

# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension Herkimer County programs, call 315-866-7920

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## New Dietary Guidelines for Americans Released

### The Guidelines

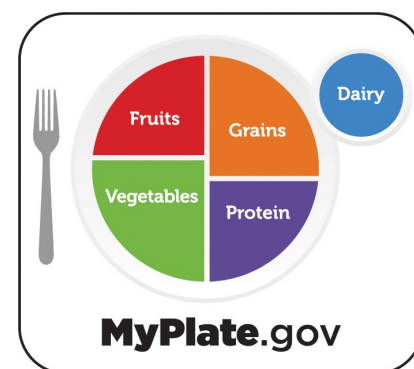
Make every bite count  
with the *Dietary Guidelines for Americans*. Here's how:



### Follow these three healthy eating ideas:

1. Meet your nutrition needs mainly from nutrient dense food and beverages—items that have lots of vitamins, minerals and fiber and that are low in saturated fat and sodium.
2. Choose lots of options from each food group. Change what you eat and drink every day and choose lots of different colored vegetables and fruit.
3. Pay attention to portion size. Eating large portions of even healthy foods can lead to weight gain.

The newly revised MyPlate.gov is your one stop for up to date, research based nutrition information. Learn about healthy eating at every age, explore MyPlate food groups, access healthy recipes from MyPlate Kitchen, learn about the *Start Simple with MyPlate* app and get a personalized MyPlate Plan to help you meet your healthy eating goals.



**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

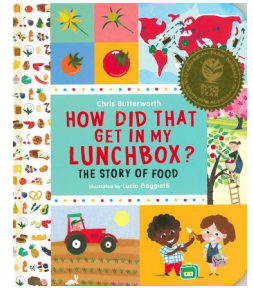
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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

# KORNER IDS

Visit your local library and check out "How Did That Get in My Lunchbox? The Story of Food" by Christine Butterworth. When you get home, tune into this [read-a-long](#) by Ashley Weingart. With your child, follow the read-a-long. When you finish, ask your child what was their favorite part of the story and why.



## Broccoli Cheddar Frittata

Serving Size: 1/6th of frittata Servings per recipe: 6

### Ingredients:

- 1 package (10-oz) frozen chopped broccoli
- 1 small carrot, diced
- 1/4 cup water
- 8 eggs
- 1/4 cup nonfat or low-fat milk
- 2 teaspoons prepared mustard
- 1 teaspoon seasoned salt
- 1/8 teaspoon pepper
- 3/4 cup shredded reduced-fat cheddar cheese
- 1 tablespoon chopped green onion
- nonstick cooking spray



### Directions:

1. Combine broccoli, carrot and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; pour egg and broccoli mixture into skillet and heat over medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

Nutrition Facts: Serving Size – 1/6th of frittata, 160 Calories, 8g Total Fat, 72 calories from fat, 45% calories from Fat, 3.5g Saturated Fat, 0g Trans Fat, 257mg Cholesterol, 470mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 0g Added Sugars, 13g Protein, 193mg Calcium, 1mcg Vitamin D, 1mg Iron, 184mg Potassium

Source: MyPlate.gov MyPlate Kitchen