

EFNEP Newsletter



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October is Apple Month!

Nothing says "Welcome Fall" more than the fresh, local apples sold at farmers' markets, farm stands and supermarkets. Many orchards allow families to pick their own apples. This is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit <http://www.nyapplecountry.com/pick.php>.

Keep your apples crunchy and delicious by storing them in the crisper drawer of your refrigerator. The cool air of your refrigerator helps to preserve apples and to keep them fresher than apples stored at room temperature. To keep apples fresh, store them away from foods with strong odors like onion, or with broccoli, cauliflower, cabbage, cucumbers or leafy greens because apples give off a gas that can damage these vegetables and cause them to spoil more quickly.

Apples make a delicious, on-the-go snack and are a great 'fast food' - just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a healthy snack or cooking apples to make your own, fresh applesauce.



In Season This Month: Lots of Fruits and Vegetables

This month, before the frost, look for green and yellow beans, corn, eggplant, lettuce, peppers, spinach, summer squash and tomatoes. All month look for beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, kale, leeks, onions, parsnips, potatoes, pumpkins, winter squash, Swiss chard, turnips, apples, grapes, pears and watermelon. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card at many markets and farm stands.

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



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Go to the library with your child and borrow "Apples" by Gail Gibbons. This terrific book tells the reader about how apples are grown and harvested. After you read the book together, do an apple taste test. Choose a number of different apple varieties from the grocery store or farmers' market. You only need to buy one apple of each variety you choose. Try varieties you are not familiar with and see if you find a new family favorite.

Peanut Butter Dip

Serving Size: 2 tablespoons

Makes 6 servings

Ingredients:

- 1/2 cup plain, low-fat yogurt
- 1/2 teaspoon vanilla
- 1/3 cup peanut butter

Directions:

1. Combine yogurt, vanilla and peanut butter in a bowl.
2. Mix well.
3. Chill dip in refrigerator until ready to serve. Delicious with fresh fruits like apples, pears, grapes, bananas, kiwi, strawberries and melon.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP



*Nutrition Facts: Serving Size – 2 tablespoons, 100 Calories, 7g Total Fat, 1.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 4g Total Carbohydrate, less than 1g Dietary Fiber, 3g Sugars, 4g Protein, 0% vitamin A, 2% vitamin C, 4% calcium, 2% iron