



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.

E-mail: bmr37@cornell.edu to receive the SNAP-Ed E-news!



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**

Grocery Shopping on a Budget

Plan Ahead

- Plan your meals around sale items. You can find the specials of the week on store flyers or on a grocery store's website.
 - *Look for items that are lean meats, low-fat dairy, whole grains, & fruits & vegetables.*
- Create a grocery list.
 - *Don't leave your list at home. Bring it with you and stick to it! Avoid impulse buys that might lead to overspending.*

Shop for the Best Value

- Generic and store brands tend to be cheaper than name brands.
- Choose produce that is in season. Frozen and canned products can also save you money.
 - *Find ones that don't have extra added sauces, butter, sugar, or salt.*
- Buy in bulk. You can freeze extra portions to use later.
- Look at unit prices for the best deals



Roasted Parsnips & Carrots

Ingredients:

- 3/4 pound parsnips, peeled
- 3/4 pound carrots, peeled
- 1 Tablespoon oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

Directions:

1. Preheat oven to 400 degrees F
2. Cut the parsnips & carrots into sticks (1 inch thick)
3. Place veggies into a large bowl with oil & seasonings. Mix together until veggies are well coated
4. Place veggies in a single layer on a baking sheet
5. Roast in the oven for 20-30 minutes, stirring halfway
6. Veggies should be caramelized to a medium brown and blistered when done

foodhero.org/recipe

Nutrition Facts	
Serving Size 1/2 cup (116g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 1g	
Vitamin A 190%	Vitamin C 20%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Using Unit Prices

- Unit prices will tell you the price per pound, ounce, pint, or gallon.
- This makes comparing different brands or sizes easier.
- Sometimes you can find the best deal by comparing the unit prices.

32 OZ LF YOGURT	
Unit Price	Retail Price
\$0.05 per OZ	\$1.60

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