

EFNEP Newsletter

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

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Make Celebrations Fun, Healthy and Active

◆ Make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of attention. Focus on activities to get people moving and enjoy being together.

◆ Make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

◆ Offer thirst quenchers that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more flavorful. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

◆ Use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

◆ Make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.



From: www.ChooseMyPlate.gov 10 Tips series

In Season This Month: Summer Squash

Zucchini and yellow squash are abundant and inexpensive in the summer months. Look for summer squash that is firm and free from soft spots or other blemishes. Store summer squash in a plastic bag in the refrigerator for up to 5 days. Do not wash the squash until you are ready to use it. Summer squash is very low in calories, with ½ of a squash having only 20 calories, no fat or cholesterol and an excellent source of vitamin C. Shred it and add to salads, spaghetti sauce, muffins or pancakes, or chop it and add to soups, stir-fry or an omelet. Brush on marinade and grill it for a healthy side dish at a cookout.

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

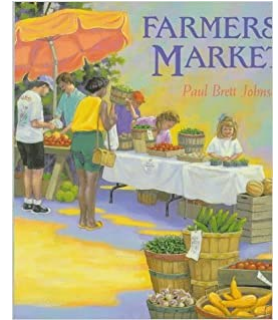
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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With your child, make a visit to the nearest public library and borrow "Farmers' Market" by Paul Brett Johnson. It tells the story of one family's life who grows and sells produce at their local farmers' market. Read the story with your child, then visit the farmers' market and talk about how your farmers' market is similar and different from the market described in the book. While you are at the market, encourage your child to choose one fruit or vegetable they would like to try and buy it so your whole family can try something new.



Summer Bounty Salad

Serving Size: 1 cup
Serves: 8

Ingredients:

- 7 cups cut up vegetables (zucchini, broccoli, carrots, radishes, green onions)
- 1 pepper (green, red, yellow or orange), sliced
- 2 tomatoes
- 2/3 cup of your favorite low fat salad dressing
- 1 15ounce can of chick peas, drained and rinsed (optional)

Directions:

1. Wash and prepare the vegetables (cut carrot and zucchini in slices, slice or chop tomatoes, cut broccoli into florets).
2. Combine all the vegetables and salad dressing in a bowl, stirring to coat vegetables with dressing. Cover and refrigerate 1 to 3 hours to blend flavors.

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

*Nutrition Facts: Serving Size – 1 cup, 71 Calories, 3g Total Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 185mg Sodium, 10g Total Carbohydrate, 3g Dietary Fiber, 5g Sugars, 2g Protein, 114% vitamin A, 76% vitamin C, 4% calcium, 4% iron

