



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.

Let's Talk About Whole Grains!

Start every day the whole grain way!

Let's help our kids get off to a healthy start with whole grains at breakfast! Whether it is cereal, toast (bread), tortillas or pancakes, choose whole grain versions at breakfast. Whole Grains Make a Difference!

There are many benefits to choosing whole grains. They contain important vitamins, minerals and fiber. All of these nutrients help us maintain a healthy body weight. Incorporating whole grains as part of a healthy diet can reduce the risk of heart disease. Eating whole grains that have fiber, can support healthy digestion.



Don't Get Tricked!

Even if the labels advertise that it is "seven grain" or "multigrain", they may not be whole grain products. When reading the label for whole grains, it is important to look at the ingredients. If the first ingredients listed are whole grain flour or another form of whole grain, rest assured you have a good source of whole grain! Look for products that list: whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole oats, etc. as first ingredients. These are all great sources of whole grains. Keep in mind that just because the bread is brown doesn't make it whole grain, always read the ingredients.

Start your kids early with whole grains.

It's not hard to get your kids into the habit of eating and enjoying whole grains, especially when you start them young! You can give your children whole grain versions of their favorite cereal, bread or pasta. Whole grains can keep you fuller longer! And did you know that popcorn is a whole grain? Slip a bag of low-fat or fat-free popcorn in your children's lunchbox to replace a baggie of chips!



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