

# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension January 2022*

**Kick off 2022 right!**  
**Take the 30 day vegetable and fruit challenge!**

## January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) Happy 2022!
2) Eat at least 1 vegetable and 1 fruit serving for 6 days.	3) Try a fruit smoothie.	4) Shop for vegetables to eat each day at lunch.	5) Have 2 different colored vegetables today.	6) Add a vegetable to a casserole.	7) Ask your family to add favorite vegetables to the shopping list.	8) Have a fruit at breakfast.
9) Eat at least 2 vegetable and 1 fruit serving for 6 days.	10) Snack on vegetables or fruit today.	11) Try a new fruit .	12) Have a bowl of soup loaded with vegetables.	13) Add a vegetable salad to one of your meals today.	14) Make homemade pizza and use vegetables for toppings.	15) Try a vegetable smoothie today.
16) Eat at least 2 vegetable and 2 fruit servings for 6 days.	17) For breakfast try a fruit and low fat yogurt parfait.	18) Load a sandwich, wrap or taco with vegetables.	19) Add fruit to your cereal.	20) Add a bag of frozen vegetables to macaroni and cheese.	21) Top a baked potato with vegetables.	22) Making a crockpot meal? Add an extra bag of frozen veggies.
23) Eat at least 3 vegetable and 2 fruit servings for 6 days.	24) Fresh, canned or frozen—choose 1 fruit today.	25) Have stir fry tonight and add a new vegetable.	26) Dunk raw veggies in low fat dip or dressing at lunch or dinner.	27) Make a fruit salad. Include fresh, frozen and canned fruit.	28) Shake things up. Add canned fruit to a green salad.	29) Grab fruit for a snack today.
30) Finish strong with 3 vegetable and 3 fruit servings this week.	31) Congratulations on completing the 30 day challenge!					

**Find recipes at <https://www.myplate.gov/myplate-kitchen>**

**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

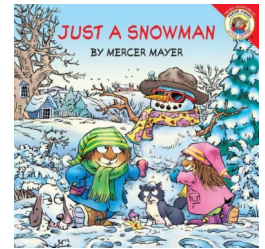
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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

# KORNER IDS

From your public library borrow "Little Critter: Just a Snowman" by Mercer Mayer. Read this book with your child and then head outside and build a snowman, snow woman or other snow creature together.



## Fruit and Dreamy Dip

Make 4 servings

Serving size 4 tablespoons dip plus fruit

### Ingredients

Apples and / or bananas  
Canned fruits of your choice

### Dip:

1 cup plain low-fat yogurt  
1 tablespoon honey  
Pinch of cinnamon (optional)

### Directions

1. Wash the fresh fruit or rinse canned fruit.
2. Slice fruit into bite-size pieces.
3. Prepare dip; stir the yogurt, honey and cinnamon together. Chill before serving.
4. Arrange fruit on a plate and serve with the dip.



Nutrition facts for 4 tablespoons dip plus fruit: 140 calories, 1g total fat, 0.5g saturated fat, 5mg cholesterol, 40mg sodium, 31g total carbohydrate, 4g dietary fiber, 23g total sugars, 4g added sugars, 4g protein, 0% Vitamin D, 8% calcium, 0% iron, 4% potassium, 6% calories from fat

Source: Healthy Cents curriculum by the University of Maryland

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