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Cooperative Extension

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EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Allegany County programs, call (585) 268-7644 ext. 20.

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Enjoy Healthy Frozen Foods This Month

Did you know that in 1930 the first frozen fruit sold by stores was sold as Birds Eye Frosted Foods? Taste and quality of frozen foods has greatly improved since 1930. March is National Frozen Foods Month and stores offer lots of great sales on frozen foods, including vegetables and fruit. Frozen fruit and vegetables are usually picked, processed and frozen within 24 hours. In winter, because of the quick turn around time for processing frozen vegetables and fruit, these foods may have more nutrients than their fresh counterparts and can be a healthier option.

Tired of preparing vegetables and fruit the same way?

Try these ideas from the Academy of Nutrition and Dietetics:

- Add lots of vegetables to pizza. Try broccoli, onion, sweet or hot peppers, mushrooms, tomato and spinach.
- Make a smoothie using low fat milk, any frozen berries you like, and a banana.
- Stuff an omelet with your favorite vegetables or add your favorite vegetables to scrambled eggs.
- Top a baked potato with broccoli and cheese or beans and salsa.



National Nutrition Month®

Each March, the Academy of Nutrition and Dietetics features a campaign focused on healthy eating. This year's theme is "Eat Right Bite by Bite" and encourages Americans to eat a variety of foods, plan meals for the week and learn cooking skills. For more information go to: <https://www.eatright.org/food/resources/national-nutrition-month>.

The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Eating Smart Being Active
Family Nutrition Education Curriculum

Finding A Balance —
Diabetes

Healthy Children, Healthy Families

Healthy Cents
Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun and Fitness

Cooking Up Fun! Vary our Veggies

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

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Celebrate the goodness of New York State-produced maple syrup during Maple Weekend, March 21-22 and 28-29 Local maple syrup producers open their sugar houses for free tours and you can learn how maple sap becomes maple syrup. Also, visit your local library and borrow *The Maple Syrup Book* by Marilyn Linton to read with your children. For more information on Maple Weekend, go to: <https://mapleweekend.nysmaple.com/>

Vegetables with Pasta

Serving Size: 1/2 cup

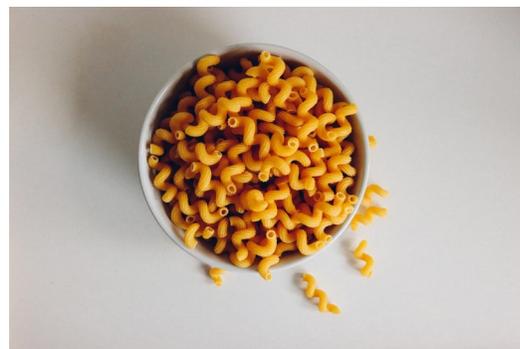
Servings per recipe: 8

Ingredients:

- 1 cup uncooked macaroni
- 1 (16 ounce) package of frozen mixed vegetables
- 1 medium tomato, chopped
- 1/2 teaspoon black pepper
- 1/3 cup fat free Italian dressing
- 1/4 cup chopped onion (optional)
- 1/4 cup chopped green pepper (optional)
- 1/4 cup chopped cucumber (optional)

Directions:

1. Prepare macaroni according to package directions, drain.
2. While macaroni is cooking, place frozen mixed vegetables in a microwave safe dish. Cover with plastic wrap; vent one corner. Cook in microwave according to package directions.
3. Drain vegetables.
4. In a bowl or serving dish, mix all ingredients together.
5. May be served warm or cold.



Nutrition Facts: Serving Size – 1/2 cup, 100 Calories, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 140mg Sodium, 21g Total Carbohydrate, 2g Dietary Fiber, 3g Protein . Excellent source of vitamin A, Good source of vitamin C.

Source: Cooking with EFNEP Recipes for Eating Smart and Moving More, North Carolina Expanded Food and Nutrition Education Program