

Cornell Cooperative Extension Cornell Garden-Based Learning

Eat Smart NY (SNAP-Ed)



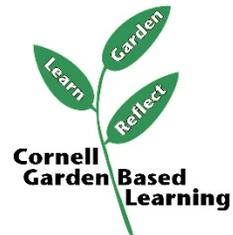
Eat Smart NY is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



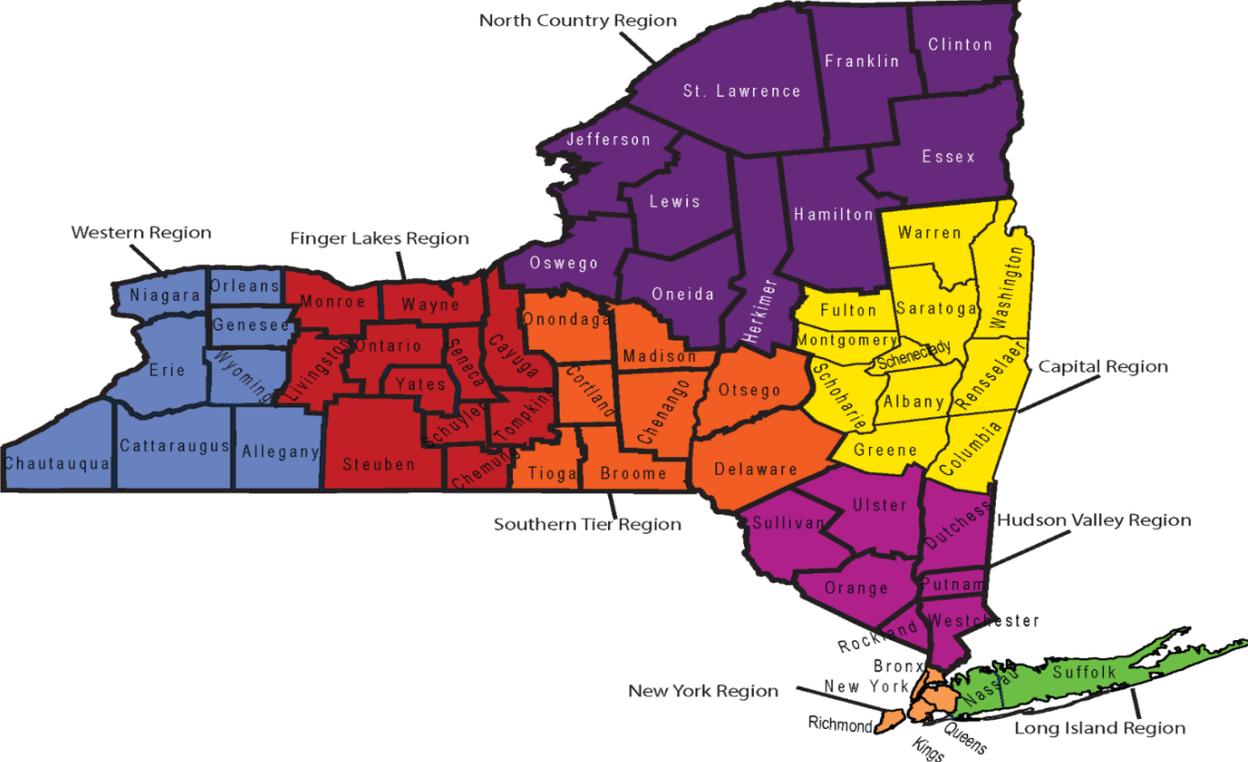
Learning Objectives

We will...

- **Recognize** Eat Smart New York's (ESNY) nutrition education activities and how garden programs link to their main messages
- **Identify** the ways in which MGVs can partner with ESNY



SNAP-Ed Regions, 2017



Eat Smart NY responding to:

- Over 32% of NY residents are food insecure.
- Nearly 27% of adults in NY are physically inactive.
- Nearly 34% of New Yorkers eat less than one serving of fruit, 23% eat less than one serving of vegetables a day.

Primary Behavioral Outcomes

- Increase consumption of fruits and vegetables
- Maintain appropriate caloric balance and physical activity
- Reduce the consumption of sugar sweetened beverages

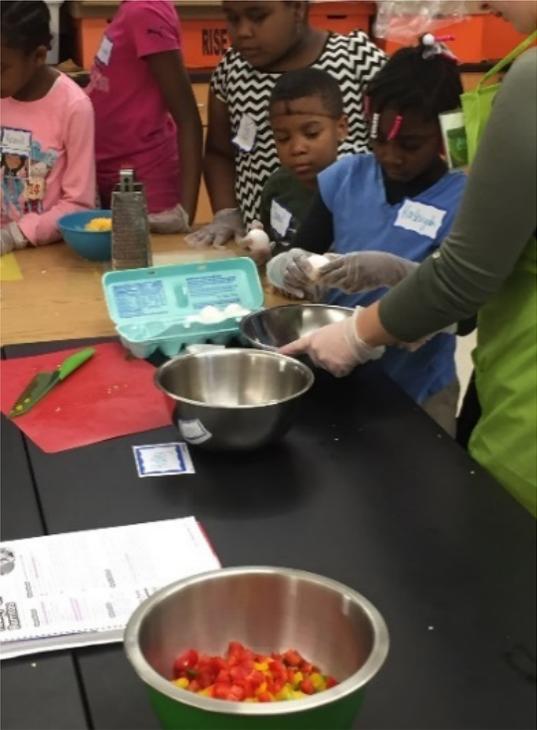
Key Educational Messages

- Make half your plate fruit and vegetables.
- Be physically active and balance calories every day as part of a healthy lifestyle.
- Reduce the consumption of sugar sweetened beverages and increase consumption of water and low-fat dairy beverages.

Program Delivery: Nutrition Education

- One-time workshops
- Series of workshops
- Tabling
- Environmental strategies such as community and school gardens, school wellness, healthy retail

One-time Workshop



Re-think Your Drink

Main Goal

- To identify healthy drink choices and reduce the number of sugary drinks consumed.



Blubber Burger



Main Goal

- To maintain caloric balance by reducing fat intake through choosing healthy foods.

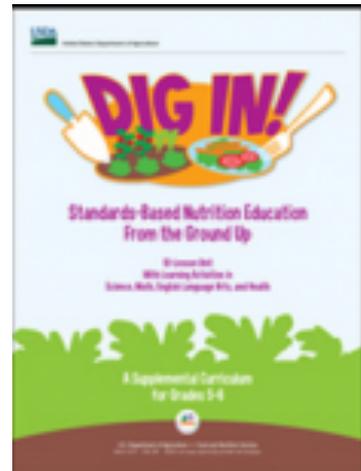
Series of Workshops



- Curriculum

Dig In!

- 10 lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables



Media Smart Youth



Main Goal

- Empower young people to become aware of media's role in influencing their nutrition and physical activity choices.
- Age 11-13

Tabling Event



Impact Goals

- TEACH families how to buy and prepare healthy foods
- HELP families stretch right budgets and buy nutritious options
- CREATE a culture of health

Reinforcement!!

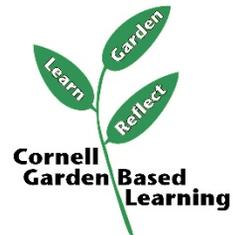
- Food sampling
- Reinforcement items
- Tip sheets
- Recipe cards
- Healthy Messaging
- Website and newsletters:
www.fingerlakeseatSMARTnewyork.org



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Learn More

Contact: Cornell Garden-Based Learning
<http://gardening.cals.cornell.edu/>

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