



## SNAP-Ed New York Has a New Look!

Visit [snapedny.org](http://snapedny.org) to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: [bmr37@cornell.edu](mailto: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.

## Using SNAP at the Farmers' Market

*Shop Local.  
Support Your Community & Receive  
Fresh Food.*



Using your SNAP benefits at the market can help you stretch your dollars on fresh, whole food, and help support local farmers and small businesses!

Many local Farmers' Markets accept EBT cards to shop at the market, and it's EASY! Simply go up to the market managers/token booth and they will scan your card and take off the amount you request in \$1 increments. Then you will be given \$1 wooden tokens in the exact amount taken off your card. You will use the tokens at vendor booths as you would regular cash.

Items you could purchase using your EBT card include:

- Fresh Produce
- Meat, eggs, cheese, and baked goods
- Produce seedlings and plants to start your own garden at home

### Save even more at the Markets with Double Up Food Bucks!

Up to \$20, your SNAP benefits will be doubled at the market! Say you take \$10 off your card, you will receive \$10 in market tokens AND \$10 free additional tokens! You can do this every market day! So if your market runs twice a week, you could use and receive up to \$80, that's so much better than \$40 to use at the grocery store! Double Up tokens are in \$2 increments and can ONLY be used for produce, such as fruits, vegetables, and herbs.

# Personal Pizza

**Recipe Source:** <https://www.foodhero.org/recipes/my-personal-pizza>

For a healthy, fast dinner or snack make your pizza at home with this Personal Pizza recipe. You'll still get the same great flavor without the excess sodium, saturated fat, and calories. Cooking at home can also cost less and be a fun family activity. Let everyone create their own pizza with their favorite toppings. Don't forget to add fruits and vegetables to make it a balanced meal!gov



## **Nutrition**

Serving size 1 pizza

Calories 110, Total Fat 2g, Saturated Fat 1g, Trans Fat 0g  
Cholesterol 5mg, Sodium 260mg, Total Carbohydrate 18g,  
Dietary Fiber 1g, Total Sugars 2g, Protein 5g

## **Ingredients:**

- 1/2 English muffin
- 1 1/2 Tablespoons spaghetti or pizza sauce
- 1 Tablespoon grated cheese
- 4 Tablespoons chopped vegetables, fruits, and/or cooked meat

## **Preparation:**

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti sauce or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2 hours..

## **Meal Planning Made Easy**

**Map out your meals**-Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!

**Find balance**-If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.

**Vary protein foods**-Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.

**Make a grocery list**-Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.

**Love your leftovers**-Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.

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