



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.

Cranberry Oatmeal Balls

(Makes: 6 Servings) Source: FoodHero.org



Ingredients:

- 1 cup oats (quick-cooking or old fashioned rolled)
- 1/3 cup chopped almonds (optional)
- 1/3 cup peanut butter or other nut butter
- 1/4 cup honey
- 1/3 cup dried cranberries

Directions:

1. Wash hands with soap and water.
2. In a medium bowl, combine all ingredients until well mixed.
3. Form mixture into 18 balls about 1-inch wide.
4. Place balls on a baking sheet. Refrigerate for 30 minutes.

Nutrition Facts: Serving Size 3 balls

Calories 260	Total Carbohydrate 35 g
Total Fat 10 g	Dietary Fiber 4 g
Saturated Fat 1.5 g	Total Sugars 18 g
Cholesterol 0 mg	Added Sugars included 15 g
Sodium 90 mg	Protein 8 g

Let's Get Active!

Make Physical Activity Part of Your Day in May!

Health Benefits of Physical Activity for Adults

IMMEDIATE
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.
Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.

Source: *Physical Activity Guidelines for Americans*, 2nd edition
To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

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Logos: U.S. Department of Health and Human Services, CDC, and the Active People, Healthy Nation campaign.



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