

Join Us for Fun and Interactive Nutrition Education



Whether you are interested in **one-on-one** or **group education**, you can join us at no cost – by *phone*, watch a *pre-recorded short video*, or join *live with a video call*.



Choose your topic of choice –

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

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.

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.

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



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This institution is an equal opportunity provider.

If modifications are needed please contact in advance.