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For Immediate Release:

May 1, 2020

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Save Time, Save Money, Eat Healthy

SNAP-Ed New York launches new website for tips, tricks and ideas!

Small changes can make a big difference. SNAPedNY.org is a one-stop destination for providing those in need with the tools to shop for and cook healthy meals while on a limited budget. The new website is designed with the current times in mind, providing low-cost recipes, simple cooking videos, interactive lessons and tons of ways to save time, save money and eat healthy.

COVID-19 is creating financial hardships and challenging times for many members of our community. It's important to know that SNAP-Ed New York teams across the state are here to help. The newly launched website features monthly recipes that are simple, low cost and easy to make. Recipes can be printed or downloaded with a full shopping list to make life a little bit easier.

"During these unprecedented times we are very aware of the struggles that are existing within our communities. Job insecurity, food insecurity, family and financial struggles are happening with so many of our neighbors. SNAP-Ed in the Northern Finger Lakes region, and around the state, are working hard to connect with those who need it. The new website www.snapedny.org is a small change that may make a big difference during this time," says Maggie McHugh, SNAP-Ed NY Project Manager.

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Those visiting the website can watch a cooking video on how to make salad dressing, get kids involved in cooking, take part in a virtual lesson and/or find tips on how to eat healthy on a budget. There is something for everyone, including a map that will help locate an educator and program in your area.

"Eating healthy and exercising regularly are simple methods for decreasing the likelihood of chronic health conditions like Type 2 Diabetes, high blood pressure, heart disease, and obesity. The SNAP-Ed program is committed to ensuring New Yorkers have access to quality resources that promote healthy eating and good nutrition. This website will help educate New Yorkers on the basic steps they can take

Building Strong and Vibrant New York Communities

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.

toward healthier lifestyles, helping to improve the wellness of individuals and families," says Lisa Irving, NYS Coordinator of SNAP Nutrition Education and Outreach, OTDA.

SNAP-Ed NY empowers New Yorkers to make nutritious food choices within a limited budget and choose physically active lifestyles. SNAP-Ed New York in the Northern Finger Lakes region operates under Cornell Cooperative Extension in Wayne, Monroe, and Cayuga Counties and Foodlink. The diverse team of educators can be found working with schools, families, community agencies and local government providing tools and tips to keep families healthy now and in the future. Visit the new website and tell us what you think!

SNAP-Ed New York is a federally funded evidence-based program that helps people lead healthier lives. SNAP-Ed Nutrition Education is FREE to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP). SNAP-Ed teaches people using or eligible for SNAP about good nutrition, how to make their food dollars stretch further and the importance of being physically active. SNAP-Ed NY provides nutrition education lessons, materials and sponsors education events and classes in communities across New York State. Visit www.snapedny.org to find a program in your community.

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