

EFNEP Newsletter

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

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Gatherings and Celebrations



December is filled with many types of gatherings and celebrations. No matter what you celebrate or who you gather with, try including these healthy ideas from www.myplate.gov this month.

When planning what to serve, consider how you will include each of the food groups in your meal or buffet. What dishes can you provide or ask others to bring? Try including dishes made mostly from vegetables, or fruit or whole grains.

Skip sugar sweetened beverages and serve water with a twist of fruit, seltzer or sparkling water, club soda with a splash of 100% fruit juice or unsweetened iced tea.

Include ways to be physically active—dance, take a walk with your group after a meal, include sledding or ice skating as part of the gathering.

Fresh, canned and/or frozen fruit with yogurt or nut butter dip and some yummy toppings like mini chocolate chips, nuts, shredded coconut and dried fruit can make a healthy dessert.



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
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herkimer@cornell.edu

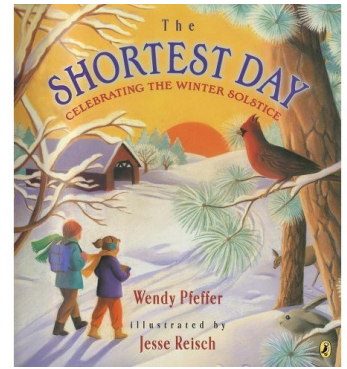
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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KORNER IDS

Visit your local public library and borrow "The Shortest Day—Celebrating the Winter Solstice" by Wendy Pfeffer. Read it with your child and learn about how the Solstice has been celebrated by cultures around the world. On the Solstice, take a walk with your child and together experience the shortest day of the year.



Baked Apple and Cranberries

Makes 1 serving, Serving size 1 apple

Ingredients

- 1 medium apple
- cinnamon to taste
- 1 tablespoon dried cranberries
- 1 teaspoon packed brown sugar
- 1/2 teaspoon butter

Directions

1. Wash hands with soap and water.
2. Wash apple and remove core (the area with the seeds) leaving the bottom intact to hold the filling.
3. Peel a small band of skin from around the top of the apple.
4. Place the apple in a microwave safe container.
5. Sprinkle cinnamon around the top and into the hole.
6. Fill the center of the apple with cranberries, pressing down if necessary.
7. Top the cranberries with brown sugar and butter.
8. Cover loosely with wax paper.
9. Microwave on for about 2 1/2 minutes or until apple is soft when poked through the center with a fork.
10. Refrigerate leftovers within 2 hours.



Nutrition Facts for 1 apple: 160 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 38g total carbohydrate, 5g dietary fiber, 31g total sugars, 8g added sugars, 1g protein, 0% Vitamin D, 2% calcium, 0% iron, 208% potassium, 3% Vitamin A, 9% Vitamin C, 14% calories from fat

Source: foodhero.org