Eat Smart New York 2013
Impacting Lives in Wayne County!

Eat Smart New York’s (ESNY) goal is to promote health by helping low-income individuals establish healthy eating habits and a physically active lifestyle. Poverty is a risk factor for numerous health problems including heart disease, diabetes, cancer, poor pregnancy outcomes, and obesity. Positive changes in nutrition and physical activity are needed to avoid negative consequences of these health conditions. With support from other agencies, our nutrition educators taught the important connection between nutrition and health to 467 adults and 542 youth impacting over 1,887 family members in Wayne County.

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ESNY is an educational program available to SNAP recipients and other income-eligible residents. ESNY is a program provided by Cornell Cooperative Extension of Wayne County in partnership with the Wayne County Department of Social Services, funded by USDA’s SNAP Program. This institution provides equal program and employment opportunities.