



SNAP-Ed New York Has a New Look!

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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.

Add Red/Orange Vegetables

The MyPlate recommends to fill half your plate with fruits and vegetables with meals and snacks throughout the day.

The vegetable group is made up of 5 subcategories:

- 1) Dark Green
- 2) Red and Orange
- 3) Starchy
- 4) Beans and Peas
- 5) Other

Vegetables are divided into these subgroups based on nutrient content.

Red and Orange vegetables are a good source of:

- Vitamin A:** Keeps eyes and skin healthy and helps protect against infections.
- Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy.

Pumpkins! The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene which is converted to vitamin A in the body. Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protect against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging. Pumpkins are available fresh and canned for good nutrition and convenience. If selecting fresh, choose pumpkins that are firm and heavy for their size.



Cranberry Pumpkin Muffins

Recipe Source: U.S. Department of Agriculture, ChooseMyPlate, recipes/cranberry pumpkin muffins



Ingredients

- 2 cup flour
- 3/4 cup of sugar
- 3 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg, large (large)
- 3/4 cup pumpkin (canned)
- 2 cup cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees Fahrenheit for 15 to 30 minutes.

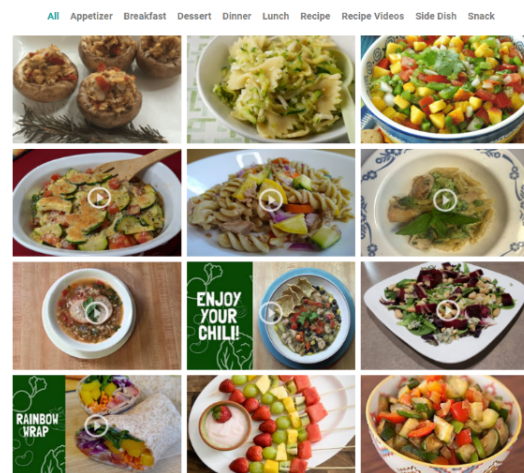
Nutrition Information

Serving Size: 1 muffin

Total Calories 204, Total Fat 7g, Saturated Fat 1g, Cholesterol 31mg, Sodium 255mg, Carbohydrates 32g, Dietary Fiber 2g, Total Sugars 14g, Added sugars included 12g, Protein 3g

Have you checked out
the recipe bank at
snapedny.org yet?

The Recipe Bank



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