



# EFNEP Newsletter

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

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## Create Your Grocery Game Plan

Here are some steps you can take to help save money when grocery shopping:

1. Check grocery stores fliers from the paper or online to see what sales are available in your favorite stores.
2. Before grocery shopping, make a list of the meals and snacks you need for the week using foods that are on sale.
3. Check your cupboards, refrigerator and freezer to see what you have on hand. Use what you have available so you spend less at the store.
4. Think about your schedule. Choose meals that are quick and easy for days when your schedule is full and choose recipes that take longer to prepare for days when you have the time to spend in the kitchen.
5. Use your list of meals to make your list of what you need to buy. Don't forget to include things like fruits, vegetables and beverages that might not be part of a recipe but are foods you need for the week.
6. Write your list on paper or use a mobile app to create your list. The best way to create a list is to create it using whatever method works best for you. If you use apps, check the app for the store where you are shopping to see if there are any additional coupons or deals you can take advantage of while shopping.
7. Keep an ongoing grocery list in a central location in your home so that you and your family can add to it as you run out of things during the week (think paper towels, plastic wrap).
8. Eat before you shop, look up and down for savings and check out store brands.



Information from [www.choosemyplate.gov](http://www.choosemyplate.gov)

### In Season



This month look for oranges, grapefruit, pears, bananas, kale, mushrooms, onions, potatoes, sweet potatoes, turnips and winter squash.

*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.**

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**



**Cornell University**  
Cooperative Extension  
Steuben County

3 E. Pulteney Square  
Bath, New York 14810

**PutKnowledgeToWork.org**

# KORNER

## IDS

Looking for something to do with your elementary aged children over Winter Break? Borrow *Explore Winter! : 25 Great Ways to Learn about Winter* by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your children learn more about winter and includes indoor and outdoor activities.

## **Peanutty African Stew**

Serving size: 1 cup Makes 8 servings

### **Ingredients:**

1 cup instant brown rice  
2 cups chicken broth, reduced sodium  
1 teaspoon dried onion, minced  
1/2 teaspoon garlic powder  
1/2 teaspoon ginger, ground  
1/8 teaspoon cayenne pepper (optional)  
2 cups sweet potato, peeled and diced  
1 can (14.5 ounces) diced tomatoes with liquid  
1/2 teaspoon salt (optional)  
1/2 cup creamy peanut butter  
1 1/4 cups fat-free milk  
3 cups baby spinach leaves, coarsely chopped

### **Instructions:**

1. Combine brown rice, chicken broth, onion, garlic powder, ginger, cayenne pepper, sweet potato, diced tomatoes and salt in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.

**Nutrition Facts:** Serving Size - 1 cup, 200 Calories, 80 Calories from Fat, 8g Total Fat, 42% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 510 mg Sodium, 25 g Total Carbohydrate, 4 g Dietary Fiber, 8g Sugars, 8g Protein, 90% Vitamin A, 8% Calcium, 30%