SUCCESS STORIES

“After participating in several lessons at the pantry, I now make sure to add vegetables to every meal”… A mother at Holbrook Food Pantry

“I had no idea how to read a food label before taking the Eating Right on a Budget class”… Senior from Huntington Senior Center

“After participating in the My Plate for My Family series, my son and I have more energy and feel better as a result of learning how to read labels and make healthier choices”… Mom from EAC, Central Islip

“Wow I didn't know how unhealthy sodas really were for me, instead of soda at dinner I will drink 100% juice or ask for water more.”… Elementary school student from Nassau County

Make HALF your plate FRUITS and VEGGIES!

Be a healthy role model for children; tips for setting good examples:

- Show by example: Eat vegetables, fruits, and whole grains with meals or as snacks.
- Go food shopping together: This can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from.
- Get creative in the kitchen: Cut food into fun and easy shapes with cookie cutters.
- Offer the same foods for everyone. It’s easier to plan family meals when everyone eats the same foods.

For more tips on how to be a healthy role model, visit: http://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model

Save more at the grocery store

- Search for coupons: Many stores still send ads and coupons for promotion. You can also do a web search for coupons.
- Look for savings in newspaper: Brand name coupons are found in the paper every Sunday.
- Join your store’s loyalty program: Signup is usually free and you can receive savings and coupons.
- Buy when foods are on sale: Maximize your savings by using coupons on sale items.

For more tips on how to save more at the grocery store, visit: http://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store

PROGRAM HIGHLIGHTS

First through fifth graders at Bordello Elementary School in Central Islip learning MyPlate.

ESNY Conference 2016 in Albany, NY.

Eat Smart NY—Long Island Region

@EatSmartNYLI

For more information please visit our website www.EatSmartNYLI.com or call Linda Altenburger at 631-727-7850 x 115 or email
Kids need at least ONE HOUR of physical activity every day that gets them out of breath and their hearts beating fast. Spend less time watching TV or playing games on devices, and more time OUTSIDE! For ideas on what to do and where to go, visit http://www.letsmove.gov/lets-move-outside

Local fruits and vegetables are easier on your wallet, fresher, and nutritious. You can find local foods in your grocery store, Farmers Markets, roadside fruit and vegetable stands, and community gardens.

**Fruit**
- Apples
- Bananas
- Kiwi
- Limes
- Nashi
- Pears
- Passionfruit
- Pomegranates

**Vegetables**
- Beetroot
- Broccoli
- Brussel Sprouts
- Cabbages
- Mushrooms
- Okra
- Peas
- Potatoes
- Pumpkin
- Silverbeet
- Spinach

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**Apple Salad**

**Ingredients:**
- 1 tablespoon orange juice
- 2 tablespoons salad dressing or mayonnaise
- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup nuts

**Directions:**
1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Yields 8 Servings

**Source:** Food and Nutrition Calendar 2004
Fresh Ideas for Fit Families
University of Kentucky Cooperative Extension Service

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**Did you know...**

...you can use your EBT card to buy vegetable seeds or plants?

Try planting in a garden or containers (milk crates work great). Let your kids join in on the fun: they can help plan the garden, pick out what to grow, plant, water, and harvest!

For more information on starting your own garden or to find a community garden near you, visit the USDA’s People’s Garden: [http://www.usda.gov/wps/portal/usda/usdahome?navid=PEOPLES_GARDEN](http://www.usda.gov/wps/portal/usda/usdahome?navid=PEOPLES_GARDEN)