

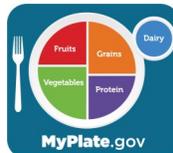
SNAP-Ed provides free education on how to prepare healthy meals, and live a healthy, active lifestyle.

March is National Nutrition Month®

“Personalize your Plate” and create healthful eating habits that you can enjoy!

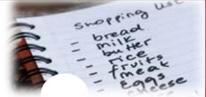
Eat a variety of nutritious foods each day

- ◆ Include healthful foods from all food groups
- ◆ Learn how to read Nutrition Facts Panels
- ◆ Take time to enjoy your food



Plan your meals each week

- ◆ Choose healthful recipes to make during the week
- ◆ Use a grocery list to shop for healthful foods
- ◆ Enjoy healthy eating at school and work



Learn skills to create tasty meals

- ◆ Keep healthful ingredients on hand
- ◆ Share meals together as a family when possible
- ◆ Try new flavors and foods



Consult a Registered Dietitian Nutritionist(RDN)

- ◆ Ask your doctor for a referral to an RDN
- ◆ Meet RDNs in a variety of settings throughout the community

Material adapted from www.eatright.org

Check it out for more information!

Personalize Your Pizza

Makes: 1 pizza

Ingredients

- 1/2 English muffin
- 1 1/2 Tbsp spaghetti or pizza sauce
- 1 Tbsp grated cheese
- 4 Tbsp chopped vegetables, fruits, and/or cooked meat



Directions

1. Preheat oven to 400 degrees and lightly toast English muffin.
2. Spread with spaghetti sauce or pizza sauce.
3. Add cheese and pizza toppings of your choice.
4. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1 Pizza; 110 Calories; 2g Total Fat; 1g Saturated Fat; 260g Sodium; 18g Total Carbs; 1g Dietary Fiber; 0g Added Sugar; 5g Protein

Recipe & photo adapted from www.foodhero.org



Start simple with MyPlate

Visit www.choosemyplate.gov for more information

Let us know!

What other types of content would you like to see?

- What do you want more of to help you make half of your plate fruits and veggies? Recipes? Tips?

Email: SnapEdWNY@gmail.com

For more FREE nutrition education resources, visit www.ChooseMyPlate.gov

Move your way

You can do more than just personalize your plate. You can personalize your physical activity too!

Physical activity can:



What counts? Anything that gets your moving!

Household chores

Dancing to your favorite song

Walking your dog

Gardening

Playing with your children

Adults should aim for at least
30 minutes 5 days each week



Learn more at <https://health.gov/moveyourway>

Join a Class. Free and Easy!

Nutrition and budget classes are a click away. Treat yourself to some self-care this month and join a class.

SNAP-Ed has **free**, ongoing, virtual classes that you can log on to right from your wherever you are.

We discuss meal planning, ways to buy and cook to get the most for your dollars, share knife skills, and so much more.

[Check out our community calendar and sign up for a session that works for you](#)
at www.SNAPEdNY.org



All are welcome!

Questions? Email SNAPedWNY@gmail.com

Cornell Cooperative Extension provides equal program and employment opportunity. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

Personalize Your Skillet

Create multiple versions of this simple and delicious dish. See notes for ingredient ideas or come up with your own!

Makes: 6 cups

Ingredients

- 1 cup **grain**, uncooked
- 1 1/2 cups **vegetables**, fresh, canned or frozen (cut bite sized)
- 1 cup **protein** (cut bite sized)
- 2 cups **sauce**, stirred
- 1/2 tsp **spices**
- 3 Tbsp **topping**



Directions

1. Combine all ingredients except topping in a large skillet.
2. Bring to a boil. Then reduce heat to low. Cover and simmer until grains are tender, about 15 to 45 minutes. Stir occasionally and add liquid if too dry.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1/4th of recipe; 340 Calories; 8g Total Fat; 1.5g Saturated Fat; 380mg Sodium; 40g Total Carbs; 3g Dietary Fiber; 7g Added Sugar; 27g Protein

Notes:

Grain - try bulgur, pasta, quinoa or rice

Vegetables - try a mixture of corn, carrots, green beans, onions, mushrooms, peppers or zucchini

Protein - try cooked cubed or ground beef, pork, chicken or turkey, canned tuna or salmon, tofu or beans

Sauce - try one can (10.75 ounces) condensed cream soup such as chicken, potato or tomato soup plus 1 1/4 cups water or low-fat milk

Spices - try basil, oregano, parsley, chili powder, garlic, onion powder or ground ginger

Topping - try grated cheese or crushed whole grain cereal or crackers

Recipe & photo adapted from www.foodhero.org

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