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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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Healthy Eating Strategies for the Holidays

Here are some tips to help you focus on health while enjoying everything the holiday offers.

- Focus on maintaining your weight. You can get back on track with weight loss goals after the holidays. Try not to binge on your favorite holiday foods but focus on enjoying a little bit of what you really love.
- Don't go to a holiday event hungry. Not eating all day because you know you are going to overeat at night only sets you up for eating faster and eating more than you would eat if you had regular meals during the day. Grab a high protein snack like yogurt, nuts, or an apple with peanut butter before heading to the event to help curb your hunger.
- Keep your portions under control. Try using a small plate and do not pile on the food. Instead, take a small taste of what interests you so that you can sample what you really want to eat.



- Check out the buffet before you get in line. This way you will know what is available and you can mentally plan what you want to put on your plate. Focus on MyPlate recommendations for half your plate fruits and vegetables, $\frac{1}{4}$ lean protein and $\frac{1}{4}$ healthy grains.
- Make sure what you choose is splurge worthy. Focus on foods that are typically only offered during the holiday season and don't waste your calories on year round snack foods like chips.

Source: University of Missouri Extension

Holiday Recipes That Use Raw Eggs

Many of us have old family holiday recipes that call for using raw eggs. Cream pies and egg-nog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

KORNER

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



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PutKnowledgeToWork.org

I With your child, read *Winter Lights* by Anna Grossnickle Hines. The book tells the story of many holiday traditions and how these holiday traditions celebrate light during the darkest part of the year.

D After you read the book, bundle up and take a walk around the neighborhood to look at the different holiday lights. Talk to your

S child about your own holiday traditions.

Holiday Fruit Salad

Serving size: 1/2 cup Makes 8 servings

Ingredients:

2 tablespoons cornstarch
1 1/2 teaspoons (1/2 small package) dry sugar-free flavored gelatin (any favor/color)
3/4 cup water
3/4 cup orange juice
2 tablespoons lemon or lime juice (optional)
4 cups cut-up fruit (try fresh, frozen, canned or a mixture of all 3)

Instructions:

1. For sauce, stir cornstarch and gelatin together in a small saucepan.
2. Add water and stir to dissolve. Add the orange juice and, if desired, the lemon or lime juice.
3. Cook over medium heat until mixture begins to boil. Stir constantly to prevent sticking and burning.
4. Gently boil for 1 minute. Cool completely.
5. Arrange fruit on plates and pour sauce on top. Or pour cooled sauce over cut-up fruit in a bowl and stir to coat.
6. Chill until ready to serve.

Source: SpendSmart EatSmart recipes from Iowa State University Extension

Nutrition Facts: Serving Size - 1/2 cup, 40 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 10g Total Carbohydrate, 1g Dietary Fiber, 6g Sugars, 1g Protein, 2% Vitamin A, 0% Calcium, 40% Vitamin C, 0% Iron