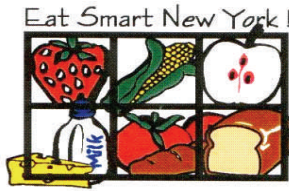


# CORNELL UNIVERSITY COOPERATIVE EXTENSION

Onondaga County  
220 Herald Place 2nd Floor  
Syracuse, NY 13202  
(315) 424-9485  
Fax: (315) 424-7056

**HOURS**  
**Monday – Friday**  
**8:30 a.m. – 4:30 p.m.**



For more information contact:

Kathy Dischner  
Ext. 239  
kmd13@cornell.edu

or

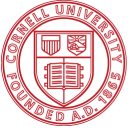
Anita Bono  
Ext. 238  
aab44@cornell.edu

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For help with stretching your food resources or to sign up for our group nutrition education classes conducted throughout the community, call Cornell Cooperative Extension at (315) 424-9485, extension 239.

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12/06

Cornell University Cooperative Extension  
Of Onondaga County  
220 Herald Place, 2nd Floor  
Syracuse NY 13202



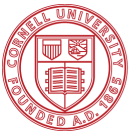
Co  
Co  
On

# “EAT



# Kitc

Each week  
tasty main  
you cook



**Cornell University**  
Cooperative Extension  
Onondaga County

220 Herald Place, 2nd Floor  
Syracuse NY 13204-1045

Tel: (315) 424-9485  
Fax: (315) 424-7056  
E-mail: [onondaga@cornell.edu](mailto:onondaga@cornell.edu)  
[www.cce.cornell.edu/onondaga](http://www.cce.cornell.edu/onondaga)

**Eat Smart New York!**  
Presents  
**"EAT SMART"**

**Who Can Attend?**

*EAT SMART* is part of the "Eat Smart New York!" program sponsored by the USDA and Cornell Cooperative Extension of Onondaga County.

**Our program is available to Food Stamp recipients and applicants, along with WIC and Head Start participants.**

There is NO FEE for the program. However, we require that your facility provide the food or financial reimbursement for food in order to provide cooking experiences for participants.

Participants will receive recipes, a cookbook, or calendar and a Certificate of Completion and "Gifts for the Kitchen."

**Eat Smart New York!**  
Presents  
**"EAT SMART"**

**Helps you to:**

- Make informed decisions
- Plan thrifty nutritious meals
- Save time and money
- Stretch food dollars
- Budget for food
- Use MyPyramid
- Prepare healthy meals in minutes
- Serve healthy snacks
- Cook from scratch
- Store and prepare food safely
- Learn about "Food Sense" and other food programs



**Where?**  
**Your local**  
Cornell Co  
220 Herald  
Syracuse  
  
(A large  
kitchen)

We ask that  
during all  
We appreciate  
request. St  
ticipate as

**Program Length**  
6-8 consecutive

**Time?**  
Each class

**We are flexible**  
We offer the  
evening. PH  
Monday-Frida  
Ask for Anita

*Our thanks  
Services for  
Food Stamp*

*Building Strong and Vibrant New York Communities*

Cornell University Cooperative Extension of Onondaga County provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating. Please contact the Association office if you have any special needs.