

# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension March 2020*

## Enjoy Healthy 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 usually picked, processed and frozen within 24 hours. In winter, because of the quick turn around time for processing frozen vegetables and fruit, 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 from the Academy of Nutrition and Dietetics:**

- Add lots of vegetables to pizza. Try broccoli, onion, sweet or hot peppers, mushrooms, tomato and spinach.
- Make a smoothie using low fat milk, any frozen berries you like, and a banana.
- Stuff an omelet with your favorite vegetables or add your favorite vegetables to scrambled eggs.
- Top a baked potato with broccoli and cheese or beans and salsa.
- Use bags of frozen vegetables that have a mix of vegetables, like broccoli, cauliflower and carrots in stir fry or add them to soups or stews.



### **National Nutrition Month®**

Each March, the Academy of Nutrition and Dietetics features a campaign focused on healthy eating. This year's theme is "Eat Right Bite by Bite" and encourages Americans to eat a variety of foods, plan meals for the week and learn cooking skills 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 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:

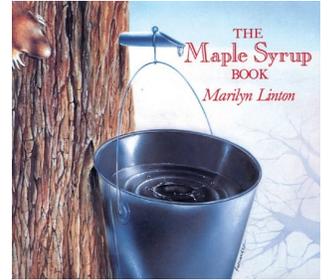


*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

# KORNER IDS

Celebrate the goodness of New York State-produced maple syrup during Maple Weekend, March 21-22 and 28-29 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, see:

<https://mapleweekend.nysmaple.com/>



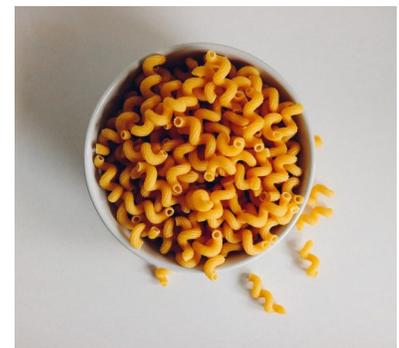
## Vegetables with Pasta

Serving Size: 1/2 cup

Servings per recipe: 8

### Ingredients:

- 1 cup uncooked macaroni
- 1 (16 ounce) package of frozen mixed vegetables
- 1 medium tomato, chopped
- 1/2 teaspoon black pepper
- 1/3 cup fat free Italian dressing
- 1/4 cup chopped onion (optional)
- 1/4 cup chopped green pepper (optional)
- 1/4 cup chopped cucumber (optional)



### Directions:

1. Prepare macaroni according to package directions, drain.
2. While macaroni is cooking, place frozen mixed vegetables in a microwave safe dish. Cover with plastic wrap; vent one corner. Cook in microwave according to package directions.
3. Drain vegetables.
4. In a bowl or serving dish, mix all ingredients together.
5. May be served warm or cold.

Nutrition Facts: Serving Size – 1/2 cup, 100 Calories, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 140mg Sodium, 21g Total Carbohydrate, 2g Dietary Fiber, 3g Protein . Excellent source of vitamin A, Good source of vitamin C.

Source: Cooking with EFNEP Recipes for Eating Smart and Moving More, North Carolina Expanded Food and Nutrition Education Program