



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.

Banana Berry Smoothie

(Makes: 4 Servings) Source: foodhero.org, recipe/ *Banana Berry Smoothie*



Ingredients:

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup 100% orange juice

Directions:

1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size 1 cup

Calories 100	Total Carbohydrate 22 g
Total Fat 1 g	Dietary Fiber 2 g
Saturated Fat 0 g	Total Sugars 14 g
Cholesterol 5 mg	Protein 3 g
Sodium 35 mg	

Summer is in full swing. Remember to stay hydrated!

Limiting sugary drinks can help you maintain a healthy weight and have a healthy diet. Many people do not realize how much sugar and calories are in common drinks.

Here are some quick tips to help **Rethink Your Drink!!**

Choose water (tap, bottled, or sparkling) over sugary drinks.

- Need more flavor? Add berries or slices of lime, lemon or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Water just won't do? Reach for drinks that contain important nutrients such as low fat or fat free milk, fortified milk alternatives, or 100% fruit or vegetable juice first.
- At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, a milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store? Read the Nutrition Facts Label to choose drinks that are low in calories, added sugars, and saturated fat.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.

Rethink your drink and be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.

Rethink your drink!! And make better beverage choices!



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