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# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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## It's back to school time and time to pack healthy

September always brings change. Summer and its carefree days are over and it's the time when families head back to school, to after school activities and begin full work schedules again. Healthy lunches are an important part of the day for your family. Eating a healthy lunch gives you energy to 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 a 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 provide your brain with energy and help you to think clearly during the afternoon. Whole grains are easier to include than you might think - whole wheat bread, pitas or tortillas make excellent wraps to add sandwich ingredients to, whole grain crackers pair well with soup, light popcorn can add crunch and fiber to your lunch or try whole grain pastas for pasta salads. Brown rice makes a great addition to soup or added to last night's left over vegetables.



### **In Season: Fruits and Vegetables Galore!**

September is a bountiful month at the farmers' market and produce is plentiful. New this month is 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.

# KORNER

## KIDS

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.



The **EFNEP** program provides nutrition education to low income families and children in counties throughout New York State.

**A series of 8 classes is offered to adults in a variety of settings.**

Class topics include:

Get Moving  
Fruits and Vegetables  
Go Lean with Protein  
Shop, Plan, Save  
Build Strong Bones  
Make a Change  
Whole Grains  
Celebration

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Class topics include:

Cutting Back on Sugary Drinks  
Fruits and Vegetables  
Make Half your Grains Whole  
Power up with Breakfast  
Read It Before You Eat It  
Healthier Foods Fast

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

**607-664-2300**



**Cornell University**  
Cooperative Extension  
Steuben County

3 E. Pulteney Square  
Bath, New York 14810

**PutKnowledgeToWork.org**

## Crunchy Bananas

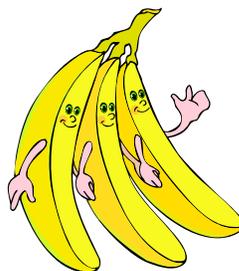
Serving size: 5 slices

### Ingredients:

2 medium sized bananas, cut in 1/2 inch pieces  
(about 20 slices)  
1/2 cup orange juice  
1 cup unsweetened cereal

### Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal
3. Insert a toothpick into each slice.



**Nutrition Facts:** Serving Size - 5 slices, 90 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 55mg Sodium, 23g Total Carbohydrate, 2g Dietary Fiber, 1g Protein, 11g Sugars, 4% Vitamin A, 0% Calcium, 25% Vit-