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Making Family Meal Times Fun

Summer is a great time to reconnect as a family after a long school year. Try these ideas from MyPlate to make meals more relaxed and enjoyable.

Remove distractions. Turn off the television and put away phones and tablets, so that your attention is on each other.

Talk to each other. Focus conversation on what family members did during the day, for example, what made you laugh or what you did for fun. Other conversation starters include:

- If our family lived in a zoo, what animals would we be and why?
- If you could have one super power, what would it be and why?
- If you were stranded on a desert island and could only have one food to eat, what would it be and why?

Let kids make choices. Set a healthy table and let everyone, including the kids, make choices about what they want and how much to eat.

Let everyone help. Kids learn by doing. The little one might get the napkins and older kids help with fixing foods and clean-up.

In Season This Month: Summer Squash



Zucchini and yellow squash are abundant and inexpensive in the summer months. Look for summer squash that is firm and free from soft spots or other blemishes. Store summer squash in a plastic bag in the refrigerator for up to 5 days. Do not wash the squash until you are ready to use it. Summer squash is very low in calories, with $\frac{1}{2}$ of a squash having only 20 calories, no fat or cholesterol and an excellent source of vitamin C. Shred it and add to salads, spaghetti sauce, muffins or pancakes, or chop it and add to soups, stir-fry or an omelet. Brush on marinade and grill it for a healthy side dish at a cookout.

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
Family Nutrition Education Curriculum
Finding A Balance — Diabetes
Healthy Children, Healthy Families
Healthy Cents
Breastfeeding

EFNEP can help you eat more healthfully while saving money at the store. Learn to:

- eat more fruits and vegetables,
- drink fewer sweetened beverages,
- maintain a healthy weight, and
- be more physically active

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With your child, make a visit to the nearest public library and borrow “Farmers’ Market” by Paul Brett Johnson. It tells the story of one family’s life who grows and sells produce at their local farmers’ market. Read the story with your child, then visit the farmers’ market and talk about how your farmers’ market is similar and different from the market described in the book.

Zucchini Hummus Wrap

Serving Size: 1 wrap
2 servings

Ingredients:

- 1 zucchini (1/2 pound), sliced (about 2 cups)
- 4 tablespoons hummus
- 2 whole wheat flour tortillas (10 inch)
- 2 slices cheese (your favorite)
- 2 cups vegetables, sliced (lettuce, onion, bell pepper, tomato, cucumber)

Directions:

1. Heat a skillet over medium high heat. Spray with nonstick cooking spray. Add zucchini slices. Sauté for 6 minutes, until lightly browned and tender.
2. Spread 2 tablespoons hummus on each tortilla. Top with cheese and zucchini.
3. Top with fresh vegetables of your choice. Fold into a wrap and serve immediately.



*Nutrition Facts (salsa only): Serving Size – 1 wrap, 380 Calories, 14g Total Fat, 30% Calories from Fat, 6g Saturated Fat, 0g Trans Fat, 15mg Cholesterol, 800mg Sodium, 48g Total Carbohydrate, 5g Dietary Fiber, 8g Sugars, 16g Protein, 0mcg Vitamin D, 302mg Calcium, 637mg Potassium, 4mg Iron

Source: Healthy and Homemade 2019 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach