

# Building Healthy Habits: Food and Community Nutrition

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

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## Make the Most of Your Food Shopping Dollars

Food prices have increased dramatically over the past year. Try these ideas to make the most of your food shopping money.

1. See what you already have in your cupboards, refrigerator, and freezer so you don't rebuy these items.
2. Make a list of meals and snacks you need to shop for a week, two weeks? What foods do you already have that you can use to make meals or snacks? Add to your shopping list other fruits, vegetables, dairy products, whole grains, and lean protein foods you need to complete the meals and snacks you have on your list.



3. Remember to consider fresh, frozen, canned, and dried fruits and vegetables when making your list. All varieties are healthy!
4. Finish your list so it is organized to follow the aisles where you shop. This will save you time and help you not to forget anything you need.
5. Compare prices when shopping. Store brands are usually less expensive.

**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

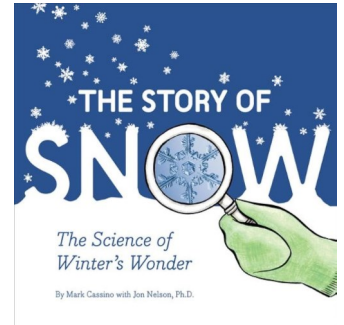
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below to sign up for personalized nutrition education:



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# KORNER IDS

With your child, make a visit to your local public library and borrow "The Story of Snow: The Science of Winter's Wonder" by Mark Cassino. Read the book with your child then take a walk in the snow together. On your walk, talk about what you learned from reading the book.



## Applesauce French Toast

Makes 6 servings, serving size 1 slice

### Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon cinnamon
- 2 teaspoons sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices of whole wheat bread

### Directions

1. Wash hands with soap and water.
2. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla, and applesauce. Mix well.
3. Soak bread one slice at a time until mixture is slightly absorbed.
4. Lightly grease a skillet or griddle. Cook over medium heat until golden brown on both sides.
5. Serve hot. Refrigerate leftovers within 2 hours



*Nutrition Facts* for 1 serving: 140 calories, 3.5g total fat, .5g saturated fat, 0g trans fat; 23% added calories from fat; 65mg cholesterol, 220mg sodium, 24g total carbohydrates, 2g dietary fiber, 6g total sugars, 1g added sugars, 8g protein, 1mcg Vitamin D, 118mg calcium, 1mg iron, 62mg potassium, 2mg vitamin C

Source: FoodHero.org

Find this and more recipes at:

<https://fnec.cornell.edu/for-participants/recipe-table/>