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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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## Make Celebrations Fun, Healthy and Active

- ◆ 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](http://www.ChooseMyPlate.gov) 10 Tips series



## In Season This Month: 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.**

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  
607-664-2300

**PutKnowledgeToWork.org**

*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

# 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.

While you are at the market, encourage your child to choose one fruit or vegetable they would like to try and purchase it so that your whole family can try something new.

### Mini Veggie Pizza

Serves 6

Serving Size: 1 pizza  
Serves 10

#### Ingredients:

- 5 English muffins (try whole grain)
- 1 small zucchini, grated
- 1 green or red bell pepper, finely chopped
- 8 ounce package part-skim mozzarella cheese, grated
- 8 ounce can tomato sauce
- 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 pizza, 140 Calories, 5g Total Fat, 32% Calories from Fat, 2g Saturated Fat, 0g Trans Fat, 10mg Cholesterol, 350mg Sodium, 16g Total Carbohydrate, 2g Dietary Fiber, 1g Sugars, 9g Protein

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