



Cornell University
Cooperative Extension
Otsego County

NEWS RELEASE

CCE OFFERS EAT SMART NEW YORK

Cornell Cooperative Extension of Otsego County is offering an EAT SMART NEW YORK (ESNY) Program tailored to meet your nutritional needs. ESNY is a free program promoting healthy lifestyles and financial fitness. Individual and group gatherings, facilitated by a CCE Nutrition Educator, offer an opportunity to cook together and share ideas important to happy, healthy families and individuals. Interactive, hands-on classes explore such topics as eating more fruits, vegetables and whole grains; keeping food safe; making ends meet at home; and lowering fat in diets.

You are eligible for ESNY if you receive WIC, are a Head Start/Early Head Start family, use your Benefit Card to purchase food, applied for food stamps, receive Medicaid/PCAP or SSI or participate in Job Corps. Classes are being scheduled and anyone interested in joining a group in your area should contact Cornell Cooperative Extension in Cooperstown at 547-2536 x224 or x234 or Oneonta at 433-2521.