



Would you like to:

- Eat more fruits and vegetables?
- Drink fewer sweetened beverages?
 - Maintain a healthy weight?
 - Be more physically active?
- Build new relationships between your family and food?

Join Us:

For a series of 6 to 8 interactive, supportive classes, **in person or online**. Learn with a group or meet one-on-one with our staff. Call or email us today!



Who Is Eligible?

Residents of Schoharie, Otsego, and Montgomery Counties who participate in:

SNAP • WIC • HEAP • Medicaid
Head Start • Free or Reduced Price Lunches

Families working to make ends meet



Learn How To:

- Buy healthier foods with your money, SNAP, and WIC benefits
- Prepare delicious dishes with less salt, sugar, and fat
- Plan nutritious meals that save time and money
 - Make recipes your children will love
- Use food labels to make healthy choices

EFNEP helps income-eligible families and youth to shop smarter, feel better, and improve their health. EFNEP is a Cooperative Extension Nutrition Education Program.



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.

Return today for more information
or call 518-234-4303 ext. 115:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

Email: _____

Best Time to Call: _____

Do you have children aged 19 or under
living with you? Yes No

Do you have children aged 5 or under
receiving WIC benefits? Yes No

Do you use an EBT card to purchase
food? Yes No

Do you prefer an individual or group
setting? Individual Group

Mail to: EFNEP Program
Cornell Cooperative Extension
Schoharie and Otsego Counties
173 South Grand St., Suite 1
Cobleskill, NY 12043



Cornell Cooperative Extension
Schoharie and Otsego Counties

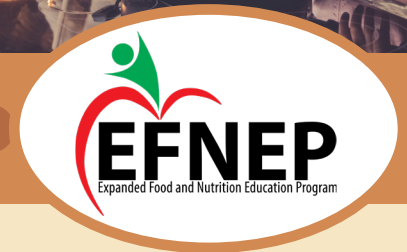
“What Our Participants Say”

*I understand better how to read
a nutrition facts label now.*

*I enjoy preparing some of the healthy recipes
that we learned to make during the classes.*

*I eat fewer processed foods as a
result of taking nutrition classes.*

*One result of making these changes is
that my blood pressure has improved.*



For More Information

✉ EFNEP Office
Cornell Cooperative Extension
Schoharie and Otsego Counties
173 South Grand St., Suite 1
Cobleskill, NY 12043

☎ (518) 234-4303 / 296-8310
Fax: (518) 234-4305

✉ schoharie@cornell.edu

🌐 cceschoharie-otsego.org/EFNEP

📺 FOLLOW ON f EFNEP CCE Schoharie &
Otsego Counties

Eat Better for Less!

Expanded Food & Nutrition Education Program

EFNEP

A FAMILY WELLNESS PROGRAM

