

# EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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## Kitchen Time Savers

Who doesn't wish there was more time in the day to plan, shop for and prepare healthy meals and snacks?

MyPlate.gov suggests these kitchen time savers to help you reach your healthy eating goals.

1. Make a shopping list before you leave for the store. Use paper and pen or an app on your phone to make your list. The most important thing is to remember to bring

your list with you! Organize your list the way that your store is laid out. This will save you time because you will not need to run back and forth between aisles for things you forgot.

2. Enjoy your vegetables raw. Choose vegetables like cucumbers, radishes, and baby carrots for a side dish or snack and serve them raw.
3. Use a crock pot, slow cooker or instant pot. These appliances make meal preparation quick and easy. Find a recipe your family loves, follow the instructions and leave it until your meal is ready to eat. This is a good way to use leftovers or to add extra vegetables to a recipe.
4. Plan for leftovers. Cook extra portions of rice or pasta and freeze for another meal. Make a larger casserole, soup, stew or lasagna and freeze what is left to use in lunches or to serve as another dinner meal.
5. Use a toaster oven. If you own a toaster oven, use it in place of your regular oven for heating up leftover, toasting a sandwich, or roasting a small portion of vegetables. A toaster oven uses less energy than your oven and will not heat up your kitchen when it's hot outside.

**April is National Gardening Month!** Are you interested in growing your own food? Lettuce is easy to grow in a pot and a sunny location. All you need is a pot with a drainage hole, potting soil and seeds. You can use your EBT card to buy lettuce or any other fruit, vegetable or herb seeds! Fill your pot with potting soil then sprinkle some seeds on top of the soil. Top the seeds with a small amount of soil. Gently press the soil with your hands. Water well and place your pot in a sunny location. Most lettuce seeds take about a week to sprout. Keep your pot watered and enjoy your lettuce!



**EFNEP** is a free program helping families with children eat better for less.

**Learn how to:**

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

**Who is eligible for this program?**

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
315.866.7920  
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For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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# KORNER IDS

With your child, visit the local public library and borrow 'Start with A Seed' by Melissa Stewart. After reading this book with your child, ask them to draw a picture showing you what they learned about seeds. Go a step further and plant lettuce seeds together!



## Green Salad with Peas

Makes 6 servings  
Serving size 1 cup

### Ingredients

- 1 cup of peas, - fresh, frozen or canned
- 6 cups of torn salad greens
- 1/2 cup chopped cucumber
- 1/2 cup low fat salad dressing
- 1/2 cup crumbled low fat feta cheese

### Directions

1. Cook frozen peas as instructed on the package or drain and rinse canned peas.
2. In a large serving bowl, combine peas, salad greens and cucumber.
3. Add dressing and mix to coat salad. Sprinkle with feta cheese.
4. Refrigerate leftovers within two hours.



Nutrition Facts for 1 cup: 90 calories, 3.5g total fat, 1.5g saturated fat, 5mg cholesterol, 430mg sodium, 7g total carbohydrates, 2g dietary fiber, 1g total sugars, 0g added sugars, 6g protein, 0mcg Vitamin D, 76mg calcium, 2mg iron, 49mg potassium, 161mcg Vitamin A, 19mg Vitamin C, 35% calories from fat

Source: Oregon State University [www.foodhero.org](http://www.foodhero.org)

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