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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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## Enjoy Frozen Foods This Month

Did you know that the first frozen fruit sold by stores was in 1930 and was sold as Birds Eye Frosted Foods? Frozen foods have greatly improved since 1930 and are available everywhere. March is National Frozen Foods Month and it is a great time to focus on frozen fruit and vegetables. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because the time from picking to freezing the produce is so short, frozen fruit and vegetables often have more nutrients than fresh. This is especially true during winter when fresh produce has to travel many miles and days to get to our stores. Look for sales this month on all types of frozen food at your supermarket.



### Tired of preparing vegetables and fruit the same way?

#### Try these ideas instead this month.

1. Make sweet potato fries. Wash and slice whole sweet potatoes, drizzle with a little olive oil and sprinkle with cayenne pepper or chili powder and salt. Bake on a baking sheet at 400 degrees until cooked.



2. Choose frozen peach slices for a snack or dessert. Sprinkle the slices with a little ginger, a touch of honey and a few of your favorite nuts.

3. Cut winter squash in half, scoop the seeds and cut each half into slices. Drizzle with a little olive oil, cinnamon and brown sugar. Bake on a baking sheet at 400 degrees until the squash is soft.

### Could Changes in Your Kitchen Help with Weight Loss?

- Keep a bowl of fruit in view. Keeping a bowl of fruit in a clear bowl on the counter is a good way to encourage your family to choose fruit when they are feeling hungry. This also applies to keeping cut up fruit and vegetables in your refrigerator. Use clear containers so everyone can see what is available and do any prep work necessary before placing them in the clear container. The easy snack choice then becomes fruits and vegetables because the prep work is done.

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**  
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Steuben County

**3 E. Pulteney Square  
Bath, New York 14810**

**PutKnowledgeToWork.org**

# KORNER

## IDS

Celebrate the goodness of New York State produced maple syrup during Maple Weekend, March 19-20 and April 2-3. Local maple syrup producers open their facilities for free tours from 10:00 am to 4:00 pm each of these days. You can learn more about how maple sap becomes maple syrup by visiting your local library and borrowing *The Maple Syrup Book* by Marilyn Linton or by visiting [www.nysmaple.com](http://www.nysmaple.com)

### Frozen Fruit Cups

Serving Size: 1 muffin cup  
Yield: 18

#### Ingredients:

3 bananas  
24 ounces fat-free strawberry yogurt  
10 ounces frozen strawberries, thawed, with their juice  
8 ounces canned crushed pineapple, with the juice

#### Directions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in yogurt, strawberries with juice and pineapple with juice.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. Before serving, remove paper cups and let stand 10 minutes.



**Nutrition Facts:** Serving Size: 1 muffin cup, 50 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 25mg sodium, 12g total carbohydrate, 1g dietary fiber, 9g sugar, 2g protein, 0% vitamin A, 6% calcium, 15% vitamin C, 2% Iron.

**Source:** *Loving Your Family, Feeding Their Future—The Healthy Family Guide Book* (USDA)