

Join Us for Fun and Interactive Nutrition Education

By telephone or video!

SNAP-Ed NY teaches people to shop for and cook healthy meals while on a limited budget. Our goal is to give you the tools, tips and tricks that help you make nutritious food choices within a limited budget and choose a physically active lifestyle.



Are you a SNAP recipient, eligible for SNAP or on Medicaid?
If so, you could speak with our SNAP-Ed nutrition educator, free of charge.

We are offering 1-on-1 or group education by telephone or video.

Some of our topics include:

Reducing Sugar-Sweetened Beverages & Hydration

Fruits and Vegetables

Reducing Sodium Intake

Varying your Protein Intake

Tips for Eating Healthy and Being Active

Eating Smart and Living Strong

For more information, please call

Molly Capito, Registered Dietitian with SNAP-Ed NY for
Fulton, Herkimer and Montgomery Counties – **518-843-2300.**

This SNAP-Ed NY service area is affiliated with Montgomery County Office for Aging.



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This institution is an equal opportunity provider.

If modifications are needed please contact in advance.