



## 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.

## Get Moving!

### It's important to be active 60 minutes a day!

#### Have you been active this summer?

Below are examples of activities you can do during the summer. Make it a family affair and plan an outing with your family this week. The benefits to our mind and body are astronomical! The tough part is knowing what activities to do more of and how often.

**Hiking**-get outside and explore the great outdoors! Grab a hiking buddy and the family dog and hit the trails!

**Swimming**-what a great way to spend a hot summer day! Try racing your friends on the sand and in the water.

**Canoeing**-grab your life vest and get on the water! Physical activity comes in many forms- pick an activity you enjoy!

**Bicycling**-a great way to enjoy the outdoors while getting your exercise minutes in. Try adding bursts of sprints to your next ride for that extra intensity.

# Healthy Egg Burrito

**Recipe Source:** <https://www.snapedny.org/2020/06/healthy-breakfast-burrito/>



## Ingredients

- 3-4 Whole Grain Tortillas
- Half A Sweet Red Pepper (diced)
- 1 Tbs Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 tsp Canola oil for the pan
- Salt and Pepper (to taste)

## Directions

1. Crack eggs into a bowl and whisk (or use a fork) to mix well.
2. Heat a skillet over medium heat on the stove, and add oil to the pan.
3. Add chopped onions to the pan. Use a spatula to saute onions until they are translucent.
4. Add red bell pepper and saute for about 5 minutes.
5. Add spinach and cook until just slightly wilted.
6. Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.
7. Turn off heat and add cilantro, cheese, and salt and pepper to taste.
8. Fill heated tortillas with mix and fold into a burrito. Serve immediately.

**Nutrition Info: Calories 280, Total Fat 16g, Saturated Fat 6g, Sodium 520mg, Total Carbohydrate 21g, Dietary Fiber 0g, Protein 16g**

## Sign Up for Benefits Now!

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:**

**[mybenefits.ny.gov](https://mybenefits.ny.gov)**

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