

EFNEP Newsletter

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

Produced by Cornell Cooperative Extension June 2022

Visit Your Farmers' Market This Month

Local farmers' markets traditionally open in June. Benefits of shopping at farmers' markets include fresh picked, locally grown vegetables and fruit; farmers who answer your questions about produce they grow and sell; and shopping local supports your local economy. It's a 'green' way to shop because less fuel is used to transport the food from local farms to the farmers' market.

With the price of food skyrocketing, you may be able to participate in one of the programs available to help you afford healthy food.

1. Farmers' Market Nutrition Program (FMNP) and WIC. FMNP is for WIC families and seniors. Coupons are provided to eligible adults by WIC and Office for the Aging. Use these to buy fresh fruits and vegetables sold at the farmers' market.
2. WIC Vegetable and Fruit Check program is part benefits WIC families receive and many farmers' markets accept these checks.
3. Double Up Food Bucks matches every SNAP EBT dollar spent on SNAP eligible foods at participating farmers' markets. Spend \$1 in SNAP, get another \$1 for fresh produce.
4. SNAP EBT can be used at participating farmers' markets. Swipe your SNAP EBT card and choose the amount you want to spend on SNAP eligible items at the market and receive \$1 tokens to use like cash with market vendors.
5. FreshConnect checks provide \$20 for active duty military, veterans and their immediate families. Go to <https://veterans.ny.gov/content/freshconnect-checks-veterans-and-families> for more information.



In Season This Month: Strawberries



Fresh, local strawberries are ready to eat 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 locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily vitamin C needs 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 eating.

Find the Herkimer County Farmers' Markets at <http://bit.ly/CCEHerkFarmersMkts>
View the 2022 Herkimer County Local Foods Map at <http://bit.ly/CCEHerkCoLocalFoodsMap>

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/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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I LOVE Strawberries by Shannon Anderson tells the story of Jolie and her adventure growing strawberries. With your child, visit your local public library and borrow this book to read together. Talk about how strawberries are grown then head out to buy local strawberries to make the Strawberry Melon Cooler.



Strawberry Melon Cooler

Make 4 servings
Serving size 1/4 of the recipe

Ingredients

- 2 cups fresh strawberries, washed with stems removed
- 2 cups diced cantaloupe
- 1 tablespoon honey
- 2 teaspoons vanilla extract
- 1 cup club soda

Directions

1. Combine strawberries, cantaloupe, honey and vanilla in a blender.
2. Cover and blend until smooth.
3. Stir in club soda and serve over ice.



Note: Honey should not be served to children under 1 year of age.

Nutrition Facts for 1/4 of recipe: 80 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 25mg sodium, 17g total carbohydrate, 2g dietary fiber, 14g total sugars, 5g added sugars, 1g protein, 0% Vitamin D, 2% calcium, 0% iron, 8% potassium, 0% calories from fat

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006.

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