

EFNEP Newsletter

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

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Enjoy Frozen Foods This Month



Did you know that in 1930 the first frozen fruit sold by stores was sold as Birds Eye Frosted Foods? Taste and quality of frozen foods has greatly improved since 1930. March is National Frozen Foods Month and stores offer lots of great sales on frozen foods, including vegetables and fruit. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because of the quick turn around time for processing frozen vegetables and fruit, in winter these foods may have more nutrients than their fresh counterparts and can be a healthier option.

Tired of preparing vegetables and fruit the same way?

Try these ideas:

1. Make sweet potato fries. Wash and slice whole sweet potatoes, drizzle with a little olive oil and sprinkle with cayenne pepper or chili powder and salt. Bake on a baking sheet at 400 degrees until cooked.
2. Choose frozen peach slices for a snack or dessert. Sprinkle the slices with a little ginger, a touch of honey and a few of your favorite nuts.
3. Cut winter squash in half, scoop the seeds and cut each half into slices. Drizzle with a little olive oil, cinnamon and brown sugar. Bake on a baking sheet at 400 degrees until the squash is soft.

National Nutrition Month®

Each March, the Academy of Nutrition and Dietetics features a campaign focused on healthy eating. This year's theme is "Go Further With Food" which encourages Americans to plan meals and snacks ahead of time, making healthy choices easier and decreasing food waste by not over buying. For more information go to: <https://www.eatright.org/food/resources/national-nutrition-month>

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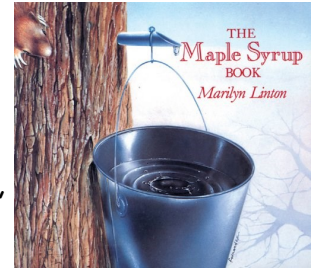
For more information about EFNEP in Herkimer Co. see:
<https://bit.ly/CCEHCFNEP>
or scan the QR code below:



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KORNER IDS

Celebrate the goodness of New York State produced maple syrup during Maple Weekend, March 17-18 and 24-25. Local maple syrup producers open their sugar houses for free tours and you can learn how maple sap becomes maple syrup. Also, visit your local library and borrow *The Maple Syrup Book* by Marilyn Linton to read with your children. For more information on Maple Weekend, go to:
<https://mapleweekend.nysmaple.com/>



Slow Cooker Mexican Chicken Soup

Serves: 8
Serving size: 1-1/2 cups

Ingredients:

- 2 cans (14.5 ounces) diced tomatoes
- 3/4 cup dried black beans, rinsed
- 1 bag (16 ounces) frozen corn, thawed
- 3 cups water
- 1 teaspoon chili powder
- 1/4 teaspoon ground black pepper
- 1 pound boneless, skinless chicken breast, thawed

Optional ingredients: baked tortilla chips, chili flakes, chopped cilantro, jalapenos, light sour cream, lime, salsa, shredded cheese or sliced avocado

Directions:

1. Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high, or 8 to 10 hours on low.
2. Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.
3. Serve with choice of optional ingredients.

Source: Healthy and Homemade 2018 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach.

Nutrition Facts: Serving Size: 1 1/2 cups, 210 calories, 3g total fat, 1g saturated fat, 35mg cholesterol, 270mg sodium, 28g total carbohydrate, 6g dietary fiber, 4g total sugars, 19g protein, 0mcg vitamin D, 63mg calcium, 1mg iron, 602mg potassium