Eat Smart New York (ESNY) is a nutrition program available to participants in the Food Stamp Program. Federally, this program is referred to as Supplemental Nutrition Assistance Program Education (SNAP-Ed). In New York State, Eat Smart New York exists in over 50 counties.

The goals of the national SNAP-Ed program are to promote:
- Eating fruits and vegetables, whole grains, and fat-free or low-fat milk products every day
- Being physically active every day as part of a healthy lifestyle
- Balancing caloric intake from food and beverages with calories expended

Classes are conducted typically in small group settings, on topics such as nutrition, meal planning, food preparation, food safety, and food budgeting.

Classes are facilitated by educators, who guide participants in developing better ways to use their resources to prepare nutritious, healthy foods. Participants engage in dynamic, interactive sessions at locations such as community centers, congregate meal sites, cooperative extension offices, or even their own home. Educators are committed to guiding ESNY participants through a series of at least 6 contacts, and can skillfully adapt sessions to meet the interests and needs of participants.

To see about setting up an ESNY series in your county, visit: [otda.ny.gov/main/programs/nutrition/](otda.ny.gov/main/programs/nutrition/)

**Impact statement:**
Among adult ESNY graduates in 2011, 100% improved on at least one measure of self-reported behaviors; 88% (9,588 of 10,895) improved at least one measure of nutrition practices, 78% (8,498 of 10,895) improved at least one measure of food resource management practices, 60% (6,537 of 10,895) improved at least one measure food safety practices, and 41% (4,467 of 10,895) became more physically active. Dietary analysis comparing pre and post 24-hour diet recall data revealed 94% (10,241 of 10,895) of adult participants moved toward acceptable levels of intake in at least one food group.

For more information contact:
Food and Nutrition Education in Communities
fnec-admin@cornell.edu
(607) 255-7715
Division of Nutritional Sciences