

The new JSY cookbook has arrived!



Get your free copy of the *Just Say Yes to Fruits and Vegetables* Cookbook today. Our revised and updated cookbook includes kitchen tips, kids-cook ideas and over 70 delicious seasonal fruit and vegetable recipes.

These beautiful cookbooks are available through the Just Say Yes (JSY) to Fruits and Vegetables Program.

The JSY program provides nutrition education and cooking demonstrations at your agency for your clients!

An overview of the JSY program and how to set up a Healthy Shelf will be given at the next Client Choice Workshops on 1-26-16.

Attend and receive your Free JSY Cookbook!*

***limit one copy per agency**

**Please contact Dana for more information:
at 631-582-3663 ext. 133 or djgoodrich@licares.org**

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov.

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**Make meals and memories together.
It's a lesson they'll use for life!**