

# EFNEP Newsletter



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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 at top and bottom shelves 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.



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:

Cornell Cooperative Extension  
Steuben County

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

PUTKNOWLEDGETOWORK.ORG

**607-664-2300**

# 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.

## Blueberry Pancakes

Serves: 6  
Serving size: 2 pan-  
cakes

### **Ingredients:**

1 cup whole wheat flour  
1 tablespoon sugar  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1 egg  
1 cup nonfat milk  
1 cup fresh or frozen blueberries (if using frozen berries, thaw and drain of the juice. Stir in with 2 teaspoons of whole wheat flour.)

### **Directions:**

1. Mix flour, sugar, baking powder, and baking soda together with a fork in a medium bowl.
2. Beat egg and milk together in a small bowl.
3. Add the egg and milk (wet) mixture to the (dry) flour mixture. Stir just until combined.
4. Gently fold in blueberries.
5. Spray a skillet with cooking spray and heat over medium low heat.
6. Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on top and the edges are slightly dry, about 4 minutes. Flip pancakes and cook for about 3 minutes more.
7. Top with warmed canned fruit.

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

**Nutrition Facts:** Serving Size: 2 pancakes, 120 calories, 1.5 total fat, 0g saturated fat, 30mg cholesterol, 160mg sodium, 22g total carbohydrate, 3g dietary fiber, 7g total sugars, 5g protein, 1mcg vitamin D, 108mg calcium, 1mg iron, 167mg potassium