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EFNEP Newsletter!

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Farmers' Markets Open This Month

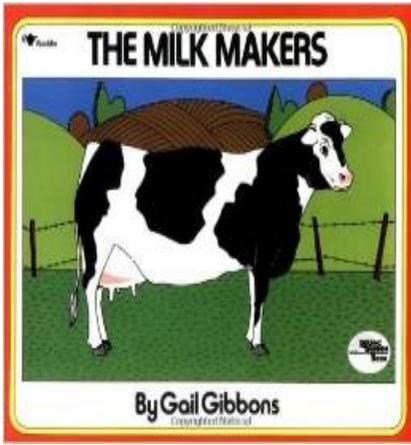
June is the traditional start time for local farmers' markets. Shopping at farmers' markets has lots of benefits. The very fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell and what their favorite varieties are and why. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste. Farmers' markets are a great way for your family to 'go green'. The food you buy is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because the food is not transported long distances on a truck. You can make your shopping trip more 'green' by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers' Market Nutrition Program and WIC. The Farmers' Market Nutrition Program is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The coupons are \$4 each, so if you want to buy something for \$5, the farmer will add more produce to your order to total \$5. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package.



In Season: Strawberries

Fresh, local strawberries are ready in June. You can buy them at road side stands, farmers' markets, farm stands and some local supermarkets. Looking for a fun family activity? Try picking strawberries at a U-Pick farm. Many U-Pick locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.



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Read “The Milk Makers” by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you’ve finished reading, have your kids help make yogurt popsicles.

*Building Strong and Vibrant
New York Communities*

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 are interested in scheduling classes, please call your local nutrition educator:

607-664-2300



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PutKnowledgeToWork.org

Fruit Dip

Serving Size: 1/12th
of the recipe
Serves: 12

Ingredients:

2 tablespoons peanut butter

1 8-ounce carton of low-fat vanilla yogurt

(optional) cinnamon

Fruits to dip: apples, peaches, grapes, strawberries, pears, or others

Directions:

1. Mix together peanut butter and yogurt. Sprinkle with cinnamon if desired.
2. Cut up fruits to eat with dip.

Source:

Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.



Nutrition Facts: Serving Size: 1/12th of the recipe, 70 calories, 20 calories from fat, 2g total fat, 0.5g saturated fat, 0g trans fat, 10mg cholesterol, 20mg sodium, 11g total carbohydrate, 1g dietary fiber, 7g sugar, 2g protein, 2% vitamin A, 4% calcium, 2% vitamin C, 0% Iron.