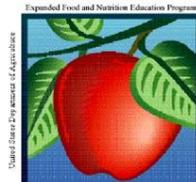


EFNEP Newsletter



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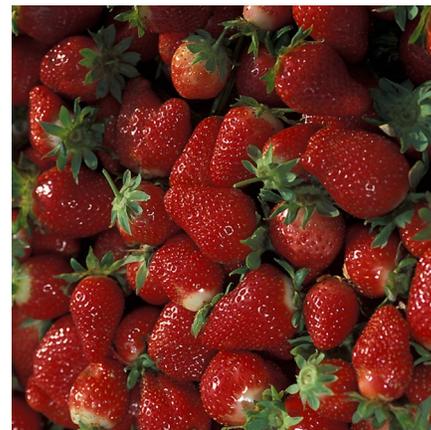
Produced by Cornell Cooperative Extension

June 2018

Farmers' Markets Open This Month

June is the traditional month for local farmers' markets to open. Shopping at farmers' markets has lots of benefits. The fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell and what their favorite varieties are and why. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste. Farmers' markets are a great way for your family to 'go green'. The food you buy is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because the food is not transported long distances on a truck. You can make your shopping trip more 'green' by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers' Market Nutrition Program and WIC. The Farmers' Market Nutrition Program is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The coupons are \$4 each, so if you want to buy something for \$5, the farmer will add more produce to your order to total \$5. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package. Look for signs at farmer's stands to see if they accept these checks. Some farmers' markets also accept EBT cards (food stamps). Check with your local market to see if they do.



In Season: Strawberries

Fresh, local strawberries are ready in June. You can buy them at road side stands, farmers' markets, farm stands and some local supermarkets. Looking for a fun family activity? Try picking strawberries at a U-Pick farm. Many U-Pick locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.

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:



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Read “The Milk Makers” by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you’ve finished reading, have your kids help make yogurt popsicles.



Peachy Pops

Serving Size: 1 popsicle
Serves

Ingredients:

2 peaches (fresh or canned—1 ½ cups chopped) or try fresh strawberries
2/3 cup low fat vanilla yogurt
2 cups orange juice
6 paper cups
6 spoons
Aluminum foil

Directions:

1. Chop peaches and divide among 6 paper cups.
 2. Place yogurt in medium bowl.
 3. Slowly pour orange juice into yogurt, stirring until blended.
 4. Pour juice mixture over peaches.
 5. Place spoon in each cup.
 6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds spoon in center of cup.
 7. Freeze at least 4 hours.
- To eat, peel paper cups away from pops.



Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Nutrition Facts: Serving Size: 1 popsicle, 80 calories, 5 calories from fat, 0.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 7 18g total carbohydrate, 1g dietary fiber, 8g sugar, 2g protein, 6% vitamin A, 4% calcium, 60% vitamin C, 2% Iron.