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FREE Bi-Lingual Program in Kingston Teaches Healthy Eating Habits & Food Budgeting

Cornell Cooperative Extension of Ulster County's Eat Smart New York Program is offering the program Healthy Nutrition Habits, a free six part series that runs continuously every Monday, from 1:00pm to 2:00pm at the CCEUC Extension Education Center located at 10 Westbrook Lane in Kingston. This program is also available in Spanish. For more information or to attend please call Barbara Grumberg at 845-340-3990.

This program is open to all food stamp participants and low to moderate income families and individuals residing in Ulster County. Sessions will include various topics including food budgeting, serving sizes, learning about food groups, eating healthier by making better food choices, food safety and more! Participants will gain valuable kitchen skills through hands-on food demonstrations with CCEUC Nutrition Program Educator, Pablo Shine. One on one sessions in the home can be arranged for those without transportation.

All participants who complete six sessions of the program will receive a Certificate of Completion from the Cornell Cooperative Extension Ulster County's Eat Smart New York Program.

Cornell Cooperative Extension of Ulster County's Eat Smart New York Program is funded through the Department of Social Services of Ulster County from the NYS Office of Temporary and Disability Assistance and USDA.

For more information about Cornell Cooperative Extension of Ulster County's community programs and events call 845-340-3990 or visit us online at www.cceulster.org or follow us on www.facebook.com

Building Strong and Vibrant New York Communities