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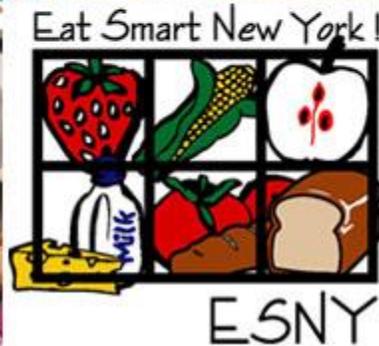
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Office of Temporary and Disability Assistance

Andrew M. Cuomo, Governor Kristin M. Proud, Commissioner
Menu

OTDA Home Programs & Services [Eat Smart New York](#)

Eat Smart New York



Eat Smart New York (ESNY) Nutrition Education is FREE to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP).

ESNY is an exciting program where nutrition educators will meet with you either individually or in a group in your home or community setting, to help you learn about: nutrition, meal planning, healthy food shopping on a budget, cooking and food safety, weight control and physical activity, and much more. The program information is based upon the following:

- Eat fruits and vegetables, whole grains, and nonfat or low-fat milk or milk products every day.
- Be physically active every day as part of a healthy lifestyle.
- Balance calories eaten from foods and beverages with calories used when being physically active.

Nutrition education is free and the only cost to you is your time. Classes are held at area cooperative extensions, individual homes, and at agencies like food pantries, senior centers or head start locations.

Contact an ESNY Nutrition Educator in your area to learn more about improving the nutritional health of yourself and your family.

Are you eligible for SNAP? Find out if you may be eligible for SNAP benefits and apply online for SNAP using myBenefits.

Eating, shopping and exercising — Information on eating a balanced diet and maintaining a healthy active lifestyle that are important for good health.

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