

EFNEP Newsletter

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

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Eat Healthy on a Budget

Food prices have increased more than 10% this year and these increases make it even more important to carefully plan your meals and snacks before you grocery shop.

Try these budget friendly planning suggestions from www.myplate.gov:



1. See what you already have. “Shop” your pantry, refrigerator and freezer and plan to make meals and snacks using these foods.
2. Make a list of meals and snacks for the week. Consider who will be home to eat each meal and snack so you plan to buy only as much food as you need. Will your children eat meals at school or daycare? Will your family be at a picnic one weekend day? Are you having dinner at a friend’s house one night?
3. Think about your family’s schedule. Nights when your family is in a hurry to get to a game or practice or a night when you get home late, you will want to have a very easy meal planned that can be prepared quickly and easily.
4. Plan to use leftovers. Double recipes so the leftovers can be served another night or sent in packed lunches to work and school. Prepare extra items like pasta or rice that can be refrigerated or frozen then used on a night when you are pressed for time.
5. Keep an ongoing list of items you need so when you are planning your shopping trip, you already have the list started.
6. Make a grocery list. This can be done with an app on your phone, or in a list maker on your grocery store’s website or with a pen and paper. Whatever method works for you is the best list making method to use.

In Season This Month: Green and Yellow Beans



Beans should be bright in color, with no dark spots and a firm texture. They should be firm and snap when you break off the stem end. Look for beans with no large bumps because those beans are older and may be more tough and less flavorful. One pound of fresh beans equals about 3 cups when cut, or 2 cups when cooked. Beans are versatile and can be used in entrees, salads or eaten on their own as a side dish.

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:

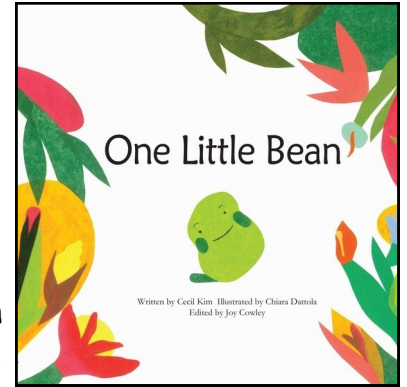


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With your child, visit the local public library and sign up for the summer reading program. Lots of fun activities are planned for the summer and they are all free!

While you are there, check out the book "One Little Bean: Observation - Life Cycle" by Cecil Kim. At home, read the book together to learn the lifecycle of a bean seed and how seeds become the beans we eat.



Green Beans with Tomatoes and Basil

Make 6 servings
Serving size 1/6 of the recipe

Ingredients

- 6 cups green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- Salt and pepper (to taste, optional)

Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).



Nutrition Facts for 1/6 of recipe: 70 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 110mg sodium, 11g total carbohydrate, 4g dietary fiber, 6g total sugars, 0g added sugars, 3g protein, 0% Vitamin D, 4% calcium, 10% iron, 8% potassium, 32% calories from fat

Source: *myplate.gov*