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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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Stay Active This Winter

Winter in New York State can be tough. It's snowy, windy, cold and often times grey. The winter weather does not motivate most of us to get outside and take part in winter activities. But, being physically active during the winter (and all year round!) can help to keep our minds and bodies healthy. Physical activity that increases your heart and breathing rate help to build endurance and keep you strong to do the tasks you need to do each day. Just getting outside can boost your mood and there are many winter activities that burn lots of calories. Many activities, like walking, shoveling snow or sledding, are free. For only a few dollar per person (the cost of renting the equipment), often you can snowshoe, cross country ski and ice skate. Check out what is available in your area. You may be surprised at just how inexpensive it can be to try a new winter time activity. Here is a short list of how many calories a 150 pound woman can burn doing these winter time activities for 30 minutes:

- Snowshoeing 250
- Cross country skiing 250
- Ice skating 180
- Sledding 180
- Shoveling snow 150



How much food equals 250 calories? One cup of toasted o's cereal with $\frac{1}{2}$ cup of fat free milk and a medium banana is 245 calories. You can see that these activities are a good way to burn calories and they are a great way to get your family off the couch and outside this winter!

In Season



Citrus fruits are in season in January. Look for good buys at the super-market on orange, grapefruit, tangerine, Clementine, lemon, lime, kumquat, pummelo and Ugli fruit.

KORNER

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

607-664-2300



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PutKnowledgeToWork.org

I Head to the library with your child and borrow "Gregory, the Terrible Eater" by Mitchell Sharmat. It's a funny story about a goat, who eats all the wrong things, like fruits and vegetables, and what his parents do to help him stop eating a healthy diet of old shoes and tires. This mixed up story is sure to get a laugh from your child. When you have finished reading the book, have your child make a book mark from paper, crayons, markers or paints that shows his/her favorite part of the book.

Bean Tamale Pie

Serving size: 1 cup Makes 4 servings

Ingredients:

- $\frac{1}{2}$ green pepper, chopped
- $\frac{1}{4}$ onion, chopped
- 2 teaspoons oil
- 1- 15 ounce can kidney beans, drained
- 8 ounce tomato puree
- 2 cups frozen whole-kernel corn
- 3 teaspoons chili powder
- $\frac{2}{3}$ cup yellow cornmeal
- 1 $\frac{1}{2}$ cups water

Instructions:

1. Cook green pepper and onion in oil in small skilled until tender.
2. Stir in beans, tomato puree, corn, and chili powder.
3. Cover and cook over low heat until flavors are blended, about 15 minutes.
4. While the bean mixture is cooking, mix cornmeal and water in a small saucepan.
5. Cook over low heat, stirring constantly, until very thick, about 3 minutes.
6. Spread cornmeal mixture over bean mixture to form a crust.
7. Cook over low heat, with lid ajar, until topping is set, about 7 minutes.

Nutrition Facts: Serving Size - 1 cup, 250 Calories, 30 Calories from Fat, 3.5g Total Fat, 13% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 160mg Sodium, 48g Total Carbohydrate, 9g Dietary Fiber, 10g Protein, 6g Sugars, 25% Vitamin A, 2% Calcium, 45% Vitamin C, 15% Iron