

EFNEP Newsletter

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

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Redo Your Coffee Shop Stop

Rethink your daily coffee shop stop, or visit through the drive thru and make healthier choices while still enjoying your favorite beverages and snacks. MyPlate My Wins gives these suggestions:

1. **Downsize your drink.** If you normally order a large, will a medium or small hit the spot?
2. **Do dairy right.** Choose low-fat or fat-free options in place of whole milk to reduce calories and fat.
3. **Skip the whip.** Skip the whipped cream and caramel drizzle. These extra toppings add calories, fat and are high in added sugars.
4. **Cut the syrup in half.** Ask for fewer pumps of sweeteners and flavors in your drink. Try a sprinkle of cocoa powder or cinnamon to add sweetness.
5. **Split the sweets.** Share a muffin or pastry with a friend. You will still satisfy your sweet tooth while reducing calories, fat and added sugars.



For more tips on healthy eating, visit www.choosemyplate.gov.

In Season



This month look for oranges, grapefruit, pears, bananas, kale, mushrooms, onions, potatoes, sweet potatoes, turnips and winter squash.

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:

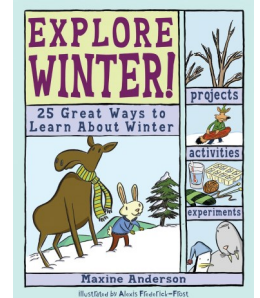


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KORNER

IDS

Looking for something to do with your elementary aged children over Winter Break? Borrow *Explore Winter! 25 Great Ways to Learn about Winter* by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.



How to Roast Vegetables

Ingredients:

Fresh vegetables to try:

- potatoes
- carrots
- beets
- bell peppers
- broccoli
- cauliflower
- green beans
- Brussels sprouts



1 tablespoon of vegetable or olive oil

One or a combination of herbs and spices. Try rosemary with potatoes, cinnamon with carrots, dill with beets, Italian seasoning with bell peppers, cumin with broccoli, paprika with cauliflower, chili powder with green beans, sage with Brussels sprouts. Season to taste.

Directions:

1. Preheat oven to 425°.
2. Line a cookie or baking sheet with foil for easier clean up.
3. Cut vegetables the same size so they cook evenly.
4. Toss cut vegetables with vegetable or olive oil and herbs and spices.
5. Place vegetables on baking sheet with a little room between pieces.
6. Roast 25-40 minutes (harder vegetables need long time to cook).
7. Half way through cooking, stir vegetables to ensure even cooking.

Source: Cooking with EFNEP Recipes for Eating Smart and Moving More, North Carolina Expanded Food and Nutrition Education Program