

EFNEP Newsletter

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

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September is National Food Safety Education Month

According to the Centers for Disease Control and Prevention, every year an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness, also called food poisoning. Take these steps to help prevent food poisoning:

1. **CLEAN**—wash your hands and surfaces often with hot, soapy water. Rinse fresh produce under running tap water, including those that you don't eat the skins (citrus, melons).
2. **SEPARATE**—don't cross contaminate. Keep raw meat, poultry and fish separate from ready-to-eat fresh fruits and vegetables, bread and cheese.
3. **COOK**—cook food to a safe internal temperature and use a food thermometer to check the internal temperature of the food.
4. **CHILL**—refrigerate food promptly. This includes fresh food and leftovers. Keep your refrigerator at 40 degrees or below and use an appliance thermometer to monitor the temperature. The freezer should be at 0°F or below.

Visit www.fightbac.org for additional ways to keep your food safe.



In Season This Month: Lots of Fruits and Vegetables

September is a bountiful month at the farmers' market and produce is plentiful. New this month are Brussels sprouts, kale, grapes and watermelon. You will also find apples, peaches, pears, plums, green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, collard greens, corn, cucumbers, herbs, onions, peppers, potatoes, Swiss chard, summer squashes and tomatoes. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card at many markets and farm stands.

Find the Herkimer County Farmers' Markets at <http://bit.ly/CCEHerkFarmersMkts>

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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Herkimer NY 13350
315.866.7920
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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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KORNER IDS

It's back to school time and kids come home from school ready for a snack! With your help, let your kids make this healthy snack that includes locally grown apples!

Peanut Butter Yogurt Dip with Apples

Serves 14

Serving size 2 tablespoons of dip

Ingredients

- 1 cup nonfat plain yogurt
- 1 teaspoon vanilla
- 1/2 cup peanut butter
- Apples of your choice, washed

Directions

1. Combine yogurt, vanilla and peanut butter in a bowl and mix well.
2. Keep dip in a covered container and refrigerate until ready for use.
3. When you are ready to eat, use a knife or apple wedger to cut apples. Dip apples into peanut butter dip and enjoy!



Nutrition facts for 2 tablespoons of dip: 70 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 45mg sodium, 3g total carbohydrate, 0g dietary fiber, 2g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 22mg calcium, 0mg iron, 74mg potassium, 64% calories from fat

Source: *Finding A Balance* curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences