



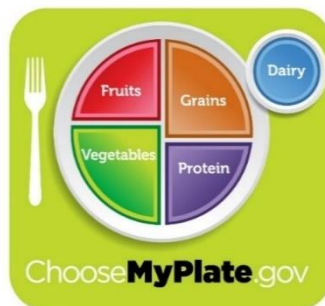
Are you a SNAP recipient, eligible for SNAP or on Medicaid? If so, you could speak to one of our SNAP-Ed nutrition educators, free of charge.

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.

- Do you have questions on how to get enough nutritious food while social distancing?
- Are you unsure of how to use some foods that you may have received from different sources?
- Do you have questions about how to eat healthfully when eating a special diet?

We can help!

Call Cornell Cooperative Extension of Franklin County at 518-481-3367 and ask to speak to one of our Nutrition Educators.



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