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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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## Stay Active This Winter

Winter in Western New York can be tough. It's snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy. Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories. Many activities, like walking, shoveling snow or sledding, are free. For only a few dollar per person (the cost of renting the equipment), often you can snowshoe, cross country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter time activity. Here is a short list of how many calories a 150 pound woman can burn doing these winter time activities for 30 minutes:

Snowshoeing 250  
Cross country skiing 250  
Ice skating 180  
Sledding 180  
Shoveling snow 150



How much food equals 250 calories? One cup of toasted o's cereal with ½ cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outside this winter!

### In Season



Citrus fruits are in season in January. Look for good buys at the supermarket on orange, grapefruit, tangerine, Clementine, lemon, lime, kumquat, pummelo and Ugli fruit.

# 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**



**Cornell University**  
Cooperative Extension  
Steuben County

3 E. Pulteney Square  
Bath, New York 14810

**PutKnowledgeToWork.org**

**I**DS  
Head to the library with your child and borrow "Gregory, the Terrible Eater" by Mitchell Sharmat. It's a funny story about a goat, who eats all the wrong things, like fruits and vegetables, and what his parents do to help him stop eating a healthy diet of old shoes and tires. This mixed up story is sure to get a laugh from your child. When you have finished reading the book, have your child make a book mark from paper, crayons, markers or paints that shows his/her favorite part of the book.

## Bean Tamale Pie

Serving size: 1 cup Makes 4 servings

### Ingredients:

- $\frac{1}{2}$  green pepper, chopped
- $\frac{1}{4}$  onion, chopped
- 2 teaspoons oil
- 1- 15 ounce can kidney beans, drained
- 8 ounce tomato puree
- 2 cups frozen whole-kernel corn
- 3 teaspoons chili powder
- $\frac{2}{3}$  cup yellow cornmeal
- 1  $\frac{1}{2}$  cups water

### Instructions:

1. Cook green pepper and onion in oil in small skilled until tender.
2. Stir in beans, tomato puree, corn, and chili powder.
3. Cover and cook over low heat until flavors are blended, about 15 minutes.
4. While the bean mixture is cooking, mix cornmeal and water in a small saucepan.
5. Cook over low heat, stirring constantly, until very thick, about 3 minutes.
6. Spread cornmeal mixture over bean mixture to form a crust.
7. Cook over low heat, with lid ajar, until topping is set, about 7 minutes.

**Nutrition Facts:** Serving Size - 1 cup, 250 Calories, 30 Calories from Fat, 3.5g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 160mg Sodium, 48g Total Carbohydrate, 9g Dietary Fiber, 6g Sugars, 10g Protein, 25% Vitamin A, 2% Calcium, 45% Vitamin C, 15% Iron