



SNAP-Ed New York Has a New Look!

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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.

Overnight Oatmeal

(Makes: 4 Servings) Source: FoodHero.org, recipe/Overnight Oatmeal



Nutrition Facts: Serving Size: 1 Cup

Calories 160	Total Carbohydrate 27 g
Total Fat 1 g	Dietary Fiber 3 g
Saturated Fat 1 g	Total Sugars 9 g
Cholesterol 5 mg	Added Sugars included 0 g
Sodium 55 mg	Protein 8 g

Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)
4. Refrigerate leftovers within 2 hours.

National Dairy Month is Here. Remember, Strong Bodies Need Strong Bones!!



Move to Low-Fat or Fat-Free Dairy

The Dairy Group includes dairy milk and yogurt, cheese, lactose-free versions, and fortified soy milk and soy yogurt. Here's how to add delicious dairy to your day.

Include dairy in the morning

Enjoy a bowl of cereal with low-fat or fat-free dairy or soy milk. Or top plain yogurt with a serving of fruit and nuts to include two more food groups.

Look for calcium sources

If you don't consume milk, look for calcium-fortified foods -- some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, also have calcium.

Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy milk instead of water. Adding to smoothies, quiche, and mashed potatoes is another good idea.

Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.

Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy milk is an easy way to drink a healthy calcium snack.

Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.



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