

EFNEP Newsletter

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

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National Nutrition Month[®]

Celebrate National Nutrition Month[®] with the Academy of Nutrition and Dietetics! The campaign focuses on making healthy food and physical activity choices. What small change can you make this month to make your life a little healthier?

From the Academy, here are some ideas to get you started with making a small, healthy change:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.



Check out the 10 tips series on www.choosemyplate.gov for easy, real life ideas for making small, healthy changes in your life.

National Frozen Food Month

March is National Frozen Foods Month and it is a great time to focus on frozen fruit and vegetables. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because the time from picking to freezing the produce is so short, frozen fruit and vegetables often have more nutrients than fresh. This is especially true during winter when fresh produce has to travel many miles and days to get to our stores. Look for sales this month on all types of frozen food at your supermarket.

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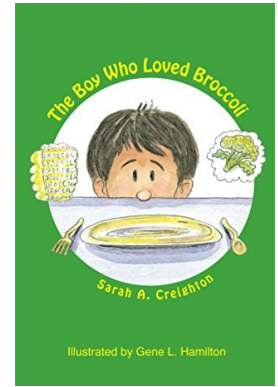
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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In the spirit of making small, healthy changes this month, head to the local library with your child and borrow "The Boy Who Loved Broccoli" by Sarah A. Creighton. It is about a boy who loves broccoli and broccoli gives him superpowers!



Cheesy Chicken Casserole

Serves: 4

Serving size: 1½ cups

Ingredients:

- 1 tablespoon oil
- 1 cup onion, diced (1 medium onion)
- 1 clove garlic, minced
- 1½ cups reduced sodium chicken broth (15 ounce can)
- 1 cup instant brown rice, uncooked
- 2 cups frozen vegetables (any type you like)
- 2 cups cooked chicken (shredded or cut up)
- ¾ cup cheddar cheese, shredded



Directions:

1. Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes.
2. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
3. Reduce heat to low. Cover and cook for 10 minutes
4. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Source: Healthy & Homemade 2019 Nutrition and Fitness Calendar, Iowa State University Extension.

Nutrition Facts: Serving Size: 1 1/2 cups, 390calories, 14g total fat, 5g saturated fat, 80mg cholesterol, 420mg sodium, 32g total carbohydrate, 3g dietary fiber, 6g total sugars, 32g protein, 0mcg Vitamin D, 194mg Calcium, 1mg Iron, 363mg Potassium