



Cornell University
Cooperative Extension



EFNEP Newsletter!

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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Make Celebrations Fun, Healthy and Active events

- ◆ Make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

- ◆ Make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

- ◆ Offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

- ◆ Use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

- ◆ Make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.



From: www.ChooseMyPlate.gov 10 Tips series

In Season: Summer Squash

Zucchini and yellow squash are abundant and inexpensive in the summer months. Look for summer squash that is firm and free from soft spots or other blemishes. Store summer squash in a plastic bag in the refrigerator for up to 5 days. Do not wash the squash until you are ready to use it. Summer squash is very low in calories, with ½ of a squash having only 20 calories, no fat or cholesterol and it is an excellent source of vitamin C. Shred it and add to salads, spaghetti sauce, muffins or pancakes, or chop it and add to soups, stir-fry or an omelet.

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

KORNER

IDS

With your child, head to the nearest public library and borrow “Farmers’ Market” by Paul Brett Johnson. It tells the story of one family’s life who grows and sells produce at their local farmers’ market. Read the story with your child, then head to the farmers’ market and talk about how your farmers’ market is similar and different from the market described in the book.

Mini Veggie Pizzas

Serving Size: 1 pizza
Serves: 10

Ingredients:

5 English muffins (try whole grain)
8 ounce can tomato sauce
1 small zucchini, grated
1 green or red bell pepper, finely chopped
8 ounce package part-skim mozzarella cheese, grated
½ teaspoon dried oregano



Directions:

1. Turn on oven broiler or toaster oven.
2. Slice English muffins in half. Place them on a baking sheet and lightly toast.
3. Grate zucchini. Chop pepper into small pieces.
4. Grate mozzarella cheese.
5. Top each muffin half with 1 tablespoon tomato sauce. Add grated zucchini, chopped pepper and grated cheese. Sprinkle with oregano.
6. Broil until cheese is melted (about 2 minutes).

Source:

Recipe from Cornell University’s Eat 3 campaign

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.