

EFNEP Newsletter

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

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Farmers' Markets Open This Month

June is the traditional month for local farmers' markets to open. Shopping at farmers' markets has lots of benefits. The fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell and what their favorite varieties are and why. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste. Farmers' markets are a great way for your family to 'go green'. The food you buy is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because the food is not transported long distances on a truck. You can make your shopping trip more 'green' by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers' Market Nutrition Program and WIC. The Farmers' Market Nutrition Program is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The coupons are \$4 each, so if you want to buy something for \$5, the farmer will add more produce to your order to total \$5. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package. Look for signs at farmer's stands to see if they accept these checks. Some farmers' markets also accept EBT cards (food stamps). Check with your local market to see if they do.



In Season: Strawberries

Fresh, local strawberries are ready in June. You can buy them at road side stands, farmers' markets, farm stands and some local supermarkets. Looking for a fun family activity? Try picking strawberries at a U-Pick farm. Many U-Pick locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.

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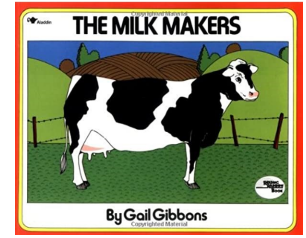
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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

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Read "The Milk Makers" by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you've finished reading, have your kids help make yogurt popsicles.



Peachy Pops

Serving Size: 1 popsicle
Serves 6

Ingredients:

- 2 peaches (fresh or canned - 1 ½ cups chopped) or try fresh strawberries
- 2/3 cup low-fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups
- 6 spoons
- Aluminum foil

Directions:

1. Chop peaches and divide among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over peaches.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds spoon in center of cup.
7. Freeze at least 4 hours.



To eat, peel paper cups away from pops.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Nutrition Facts: Serving Size: 1 popsicle, 70 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 25mg sodium, 16g total carbohydrate, 1g dietary fiber, 1g sugar, 2g protein, 6% vitamin A, 4% calcium, 60% vitamin C

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