

# 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 Family Meals Month



Every September, the Food Marketing Institute (FMI) hosts the nation wide National Family Meals Month with the goal of getting families to enjoy one more meal together each week with food purchased from their local supermarket. Eating together as a family as little as three times a week has many benefits, including kids who are 4x less likely to smoke, 3x less likely to use marijuana and 2x less likely to drink alcohol. Also, families who eat at least three meals together each week eat healthier, with a 24% increase in eating healthy foods like vegetables, fruits and calcium rich foods like low fat milk.

Family meals are a great way to increase communication in your family. FMI reports that 71% of teenagers said their favorite part of family meals was catching up and spending time with family members. Here are some conversation starters from FMI to encourage open communication at your family meals:

1. Children aged 2-7: What makes you feel loved? Name three things that are fun for you.
2. Children aged 8-13: What is your special talent? What is your best quality?
3. Children aged 14-100: What is the funniest thing that happened to you today? What are you most looking forward to in school this week?

Source: [nationalfamilymealsmonth.org](http://nationalfamilymealsmonth.org)

### Take EFNEP classes via Zoom or by phone

Interested in taking classes on healthy eating and saving money at the grocery store? Your local EFNEP educator can work with you via Zoom or over the phone to provide these classes to you, free of charge. Just contact the nutrition educator listed on the back of this newsletter to set up your own series of classes. Classes are designed to be interactive and are offered when it is convenient for you.



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  
Teen Cuisine

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

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# KORNER IDS

Libraries are now open to lend books. Check out “The Vegetables We Eat” by Gail Gibbons. In this book the author talks about the shapes, colors, textures and taste of many vegetables available in the summer. Have your child pick a vegetable they would like to try and take a trip to the farmers’ market or farm stand to buy the vegetable. Once at home, encourage your child to help you prepare it to serve at a family meal.

## Sautéed Zucchini

Serving Size: 3/4 cup  
Prep Time 10 minutes

Servings per recipe: 4

### Ingredients:

2 medium zucchini  
2 teaspoons vegetable oil  
1 clove garlic, minced or 1/4 teaspoon garlic powder  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon oregano, dried

### Directions:

1. Wash zucchini and cut into 1/4 inch rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini, then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate left overs within 2 hours.



Nutrition Facts: Serving Size – 3/4 cup, 40 Calories, 2.5g Total Fat, 56% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 80mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 1g Protein, 0% Vitamin D, 2% calcium, 1% iron, 6% potassium, 1% Vitamin A, 20% Vitamin C

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