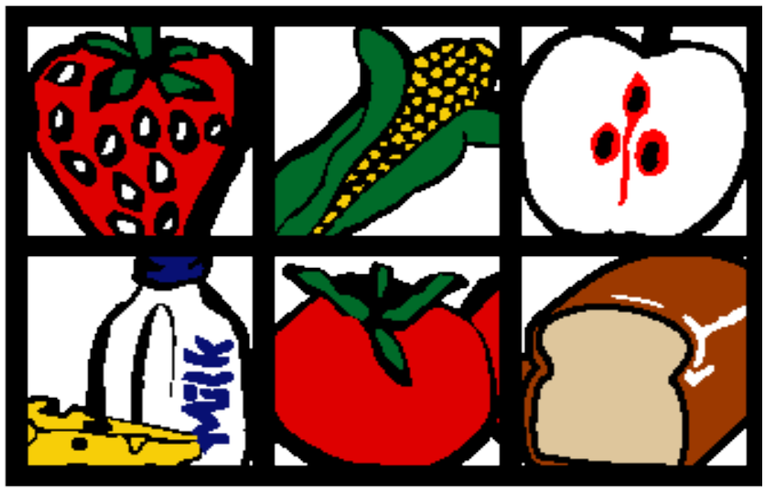
Cornell University
Cooperative Extension

Eat Smart New York



ESNY

A FREE program to help you feed your family better - for less!

Learn How To:

- Save money on groceries
- Prepare low-cost, quick and healthy meals
- Keep your family healthy by staying active and eating right
- Receive participation giveaways

Cornell Cooperative Extension of Madison County

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Eat Smart New York is offered exclusively to individuals and families who receive food stamps, WIC, Medicare, SSI or who have children in Head Start.

EAT BETTER. FEEL BETTER. DO BETTER.