



# Introduction

Welcome to Cornell University Cooperative Extension – New York City. Cornell University Cooperative Extension (CUCE) has partnered with the State of New York for over 100 years, bringing research and experience into communities of need, changing and improving lives. You are an important element to the continued success of our organizational mission as you too offer an immeasurable amount of knowledge and experience.

The three program areas of Cornell University Cooperative Extension—NYC:

- Family and Youth Development Program
- Urban Planning Program
- Nutrition and Health Program

The Nutrition & Health Program helps New York City residents of all ages make informed decisions about food, nutrition and health, managing resources, parenting, and health care.

We work closely with our partners to provide education to targeted adults, children and families. We reach into communities at many levels to make that happen, and support professional development opportunities that complement our efforts.

**The Nutrition & Health major programs are:**

## **Expanded Food and Nutrition Education Program (EFNEP)**

We provide culturally sensitive, hands-on workshops series to help families:

- use their food dollars wisely
- make healthier food choices
- become more physically active

## **Eat Smart New York! (ESNY)**

We provide nutrition and health workshop series to food stamp\* recipients and applicants who make food choices within limited budgets. We reach participants via partnerships with New York City's many community organizations including emergency food assistance providers and food nutrition learning centers.

\*Supplemental Nutrition Assistance Program (SNAP)

## **Farmers' Market Nutrition Education Program (FMNP)**

We bring nutrition and health education to farmers' markets through simple cooking demonstrations featuring local grown produce donated by farmers.