



YWCA – Early Winter 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 – 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 YWCA Participants Say About ESNY!

Five families of seven 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...

“I’m so much more aware of fruits and vegetables in my diet now. I’m really trying to remember to eat a fruit and a vegetable at lunch and dinner everyday.”

“This class has really helped me control my portions. I have cut down on so many things - for example, I used to eat 6 strips of bacon every morning, but I’ve changed to turkey bacon and I only eat 2 strips now.”

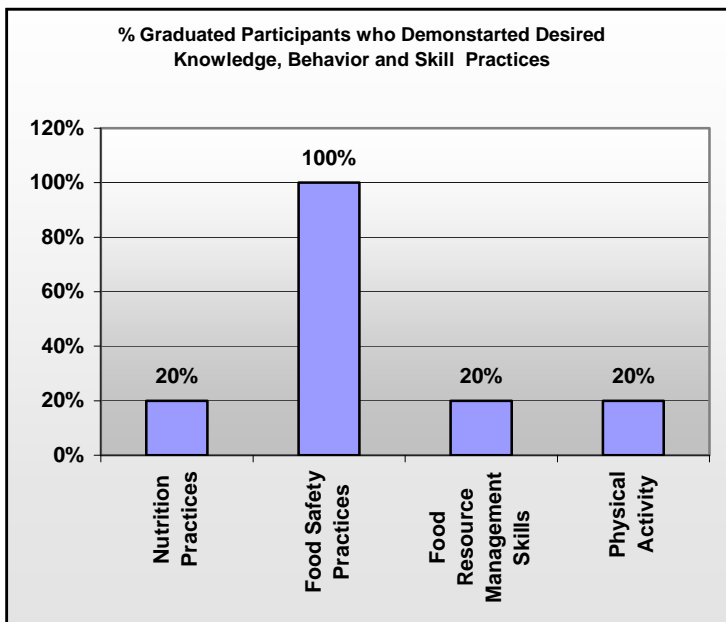
*“I’ve got chicken thawing in **my fridge** right now because of what I learned about bacterial! Normally I would’ve put it on the counter to thaw but not after last week’s food safety class!”*

“I was amazed that we could prepare such healthy and delicious food and spend so little money! I couldn’t believe how far you stretched it!”

“I’ve learned to take care of myself and my health with what I eat.”

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: 60% more often planned meals in advance, 60% more often compared prices when shopping, 20% more often used a grocery list and 40% ran out of food less often before the end of the month.

Nutrition Practices: 40% more often thought about healthy food choices when deciding what to feed their families, 80% more often used *Nutrition Facts* on food labels to make food choices, 60% more often prepared food without adding salt, and 20% reported that they ate breakfast more often.

Food Safety: 60% more often followed the recommended practices, e.g. thawing & storing protein foods properly.

All reported following recommended hand washing practices before preparing food.