

# EFNEP Newsletter

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

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## Plan Your Weekly Meals

The price of food has increased at a steady pace, making it more difficult to stretch your family's grocery shopping budget. Planning your meals before you go grocery shopping can help you save money and choose healthy foods. Consider these tips from MyPlate:

1. See what you already have in your cupboards, pantry, freezer and refrigerator. Save money by using some of these foods in your meals and snacks for the week.
2. Write down your meals. Consider who will be at home for which meals and begin planning. If your kids eat breakfast and lunch at school, then you do not need to buy breakfast and lunch food for them during the week.
3. Choose recipes your family loves or new ones you want to try. Search online for recipes that use a specific food or ingredient if there is something you want to use up before it spoils.
4. Think about your family's schedule. Choose easier meals or leftovers to serve on nights with lots of activities and meals that take more time to cook when you aren't pressed for time.
5. Plan to use leftovers (also called planned overs!). If you cook enough of something, like soup or chicken one night, cook extra so you can use the leftovers for dinner a second night.
6. Make a grocery list—this is key! A list helps you stay on track so you buy what you need and helps to limit you from buying items not on your list. Organize your list using the flow of the store as your guide. This helps you from running back and forth to different aisles and saves you time.
7. Keep an ongoing list of needed items on your refrigerator or some other place where it is easy to see and easy for family members to add items.
8. Plan to buy fresh, frozen and canned items so you have food for the time between shopping trips. Including frozen and canned items can help to make sure you have vegetables and fruit toward the end of the time you shopped for.



### In Season This Month: Asparagus

Look for fresh, home grown asparagus this month. Asparagus comes in white and green varieties. Green is the most common variety in the United States. White asparagus is grown underground and does not receive any light, so the plant does not produce chlorophyll which makes the plant turn green.

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.

**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

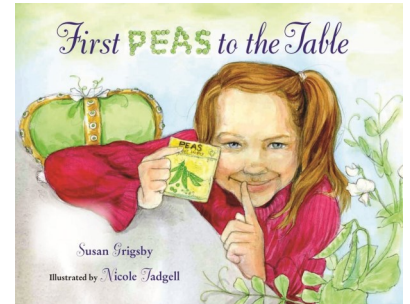
For more information about EFNEP in Herkimer Co. see:  
<https://bit.ly/CCEHCEFNEP>  
or scan the QR code below:



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# KORNER IDS

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. Look for fresh peas at local farmers' markets.



## Parmesan Peas

Make 7 servings  
Serving size 1/2 cup

### Ingredients

- 1 1/2 teaspoons butter
- 3 1/2 cups peas ( 2 -14.5 ounce cans drained and rinsed, or 16 ounces frozen or fresh)
- 1 1/2 teaspoons lemon juice
- 1/4 teaspoon black pepper
- 1/3 cup grated Parmesan cheese

### Directions

1. Wash hands with soap and water.
2. Heat butter in a medium skillet over medium heat (300F in an electric skillet). Add peas and cook 2 to 3 minutes or until peas are heated through.
3. Add lemon juice and pepper and mix well. Sprinkle with Parmesan cheese and serve warm.
4. Refrigerate leftovers within 2 hours.

### Ideas:

- Try other cheese flavors or a blend.
- Freeze extra lemon juice to use later.

Nutrition Facts for 1/2 cup: 80 calories, 2.5g total fat, 1g saturated fat, 5mg cholesterol, 150mg sodium, 10g total carbohydrate, 3g dietary fiber, 3g total sugars, 0g added sugars, 5g protein, 0% Vitamin D, 4% calcium, 6% iron, 2% potassium, 28% calories from fat

Source: [www.foodhero.org](http://www.foodhero.org)

