

# Eat Smart New York



Use MyPlate as a guide for planning meals. Make half of your plate vegetables and fruits, and make it affordable by following these tips.



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## Healthy Eating Doesn't Need to Be Expensive!

### Ways to Stretch Your Food Budget with Fruits and Vegetables

It is possible to eat a healthy, affordable diet with fruits and vegetables!

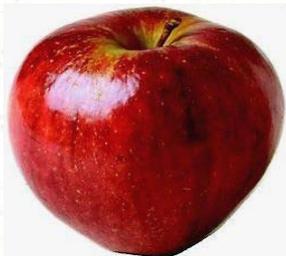
Here are eight tips:

1. Shop in season. Prices are best when fresh produce is in season.
2. Take time to properly store fresh produce as soon as you get home. This will help to avoid spoilage and waste!
3. Stock up on frozen and canned fruits and vegetables when they are on sale. They last longer! Just remember to choose items that are low in added salt and sugar.
4. Make your recipes heavy on vegetables and light on meat. It is usually healthier and less expensive! Think "vegetable stew with beef" instead of "beef stew with vegetables".
5. When you make a shopping list, plan for any ingredients that will become leftovers. If you buy a head of cauliflower for a recipe that will only use a small portion, serve the rest raw as a snack.
6. When you cook dishes with vegetables, make a few extra servings for healthy and easy meals later in the week.
7. Have bits of this and that in your fridge? Get creative with soups and salads! They are a great way to use up leftover vegetables. Leftover fruits taste great in salads.
8. Processed foods can be more expensive and less healthy. For example, French fries are a more expensive and less healthy way to eat potatoes.

## Eat Smart New York Makes a Difference

Karen was an ESNY program participant who would take recipes received in class home to prepare with her teen-aged children. They were open to cooking healthier recipes, but her husband was not. Two years after Karen completed the ESNY program series, she reconnected with her former ESNY nutrition educator, who almost did not recognize her. Karen was confident, well spoken and 80 pounds lighter! Karen shared that she began to follow healthy eating messages she learned carefully- like taking smaller portions, replacing sweetened beverages with water, eating more vegetables and walking to work. "I feel like a new person and just wanted to tell you what a difference the Eat Smart program made in my life!"

# Just Say Yes Fruits and Vegetables!!



Are you looking for ways to eat healthier but aren't sure how to get started? Think fruits and veggies are too expensive? Think again. Tasty fruits and veggies can fit into any budget!

Let the *Just Say Yes to Fruits and Vegetables* (JSY) program help! *Just Say Yes to Fruits and Vegetables* offers free nutrition classes in food pantries, shelters, soup kitchens, public

housing facilities and community centers all over New York State and at Farmers' Markets in New York City.

The Just Say Yes to Fruit and Vegetables (JSY) program provides FREE nutrition education workshops all over New York State!

Each year, more than 15,000 low income food stamp recipients participate in JSY nutrition education activities with overwhelming success.

If your organization works with low income families, contact JSY today!

To contact the JSY Administrative Office please call:

(518) 462- 2050

## Success Story!

Using nutrition education workshops and food demonstrations, JSY works to ensure that families in New York eat nutritious foods, make the most of their food budgets and prepare foods in a safe, healthy way.

Read about this participant's experience! He lost 48 pounds in 3 months by replacing sweets and chips with fruits and vegetables:

"Do you remember me?" a man said to one of the JSY nutritionists as she was preparing for a nutrition workshop at a local food pantry.

"Thanks to you, your interest in helping this group eat healthier, and all of the things I learned from watching you make these recipes, I started to eat more fruits and veggies and less junk. I have dropped 48 pounds in 3 months!" he told her. "Plus, my doctor told me that my blood pressure and cholesterol are much better too!"

**Yes! I want to know more about Food Stamp Nutrition Education!**

**Go to: [myBenefits.ny.gov](http://myBenefits.ny.gov) and click on, "Nutrition Education"**

**Or**

**Call about class availability in your county:  
1-800-342-3009**