



Eat Smart New York (a SNAP–Ed program) is a statewide initiative that supports families eligible for the Supplemental Nutrition Assistance Program (SNAP) to **eat more fruits and vegetables, drink fewer sweetened beverages and practice healthy lifestyles.**

We are part of this initiative in the Finger Lakes region and operate out of Cornell Cooperative Extension and Foodlink.

Our team of over 20 nutritionists provides **workshops, food demonstrations, cooking classes, grocery store tours and community events**, for individuals who qualify for SNAP. We also work with families and other community partners to improve access to affordable, healthy foods and fun physical activities.

Finger Lakes Eat Smart New York (FLESNY) nutritionists are great resources for:

- » School and community gardens
- » Affordable access to fruits and vegetables
- » School wellness teams

For tips, recipes, and events, or to sign up for our e-newsletter visit:

- » FLESNY.org
- » facebook.com/FLESNY
- » *Instagram: @FingerLakesEats*

To find out more about Eat Smart New York statewide, visit:

- » otda.ny.gov/programs/nutrition/



Cornell University
Cooperative Extension



Finger Lakes Eat Smart NY is funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.

FINGER LAKES EAT SMART NEW YORK

FLESNY.ORG



Finger Lakes Eat Smart New York: Making the Healthy Choice the Easy Choice!



Our events can help
you shop smarter
and feel better!

Who's Eligible?

If you currently receive SNAP (Supplemental Nutrition Assistance Program) benefits or you are SNAP-eligible, you can participate in this free program!

Check your eligibility for a range of benefits and apply for SNAP at: myBenefits.ny.gov

What You'll Learn:

- » How to prepare easy, low-cost nutritious and delicious meals on a budget
- » How to make healthy meals and snacks that children will love
- » How to plan meals and shop to save time and money
- » How to store and prepare food safely
- » How to make healthy lifestyle changes that work for you and your family

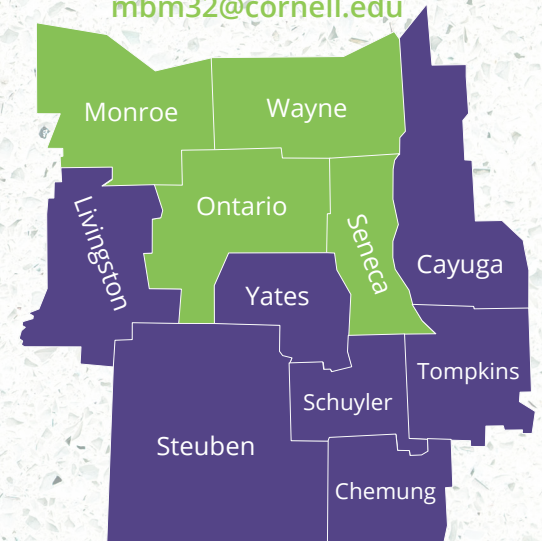
Discover how easy it can be to:

- » Eat more vegetables and fruits
- » Drink fewer sugar-sweetened beverages
- » Be more physically active
- » Maintain a healthy weight



Contact us!

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Call us to schedule a
workshop, grocery store
tour or food demo for a
group of adults or youth.

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