

Choose from these interactive series for adults:

Eating Smart Being Active: focuses on healthy eating and physical activity

Finding A Balance: healthy eating with diabetes and pre-diabetes for you or someone in your family

Healthy Cents: making healthy food choices on a limited budget

Breastfeeding: lessons on maternal nutrition, breastfeeding preparation and techniques, dealing with challenges associated with breastfeeding as well as complimentary feeding

Healthy Children Healthy Families: addresses parenting in the feeding and active play relationship of 3-11 year olds

For more information contact:

CCE Herkimer County
5657 State Route 5
Herkimer, NY 13350
(315) 866-7920
herkimer@cornell.edu



What our participants say:

- “I understand better how to read a nutrition facts label now.”
- “I enjoy preparing some of the healthy recipes that we learned to make during the classes.”
- “I eat fewer processed foods as a result of taking nutrition classes.”
- “I understand unit prices and how using them helps me save money.”
- “I learned about food resources in my town that I didn’t know existed.”
- “I have learned to budget the money I get to use for food shopping. Also I have learned how to eat a healthier diet.”

**Cornell Cooperative Extension
Herkimer County**

**Helping Families
Eat Healthier
for Less**



Photo by Mariana Medvedeva on Unsplash

Expanded Food and Nutrition Education Program

You can eat healthy while saving money at the store!

You Can

Eat more fruits and vegetables

Drink fewer sweetened beverages

Maintain a healthy weight

Be more physically active

Save money on food

Live a Healthier Life!

Are You Eligible for EFNEP?

If you are a parent, or an adult caregiver (a grandparent, aunt, uncle, foster parent, or day-care provider) and receive any of the following:

- ◆ Children attend Head Start
- ◆ HEAP
- ◆ SNAP to buy food
- ◆ WIC
- ◆ Free or reduced-priced school meals (breakfast and lunch)
- ◆ Medicaid
- ◆ Child and Adult Care Feeding Program (CACFP)
- ◆ Temporary Assistance to Needy Families (TANF)
- ◆ Food Distribution Program on Indian Reservations (FDPIR)
- ◆ Food from local food pantries (TEFAP - The Emergency Food Assistance Program)

Join Us

For a series of fun, interactive and supportive classes!

Learn with others in a group, or meet one-on-one with our staff. Join us in person, via Zoom or by phone.

**Call today for
more information
315-866-7920**



To sign up for personalized nutrition education, scan this QR code and fill out the form.

Or go to: <https://bit.ly/UniteUseEFNEP>

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EFNEP is a Cornell Cooperative Extension Nutrition Education Program

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal programs and opportunities.