

Grow, Cook, Eat Program

If you are interested in growing your own food; cooking simple, healthy recipes and saving money at the grocery store; increasing your physical activity; safely preserving your harvest; and improving your goal setting habits, than this program is for you!

What You Get...

Each participant will receive:

- Community Garden (CG) Plot OR Can Garden at Home
- Orientation on March 14 or March 21
- 5 Gardening Classes
- 5 Cooking & Nutrition Classes
- 3 Food Preserving Classes (June-Oct)
- 3 Hours of Physical Fitness Classes Or Group Activities (Apr-Dec)
- A Grow, Cook, Eat Calendar/Planner
- Wrap-up Class at end of program
- Additional classes can be taken for a discounted rate of \$5

This is a \$250 Value !!!

Giving Back

Each participant will:

- Pay a non-refundable \$50 registration fee (this can be paid over first 5 weeks)
- Commit to take at least
5 Gardening Classes
5 Cooking & Nutrition Classes
3 Food Preservation Classes
3 Physical Fitness
- Group Activities or Classes
- Provide at least 10 hours of volunteer service at the community garden food pantry plot, preserving food for food pantries and soup kitchens and/or service at a food pantry or soup kitchen

Graduation

Graduates of the program will receive:

- A Certificate of Completion

And those who also complete 10 hours of documented Volunteer Work will receive:

- A \$75 gift certificate for gardening, cooking or preserving supplies.

For more information contact:
Alexis Woodcock,
Grow, Cook, Eat Coordinator
607-334-5841 ext 20
asw239@cornell.edu

2017 Grow, Cook, Eat Application

Name _____

Age _____

Address _____

Phone # _____

E-mail _____

Please indicate your interests / availability:

- I would like a plot in the CG in Norwich.
 - I would like a plot in the CG in Sherburne.
 - I would like a plot in the CG in Bainbridge.
 - I would like a plot in the CG in Afton.
 - I have a garden in my yard at my home OR
 - I need a Container Garden at my home.
-
- I prefer Tuesday evening classes at 6 PM
 - I prefer Tuesday day-time classes between usually from 1-3 pm.
 - I can attend an occasional Thursday day or evening class.
 - Can you commit to taking 19 required classes (offered various times & locations)? YES NO
 - Can you commit to participate in 3 physical fitness classes OR group activities (offered at various times & locations)? YES NO
 - Can you commit to taking the Orientation Class on **Tuesday, March 14 or March 21 from 6-8 PM?** YES NO

Please Indicate which date:

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- I will pay the \$50 registration if/when I am notified that I've been accepted to the program.
- I will have trouble paying the \$50 fee all at once so I will pay \$10 per week for first 5 weeks.

WHICH Eat Smart NY/Whole Foods/Cooking & Nutrition classes will you attend?

- Tuesday Evenings, 6-8 PM,
- Tuesday Mornings, 11 AM – 1 PM,
- I cannot attend ESNY/Whole Foods/ Cooking & Nutrition classes at either of the above times.

- Can you commit to doing 10 hours of Volunteer Service?** YES NO

WHY do you want to attend this program? How will it benefit you? Attach an extra page if you like, or answer here:

Please cut off and return **only this portion** so you have all the information in the brochure.

Funding for this project is provided by a grant from the Chenango United Way



Please remove and return your Application Form to:

**Alexis Woodcock
Grow, Cook, Eat Coordinator
CCE Chenango
99 North Broad Street
Norwich, NY 13815
607-334-5841 x 20
asw239@cornell.edu
Applications will be**

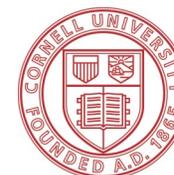
**accepted until class is full.
You will be contacted by March 10
if you have been selected for the
program**

**The non-refundable \$50 registration
fee will be due
Tues, March 14 at Orientation Class.**

**The Grow, Cook, Eat Program
is open to Adults
of all income levels.**

**Download an extra copy of this
brochure / application from:**

www.ccechenango.org/grow-cook-eat



**Cornell University
Cooperative Extension
Chenango County**

**99 North Broad Street
Norwich, NY 13815**

