

BIG CHANGES

START WITH SMALL STEPS

Healthy Connections

can help make the small steps easier

“ I learned how simple it is to whip up some very easy, tasty & healthy quick meals/snacks. ”

“ I understand better how to read a nutrition facts label. ”

“ Measuring out 10 teaspoons of Crisco [in the class on fast foods]...what an eye opener! ”

“ I've lost weight because I've been feeling fuller [using these recipes]. ”



CONTACT US TODAY!

schoharie-otsego@cornell.edu

(518)234-4303 ext.120

www.healthy-connections.us

cceschoharie-otsego.org/nutrition-health

 Like us on Facebook!



This program is supported by the Rural Health Education Network of Schoharie, Otsego, and Montgomery counties (RHENSOM), funded by the NYS Department of Health DOH01-C34179GG-3450000.

Cornell Cooperative Extension Schoharie and Otsego Counties

This nutrition information program is based on resources from Cornell University Division of Nutritional Sciences. The program is delivered by trained, local paraprofessional staff.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Schoharie and Otsego Counties office if you require an accommodation.



Healthy Eating Made

CLEAR & SIMPLE

**Cornell Cooperative Extension
Schoharie and Otsego Counties**



Where healthy eating becomes a habit!

Join us for FREE classes tailored to your availability.

In each class, participants will create and taste a delicious, healthy, quick dish using affordable ingredients and typical kitchen tools. Get practical, up-to-date nutrition information and cooking tips you can use immediately.

Learn to use food labels to make healthy choices, plan nutritious meals that save time and money, and explore ideas to be more physically active at any age.

SUPPORTIVE • FUN • INTERACTIVE

Do you or your family want healthier lives, better nutrition, and a healthy body weight?

If so, Healthy Connections is for you!

From kids to seniors, Healthy Connections is great at every age and stage of life.

Learn Online or In Person

Cook with others in a workshop environment or meet one-on-one with our nutrition educator.

518-234-4303 x 120

schoharie-otsego@cornell.edu

CONNECT WITH A NUTRITION EDUCATOR

