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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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Cutting Back on Sugar for the Whole Family

Make small changes to reduce the amount of sugar in your family's diet.

- ◆ Limit the amount of foods and beverages with added sugars that you serve to your kids. If you don't buy them, your kids won't get them very often. Most added sugars come from *soda, sports drinks, energy drinks, juice drinks, cakes, candy, cookies and ice cream.*
- ◆ Serve small portions of foods and beverages with added sugar. No need to get rid of these treats, just show kids that a small amount of sweet treats can be enjoyed.
- ◆ Choose water, low fat or fat free milk or 100% juice for beverages.
- ◆ Choose the 'no candy' checkout lane at the store.
- ◆ Reward kids with hugs, kind words and non-food items like stickers or pencils instead of candy or other sweets.
- ◆ Sugary foods are marketed to kids as 'fun'. Make healthy foods fun by involving your kids in preparing them.
- ◆ Show kids where the Sugars line is on the Nutrition Facts label. In the grocery store, challenge your kids to find cereals with the lowest grams of sugars and buy those.
- ◆ Limit sweets to special occasions and do not make them a part of everyday meals and snacks.
- ◆ Make fruit the 'everyday' dessert.

In Season This Month: Asparagus

Start looking for fresh, home grown asparagus this month. Asparagus comes in white and green varieties. Green is the most common variety in the United States. White asparagus is grown underground and does not receive any light, so the plant does not produce chlorophyll which makes the plant turn green.

Choose firm stalks with buds that are tightly closed. Store stalks with a damp paper towel wrapped around the ends in the crisper section of your refrigerator. Eat asparagus soon after buying it as its flavor decreases each day that it's stored.



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

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IDS

With your child, visit your local public library and borrow “First Peas to the Table” by Susan Grigsby. It tells the story of a school that starts a school vegetable garden and who has a First Peas from The Garden contest like Thomas Jefferson did at his Monticello garden. Read the book with your child. Together make this salad to serve with a family meal.

Whole Meal Salad

Serving Size: 1 salad
Serves 1

Ingredients:

2 cups salad greens (romaine, spinach or mixture)

1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), onion, tomato, mango, avocado, carrots, or salsa

1/4 cup canned beans, drained or cooked, chopped chicken, turkey or ham

1 tablespoon chopped dried fruit, shredded cheese, or chopped nuts

2 tablespoons low-fat salad dressing

Directions:

1. Arrange salad greens on a plate.
2. Add chopped vegetables or fruits, beans or meat, dried fruit, cheese or nuts and salad dressing.
3. Enjoy!



*Nutrition Facts: Serving Size – 1, 238 Calories, 55 Calories from Fat, 6g Total Fat, 23% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 24mg Cholesterol, 353mg Sodium, 36g Total Carbohydrate, 6g Dietary Fiber, 23g Sugars, 14g Protein, 40% Vitamin A, 46% Calcium, 6% Vitamin C, 11% Iron

Source: SpendSmart, EatSmart recipes from Iowa State University Cooperative Extension