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FREE Healthy Eating Habits & Food Budgeting Program Offered in Kingston

Cornell Cooperative Extension of Ulster County's Eat Smart New York Program is pleased to announce a new program Healthy Nutrition Habits, a free six part series will run continuously every Monday, from 1:00pm to 2:00pm. Sessions will take place at the CCEUC Extension Education Center located at 10 Westbrook Lane in Kingston.

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, Danielle J. Garris. 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.

For more information or to attend please call Barbara Grumberg at 845-340-3990.

Building Strong and Vibrant New York Communities