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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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It's National Dairy Month

Time to celebrate dairy foods! Dairy foods include milk, cheese, yogurt, ice cream, calcium fortified soy milk and are included in the dairy group because they are good sources of calcium. A serving from the dairy group is 1 cup of milk, yogurt or soymilk; 1 1/2 ounces of hard cheese like cheddar or swiss; 2 ounces of processed cheese (like American slices but check the label for calcium); 2 cups cottage cheese or 1 1/2 cups of ice cream. Adults need 3

cups of dairy foods each day. Your best dairy choice is low fat or fat free. Beware of added sugars in flavored milk, yogurt, soymilk and ice cream. The new Nutrition Facts Label now includes a line for added sugars. Make sure to check this when deciding which dairy product to buy. Remember that 4 grams of added sugar is equal to 1 teaspoon of sugar, so added sugar intake can increase quickly with some flavored dairy products.



Looking for ways to add more dairy foods to your daily diet? Try these tips from www.choosemyplate.gov.

1. Can't drink milk? If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.
2. Switch ingredients When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese .

In Season this Month: Strawberries

Fresh, local strawberries are ready in June. You can buy them at road side stands, farmers' markets, farm stands and some local supermarkets. You can use your WIC fruit and vegetable funds to purchase strawberries. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack. Try them sliced and add to a green salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.



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:

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:

Edna Elling
Cornell Cooperative Extension of Allegany County
(585)268-7644 ext. 20
eme62@cornell.edu

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When libraries re-open, make a trip to the library with your child and borrow From Seed to Strawberry (Start to Finish, Second Series) written by Mari Schuh. Together, read the book and learn how a tiny seed grows into a plant with juicy strawberries.

Strawberry Cucumber Salad

Serving Size: 2/3 cup
Prep Time 20 minutes

Servings per recipe: 8

Ingredients:

2 tablespoons nonfat or low-fat plain yogurt
4 teaspoons apple cider vinegar
1 tablespoon honey or brown sugar
1/4 teaspoon onion powder
1/4 teaspoon prepared mustard
1/4 teaspoon salt
1 tablespoon lemon juice
1 1/2 teaspoons oil
3/4 teaspoon poppy seeds (optional)
2 cups strawberries, sliced
2 1/2 cups cucumber, sliced thinly into rounds



Directions:

1. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds (if using). Mix well.
2. Gently mix the dressing with the strawberries and cucumber until evenly coated.
3. Refrigerate leftovers within 2 hours.

Note: honey is not recommended for children under 1 year old.

Nutrition Facts: Serving Size – 2/3 cup, 50 Calories, 1.5g Total Fat, 30% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 55mg Sodium, 10g Total Carbohydrate, 1g Dietary Fiber, 1g Protein, 2% Vitamin A, 60% Vitamin C, 4% Calcium, 2% Iron

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health