

“WOW! Feeding My Family Really Can Be Fun.”

-ESNY Participant

Learn How To:

- * Save money on your grocery bills.
- * Learn to prepare low-cost, quick and healthy meals.
- * Keep your family healthy by handling and storing food safely.
- * Have more control over your health, your weight and your life!
- * Sample fun foods the kids will love.
- * Receive free incentives to use when cooking.
- * Participate in 6 or more lessons and receive a **FREE \$25.00** food coupon to use at various county supermarkets.



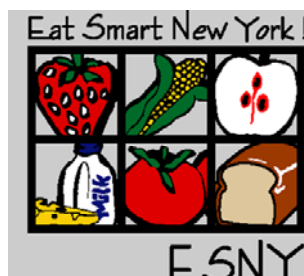
Here is what participants have to say about Eat Smart NY.....

...I have been able to lose some weight by changing the way I eat.

...It's a reward when your child says this is yummy and it's a vegetable!

...Since the Nutrition Educator started visiting I have been eating healthier and buying smarter.

To Learn More About



Call: (607) 865-6531

Yes, It's Free!

ESNY is a n educational program available to food stamp recipients.

ESNY is a program of Cornell Cooperative Extension of Delaware County in partnership with the Delaware County Department of Social Services.

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Cornell University
Cooperative Extension
of Delaware County

EAT BETTER!

FEEL BETTER!



Cornell University
 Cooperative Extension
 of Delaware County

Delaware County Resource Center
 34570 St Hwy 10 Suite 2
 P.O. Box 184
 Hamden NY 13782
 Telephone: 607-865-6531 Fax: 607-865-6532

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 EXPIRES: XX/XX/XX

FREE FOOD COUPON Sample

Redeem for **\$25** worth of food (**fruits, vegetables, breads & cereals, meats, milk, cheese and yogurt only!**) at the Delhi or Sidney

Great American or Deposit or Walton Big-M and A&P Margaretville.

Thank You for your participation in the Eat Smart New York Program

2008-2009 Income Guidelines for the Eat Smart New York Program

# of Family Members	Monthly Gross Income
1	\$1127
2	\$1517
3	\$1907
4	\$2297
5	\$2687
6	\$3077
7	\$3467
8	\$3857
Additional Member	+ \$390.00



GET MORE INFORMATION ABOUT THIS COUPON WHEN YOU
 SIGN UP and PARTICIPATE IN 6 NUTRITION LESSONS IN
 THE EAT SMART NEW YORK PROGRAM

with

CORNELL UNIVERSITY COOPERATIVE EXTENSION
 OF DELAWARE COUNTY

NAME _____

ADDRESS _____

TELEPHONE _____

DIRECTIONS TO YOUR HOME _____