



## SNAP-Ed New York Has a New Look!

Visit [snapedny.org](https://snapedny.org) to get more information about recipes and tips for eating healthy for yourself and your family.

**E-mail: [bmr37@cornell.edu](mailto: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.

### Minestrone Soup

(Makes: 10 Servings) Source: <https://www.foodhero.org/recipes/minestrone-soup>



#### Ingredients:

- 1 medium onion, chopped
- 1 stalk celery, diced
- 1 large carrot, sliced
- 2 Tablespoons oil
- 1 large potato, peeled and chopped
- 1 can (15 ounces) chopped tomatoes
- 2 cans (15 ounce each or 3 1/2 cups) low sodium vegetable or beef broth (see notes)
- 1 can (15 ounces) kidney beans, drained
- 1 teaspoon dried basil
- 1/2 cup uncooked macaroni
- 2 small zucchini, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions:

1. In a 5 quart saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
2. Add potato, tomatoes, broth, beans and basil.
3. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
4. Add macaroni and zucchini. Cook another 15 minutes.
5. Taste and adjust seasoning with salt and pepper.
6. Refrigerate leftovers within 2 hours.

#### Nutrition Facts: Serving Size: 1 cup

Calories 130	Total Carbohydrate 22 g
Total Fat 3.5 g	Dietary Fiber 4 g
Saturated Fat 0 g	Total Sugars 3 g
Cholesterol 0 mg	Added Sugars included 0 g
Sodium 220 mg	Protein 5 g

# Print the grocery list below to help plan your meals for the week. Stick to your list to save some money!

**Grocery List**  
www.FoodHero.org

  
  
  
  
  


**Vegetables and Fruits**

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**Breads, Rice and Pasta**

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**Milk, Yogurt and Cheese**

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**Beans and Canned Food**

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**Meat, Poultry, Seafood, Eggs**

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**Frozen Food**

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**Weekly Meal Planner**

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

  
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Extension Service

Paid for in part by Oregon SNAP



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