

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.**

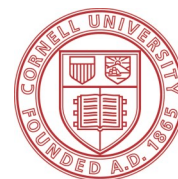
**You will be contacted by March 10
If you have been selected for the
program**

**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**

