

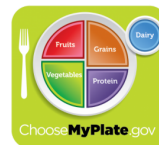
EFNEP Newsletter

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

Produced by Cornell Cooperative Extension May 2019

Has spring fever inspired you to eat more healthfully?

MyPlate recently introduced “**Start Simple,**” which aims to bring our attention back to attainable, affordable ideas that make healthy eating something we can all do successfully.



Start simple with MyPlate

Focus on whole fruits—add fruit at breakfast and enjoy a piece at lunch. Try adding fresh, canned or frozen fruit to cereal or yogurt to start your day.

Vary your veggies—spring is here and soon lots of local produce will be available at farmers’ markets and in grocery stores. When you cook vegetables, make extra so you can add them to salads or sandwiches or eat as a snack. Add more vegetables to soups, stews and casseroles than what is called for in the recipe.

Vary your protein routine— next time you make tacos, consider adding a different protein like chicken, shrimp or black beans. When you get to break out that grill again (finally!), try cooking fish or seafood

Make half your grains whole—Use brown rice in your next stir fry. Try a new whole grain like quinoa and use it to make a grain bowl by including leftover protein (chicken, beef, pork, fish, beans) and some left over vegetables. Add your favorite dressing.

Move to low-fat or fat-free milk and yogurt—Enjoy a yogurt parfait for breakfast or as an afternoon snack. Add some fruit and nuts and you will include food from three of the food groups!

Drink and eat less sodium, saturated fat and added sugars—eat at home more often and use the Nutrition Facts Label to learn about the amount of sodium, saturated fat and added sugars in the food and drinks you buy.

For more information about healthy eating, visit www.choosemyplate.gov



In Season This Month: Asparagus

Start looking 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

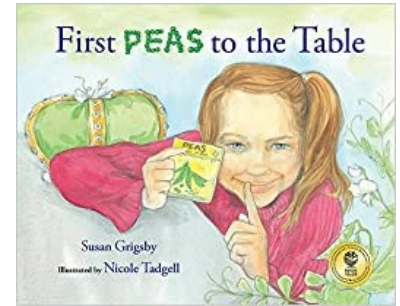
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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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. Look for fresh peas at local farmers’ markets.



Vegetable Dip

Serves: 20
Serving: 1 tablespoon

Ingredients:

- 2 containers (5.3 ounces) fat-free plain Greek yogurt
- 1 green onion, thinly sliced
- 2 teaspoons, dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- Assorted raw vegetables, washed and prepared for eating



Directions:

1. Wash hands with soap and water.
2. Stir together yogurt, green onion, parsley, salt, black pepper and garlic powder.
3. Store in an airtight container in the refrigerator overnight.
4. Serve with washed and prepared fresh vegetables.

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

Nutrition Facts: Serving Size: 1 tablespoon dip, 10 calories, 0g total fat, 0g saturated fat, 65mg sodium, 1g total carbohydrate, 0g dietary fiber, 0g total sugars, 1g protein, 0mcg Vitamin D, 18mg Calcium, 0mg Iron, 25mg Potassium