



"Eat Smart New York!" Program Series

Adult

Comprehensive program series with interactive lessons and "hands-on" meal preparation

Eat Smart Kitchen Course

Interactive sessions focus on:

- Food resource management skills,
- Nutritional quality of meals/snacks
- Food safety and sanitation practices

Participants prepare/sample tasty, low-cost recipes
(Six-Eight weeks, 2-2.5 hour weekly classes)

Cooking Together for Family Meals

A 6-week series of cooking experiences for youth aged 7-15 and their parents/caregivers to learn to prepare quick and tasty vegetable dishes. Families gain cooking skills, confidence in preparing vegetable-based meals and build communication.
(Six, 2-hour weekly sessions)

Eat Fit!

Youth Program

An "action-oriented" program series assists youth to make healthy food, lifestyle, and activity choices. Youth learn how to be informed consumers.

(A series of six, 1 – 1½ hour sessions)

For youth ages 5 – 17. Mixed age groups can be accommodated to help youth develop teamwork and "mentoring" skills.

For more information:

on **Adult programs**, contact Anita at 424-9485 (x238) or Kathy Dischner (x239).
on **Youth programs**, contact Cheryl at 424-9485 (x237).

Why Choose CCE Programs?



We are Flexible!

Your site or ours - daytime or evening classes

Our Facilitators are Skilled & Sensitive

We value differences and build on strengths

Who Can Attend?

"Eat Smart" Programs are available to families and seniors who receive Food Stamps, or families enrolled in W.I. C or Head Start Programs and youth from low-income neighborhoods

Our Nutrition programs are free of charge to qualified audiences.

We request that agencies provide food or financial assistance for classes involving cooking. We ask that a staff person be present during all classes as well.

To Learn More call 424-9485.

Kathy Dischner – Team Leader

(x239) kmd13@cornell.edu

Steve Chandler (x241) sjc32@cornell.edu

Anita Bono (x238) aab44@cornell.edu

Cheryl Harper (x237) ceh28@cornell.edu

Food Safety Training Programs

Contact our office for program cost.

Nationally – recognized Training for the Food Service Industry using National Restaurant Association Educational Foundation Approved Courses

Level I: Non-Certification Introductory Course for entry level or front-line food service staff. A 10-hour introductory class with course book and certificate.

Level II: A 16-hour Nationally-recognized certification comprehensive program, "Servsafe" is for owners, managers/supervisors of foodservice operations

Financial Empowerment Classes

2-hour **No-cost** workshops– open to public.

Save Energy, Save Dollars

Participants learn strategies to reduce energy costs through low-cost, no-cost energy conservation methods.

Making Ends Meet

Participants learn how to develop spending plans, strategies to reduce utility bills and how to set financial goals.

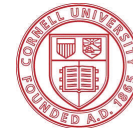
Both classes include free tools to help save \$\$

Preparing for Emergencies

New! Participants learn how to prepare and respond to different types of emergencies, create an "Action Plan" and receive a free tool kit with key resources.

1.5 hours/workshop– NO COST

For schedule, costs and information about Food Safety and Financial Empowerment classes, call Steve Chandler at



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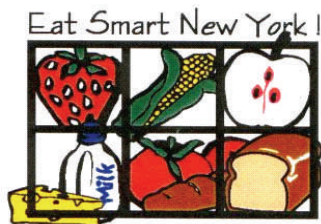
Give Kathy A Call...
424-9485 ext. 239
...for general program information
and about other CCE programs
and resources.

She will also help you with program
details and scheduling. We will provide
a descriptive brochure to market
the program with your groups.

Cornell Cooperative Extension
of Onondaga County
220 Herald Place, 2nd Floor
Syracuse, NY 13202
Monday – Friday
8:30 a.m. to 4:30 p.m.

(Voice Mail messaging available
24 hours/day)

Visit our web site at:
www.cce.cornell.edu/onondaga/nutrition



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"The Food Stamp Program provides nutrition assistance to people with low income. It can help to buy nutritious foods for a better diet. To find out more, contact the Food Stamp Office at (315) 435-2526 or 1-800-344-3009 or Nutrition Outreach Food Bank of CNY at (315) 437-1899." 2009
Cornell Cooperative Extension of Onondaga County provides equal program and employment opportunities. Please contact the Association office if you have any special needs.

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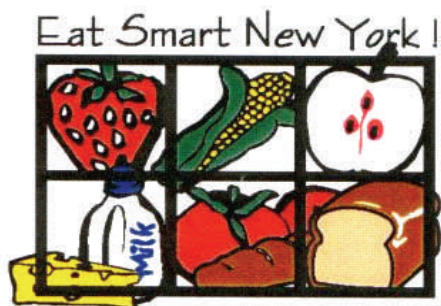
220 Herald Place 2nd Floor
Syracuse, NY 13202-1045



CHOICES

FOR

Healthy Living



Programs and Resources
To help Participants

- ~ **Build Skills**
- ~ **Make Behavioral Changes**
- ~ **Encourage Healthy Food Decisions**
- ~ **Manage Food and Financial Resources**
- ~ **Serve Food Safely**