## **Cornell Cooperative Extension**



# 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: Source: FoodHero.org



### **Nutrition Facts: Serving Size 3 balls**

Calories 260 Total Fat 10 g Saturated Fat 1.5 g Cholesterol 0 mg Sodium 90 mg

Total Carbohydrate 35 g Dietary Fiber 4 g Total Sugars 18 g Added Sugars included 15 g Protein 8 g

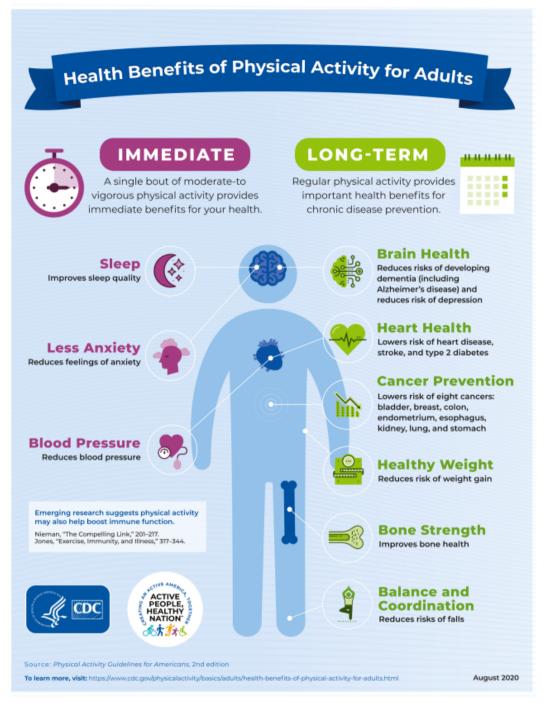
#### Ingredients:

- · 1 cup oats (quick-cooking or old fashioned rolled)
- 1/3 cup chopped almonds (optional)
- ½ cup peanut butter or other nut butter
- ¼ cup honey
- ½ 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.

# Let's Get Active! Make Physical Activity Part of Your Day in May!





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