

EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension Herkimer County programs, call 315-866-7920.

Produced by Cornell Cooperative Extension May 2021

May is National Egg Month!

Eggs are an excellent source of protein to help you stay full and energized throughout the day. Not only are eggs nutritious and affordable, they are also easy to prepare in many different ways!

Cooking and Handling Eggs Safely to Avoid Contamination

1. Do not keep eggs or egg-containing dishes at room temperature for more than two hours total for preparation and serving.
2. If hot eggs or egg-containing dishes are not served immediately after cooking, put the hot foods into shallow containers and refrigerate at once to cool quickly.
3. Wash your hands, utensils and work areas with hot, soapy water before and after cooking with eggs.
4. Cook eggs thoroughly, making sure the white and yolk are firm.
5. Avoid taste-testing egg-containing dishes before they are thoroughly cooked.



Consider buying fresh and local eggs to support your local farmers!

Information provided by: <https://eggsafety.org/happy-national-egg-month/>



"Rhubarb stalks" by allispossible.org.uk is licensed under CC BY 2.0

In-Season Fruits & Vegetables in the Month of May

Look for these farm-fresh vegetables this month:

- Kale
- Asparagus
- Lettuce
- Rhubarb
- Spinach
- Radishes

Find the Herkimer County Farmers' Markets at <http://bit.ly/CCEHerkFarmersMkts>
View the 2021 Herkimer County Local Foods Map at <https://bit.ly/HCLocalFoodsMap21>

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:

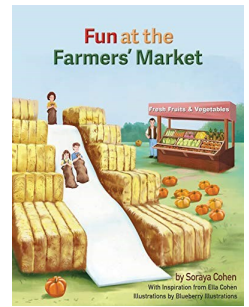


This material was funded by the USDA's Expanded Food and Nutrition Education Program.

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Visit your local library and check out "Fun at the Farmers' Market" By Soraya Cohen. Read the book to your child. When you finish, talk to your child about their favorite fruits and vegetables. Be sure to share yours too!



Serves 6

Serving size 1 EggPop

Ingredients:

- 3 carrots, peeled and halved lengthwise
- 1 stalk celery
- 6 hard boiled eggs, peeled
- 1/2 cup of desired dips (guacamole, hummus, ranch dressing, spices – try Everything Bagel)

Directions:

1. Cut carrots in half lengthwise; Cut into 4-inch lengths.
2. Cut celery stalk in half lengthwise; Trim into 4-inch lengths.
3. Insert celery or carrot stick into the wide end of each egg.
4. Dip into desired choice of dips.

Nutrition Facts: 121 calories, 7g fat, 2g saturated fat, 52% calories from fat, 186mg cholesterol, 182mg sodium, 7g carbohydrates, 2g fiber, 3g sugar, 8g protein, 1mcg vitamin D, 48mg calcium, 2mg iron, 257mg potassium

Source: <https://www.incredibleegg.org/recipes/veggie-egg-pops/>