labels. Now I really use them and make choices based on that information.”

“I have awareness about health and healthy eating that I didn’t have before. I can’t go back to the way I was eating now that I know better”

ESNY is an educational program available to food stamp and other income-eligible residents. It is a program of Cornell Cooperative Extension of Onondaga County in partnership with the Onondaga County Department of Social Services. USDA’s Food Stamp Program funded this material. This institution is an equal opportunity employer and provider.

EAT SMART NEW YORK! PROGRAM RESULTS 2009



Participants who completed the 6-week program reported improvements in these knowledge and skill practices based on pre and post Food-related Behavioral Checklists.

Food Resource Management: 89% more often planned meals in advance, 78% more often compared prices when shopping, 67% more often used a grocery list and 67% ran out of food less often before the end of the month.

Nutrition Practices: 78% more often thought about healthy food choices when deciding what to feed their families, 89% more often used *Nutrition Facts* on food labels to make food choices, 67% more often prepared food without adding salt, and 56% reported that their children ate breakfast more often~ **WOW!**

Food Safety: 78% more often followed the recommended practices, e.g. thawing & storing protein foods properly.

All reported following recommended hand washing practices before preparing food.