



Southside PEACE- Spring 2009

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 – (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 and quick recipes
- Celebrate learning – Eating together as “Family”
- Learn tricks to keep the taste and slash calories, fat, and Sugar (Increase nutritional value!)



What “Southside PEACE” Participants Say About ESNY!

Ten participants completed our six-week *EAT SMART* cooking program. Everyone learned skills and strategies to select, plan and prepare healthy, low-cost meals that focus on vegetables and fruits. They shared the following highlights...

“I made the wraps we had in class. I even bought the whole wheat tortillas and my kids loved them. I’m trying to make all these healthy recipes for my kids.”

“I didn’t know that French fries weren’t as healthy as mashed potatoes- I thought potatoes were potatoes... I guess I’ll start eating mashed and baked more often.”

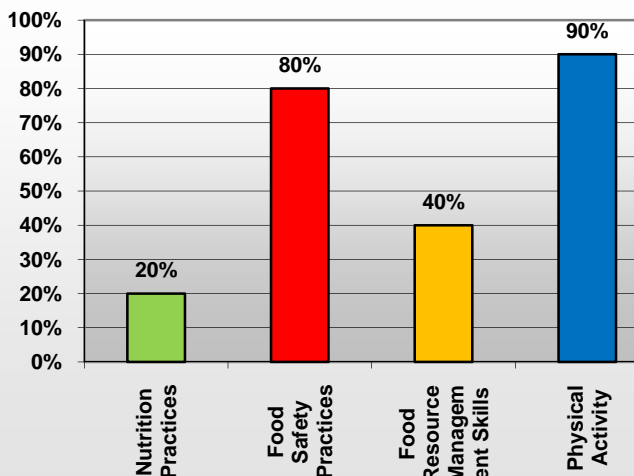
“Before this class, I had never tried whole wheat anything. It’s good, I like it. I’ve been buying whole wheat bread and tortillas since we tasted them here.”

*“I love this! Is it okay if I have some more? I want my mom to make this at my house!” - 4 y.o. son of participant, referring to **Turkey and Black Bean Chili** made in class.*

ESNY is an educational program available to food stamp recipients and other income-eligible residents. ESNY 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. Cornell Cooperative Extension is an equal opportunity employer and provider.

EAT SMART NEW YORK! PROGRAM RESULTS 2009

% Graduated Participants who Demonstrated Desired Knowledge, Behavior and Skill Practices



Participants who completed the 7-week program reported improvements in these knowledge and skill practices based on pre and post Food-related Behavioral Checklists.

Food Resource Management: 40% improved in meal planning, 20% more often used a grocery list and 40% more often compared prices when grocery shopping.

Nutrition Practices: 80% more often thought about healthy food choices when deciding what to feed their families, 50% more often prepared food without adding salt and 60% more often used Nutrition Facts on food labels to make food choices *This group showed dietary improvement with increased intakes of Iron, Calcium and Vitamins A,C and B6!*

Food Safety: 50% more often followed the recommended practices, e.g. thawing & storing protein foods properly.

All reported following recommended hand washing practices before preparing food.