

# 2018 Summer Classes

Open to the Public

**EatSmartNY**  
Long Island Region



## Make Your Own Summer Salad (Youth)

July 10 • 6:00-7:00 pm & 7:30-8:30 pm

Participants will learn all about the benefits of eating more vegetables and using summer produce in fun and easy ways. They will participate in preparing their own summer salads.

*Amy Bly, Senior Nutrition Educator [ab2353@cornell.edu](mailto:ab2353@cornell.edu) and Halie Bloom, Nutrition Educator, [hrb55@cornell.edu](mailto:hrb55@cornell.edu)*

Call: 631-234-9333

Central Islip Library, 34 Hawthorne Ave, Central Islip

## Stay Active- Eat Healthy (Families)

July 10 • 2:00-3:00 pm

Children will learn the importance of physical activity and eating healthy as well as make a healthy snack.

*Scenquetta Dixon, Nutrition Educator, [sd738@cornell.edu](mailto:sd738@cornell.edu)*

Call library at 631-643-4848 to register.

Wyandanch Library, 14th S. 20th Street, Wyandanch, NY.



## Choose My Plate (Adults)

July 18 • 12:00-1:00 pm

Participants will learn how to build a healthy eating lifestyle and meals from the 5 food groups as recognized by the USDA. Portion sizes will be discussed to ensure that choices are limited in sodium, saturated fat and added sugar.

*Educators- Karen Ball, Senior Nutritionist and Susan Kennedy, Nutrition Educator [sk2969@cornell.edu](mailto:sk2969@cornell.edu)*

To register call - 631-727-3228

Riverhead Free Library, 330 Court Street, Riverhead, NY.

## My Plate (Families)

July 26 • 2:00 pm and August 2 • 2:00 pm

Families will learn about the five food groups and how to incorporate each group into their daily meal planning. Portion sizes for both children and adults will be discussed along with tips on how to plan healthy meals. Participants will learn how to prepare a healthy and simple snack.

*Educators- Karen Ball, Senior Nutritionist and Susan Kennedy, Nutrition Educator, [sk2969@cornell.edu](mailto:sk2969@cornell.edu)*

To Register call- 631-727-3228

Riverhead Free Library, 330 Court Street, Riverhead

## MyPlate (Seniors)

August 6 • 1:00-2:00 pm

During this interactive class, participants will learn about MyPlate which is a recommended guideline for healthy eating. An overview of the five food groups and portion sizes will be discussed. Participants will be involved in the creation of a healthy recipe and will be able to sample the recipe when it is finished.

*Emily Aldorasi, Nutrition Educator, [era65@cornell.edu](mailto:era65@cornell.edu)*

To register call- (516) 354-5280

Elmont Memorial Library, 700 Hempstead Turnpike, Elmont.



## Eat a Rainbow! (Youth)

August 9 • 7:00-8:00 pm

Participants will learn about the importance of eating a rainbow and how to use vegetables from the garden. A recipe preparation of easy eggplant stir fry will be available.

Amy Bly, Senior Nutrition Educator [ab2353@cornell.edu](mailto:ab2353@cornell.edu)  
and Halie Bloom, Nutrition Educator [hrb55@cornell.edu](mailto:hrb55@cornell.edu)

To register call: 631-234-9333

Central Islip Library, 34 Hawthorne Ave, Central Islip.

## Food Safety- Learn to be

### Food Safe (Adults)

August 15 • 12:00-1:00 pm

A critical part of healthy eating is keeping food safe from bacteria. Learn the four basic food safety principles to reduce the risk of foodborne illness- Clean, Separate, Cook and Chill.

Educators- Karen Ball, Senior Nutritionist and Susan Kennedy, Nutrition Educator, [sk2969@cornell.edu](mailto:sk2969@cornell.edu)

To register call- 631-727-3228

Riverhead Free Library; 330 Court Street, Riverhead, NY.

**WHAT IS ESNY-LI?** Eat Smart New York Long Island is a community-based nutrition education and obesity prevention program. ESNY-LI utilizes a variety of strategies, including nutrition education workshops, social media/marketing, and promoting healthy places and policies to improve the likelihood that persons with limited resources will make healthy food choices and choose to be more physically active. Our programs are offered for FREE in English and Spanish for youth, adults and seniors.

Visit our website for more information about our free programs: [www.eatsmartnyli.com](http://www.eatsmartnyli.com)



**Cornell Cooperative Extension**  
Suffolk and Nassau Counties



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This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.