

EFNEP Newsletter

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

Produced by Cornell Cooperative Extension March 2022

It's National Nutrition Month®



It's National Nutrition Month® and time to celebrate your nutrition knowledge. Read each statement below - is the statement FACT or FICTION?

1. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.
2. All carbohydrate foods, also known as “carbs”, are the same and provide no nutritional value.
3. All vegetables offer the same types and amounts of vitamins and minerals
4. Only foods that taste salty are high in sodium.

If you guessed FICTION for each statement, give yourself a pat on the back! You are correct!

1. All Americans need to limit their intake of added sugars and salt. One way is to explore herbs, spices and seasoning blends used by cultures around the world! Not only will you try something new, with different flavors, you may reduce the amount of added sugars and salt you eat.
2. ‘Carbs’ are found in fruit, vegetables, grains and dairy foods and are healthy choices for everyone. Carbohydrates give your body energy to do what you need to get done each day. Try a fruit and vegetable from another culture to boost flavors in familiar dishes. Look for whole grains like quinoa and use it in place of white rice in a favorite meal. Kefir and goat’s milk cheese are healthy dairy products to try.
3. The saying ‘Eat A Rainbow’ encourages people to choose a wide variety of colors when eating fruits and vegetables. The colors provide different vitamins and minerals, so variety is key. Try a new fruit or vegetable and build a rainbow of produce choices in your meals.
4. The only way to know if a food is high in sodium is to read the Nutrition Facts Label. 20%DV of sodium means the food is high in sodium. Try comparing food produced by the different companies to find the lowest sodium choice or make it from scratch to lower the sodium.

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

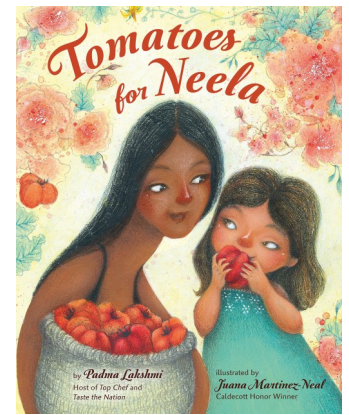
For more information about EFNEP in Herkimer Co. see:
<https://bit.ly/CCEHCEFNEP>
or scan the QR code below:



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

KORNER IDS

Head to the public library with your child and borrow "Tomatoes for Neela" by Padma Lakshmi. As you read the book together, talk about your family's favorite ways to eat tomatoes. When you finish the book, choose one of the recipes to make together and serve to your family.



Rice Bowl Southwestern Style

Make 2 servings
Serving size 1 cup

Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 Tablespoons salsa, shredded cheese, or low-fat sour cream

Directions

1. Wash hands with soap and water.
2. In a medium skillet, heat oil over medium high heat (350degrees F in an electric skillet). Add vegetables and cook until tender-crisp, about 3 to 5 minutes.
3. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
4. Divide rice mixture between two bowls. Top with salsa,cheese or sour cream and serve warm.
5. Refrigerate leftovers within 2 hours.

Notes:

- For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1.
- You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley, or oatmeal.
- Try other toppings such as chopped cilantro or sliced radishes.

Nutrition Facts for 1 cup: 320 calories, 12g total fat, 3.5g saturated fat, 65mg cholesterol, 410mg sodium, 35g total carbohydrate, 3g dietary fiber, 3g total sugars, 0g added sugars, 19g protein, 0% Vitamin D, 2% calcium, 6% iron, 6% potassium, 33% calories from fat



Source: www.foodhero.org Oregon State University, Oregon State Extension Service

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.