



Cornell University
Cooperative Extension
Nassau County

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NUTRITION PROGRAMS FOR PARENTS

Cornell Cooperative Extension of Nassau County offers the following nutrition programs addressing the childhood obesity epidemic through promotion of increased physical activity and healthier eating habits. These presentations are for Nassau County libraries, PTAs, parent groups, child care providers and other community organizations. Our Extension Educator, Jennifer Colletti (MS, RD), provides these presentations which include fact sheets and a question and answer period.

For fee information and to schedule a program, please call Jennifer Colletti at 516-433-7970 ext. 22 or email jac99@cornell.edu. Accommodations for persons with disabilities may be requested by contacting Jennifer Colletti.

Eating Smart From The Start

This presentation teaches parents and child care providers how to choose/prepare healthier foods, snacks, and beverages for their children. Information will be shared about ways to meet the key nutritional needs of children. Participants will also learn strategies for encouraging the development of healthy eating habits.

Healthier Fast Food

During this presentation, parents will explore how to make healthier fast food choices for themselves and their family. Money-saving strategies and recipes for making quick, healthy, kid-friendly meals at home will also be discussed.

Eat Smart New York is another CCE Nassau nutrition program addressing the childhood obesity crisis. To find out more about this free seven lesson series for small groups of low-income families with children under 20 years of age, contact Jennifer Colletti, the ESNY supervisor, at 516-433-7970 ext. 22. This program is funded in part by grants from the USDA's Supplemental Nutrition Assistance Program (food stamps) and Expanded Food and Nutrition Education Program.

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Building Strong and Vibrant New York Communities

Cornell Cooperative Extension in Nassau County provides equal program and employment opportunities.