



Eat Smart New York

WESTERN NEW YORK

Erie | Niagara | Cattaraugus | Chautauqua | Allegany | Genesee | Orleans | Wyoming



EAT SMART NEW YORK

Eat Smart New York (ESNY) Nutrition Education is FREE to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP). ESNY provides nutrition education materials and sponsors education events and classes in local communities on a variety of nutrition topics like: healthy eating on a budget, smart shopping for vegetables and fruit, healthy meal planning, basic cooking and food safety skills, weight control and physical activity. The goals of the Eat Smart New York program are to:

- Eat more fruits and vegetables
- Drink fewer sugar-sweetened beverages
- Exercise more and balance calories eaten as part of a healthy lifestyle

OUR PARTNERS

The New York State Office of Temporary and Disability Assistance (OTDA) is committed to reducing food insecurity and hunger, fostering self-sufficiency, and improving health outcomes for low-income New Yorkers. Through the Supplemental Nutrition Assistance Program (SNAP) nutrition education is coordinated by OTDA and is administered by a network of state and local providers including Cornell Cooperative Extension, the Department of Health, and the Food Bank of New York City. Working together these organizations deliver a variety of important programs to individuals eligible for SNAP that are designed to:

- Decrease food insecurity and hunger;
- Increase awareness of the benefits of a healthy diet;
- Provide knowledge and skills needed to establish healthy eating habits and physically active lifestyles; and
- Promote good health.

If you would like to learn more or are interested in classes, please call us at (716)822-2288.



Cornell University
Cooperative Extension
Erie County



Cornell University
Cooperative Extension
Niagara County



NEW YORK
STATE OF
OPPORTUNITY.

Office of Temporary
and Disability Assistance