



Enjoy your food, but eat less



1,025 Calories



500 Calories

FINGER LAKES
EAT SMART NEW YORK
FLESNY.ORG



Cornell University
Cooperative Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. Photo credits: <http://food.unl.edu/free-prevent-portion-distortion-powerpoint>



Let them learn from *serv*ing themselves



FINGER LAKES
EAT SMART NEW YORK
FLESNY.ORG



Cornell University
Cooperative Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.
Photo credits: shutterstock



Make meals and memories together



FINGER LAKES
EAT SMART NEW YORK
FLESNY.ORG



Cornell University
Cooperative Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. Photo credits, left to right: SNAP-Ed Connection; James Monahan July 2017