



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.

Peach Salsa

(Makes: 16 Servings) Source: FoodHero.org, recipe/peachsalsa



Ingredients:

- 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- 1/2 cup chopped onion (1/2 medium onion)
- 1/2 cup chopped cilantro
- 1 Tablespoon lime juice
- 1/4 teaspoon each salt and pepper

Directions:

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size 2 tablespoons

Calories 20	Total Carbohydrate 5 g
Total Fat 0 g	Dietary Fiber 1 g
Saturated Fat 0 g	Total Sugars 3 g
Cholesterol 0 mg	Added Sugars included 0 g
Sodium 40 mg	Protein 0 g

June is National Fresh Fruit and Vegetable Month!



Make Half Your Plate **Fruits & Vegetables**

There are so many ways to eat **Fruits & Vegetables** every day.



Tomatoes, carrots, celery, and onions are key to this whole-grain **Spaghetti and Quick Meat Sauce**, paired with broccoli florets. Finish with warm **Roasted Pears and Vanilla Cream**.



Flavorful herbed green beans and roasted potatoes round out this **Savory Mustard-Pepple Salmon**. For dessert, enjoy a fruit, granola, and yogurt parfait.



Pineapple, carrots, and tomatoes add tang to this **Sweet and Sour Pork**, served with a colorful salad. Finish with nonfat frozen yogurt.



Enjoy the crunchy, juicy goodness of apples and grapes in this **Chicken Waldorf Salad**, served on mixed greens and topped with low-fat dressing. End your meal with **Blueberry-Lime Yogurt**.

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Find these recipes and more ideas at ChooseMyPlate.gov



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