



SNAP-Ed New York Has a New Look!

Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

Save Time. Save Money. Eat Healthy

Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The Extension Nutrition Team of knowledgeable nutrition educators provide practical, hands-on activities and skills for healthy meal prep, as well as explore the importance of physical activity in a healthy lifestyle for the community members in the North Country.

The primary focus of our program is to promote food resource management skills, encourage healthy food and physical activity behaviors, weight management, increase consumption of nutrient dense foods, and develop skills to prepare low-cost, nutrient-dense recipes through food demonstrations.

If You Need Help Buying Food, SNAP Can Help.

The Supplemental Nutrition Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about SNAP Benefits and other assistance program you may be eligible for visit www.mybenefits.ny.gov

If you need help applying for SNAP, call or email a Nutrition Outreach and Education Program (NOEP) Coordinator. NOEP Coordinators tell you if you may be eligible for SNAP, answer any questions you may have, and help you complete and submit your application. It is free and confidential. **St. Lawrence County residents call 315-764-9442 ext. 405**

Small Changes, BIG Difference

Make it SNAP-ee!



Glazed Carrots

Ingredients

- 2 tablespoon margarine or butter
- 1 1/2 pound carrot, or canned
- 1 cup water
- 1/4 teaspoon pepper
- 2 teaspoon sugar

Directions

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces. If using canned carrots simply drain and rinse.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

Source: Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network Website Recipes.

Nutrition:

Yield: 4 servings
Serving: 121 grams

Calories: 70
Total Fat: 3.5g
Saturated Fat: 0g
Sodium: 180mg
Carbohydrates: 9g
Fiber: 3g
Protein: 5g

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots>

Tips for Starting Simple

- Focus on fruit
- Vary your veggies
- Vary your protein routine
- Make half your grains whole
- Switch to low-fat or fat free milk and yogurt
- Drink and eat less sodium, saturated fat, and added sugar

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