



Cornell University
Cooperative Extension
New York City

NUTRITION AND HEALTH PROGRAM

WHAT is the Nutrition and Health Program all about?

Our nutrition and health program is **FREE** and helps adults and youth:

- make healthier nutrition choices and become more physically active
- learn to use their food dollars wisely

WHO is our audience?

Parents or caregivers of children. Youth at schools or summer and afterschool programs. Parents or caregivers may be part of pre-K or other school groups, ESL, computer or other training, Head Start, Family Shelters, or any other community or faith-based agency program.

WHERE are groups held?

Nutrition and Health groups meet in a variety of community-based or faith-based agencies and schools in targeted communities throughout New York City. **To find out more, call:**

**Bronx & Manhattan & Staten
Island (212) 340-2939**

**Brooklyn & Queens
(718) 657-9520**

WHEN do groups meet?

Adult groups usually meet for 1½ to 2 hours, once a week for 8 to 10 weeks.
Youth groups usually meet for 1 to 1½ hours, once a week for 6 to 8 weeks.
Most classes are held on weekdays, during daytime or early-evening hours.

HOW does the learning happen?

Learning is hands-on! Each session, participants engage in learner-centered, dialogue based education that is culturally sensitive. Visuals and hands-on activities make teaching come alive. Participants prepare, cook and taste foods. Sessions target the needs of the group.

WHY take part in the Nutrition Workshop Series?

Participants learn strategies on how to provide themselves and their families with healthy meals and snacks while making the best use of their food resources.

**Participants completing the series receive a Certificate of Achievement from
Cornell University Cooperative Extension.**

WHAT topics are covered?

Topics are based on USDA Dietary Guidelines and ChooseMyPlate.Gov

Making Healthy Choices

Preparing Healthy Recipes

Planning Meals and Menus

Feeding Children

Being Physically Active

Practicing Food Safety

Eating Better on a Budget

Reading Labels for Healthy Living

Parenting Skills

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Our Educators use the curricula below.

Eating Smart Being Active (ESBA) is for adults and supports parents and caregivers through hands-on interactive workshops with a focus on strategies to help families embrace healthy lifestyle choices while making the most of their food resources.

Making Healthy Choices

Feeding Children

Eating Better on a Budget

Preparing Healthy Recipes

Being Physically Active

Reading Labels for Healthy Living

Planning Meals and Menus

Practicing Food Safety

Parenting Skills

Healthy Children Healthy Families: Parents Making a Difference! (HCHF) is for adults and supports parents and caregivers by providing education on nutrition, physical activity, and **parenting practices** that help families make healthy changes. Focus is on behaviors most likely to help children avoid unhealthy weight gain.

Paths to Success

eating more vegetables and fruits

playing actively

eating fewer energy-dense foods

limiting TV/Computer Time

drinking water/low fat milk instead of sweetened drinks

having sensible servings

Keys to Success

Showing

teaching by example

Supporting

helping children feel good about themselves

Guiding

offering choices within limits

Shaping

changing environments to make healthy choices easier

Choose Health: Food Fun and Fitness (CHFFF) is an award winning nutrition and fitness curriculum with six hands-on workshops for 8-12 year olds (3rd to 6th graders). CHFFF focuses on healthy eating and active play, and targets behaviors shown to be most important for preventing childhood obesity and chronic disease. Each lesson includes interactive nutrition activities, food preparation, active games, goal setting challenge, and a family newsletter.

Drink Low– Fat Water and Milk instead of Sugary Beverages

Color your Plate: Eat More Vegetables and Fruits

Read it Before You Eat It! The Nutrition Facts Label

Make Half Your Grains Whole! Eat More Whole Grains

Healthier Foods - Fast: Eat Fewer High-Fat High-Sugar Foods

Power Up Your Day: Eat Breakfast!

Eating Smart Being Active (ESBA) curriculum is used with older teen aged youth.