



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.

Herb Potato Salad

(Makes: 6 Servings) Source: cachampionsforchange.cdph.ca.gov



Nutrition Facts: Serving Size: 1/2 Cup

Calories 146	Total Sugars 3 g
Total Fat 1 g	Added Sugars included 0 g
Saturated Fat 0 g	Total Carbohydrate 28 g
Cholesterol 0 mg	Vitamin D 0 mcg
Sodium 270 mg	Calcium 88 mg
Protein 7 g	Iron 2 mg
Dietary Fiber 7 g	Potassium 441 mg

Ingredients:

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions

Directions:

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions.
5. Cover and chill until ready to serve.

Let's make gardening a fun family event!

It's All About Balance: Eat Smart, Move More, Rest Well

4 Fun Ways to Enjoy a Family Garden

Start small—try a salad bowl garden.

If you have been gardening for years, you know of how much work you can take on. If you have never been much of a gardener, start small. Use containers or a few square feet in the yard. Start with easy-to-grow items for salads. Try a variety of leaf lettuces, some radishes, a cherry tomato plant and a few herbs (such as parsley and basil). Window boxes and other containers (clean bleach or milk bottles with tops cut off) work especially well for kids.

Choose child-size tools and produce.

Children do best with things that fit well in their hands. Get child-sized hoes, rakes and shovels at a nursery or garden center. Try to find strong, real looking tools so that little ones feel like real gardeners. Can't afford new tools this summer? Large recycled plastic spoons from the kitchen work great in containers. Look for baby vegetable plants. Miniature corn, radishes, tomatoes and zucchini are just the right size for small eaters!



Be prepared for less than perfect.

Let's face it! Gardening can be messy business. And, most children love to dig in dirt. Save a small area for digging, even after planting is complete. It is important for children to feel like the garden is really theirs. Be willing to put up with crooked rows and mixed plantings. Children can also get attached to their weeds and want to care for them right along with the veggies. Bottom line—it does not have to look perfect to produce perfectly tasty produce!

Make gardening an outdoor adventure.

The most important part of family gardening is spending active time together. You are away from TVs, DVDs, video games, computers and cell phones. Have a realistic vision about what children will do in the garden and about how much produce you may actually get. You can always find a farmer's market if you need to. Take time to smell the herbs, roll in the grass and run in the sprinkler. When you need a break, leave the garden behind for a walk around the neighborhood.

Need some gardening tips from the experts? Good gardening advice is as close as your local library, bookstore or computer. Check the children's bookshelves for guides like *Ready, Set, Grow! A Kid's Guide to Gardening* (by Rebecca Spohn) or *Kids Garden!* (by Avery Hart and Paul Mantell). For North Carolina specific tips, call your county extension agent or go to www.successfulgardener.org/.



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www.ncdhhs.gov • www.nutritionnc.org



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