

EFNEP Newsletter

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

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Stay Active This Winter

Winter in Western New York can be tough. It's snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy. Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories. Many activities, like walking, shoveling snow, or sledding, are free. For only a few dollars per person (the cost of renting the equipment), often you can snowshoe, cross-country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter-time activity. Here is a short list of how many calories a 150-pound woman can burn doing these winter time activities for 30 minutes:

- Snowshoeing 250
- Cross-country skiing 250
- Ice skating 180
- Sledding 180
- Shoveling snow 150



How much food equals 250 calories? One cup of toasted o's cereal with ½ cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outside this winter!

In Season



Citrus fruits are in season in January. Look for good buys at the supermarket on oranges, grapefruits, tangerines, Clementines, lemons, limes, kumquats, pummelos and Ugli fruit.

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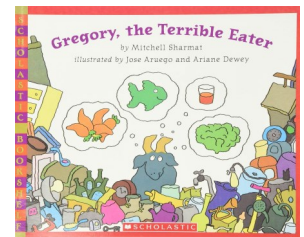
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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KORNER IDS

Head to the library with your child and borrow "Gregory, the Terrible Eater" by Mitchell Sharmat. It's a funny story about a goat who eats all the wrong things (like fruits and vegetables), and what his parents do to help him start eating a healthy diet of old shoes and tires. This mixed-up story is sure to get a laugh from your child. When you have finished reading the book, have your child make a book mark from paper, crayons, markers or paints that shows his/her favorite part of the story.



Mexican Chicken Soup

Serves: 8

Serving size: 1 cup

Ingredients:

- 2 15-ounce cans diced tomatoes, Mexican style
- 1 15-ounce can black beans, drained and rinsed
- 2 cups frozen corn or (1) 15-ounce can corn, drained and rinsed
- 1 14.5-ounce can sodium-reduced chicken broth
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon ground black pepper
- 1 pound skinless, boneless chicken breast

Directions:

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin and pepper in large saucepan.
2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup. Serve with optional garnishes: chopped cilantro, sliced or chopped avocado, light sour cream, shredded cheddar cheese.

Source: Healthy & Homemade 2011 Nutrition and Fitness Calendar, Iowa State University Extension.

Nutrition Facts: Serving Size: 1 cup, 180 calories, 1.5g total fat, 0.5g saturated fat, 33mg cholesterol, 635mg sodium, 24g total carbohydrate, 5g dietary fiber, 8g total sugars, 19g protein, 16% vitamin A, 5% calcium, 10% iron, 17% vitamin C