

EFNEP Newsletter

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

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Let's Celebrate National Nutrition Month[®]!

1. As a family, each week this month, try one new fruit or vegetable.
2. Make a plan to eat together more often.
3. Get your entire family involved in preparing meals, setting the table and cleaning up.
4. Cut back on salt by flavoring your food with no salt added herb and spice blends, and by using a squirt of lemon or lime juice to bring out the flavor.
5. Include all family members when planning meals for the week. Ask each family member to suggest one meal they would like to have and ask them to help plan the meal.
6. As a family, take a walk, go to the playground or the park after dinner.
7. When grocery shopping, look for foods with less packaging.
8. Try a meatless meal once a week—focus on recipes using beans like kidney, cannellini, garbanzo, black and great northern beans.
9. Turn off the TV and put away phones, computers and tablets during meal times.
10. Interested in growing your food? Now is the time to plan your garden. Need some help getting started? Contact the Master Gardeners at your local Cornell Cooperative Extension.

Excerpted from 50 Ideas to Get Involved in National Nutrition Month[®], www.eatright.org.



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

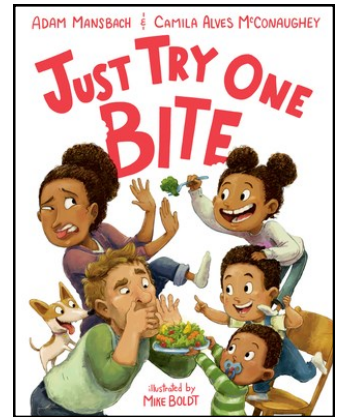
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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KORNER IDS

With your child, read "Just Try One Bite" by Adam Mansbach and Camila Alves McConaughy. How is this story similar or different to what happens in your house when trying new foods?



Brown Rice with Corn and Beans

Makes 6 servings
Serving size 1/2 cup

Ingredients

- 1 cup low-sodium broth
- 1 package (1.25 ounce) taco seasoning or 1/4 teaspoon each of chili powder, garlic powder, ground cumin, and oregano
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn (frozen or canned, drained and rinsed)
- 1/2 cup black beans (cooked or canned, drained and rinsed)

Directions

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat to low, cover the saucepan and let cook undisturbed for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.



Nutrition Facts for 1/2 cup: 110 calories, .5g total fat, 0g saturated fat, 0mg cholesterol, 480mg sodium, 22g total carbohydrates, 3g dietary fiber, 1g total sugars, 0g added sugars, 3g protein, 0mcg Vitamin D, 7mg calcium, 0mg iron, 103mg potassium, 15mcg Vitamin A, 3mg Vitamin C, 4% calories from fat

Source: Oregon State University www.foodhero.org

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