

# EFNEP Newsletter

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

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## It's National Family Meals Month



Every September, the Food Marketing Institute (FMI) hosts the nation wide National Family Meals Month with the goal of getting families to enjoy one more meal together each week with food purchased from their local supermarket. Eating together as a family as little as three times a week has many benefits, including kids who are 4x less likely to smoke, 3x less likely to use marijuana and 2x less likely to drink alcohol. Also, families who eat at least three meals together each week eat

healthier, with a 24% increase in eating healthy foods like vegetables, fruits and calcium rich foods like low fat milk.

Family meals are a great way to increase communication in your family. FMI reports that 71% of teenagers said their favorite part of family meals was catching up and spending time with family members. Here are some conversation starters from FMI to encourage open communication at your family meals:

1. Children aged 2-7: What makes you feel loved? Name three things that are fun for you.
2. Children aged 8-13: What is your special talent? What is your best quality?
3. Children aged 14-100: What is the funniest thing that happened to you today? What are you most looking forward to in school this week?

Source: [nationalfamilymealsmonth.org](http://nationalfamilymealsmonth.org)

### Take EFNEP classes via Zoom or by phone

Interested in taking classes on healthy eating and saving money at the grocery store? Your local EFNEP educator can work with you via Zoom or over the phone to provide these classes to you, free of charge. Just contact the nutrition educator listed on the back of this newsletter to set up your own series of classes. Classes are designed to be interactive and are offered when it is convenient for you.



**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

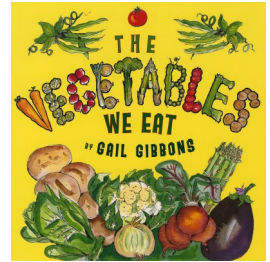
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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

# KORNER IDS

Libraries are now open to lend books. Check out "The Vegetables We Eat" by Gail Gibbons. In this book the author talks about the shapes, colors, textures and taste of many vegetables available in the summer. Have your child pick a vegetable they would like to try and take a trip to the farmers' market or farm stand to buy the vegetable. Once at home, encourage your child to help you prepare it to serve at a family meal.



## Sautéed Zucchini

Serving Size: 3/4 cup

Servings per recipe: 4

Prep Time 10 minutes

### Ingredients:

- 2 medium zucchini
- 2 teaspoons vegetable oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon oregano, dried



### Directions:

1. Wash zucchini and cut into 1/4 inch rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini, then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate left overs within 2 hours.

Nutrition Facts: Serving Size – 3/4 cup, 40 Calories, 2.5g Total Fat, 56% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 1g Protein, 0% Vitamin D, 2% calcium, 1% iron, 6% potassium, 1% Vitamin A, 20% Vitamin C

Source: [www.foodhero.org](http://www.foodhero.org) - Oregon State University Extension Service, Family & Community Health