

## Cornell Cooperative Extension



### Drink Water Instead of Sugary Drinks

During warm summer months, it is important to stay hydrated! Here are some tips to enjoy drinks without a lot of added sugar.

Water does not have to be plain! Infuse it with slices of lemon, lime, oranges, and/or cucumber for a refreshing twist!

When you crave bubbles, try zero-calorie seltzer waters.

Make your own "homemade soda" by splashing 100% fruit juice into bubbly seltzer water.

Blend yogurt with frozen unsweetened fruit for a refreshing alternative to milkshakes. For an even cooler treat, pour into single-serving cups and freeze!

Carry a water bottle with you and drink before you get thirsty! Thirst is a sign that your body has already become dehydrated.

Cool off your water with frozen berries and grapes for an attractive, tasty alternative to ice cubes!



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



**For more information on nutrition classes**

**Visit our website**  
[www.cce.cornell.edu/learnAbout/Pages/Local\\_Offices.aspx](http://www.cce.cornell.edu/learnAbout/Pages/Local_Offices.aspx)

**Or**

**Contact us by E-mail:**  
[fnec-admin@cornell.edu](mailto:fnec-admin@cornell.edu)

### Eat Smart New York Makes a Difference

Following are the remarks of one young woman that participated in a six week Eat Smart New York nutrition education series. She learned skills and strategies including label reading, food preparation, and budgeting. She had no idea how much this information would change her life.

*I loved this program! By the end of six weeks, I lost a total of 14 pounds! I thought I would have to join a gym to lose weight. Then I learned that I can lose weight for free by just walking every day.*

With strategies that work, she learned that healthy eating could be delicious.

*I loved learning about MyPlate. I started filling up my plate like the picture. It was so easy! I learned to make some great recipes that I loved and my boyfriend could eat them too.*

Even habits that are tough to change on your own can be turned around.

*I was drinking at least 3 regular sodas a day. Now I drink either diet soda or water and the pounds keep coming off.*

What are you waiting for? Call Cooperative Extension in your county and ask about Eat Smart New York.

## Just Say Yes Fruits and Vegetables!!



The Just Say Yes to Fruits 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

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.

### 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**