

EFNEP Newsletter

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

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Packing Healthy Lunches

September brings change. The carefree days of summer give way to a fresh new year of classes, after-school activities, and a sharper focus on work. Healthy lunches are an important part of the day for everyone. Eating a healthy lunch energizes work or study during the afternoon and helps to give your brain a boost. A healthy lunch should contain vegetables, fruit, whole grains and lean protein.

Vegetables are easy to add to lunch. Eat cherry tomatoes, baby carrots, sliced bell peppers or sliced cucumbers with a little of your favorite salad dressing or with hummus, add lettuce and tomato to sandwiches or eat soup full of vegetables.

Fruit is a natural addition to lunch. Fresh, canned in its' own juice, frozen or dried, all fruit is portable and adds a little sweetness to your meal.

Whole grains are easier to include than you might think – whole wheat bread, pitas or tortillas make excellent wraps for sandwiches, whole grain crackers pair well with soup, light popcorn adds crunch and fiber to your lunch and whole grain pastas are easy to use in pasta salads. Brown rice makes a great addition to soup or added to last night's left over vegetables.

Lean protein comes in many forms other than deli meats. Try legumes like black beans, kidney beans or chick peas, hummus, nut butters, nuts, sunflower seeds, refried beans, tuna and other fish or seafood and eggs. Many of these lean protein sources may be less expensive than deli meats, so try something new.

And don't forget to include water, 1% or fat free milk to drink with your meal.



In Season This Month: Veggies and Fruits Galore!

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. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.

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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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. Don't be afraid to let them experiment with unique food combinations—they might invent a new flavor craze!

Zucchini Pizza Boats

Serving Size: 1/2 of a small zucchini
Servings per recipe: 6

Ingredients:

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 Tablespoons parmesan cheese



Directions:

1. Heat oven to 350 degrees.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves.
4. Top with mozzarella and parmesan cheeses.
5. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
6. Refrigerate leftovers within 2 hours.

*Nutrition Facts: Serving Size – 1/2 of a small zucchini, 60 Calories, 25 Calories from Fat, 3g Total Fat, 42% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 180mg Sodium, 4g Total Carbohydrate, 1g Dietary Fiber, 3g Sugars, 4g Protein, 6% Vitamin A, 10% Calcium, 20% Vitamin C, 2% Iron

Source: Oregon State University Extension Service, www.foodhero.org