

EFNEP Newsletter

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

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Cut Back on Your Kid's Sweet Treats

Limiting the amount of food and drinks with added sugar you serve to your kids can improve their health. Buying less of these foods and drinks can decrease your grocery bill and free up money to buy healthier choices. Most added sugars come from soda, sports drinks, energy drinks, juice drinks, lemonade, sweetened iced tea, cakes, candy, cookies and ice cream.

- Serve small portions of foods and beverages with added sugar.
- Choose water, low fat or fat free milk or small amounts of 100% juice for beverages.
- Choose the 'no candy' checkout lane at the store.
- Reward kids with hugs, kind words and non-food items like stickers or pencils instead of candy or other sweets.
- Sugary foods are marketed to kids as 'fun'. Make healthy foods fun by involving your kids in preparing them.
- Show kids where the Sugars line is on the Nutrition Facts label. In the grocery store, challenge your kids to find cereals with the lowest number of grams of sugars and buy those.
- Limit sweets to special occasions and do not make them a part of everyday meals and snacks.
- Make fruit the 'everyday' dessert.



(From the 10 Tips Nutrition Series at www.choosemyplate.gov)

In Season: Asparagus

Choose firm stalks with buds that are tightly closed. Store stalks with a damp paper towel wrapped around the ends in the crisper section of your refrigerator. Eat asparagus soon after buying it as its flavor decreases each day that it's stored.



To cook asparagus, wash it first under cool running water and snap off the woody ends. Steam, stir fry, boil, grill or roast asparagus. To roast, make a foil pouch around the asparagus and place on a baking sheet. Cook in a 400 degree oven for 10-15 minutes or until the asparagus is bright green.

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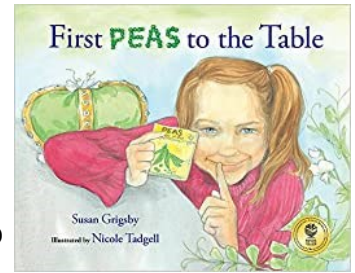
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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With your child, visit your local public library and borrow "First Peas to the Table" by Susan Grigsby. It tells the story of a school that starts a school vegetable garden and who has a First Peas from The Garden contest like Thomas Jefferson did at his Monticello garden. Read the book with your child and talk about growing vegetables. Try locally grown peas or maybe peas you've grown in your own garden.



Asparagus with Gremolata Sauce

Serving Size: 6 ounces
Serves 6

Ingredients:

- 2 pounds asparagus, washed and trimmed
- 2 Tablespoons margarine or butter
- 2 teaspoons grated lemon peel
- 1 large garlic clove minced
- 2 Tablespoons fresh lemon juice

Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly, and drain again.
3. Melt margarine or butter in a heavy large skillet over medium-high heat.
4. Add lemon peel and garlic and stir for 30 seconds.
5. Add asparagus and toss to coat.
6. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.

Source: Adapted from Eat Smart NY

Nutrition Facts: Serving Size: 6 ounces, 70 calories, 35 calories from fat, 4g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 55mg sodium, 6g total carbohydrate, 3g dietary fiber, 3 sugar, 3g protein, 25% vitamin A, 4% calcium, 20% vitamin C, 20% Iron.