

EFNEP Newsletter

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

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Five Tips to Keep You Healthy During the Holidays

The holidays are coming! How can you help keep your health on track in the midst of shopping, visiting friends and family and enjoying holiday treats and special recipes? These five tips (from www.usda.gov) will help you to keep your health in focus even while being surrounded by less-healthy choices.



1. Start your day off with a healthy breakfast. You'll be less likely to be tempted by treats before lunch! Suggestions include low-fat plain (regular or Greek) yogurt with fresh, frozen or canned fruit in its own juice, eggs anyway you like them served with whole grain toast and a side of fruit, whole grain cereal (hot or cold) like oatmeal or O's, served with low-fat milk and your favorite fruit.

2. Fill half your holiday plate with vegetables and fruit. Asked to bring a dish to pass? Bring a vegetable or fruit salad or consider trying a new vegetable or fruit recipe. During the holidays there are lots of recipes available and you can decide how much sugar, salt or oil to add to make them just a bit healthier.



3. Consider healthy cooking methods (like baking, broiling, roasting) and ingredient substitutions to make your favorite holiday recipes healthier. Check out this link for an ingredient substitution list from Colorado State Cooperative Extension <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/ingredient-substitutions-9-329/>

4. Add exercise to your calendar. You schedule lots of things in your life and staying active is important for both your mental and physical health, so give exercise the respect it deserves and get it on your calendar. Just getting outside for a walk in the fresh

air can lower your stress and improve your mood.

5. Remember to stay hydrated. When we are busy shopping, cooking, and driving from place to place we often forget to drink water. Water or calorie-free, flavored seltzer or sparkling water are great ways to keep your thirst quenched. When you get dehydrated, you may feel tired, sluggish or hungry .



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
herkimer@cornell.edu

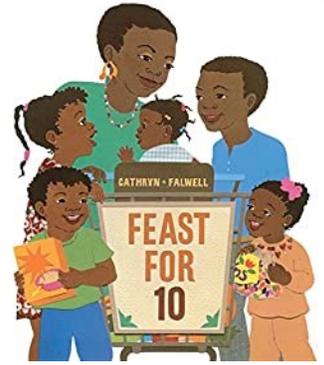
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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From your public library borrow "Feast for 10" by Cathryn Falwell. As you read the book with your child, talk about your family food traditions. Have your child draw a picture of their favorite food to eat at this time of year.



Overnight Oatmeal

Make 4 servings
Serving size 1 cup

Ingredients

- 1 cup uncooked old-fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions

1. Wash hands with soap and water.
2. In a medium bowl, mix oats, yogurt and milk.
3. Add the fruit now or add just before eating.
4. Cover and refrigerate oatmeal mixture for 6-12 hours.
5. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.

Refrigerate leftovers within 2 hours.

Suggestion: Try any other canned, fresh or frozen fruit.

Nutrition facts for 1 cup: 160 calories, 3g total fat, 1g saturated fat, 5mg cholesterol, 55mg sodium, 27g total carbohydrate, 3g dietary fiber, 9g total sugars, 0g added sugars, 8g protein, 0% Vitamin D, 10% calcium, 6% iron, 6% potassium, 17% calories from fat



Source: University of Oregon www.foodhero.org