

OCTOBER 21' NEWSLETTER

North County SNAP-Ed: St. Lawrence, Jefferson, Lewis, Clinton, Essex, and Franklin



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Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The focus of our program is to encourage healthy food and physical activity behaviors, and promote healthy life skills to prepare.

Upcoming classes

Healthy for the Holidays:

Adults 18+ Mondays 11/8-
12/13@ 1:30pm

Contact Shannon at ses433@cornell.edu

Chop & Talk: Healthy Eating 4 Less

Mondays from 5-6pm

November 22nd

November 29th

December 6th

December 13th

Contact Shannon at ses433@cornell.edu
or call (518) 566- 3446

Recipe for Black Bean Soup on the back



Fun with Fiber!

When we eat enough dietary fiber, we greatly reduce the risk for some chronic diseases, such as heart disease. Fiber also is excellent for our digestive system by keeping it clean and regular. When we consume fiber we stay full longer, while eating less calories.



We can get our dietary fiber a variety of different ways:

- Making 1/2 our grains whole grains is one way to get our fiber.
- Focusing on whole fruit is another way to gain fiber in our diets. Half our fruit intake should come from whole fruit as we receive less fiber from 100% juices, or other juices that may contain added sugars.
- If we vary our veggies we can also increase the fiber in our diet. Snacking on veggies prior to meals or eating your veggies first during your meal can help you feel full sooner, thus helping keep your calorie intake lower.
- Let's not leave out plant-based proteins (lentils, black beans, chickpeas, kidney beans, quinoa, peanut butter, spinach, brown rice, broccoli, etc.)! These plant-based proteins are not only packed with protein but they are also loaded with fiber!

When shopping read the nutrition labels and try to find foods with a 15% dietary value or higher for fiber to get the most out of your foods.

Hearty Black Bean Soup

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 jalapeño pepper, seeded, diced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons cumin
- 4 (15 oz.) cans black beans, drained and rinsed
- 2 cups low-sodium vegetable stock or broth
- 2 cups water
- 1 bay leaf

Directions

1. Heat olive oil in a large pot over medium-high heat until the oil begins to simmer.
2. Add onions, celery, carrot, bell pepper, and jalapeño pepper. Cook for 4-5 minutes, stirring occasionally, until vegetables begin to soften.
3. Add garlic, salt, and pepper, and continue to cook for an additional 10 minutes until vegetables are soft and the onions are translucent.
4. Add cumin, black beans, vegetable stock (or broth), water, and the bay leaf. Bring to a boil then reduce to a simmer.
5. Cover the pot and cook over low heat for 30 minutes until the beans are very tender.
6. Remove the bay leaf. Transfer about 4 cups of the soup to a blender and puree until smooth.
7. Pour blended soup back into the pot and stir until mixed.
8. Serve warm with desired toppings.

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	298
Total Fat:	4 g
Saturated Fat:	0.4 g
Cholesterol:	0 mg
Sodium:	265 mg
Total Carbohydrates:	49.3 g
Dietary Fiber:	17.1 g
Total Sugars:	3.5 g
Added Sugars:	0 g
Protein	16.6 g

Program Highlights: Farm 2 Community

Our Farm 2 Community initiative is a great way to get fresh produce from your local farmers! And when you pair it with a food demonstration and lesson with one of our Nutrition Educators, you learn how to create fun, easy, tasty, healthy meals. We help you get the most out of your box of fresh produce. To learn more about Farm to Community, reach out to your SNAP-Ed partners at your local Cornell Cooperative Extension.



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