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Enjoy Frozen Foods This Month



Did you know that in 1930 the first frozen fruit sold by stores was sold as Birds Eye Frosted Foods? Taste and quality of frozen foods has greatly improved since 1930. March is National Frozen Foods Month and stores offer lots of great sales on frozen foods, including vegetables and fruit. Frozen fruit and vegetables are picked, processed and frozen usually within 24 hours. Because of the quick turn around time for processing frozen vegetables and fruit, in winter these foods may have more nutrients than

their fresh counterparts and can be a healthier option.

Tired of preparing vegetables and fruit the same way?

Try these ideas:

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 "Go Further With Food" which encourages Americans to plan meals and snacks ahead of time, making healthy choices easier and decreasing food waste by not over buying. For more information go to: <https://www.eatright.org/food/resources/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 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**

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607-664-2300

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Celebrate the goodness of New York State produced maple syrup during Maple Weekend, March 17-18 and 24-25. Local maple syrup producers open their sugar houses for free tours and you can learn how maple sap becomes maple syrup. Also, visit your local library and borrow *The Maple Syrup Book* by Marilyn Linton to read with your children. For more information on Maple Weekend, go to: <https://mapleweekend.nysmaple.com/>

Slow Cooker Mexican Chicken Soup

Ingredients:

2 cans (14.5 ounces) diced tomatoes
3/4 cup dried black beans, rinsed
1 bag (16 ounces) frozen corn, thawed
3 cups water

1 teaspoon chili powder

1/4 teaspoon ground black pepper

1 pound boneless, skinless chicken breast, thawed

Optional ingredients: baked tortilla chips, chili flakes, chopped cilantro, jalapenos, light sour cream, lime, salsa, shredded cheese or sliced avocado

Serves: 8

Serving size: 1 1/2
cups

Directions:

1. Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high, or 8 to 10 hours on low.
2. Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.
3. Serve with choice of optional ingredients.

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

Nutrition Facts: Serving Size: 1 1/2 cups, 210 calories, 3g total fat, 1g saturated fat, 35mg cholesterol, 270mg sodium, 28g total carbohydrate, 6g dietary fiber, 4g total sugars, 19g protein, 0mcg vitamin D, 63mg calcium, 1mg iron, 602mg potassium