

Healthy Food Choice Workshops

Eat Better... Move More... Feel Better ... Do Better!



PROGRAMS AND RESOURCES FOR FAMILIES TO:

- ~ENCOURAGE HEALTHY FOOD & ACTIVITY CHOICES
- ~NURTURE AND BUILD SELF ESTEEM
- ~BUILD SKILLS THAT LAST A LIFETIME

CCE of Onondaga County Eat Smart! Programs for 2009

"Eat Smart" Cooking Program

Adult participants learn how to:

- ♥ Eat less fast and convenience foods - and still save time and money
- ♥ Use local food programs and save \$\$\$
- ♥ Make tasty, low-cost meals in minutes that taste delicious and are good for you!
- ♥ Budget for food, shop and plan family meals
- ♥ Prepare - serve - and store food safely
- ♥ Learn tips for active lifestyles!

(6-8 weeks, 1.5 - 2 hours/class- Classes that include cooking with participants are scheduled for 2.0 hours)



Sisters and Brothers in Health

"Produce Power"

A flexible series of cooking experiences!

Adult participants learn to prepare Quick and tasty fruit & vegetable dishes.

Participants learn simple tips for adding vegetable and fruits to daily meals while they cook and share together!

(Six-Eight, 2 hours/class)

***Ideal for Seniors and families who are able to manage their food resources well.*



*** We request the agencies assist with the food or resources for programs that include cooking.**

"Eat Smart- Eat Fit"

Youth Programs

An "action-oriented" program series to assist youth make healthy food, lifestyle and activity choices and informed consumer decisions. Family members are invited to celebrate the learning together!

(A series of six, 1 – 1½ hour sessions)

For youth ages 6 – 17. Mixed age groups (8-15)

Can be accommodated to help youth develop Teamwork and "mentoring" skills.)

For more information, contact Cheryl - 424-9485/x 237



What Makes our Programs Special?

- ◆ **We have FUN!** Our classes are interactive with "hands-on experiences"—including cooking!
- ◆ **We are FLEXIBLE!** Your site or ours—day or evening classes available (first come basis!)
- ◆ **We provide YOU with FEEDBACK!** Through written "**Impact**" reports about skills learned and behaviors improved by completed participants.
- ◆ **Our facilitators are skilled and sensitive-** We value differences and build on the strengths and skills of program participants

Who can attend?

- ✓ **Food Stamp recipients and applicants**
- ✓ **Parents enrolled in the WIC and/or Head Start programs**
- ✓ **Youth from qualifying schools and community agencies**

We request that a staff person from your agency attend each class that we offer.

Contact Kathy Dischner at 424-9485 (Ext. 239), Anita Bono (Ext. 238 for Adult Programs) or Cheryl Harper (Ext 237 for Youth programs) to schedule a program at your community site or at our center. Our office is open 8:30 am – 4:30 pm, Monday - Friday. We offer programs with community agencies, as space/time is available.

Eat Smart New York Programs are funded through FNS/USDA and funds from local county support.

Cornell Cooperative Extension of Onondaga County provides equal program and employment opportunities. Call our office for special needs.