



Who We Reach

- ◆ Low Income:
- ◆ Families with Children
- ◆ Individuals
- ◆ Youth
- ◆ Seniors (60+)

Through classes, staff training, & policy support where people— *eat, learn, Work, shop, play and pray*

Eat SMART NY - Eat Better for Less!

**Onondaga– Broome-
Chenango-Cortland-
Madison– Delaware-
Otsego– Tioga**

100 S. Salina St., Suite 170
Syracuse, New York 13202
<http://www.cceonondaga.org>

Phone: 315-424-9485
Email: kmd13@cornell.edu
Website:
Southerntiereatsmartny.org

Eat Smart New York Promoting Healthy Lifestyles Across the Southern Tier Region!

Eat Smart New York’s (ESNY) goal is to promote health for low-income individuals through education, policy support and system changes that promote healthy food choice and opportunities to lead physically active lifestyles. Poverty is a risk factor for numerous health problems including heart disease, diabetes, cancer, poor pregnancy outcomes, and obesity. Positive changes in nutrition and physical activity are needed to avoid negative consequences of these health conditions. In collaboration with our community partners we can help to reach and teach the 140,000 residents living at or below the poverty level (14%) in the Southern Tier Region.



“ Just wanted to share that Leigh has really been paying attention to you and enthusiastically coming home to share recipes and healthy eating tips. Thanks so much!”

~ Parent of 2nd grader participating in CATCH program

What We Do

Facilitate workshops, events, & help our partners create health-promoting policies that support people to:

- *Increase consumption and variety of vegetable and fruits*
- *Choose smaller portions and reduce sugar, fat and salt*
- *Decrease consumption of sweetened beverages*
- *Increase engagement in physical activities*



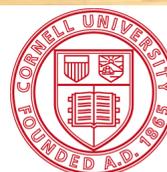
“I’m going to teach my brothers what I learned; **yuck- there is so much sugar even in Gatorade!**” 3rd grader—School Event



Our Teachers will be so much Better equipped to engage youth in ACTIVE PLAY! These resources and techniques from this CATCH PE training will make all the difference!”

SCSD PE

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to check your eligibility for a range of benefits and apply for SNAP, go to myBenefits.ny.gov or call 1-800-342-3009 for more information." CCE is an equal opportunity provider and employer.



**Cornell University
Cooperative Extension
Onondaga County**

