

Winter Open Classes

EatSmartNY
Long Island Region

Understanding the Nutrition Facts

Food Label (Teens and Young Adults)

January 11, 2017 • 4:30pm- 5:30 pm

Learn how to use the Nutrition Facts food labels to make healthier food choices- lesson to include cooking and a healthy recipe.

Wyandanch Library, 14 South 20th Street, Wyandanch, NY
Nutrition Educator, Scenquetta Dixon, DTR
To register call: 631-643-4848

Make a Change: Sugar, Fat, and Sodium

January 12, 2017 • 7:00pm-8:30pm

In this interactive workshop, participants will learn ways to read and understand the nutrition facts label, and how to limit foods high in fat, sugar, and salt. We will discuss healthy options, and a healthy recipe will be prepared!

Uniondale Library, 400 Uniondale Ave, Uniondale NY 11553
Nutrition Educator, Emily Aldorasi
To register call: 516-489-2220

Food Safety

February 23, 2017 • 7:00pm-8:30pm

By participating in this hands-on workshop, participants will explore the four Fight Back! Food Safety messages (Clean, chill, cook and Separate). Participants will learn the appropriate strategies for practicing food safety in multiple situations.

Uniondale Library, 400 Uniondale Ave, Uniondale NY 11553
Nutrition Educator, Karen Novoa
To register call: 516-489-2220

Plan, Shop, Save

March 28, 2017 • 7pm-8:30pm

By participating in this workshop, participants will learn how planning, comparing prices, and using a shopping list can help save money. All participants will leave knowing how to eat healthy on a budget!

Uniondale Library, 400 Uniondale Ave, Uniondale NY 11553
Nutrition Educator, Emily Aldorasi
To register call: 516-489-2220

Make a Healthy Plate! (4 week Bilingual series)

Jan 11, 18, 25 and Feb 1, 2017 • 6:30-7:30 pm

Be Healthy, Be Active: Start with small changes while learning quick and creative recipes to make healthier choices to enjoy & maintain for a lifetime.

Rogers Memorial Library, Cooper Hall, 2nd floor classroom
91 Coopers Farm Road, Southampton, NY 11968
Bilingual Nutritionist, Marta Blanco
Call to register: 631-283-0774 ext 523



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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.

