



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.

Creamy Potato and Leek Soup

(Makes: 8 Servings) Source: FoodHero.org, recipe/ Creamy Potato and Leek Soup



Ingredients:

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons margarine or butter
- 4 1/2 cups low-sodium chicken broth
- 1/4 cup 1% milk
- 2 garlic cloves, minced or
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions:

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes under running water with a clean vegetable brush; cut into small cubes.
3. Melt margarine or butter in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size: 3/4 cup

Calories 150	Total Carbohydrate 21 g
Total Fat 5 g	Dietary Fiber 2 g
Saturated Fat 3 g	Total Sugars 2 g
Cholesterol 10 mg	Added Sugars included 0 g
Sodium 55 mg	Protein 5 g

Being active is an important part of a healthy lifestyle even when our lives get busy!



Be a Food Hero!

Bingo at Home

Name _____ Grade _____

Did you complete this with a sibling/siblings? (please circle) Yes No

Parent Instructions: (1) complete at least 5 Bingo tasks; (2) initial the Bingo square as each task is completed; and (3) celebrate when your child gets a Bingo or completes all the squares!

<p>March in place for 15 minutes.</p> 	<p>Turn off all screens during mealtime.</p> 	<p>With an adult, visit www.foodhero.org. Together choose one new recipe to try.</p> 	<p>Drink 8 ounces of low-fat milk.</p> 	<p>Eat one cup of fruit.</p> 
<p>Make a smoothie with a fruit or veggie in it.</p> 	<p>Go screen-free and draw a picture.</p> 	<p>Play a screen-free game.</p> 	<p>Help plan one meal.</p> 	<p>Eat breakfast.</p> 
<p>Eat dinner with your family.</p> 	<p>Do 60 minutes of physical activity in one day.</p> 	<p>Choose a fruit or vegetable for a snack.</p> 	<p>Read a screen-free book.</p> 	<p>Do 20 jumping jacks.</p> 
<p>Make a list of your family's favorite fruits and vegetables.</p> 	<p>Drink a glass of water instead of a sugary drink.</p> 	<p>Help cook one meal.</p> 	<p>Find the Food Hero theme song at: https://www.foodhero.org/kids</p> 	<p>Eat a whole grain food, like brown rice, or whole wheat pasta.</p> 
<p>Eat two different colors of fruit in one day.</p> 	<p>Walk around your home for 20 minutes.</p> 	<p>Dance for 20 minutes without watching a screen.</p> 	<p>Eat one cup of a vegetable.</p> 	<p>Wash your hands before you eat.</p> 



Oregon State University

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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