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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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## Back to school and time to pack healthy lunches for your family

September means back to school! Healthy lunches are an important part of the day for your family. Eating a healthy lunch gives you energy to work or study during the afternoon and helps to give your brain a boost. A healthy lunch should contain vegetables, fruit, whole grains and lean protein.

Add vegetables to lunch by including cherry tomatoes, baby carrots, sliced bell peppers or sliced cucumbers with a little of your favorite salad dressing or hummus, add lettuce and tomato to sandwiches or eat vegetable soup.

Fresh, canned in its' own juice, frozen or dried, all fruit is portable and adds a little sweetness to your meal.

Whole grains give your brain an energy boost. Whole wheat bread, pitas or tortillas work great for sandwiches, add whole grain crackers to soup, light popcorn can add crunch or try whole grain pastas for pasta salads.

Lean protein comes in many forms. Try legumes like black beans, kidney beans or chick peas, hummus, nut butters, nuts, sunflower seeds, refried beans, tuna and other fish or seafood and eggs. Many of these lean protein sources may be less expensive than deli meats, so try something new with your family.

Don't forget water or fat free milk! Lastly, always include water, 1% or fat free milk to drink with your meal.



### In Season: Fruits and Vegetables Galore!

September is a bountiful month at the farmers' market and produce is plentiful. New this month is Brussels sprouts, kale, grapes and watermelon. You will also find apples, peaches, pears, plums, green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, collard greens, corn, cucumbers, herbs, onions, peppers, potatoes, Swiss chard, summer squashes and tomatoes.

# KORNER

## KIDS

It's back to school time and kids come home from school ready for a snack! With your help, let your kids make this healthy snack.



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.**

Workshop series include:

Eating Smart Being Active  
Finding A Balance—  
Diabetes  
Healthy Children, Healthy Families  
Healthy Cents  
Breastfeeding

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Workshop series include:

Choose Health: Food, Fun and Fitness  
Cooking Up Fun! Vary Your Veggies

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

**607-664-2300**



**Cornell University**  
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Steuben County

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Bath, New York 14810

**PutKnowledgeToWork.org**

## Crunchy Bananas

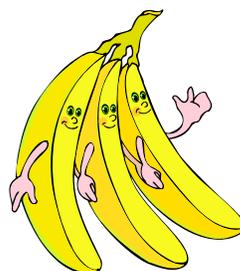
Serving size: 5 slices

### Ingredients:

2 medium sized bananas, cut in 1/2 inch pieces  
(about 20 slices)  
1/2 cup orange juice  
1 cup unsweetened cereal

### Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal
3. Insert a toothpick into each slice. Enjoy!



**Nutrition Facts:** Serving Size - 5 slices, 90 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 55mg Sodium, 23g Total Carbohydrate, 2g Dietary Fiber, 1g Protein, 11g Sugars, 4% Vitamin A, 0% Calcium, 25% Vit-