

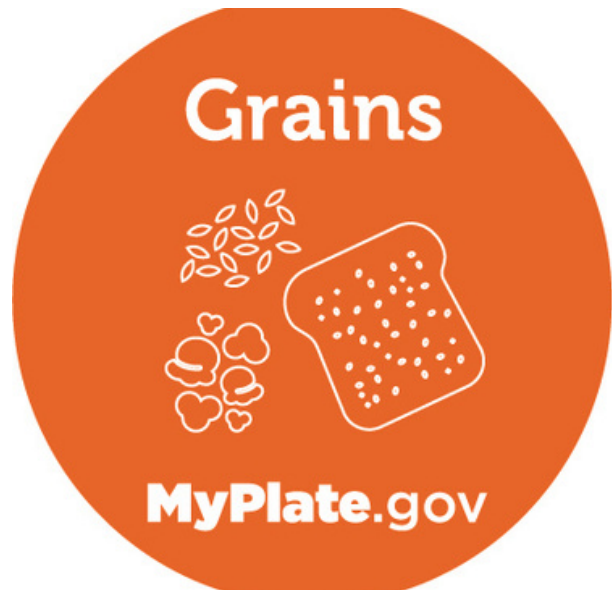
# WINTER QUICK TIPS

## Building Healthy Habits: Food and Community Nutrition



### Make Half Your Grains, Whole Grains

Foods in the grain group include bread, pasta, rice, quinoa, cereal, grits, tortillas, barley, cornmeal, oats, and popcorn. The grain group includes whole and refined grains. Whole grain foods are the healthier choice because they keep the whole grain kernel - the germ, endosperm, and bran. Whole grain foods include whole wheat bread, brown rice, whole wheat tortillas, quinoa, oats, whole wheat pasta, and popcorn.



Refined grains are grains where the bran and germ are removed while milling the grain into flour. Removing the bran and germ removes the fiber, iron, and many B vitamins. Makers of refined grain foods like white bread, pasta, white rice, and crackers often add iron and B vitamins back into the product. Try to make half your grain choices, whole grain foods.

**Cornell  
Cooperative  
Extension**

# GET MORE *Healthy* RECIPES

## Popcorn Seasoning

Serving Size: 1 seasoning recipe for 1 batch of popcorn

Seasoning mix adds minimal calories and fat

Olive oil- 1 tablespoon olive oil  
1 teaspoon of salt

Garlic Parmesan- 1 tablespoon olive oil,  
1 tablespoon grated parmesan  
cheese, 1 teaspoon garlic  
powder

Cinnamon and Brown Sugar- 1 tablespoon  
vegetable oil, 1 tablespoon  
brown sugar, 1 teaspoon  
cinnamon

Southwest- 1 tablespoon olive oil,  
1 teaspoon chili powder,  
1 teaspoon garlic powder,  
1 teaspoon cumin, 1 teaspoon  
cayenne pepper, 1 teaspoon salt

### Directions:

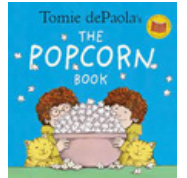
For each seasoning mix, in a bowl, stir together all ingredients. Pour on top of a batch of popped popcorn and stir until well combined.



Source: SNAP-Ed NY

## Kids Corner

Visit your local library and with your child, check out Tomie DePaola's "The Popcorn Book" (40th Anniversary Edition). Together, read the book then tell each other about your favorite part of the book. Now it's time to make popcorn together! Popcorn made without butter is a healthy snack and can be packed and taken with you.



### 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?

Parents, grandparents, guardians, young adults (18 to 25 years of age), and youth. Families participating in SNAP, WIC, Medicaid, Head Start, free or reduced price school meals, and other limited resource benefits.

For more information on the Building Healthy Habits program in Herkimer County, see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below to sign up for personalized nutrition education:



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