

# 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 New York State 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 calories
Cross country skiing	250 calories
Ice skating	180 calories
Sledding	180 calories
Shoveling snow	150 calories



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 Fruit



Citrus fruits are in season in January. Their bright colors are sure to perk up any meal or snack on a dull winter day! Look for good buys at the supermarket on orange, grapefruit, tangerine, Clementine, lemon, lime, kumquat, pummelo 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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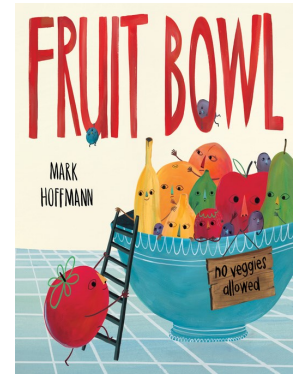
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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

# KORNER IDS

Head to the library with your child and borrow "Fruit Bowl" Mark Hoffmann. What belongs in a fruit bowl? Read this book and find out what's a fruit, what's a vegetable and foods are grouped as fruits or vegetables. After reading the book, have your child make a book mark and include their favorite fruit on the bookmark.



## Sweet Potatoes and Apples

Serving Size: 1/2 cups

Servings per recipe: 6

### Ingredients:

- Non stick cooking spray
- 1 (16 ounce) can sweet potatoes (or 3 fresh sweet potatoes)
- 2 large apples
- 1/4 cup raisins
- 1/3 cup pineapple or orange juice
- 2 teaspoons packed brown sugar or 2 tablespoons granulated sugar
- 2 tablespoons butter or margarine
- 1 teaspoon cinnamon

### Directions:

1. Preheat oven to 350°.
2. Lightly spray a baking dish with non-stick cooking spray.
3. Wash, peel and slice apples (and fresh sweet potatoes if using).
4. Drain canned sweet potatoes.
5. Layer sweet potatoes and apples in sprayed baking dish.
6. Sprinkle sweet potatoes and apples with raisins.
7. In a separate cup, mix juice and sugar.
8. Pour juice mixture over sweet potatoes, apples and raisins.
9. Cut butter or margarine into small bits and distribute evenly across the top of the casserole.
10. Sprinkle cinnamon over fruit.
11. Cover with aluminum foil and bake for 20 minutes. Remove foil and bake for 10 minutes longer. Potatoes should be tender.

Nutrition Facts: Serving Size – 1/2 cup, 190 Calories, 4g Total Fat, 19% Calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 95mg Sodium, 41g Total Carbohydrate, 4g Dietary Fiber, 2g Protein

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