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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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Enjoy Frozen Foods This Month

Did you know that the first frozen fruit sold by stores was in 1930 and was sold as Birds Eye Frosted Foods? Frozen foods have greatly improved since 1930 and are available everywhere. March is National Frozen Foods Month and it is a great time to focus on frozen vegetables and fruits. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because the time from picking to freezing the produce is so short, frozen fruit and vegetables often have more nutrients than fresh. This is especially true during winter when fresh produce has to travel many miles and days to get to our stores. Look for sales this month on all types of frozen food at your super-market.



Tired of preparing vegetables and fruit the same way? Try these ideas instead this month.

1. Make sweet potato fries. Wash and slice whole sweet potatoes, drizzle with a little olive oil and sprinkle with cayenne pepper or chili powder and salt. Bake on a baking sheet at 400 degrees until cooked.
2. Choose frozen peach slices for a snack or dessert. Sprinkle the slices with a little ginger, a touch of honey and a few of your favorite nuts.
3. Cut winter squash in half, scoop the seeds and cut each half into slices. Drizzle with a little olive oil, cinnamon and brown sugar. Bake on a baking sheet at 400 degrees until the squash is soft.



National Nutrition Month

Each March, the Academy of Nutrition and Dietetics features a campaign focused on healthy eating. This year's theme is "Put Your Best Fork Forward" and serves as a reminder to each of us that we hold the tool to making healthy food and beverage choices. For more information, go to <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>.

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 Celebrate the goodness of New York State produced maple syrup during Maple Weekend, March 18-19 and 25-26. Local maple syrup producers open their facilities for free tours from 10:00 am to 4:00 pm each of these days. You can learn more about how maple sap becomes maple syrup by visiting your local library and borrowing *The Maple Syrup Book* by Marilyn Linton or by visiting <http://www.nysmaple.com/maple-weekend/About-Maple-Weekend/1>.

Frozen Fruit Cups

Serving size: 1 cup Makes 18 servings

Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with their juice
- 8 ounces canned crushed pineapple, with the juice



Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in yogurt, strawberries with juice and pineapple with juice.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. Before serving, remove paper cups and let stand 10 minutes.

Source: *Loving Your Family, Feeding Their Future—The Healthy Family Guide Book* (USDA)

Nutrition Facts: Serving Size: 1 muffin cup, 50 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 25mg sodium, 12g total carbohydrate, 1g dietary fiber, 9g sugar, 2g protein, 0% vitamin A, 6% calcium, 15% vitamin C, 2% Iron.