

FREE assistance with

- ★ Stretching and budgeting food dollars
- ★ Planning, shopping and cooking healthy meals
- ★ Nutrition and wellness for youth, individuals, and Families
- ★ Weight control and exercise
- ★ Safe food storage and preparation

Call the Eat Smart New York Program in Delaware County at (607) 865-6531 or mail in the enrollment form on the other side if you are interested in this program.

We're looking forward to hearing from you.

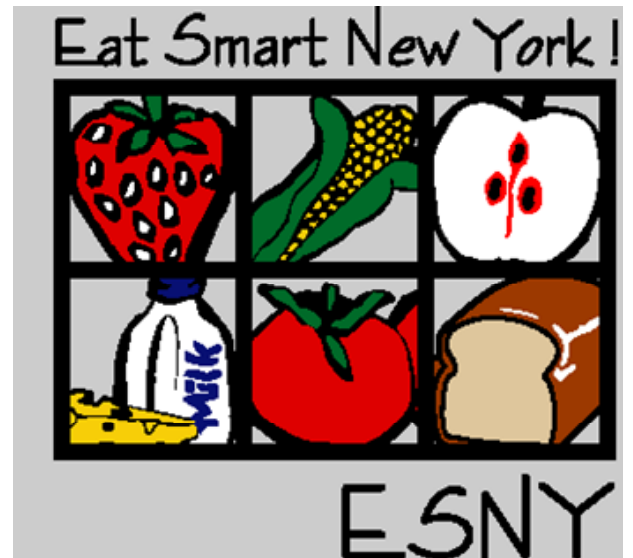
Eat Smart New York is brought to you by Cornell University Cooperative Extension of Delaware County.

Nutrition Teaching Assistants are available to come to your home. Lessons can be customized for the individual, family or group, and may include food demonstrations and preparation.

Funding for Eat Smart New York is provided by the US Department of Agriculture-Food and Nutrition Service, Delaware County Department of Social Services, and Cornell University Cooperative Extension of Delaware County.

Eligibility...
Best of all, the entire program is FREE for food stamps recipients: families, youth, individuals, and seniors.

BEST NEWS ★ **YET...**
Participate in 6 or more lessons and receive a FREE \$25.00 food coupon you can use at various County supermarkets.



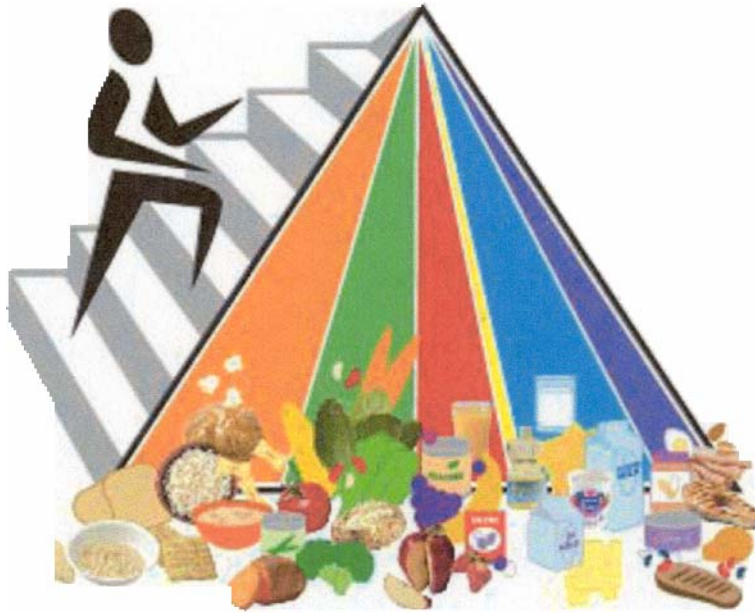
Cornell University Cooperative
Extension of Delaware County
PO Box 184
34570 St. Hwy 10
Hamden, New York 13782

For information and to enroll
CALL:
(607) 865-6531

This is an equal opportunity provider. If you feel you have a discrimination complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410. Funded by Cornell Cooperative Extension and the Department of Social Services of Delaware County and the USDA Food and Nutrition Service.

Cornell Cooperative Extension in Delaware County provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Delaware County office if you have any special needs.

PLAN and PREPARE MEALS and SNACKS with this USDA Food Guide Pyramid



- Provide for special nutritional needs in your life.
- Create healthy snacks with and for your children.
 - Use herbs to add *zip* when reducing salt in meals.
 - Cut down on fats, sugar, and cholesterol.
 - Add vegetables and fruit to meals daily.
 - Eat a variety of foods everyday.
 - Prepare and store foods safely.
 - Learn new cooking techniques.
 - Get the most for your money.

EAT BETTER ** FEEL BETTER ** DO BETTER

*Call 607 865-6531 and
Enroll in Eat Smart New York today*

SIGN UP FOR A FREE FOOD COUPON

ONLY available
when you participate in 6 or
more nutrition/budgeting
lessons with a Nutrition
Teaching Assistant from
Cornell Cooperative
Extension of Delaware
County.

The coupon can be used for
fruits, vegetables, breads &
cereals, meats, milk,
cheese, and yogurt only!
Thank You for your partici-
pation in the Eat Smart New
York Program.

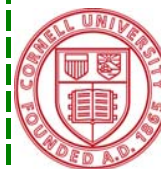


12/2005

Name: _____

Address: _____

Telephone: _____



Cornell University
Cooperative Extension
of Delaware County