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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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## Hack Your Snacks

Looking for some healthier snack ideas for you and your family? Try these snack hacks from MyPlate, MyWins tips on [www.choosemyplate.gov](http://www.choosemyplate.gov) to help satisfy your hunger between meals.

1. Build your own—make your own trail mix with unsalted nuts and add ins like pumpkin or sunflower seeds, unsweetened cereal, dried fruit and lightly salted popcorn.
2. Prep ahead—portion snack foods into baggies or containers when you get home from the store so they are ready to grab and go when you need them.
3. Make it a combo—combine food groups for a satisfying snack. Try yogurt and berries, apples and peanut butter, or whole grain crackers with turkey and avocado.
4. Eat vibrant veggies. Try your favorite raw vegetables with dips like guacamole or hummus.
5. Bring a ready-to-eat snack when you are heading out. A piece of fresh fruit, some whole grain crackers or a small container of raw vegetables are all healthy options.



### In Season this Month: Asparagus

Start looking for fresh, home grown asparagus this month. Asparagus comes in white and green varieties. Green is the most common variety in the United States. White asparagus is grown underground and does not receive any light, so the plant does not produce chlorophyll which makes the plant turn green.

Choose firm stalks with buds that are tightly closed. Store stalks with a damp paper towel wrapped around the ends in the crisper section of your refrigerator. Eat asparagus soon after buying it as its flavor decreases each day that it's stored.



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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# KORNER

## IDS

With your child, visit your local public library and borrow “First Peas to the Table” by Susan Grigsby. It tells the story of a school that starts a school vegetable garden and who has a First Peas from The Garden contest like Thomas Jefferson did at his Monticello garden. Read the book with your child. Together make this salad to serve with a family meal.

### Parmesan Peas

Serving Size: 1/2 cup

Servings per recipe: 8

#### Ingredients:

- 1 1/2 teaspoons of margarine or butter
- 3 1/2 cups of peas (2 cans drained or 16 ounces frozen)
- 1 1/2 teaspoons lemon juice
- 1/4 teaspoon black pepper
- 1/3 cup grated parmesan cheese

#### Directions:

1. Heat margarine or butter in a medium skillet over medium heat. Add peas and cook 2-3 minutes or until peas are heated through.
2. Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.



Nutrition Facts: Serving Size – 1/2 cup, 80 Calories, 2.5g Total Fat, 31% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 250mg Sodium, 10g Total Carbohydrate, 0g Dietary Fiber, 5g Protein, 2% Vitamin A, 15% Vitamin C, 6% Calcium, 6% Iron

Source: [www.foodhero.org](http://www.foodhero.org) - Oregon State University Extension Service, Family & Community Health