



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.

Water

Stay Hydrated and Healthy

Getting enough water every day is important for your health. We can meet our fluid needs by drinking water when thirsty and with meals. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, constipation, and kidney stones. Most of your fluid needs are met through the water you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake (CDC).

*Water helps keep your
body temperature normal*



Make it Easy

- Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- Add ice to your water bottle for cold water while you are out and about.
- Keep water handy and cold in the refrigerator so it is an easy choice.



Choosing water at home and out
will save money and lower calories!

Flavored Water Basics

Flavor Options

Try these flavors or make up your own!

For 1 quart (4 cups) of water:

Cucumber	½ cucumber	Cut into thin slices; leave the skin on for color.
Citrus	lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit	Leave the skin on; slice thinly in whole circles or quarter wedges.
Herbs	mint, basil or rosemary	10 small leaves or a small sprig. Tear or crush the leaves.
Apple Cinnamon	½ cinnamon stick and ½ apple	Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.
Strawberry and Kiwi	3 to 4 strawberries and ½ kiwi	Peel the kiwi; slice both fruits into thin slices.

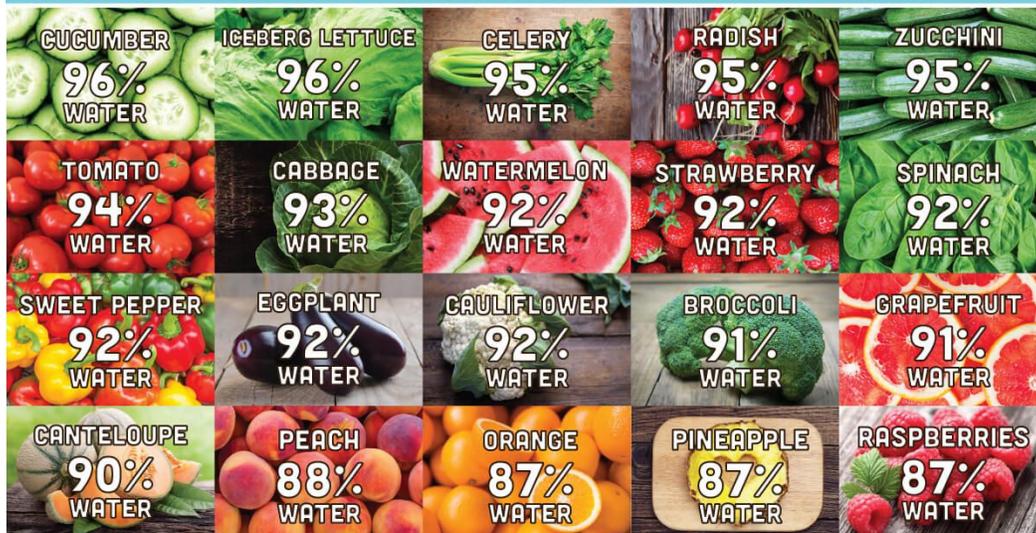
1. Slice, tear, or mash the fruit to release the most flavor.
2. Refrigerate for several hours or overnight to allow the most flavoring.
3. Use within 2 days for best quality.

Source: foodhero.org

Eat Your Water:

Top 20 Foods That Help You Stay Hydrated

WWW.LIVELOVEFRUIT.COM



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