

EFNEP Newsletter

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

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June is Dairy
Month!

Want strong bones?

Most people do not get enough calcium in their diet and could benefit from drinking more low fat and fat free milk—choose lactose free if you are lactose intolerant, eating low fat cheese, and enjoying low fat yogurt. Aim for three servings from the Dairy Group every day.

Celebrate Dairy Month by trying these ideas from MyPlate:

- ◆ Enjoy unsweetened cereal with low fat or fat free milk or soy milk to start your day. Have low fat plain yogurt topped with your favorite fruit.
- ◆ Prepare foods with milk instead of water. Oatmeal, overnight oats, cream soups, smoothies, and mashed potatoes are foods that taste even better when prepared with low fat milk.
- ◆ Enjoy low fat cheese and whole grain crackers for a snack.
- ◆ Add a low fat cheese stick to your lunch.
- ◆ Make your own creamy salad dressing or vegetable dip using low fat plain yogurt, herbs and spices.

June Farmers' Markets Finds

As farmers' markets start up this month, look for lettuce, peas, strawberries, asparagus, radishes, rhubarb and spinach.

Many markets accept WIC fruit and vegetable benefits, SNAP and Farmers' Market Nutrition Program checks. Using these benefits are a great way to add local produce to your family's meals and support local farmers.

Find Herkimer County Farmers' Market information at: <https://bit.ly/CCEHerkFarmersMkts>

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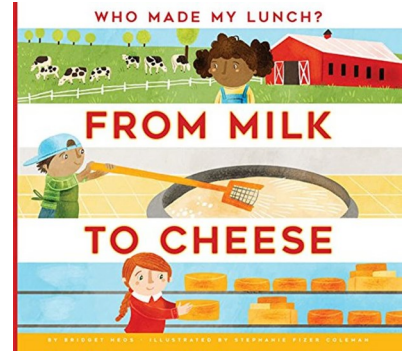
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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With your child, visit your local library and borrow "From Milk to Cheese (Who Made My Lunch?)" by Bridget Heos. After reading the book together, enjoy a snack of low fat cheese and whole grain crackers.



Apple Spice Oatmeal

Makes 2 servings ~ Serving size 1 cup

Ingredients

- 1 apple
- 2 cups 1% or non fat milk or water
- 1 cup quick cooking or old fashioned oats
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 tablespoon brown sugar
- 1/8 teaspoon nutmeg (optional)

Directions

- 1) Wash hands with soap and water.
- 2) Rinse the apple, remove the core and cut into small chunks (about 1 1/2 cups).
- 3) Bring the water or milk to a boil in a saucepan.
- 4) Add the oatmeal, salt and apple chunks. Cook over medium heat for 1 minute if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Stir a couple times while cooking.
- 5) Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.



Nutrition Facts for 1 cup: 360 calories, 6g total fat, 2g saturated fat, 15mg cholesterol, 280mg sodium, 61g total carbohydrates, 7g dietary fiber, 29g total sugars, 7g added sugars, 16g protein, 3mcg Vitamin D, 333mg calcium, 2mg iron, 107mg potassium, 2mcg Vitamin A, 5mg Vitamin C, 15% calories from fat

Source: Oregon State University www.foodhero.org