

EFNEP Newsletter

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

Produced by Cornell Cooperative Extension December 2019

Make Your Holidays Healthy

December is a busy month, full of holiday celebrations with friends and family. Eating together is a wonderful way to enjoy each other's company, share holiday traditions and enjoy favorite holiday foods and drinks. While enjoying all these holiday celebrations, it is easy to lose site of making healthy food and drink choices. MyPlate, My Wins offers some ideas for Navigating the Buffet Table to help you include some healthy choices this holiday season.

1. **Survey the buffet table**—take a walk around the buffet table to see what foods are available. This will help you make a plan of which healthy foods to choose and which foods you want to try just a spoonful.
2. **Savor a salad**—start your meal off with a green salad full of vegetables (and maybe even some fruit). Choose a vinaigrette type dressing (oil based) in place of a creamy based dressing. Starting your meal with a salad will ensure that you eat some vegetables and will help take the edge of your hunger so you are less like to overeat less healthy foods available at the buffet.
3. **Look for steamed, broiled, grilled or baked options** in place of fried foods or foods served with creamy sauces. Your choice will be lower in fat and a healthy option for your heart.
4. **Take your time**—be mindful to eat slowly and enjoy your meal. Enjoy the company and conversation of those who you are eating with. Use hunger and fullness cues to recognize when to eat and when you are full.
5. **Rethink your drink**—drink water or unsweetened iced tea in place of soda, sweet tea and lemonade. Drinking beverages with no calories can help you maintain your weight over the holidays.



For more information on healthy eating, go to www.choosemyplate.gov.

Holiday Recipes that Use Raw Eggs

Many of us have old family recipes that call for using raw eggs in recipes that are not cooked. Cream pies and eggnog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

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/CCEHCEFNEP> or scan the QR code below:

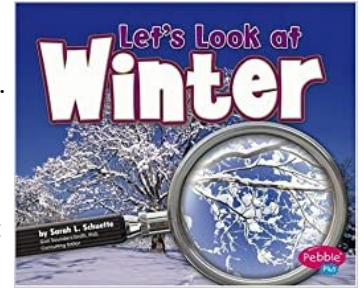


This material was funded by the USDA's Expanded Food and Nutrition Education Program.

KORNER

IDS

During the December school break, plan a trip with your child to the local public library and borrow *Let's Look at Winter* by Sarah L. Schuette. The book explains what happens in nature during the winter. After you've read the book, take a walk outside with your child and explore winter in your own yard or neighborhood. What similarities and differences do you find from what you read in the book?



Ham and Vegetable Chowder

Serving Size: 1 cup
Servings per recipe: 10

Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1/2 head cabbage, chopped (about 6 cups)
- 1 large potato, peeled and diced
- 2 cans (14.5 ounces each) low sodium chicken broth
- 2 cans (15 ounces each) cream style corn
- 1 cup chopped lean chopped ham (great way to use leftovers!)
- 1/2 teaspoon ground pepper
- 1/2 cup grated cheddar cheese



Directions:

1. Heat oil in a 4 quart (or larger) saucepan. Sauté onion, cabbage and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, ham and pepper.
3. Cover and simmer until potato is tender, about 10 minutes.
4. Serve hot, sprinkled with cheese.

*Nutrition Facts: Serving Size – 1 cup, 180 Calories, 6g Total Fat, 28% Calories from Fat, 2g Saturated Fat, 0g Trans Fat, 15mg Cholesterol, 270mg Sodium, 25g Total Carbohydrate, 4g Dietary Fiber, 6g Sugars, 9g Protein, 2% Vitamin A, 8% Calcium, 40% Vitamin C, 6% Iron

Source: Foodhero.org, produced by Oregon State University