



SNAP-Ed New York Has a New Look!

Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: bmr37@cornell.edu to receive the SNAP-Ed E-news!



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.

Kale with Nuts and Raisins

(Makes 5 Servings) Source: teamnnutrition.usda.gov



Ingredients:

- 1/4 cup nuts, chopped (walnuts were used for nutritional information but can be substituted with other nuts of choice or seeds)
- 2 tablespoons vegetable oil
- 2 cloves garlic, chopped
- 1 cup kale, stems removed and chopped (1 bunch)
- 1/2 cup raisins
- salt (optional, to taste)

Directions:

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.
5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)

Nutrition Facts: Serving Size 1/8 of recipe

Calories 160	Total Carbohydrate 18 g
Total Fat 10 g	Dietary Fiber 2 g
Saturated Fat 1 g	Total Sugars 9 g
Cholesterol 0 mg	Added Sugars included 0 g
Sodium 46 mg	Protein 4 g

Spring Cleaning!

Let's clean up our health and eating habits!



Now that April is here many of us are starting to think about spring cleaning and what better place to start than our health and eating habits.

There are many vegetables that are now coming into season. Such as, Green Onions, Spinach, Mustard, Arugula, Radishes and Kale. Buying in season vegetables greatly reduces cost. The first vegetables of the season offer healthy nutrients our bodies may have lacked all winter long. It's a powerful reprieve to a long, cold winter.

Eating a diet rich in vegetables and fruits as a part of an overall healthy lifestyle may reduce the risk for heart disease, including heart attack, stroke and may also help protect against other chronic health diseases such as obesity and certain types of cancers.

So lets get started and clean our health and eating habits by varying our veggies and making half our plate fruits and vegetables!



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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