



Cornell University
Cooperative Extension

Find us on:
facebook[®]
www.facebook.com/
adoptinghealthyhabits



EFNEP Newsletter

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

Produced by Cornell Cooperative Extension January 2018

Stay Active This Winter

Winter in Western New York 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 ½ 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 oranges, grapefruits, tangerines, Clementines, lemons, limes, kumquats, pummelos and Ugli fruit.

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
Cooperative Extension
Steuben County

3 E. Pulteney Square
Bath, New York 14810
607-664-2300

PutKnowledgeToWork.org

KORNER

IDS

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.

Tamale Pie

Serves: 6

**Serving size: 1
slice**

Ingredients:

1 cup onion, chopped
1 cup bell pepper, chopped (1 pepper)
1/2 pound lean ground beef
1/2 cup salsa
1 package corn muffin mix
1/3 cup plain Greek yogurt or light sour cream
1 can diced green chilies, undrained
1 egg
1/2 cup shredded cheddar cheese (or other cheese)

Directions:

1. Preheat oven to 350 degrees.
2. Heat skillet over medium heat. Spray with non stick cooking spray. Cook onion, bell pepper and ground beef until beef is cooked through, about 6 minutes. Drain grease.
3. Stir in salsa and cheese.
4. Spray an 8 inch pic plate with non stick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate. Mix corn muffin mix, yogurt or sour cream, green chilies and egg until combined. Spread on top of meat and vegetable mixture.
5. Bake until corn muffin topping is golden brown and set, about 30 minutes.

Source: Healthy and Homemade 2018 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach

Source: *Share Our Strength's Cooking Matters: For Families*. Published July 2011

Recipe from Cornell University Cooperative Extension - New York City Nutrition & Health Program Recipe Collection.

Nutrition Facts: Serving Size: 1 slice, 270 calories, 9g total fat, 2.5g saturated fat, 60mg cholesterol, 60mg sodium, 33g total carbohydrate, 1g dietary fiber, 11g total sugars, 14g protein, 0mcg vitamin D, 65mg calcium, 3mg iron, 345mg potassium