



# Cornell University Cooperative Extension New York City

## NUTRITION AND HEALTH PROGRAM

### WHAT is the Nutrition and Health Program all about?

Our nutrition and health program is **FREE** and helps adults and youth:

- make healthier nutrition choices and become more physically active
- learn to use their food dollars wisely

### WHO is our audience?

Parents or caregivers of children. Youth at schools or summer and afterschool programs.

Parents or caregivers may be part of pre-K or other school groups, ESL, computer or other training, Head Start, Family Shelters, or any other community or faith-based agency program.

### WHERE are groups held?

Nutrition and Health groups meet in a variety of community-based or faith-based agencies and schools in targeted communities throughout New York City. **To find out more, call:**

**Bronx & Manhattan & Staten Island**  
**(212) 340-2910**

**Brooklyn & Queens**  
**(718) 657-9520**

### WHEN do groups meet?

Adult groups usually meet for 1½ to 2 hours, once a week for 8 to 10 weeks.

Youth groups usually meet for 1 to 1½ hours, once a week for 6 to 8 weeks.

Most classes are held on weekdays, during daytime or early-evening hours.

### HOW does the learning happen?

Learning is hands-on! Each session, participants engage in learner-centered, dialogue based education that is culturally sensitive. Visuals and hands-on activities make teaching come alive. Participants prepare, cook and taste foods. Sessions target the needs of the group.

### WHY take part in the Nutrition Workshop Series?

Participants learn strategies on how to provide themselves and their families with healthy meals and snacks while making the best use of their food resources.

**Participants completing the series receive a Certificate of Achievement from  
Cornell University Cooperative Extension.**

### WHAT topics are covered?

Topics are based on USDA Dietary Guidelines and ChooseMyPlate.Gov

Making Healthy Choices  
Feeding Children  
Eating Better on a Budget

Preparing Healthy Recipes  
Being Physically Active  
Reading Labels for Healthy Living

Planning Meals and Menus  
Practicing Food Safety  
Parenting Skills

1/2016

# Nutrition and Health Workshop Series At A Glance

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**Parenting Adults meet for 1½ - 2 hours, once a week for 8 to 10 weeks.**  
**Our Educators host a series based on the curricula below.**

**Eating Smart Being Active** (ESBA) supports parents and caregivers through hands-on interactive workshops with a focus on strategies to help families embrace healthy lifestyle choices while making the most of their food resources.

Making Healthy Choices  
Feeding Children  
Eating Better on a Budget

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Reading Labels for Healthy Living

Planning Meals and Menus  
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Parenting Skills

**Heathly Children Healthy Families: *Parents Making a Difference!*** (HCHF) supports parents and caregivers by providing education on nutrition, physical activity, and parenting practices that help families make healthy changes. Focus is on behaviors most likely to help children avoid unhealthy weight gain and uses the evidence based **Paths to Success** supported by parenting strategies **Keys to Success** to increase positive influence on children's choices.

## Paths to Success

eating more vegetables and fruits  
playing actively  
eating fewer energy-dense foods  
limiting TV/Computer Time  
drinking water/low fat milk instead of sweetened drinks  
having sensible servings

## Keys to Success

**Showing** teaching by example  
**Supporting** helping children feel good about themselves  
**Guiding** offering choices within limits  
**Shaping** changing environments to make healthy choices easier

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**Youth meet for 1 - 1½ hours, once a week for 6 to 8 weeks.**

**Our Educators host a series based on the curriculum below.**

ESBA curriculum is used for older teen aged youth

**Choose Health: Food Fun and Fitness** (CHFFF) is an award winning nutrition and fitness curriculum with six hands-on workshops for 8-12 year olds (3rd to 6th graders). CHFFF focuses on healthy eating and active play, and targets behaviors shown to be most important for preventing childhood obesity and chronic disease. Each lesson includes interactive nutrition activities, food preparation, active games, goal setting challenge, and a family newsletter.

Drink Low- Fat Water and Milk instead of Sugary Beverages

Color your Plate: Eat More Vegetables and Fruits

Read it Before You Eat It! The Nutrition Facts Label

Make Half Your Grains Whole! Eat More Whole Grains

Healthier Foods - Fast: Eat Fewer High-Fat High-Sugar Foods

Power Up Your Day: Eat Breakfast!