

Building Healthy Habits: Food and Community Nutrition

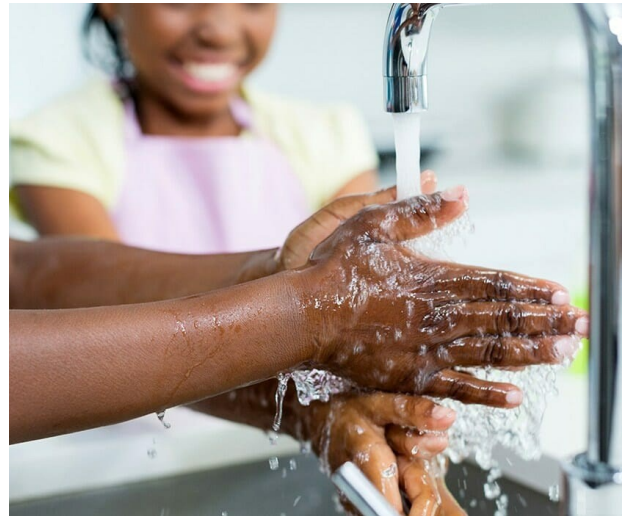
For more information about this and other Herkimer County programs, call 315.866.7920

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Wash Your Hands to Stop the Spread of Germs!

Knowing when and how to wash your hands is important to help keep you from getting sick or spreading germs.

When to wash your hands: after you use the bathroom, before you eat or make food, after playing with pets, after sneezing, coughing, or blowing your nose, and when you come home from school or work.



How to wash your hands: Wet your hands with clean running water and apply soap; lather your hands by rubbing them together, then later the backs, your fingers and under your nails, scrub your hands for 20 seconds. Time yourself by humming “Happy Birthday” twice, then rinse your hands under running water and dry hands with a clean towel or air dryer.

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

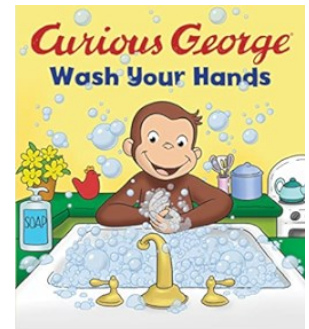
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below to sign up for personalized nutrition education:



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KORNER IDS

Visit your local library and with your child, check out "Curious George: Wash Your Hands" by H.A. Rey. This book helps explain to preschoolers why it is important to wash your hands and how to do it. After reading the book, practice handwashing with your child.



Black Bean Soup

Makes 12 servings, serving size 1 cup

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion chopped (about 1 cup)
- 4 cloves garlic minced or 1 teaspoon garlic powder
- 1 can (15 oz) diced tomatoes
- 4 cups black beans (2-15 ounce cans)
- 2 potatoes, peeled and diced
- 4 cups water
- 1/2 cup fresh cilantro, chopped
- 1 tablespoon cumin
- 1/3 cup lime juice or juice from 1 lime
- Hot sauce to taste

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
3. Add the beans, potatoes, and water. Bring to a boil; then reduce to medium-low heat. Cover and cook for 20 minutes.
4. Add the cilantro, cumin, lime juice and hot sauce, if desired. Stir and cook for 10 minutes. serve hot.
5. Refrigerate leftovers within 2 hours.

Notes:

- Cook your own dry beans. One can (15 ounces) is 1-1/2 to 1-3/4 cups drained beans.
- Try topping soup with non-fat sour cream, chopped cilantro and baked tortilla chips.
- Freeze extra lime juice to use later.

Nutrition Facts for 1 cup: 130 calories, 1.5g total fat, 0g saturated fat, 0g trans fat; 10% of calories from fat; 0mg cholesterol, 200mg sodium, 24g total carbohydrates, 3g dietary fiber, 13g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 15mg calcium, 0mg iron, 212mg potassium, 4mg vitamin C

Source: FoodHero.org



Find this and more recipes at:

<https://fnec.cornell.edu/for-participants/recipe-table/>

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