



FINGER LAKES EAT SMART NEW YORK

2017 Finger Lakes Eat Smart NY (FLESNY)

Eat Smart NY provided workshops in Ontario County with multiple partners such as Salvation Army food pantry, Center of Concern food pantry, Geneva Library, Geneva General Hospital Daycare, St. Peter's Episcopal Church, and various Foodlink Curbside locations in Geneva. In the past year, Eat Smart NY accomplished the following:

- 94 educational nutritional events
- 1,227 adult and youth contacts

A true success is illustrated through the work and collaboration efforts between Ontario County Workforce Development/DSS and Finger Lakes Eat Smart NY. Eat Smart NY provided workshops monthly to both Ontario County Workforce Development programs in Geneva and Canandaigua. Interactive workshops focused on gaining the necessary skills on how to eat healthy on a budget. As result of providing *Cooking Matters at the Store* pop-up workshops, workshop attendees reported the following:

- 65% will increase their fruit intake
- 67% will increase their vegetable intake
- 78% will consume more low-fat dairy products

