

NOVEMBER 21' NEWSLETTER

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



Contact Us:

Address: 2043B State Hwy 68, Canton, NY 13617

Phone: 315-379-9192 Fax: 315-379-0926

E-mail: stlawrence@cornell.edu

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 Holiday Stuffing on the back



Happy Healthy Holidays!

With the holiday season upon us, we tend to surround ourselves with family, friends and food. Healthy eating is still very possible during holidays, celebrations and gatherings. Here are a few tips to eating healthy around the holiday:



Serve up a variety. You can add all kinds of color and variety from all food groups by creating a buffet table.

Cheers to good health. Replace soda and sugary beverages by serving water or unsweetened iced tea with fresh mint leaves. Or you can try seltzer water with a splash of 100% fruit juice with a slice of lemon or lime.

Make activity part of the fun. Play a game with family and friends to get up and moving after a heavy meal. Take a walk, laugh, mingle and dance. Even cleaning up after a big dinner is a bit of exercise.

Rethink dessert. Fruit platters or fruit salads are a great option. You can also put out all ingredients for guests to make their own trail mix, with a combination of peanuts, dark chocolate chips, dried fruit and even whole grain cereal.

Reduce food waste. Send guests home with leftovers. Add leftovers to other meals, soups, stews, sandwiches, salads and even omelets. There are a variety of recipes you can make with leftovers.

Try a twist on a dish. When baking you can substitute unsweetened applesauce for butter. When a recipe calls for cream you can use low-fat milk. Don't be afraid to experiment with low-salt herbs and spices.

Remember, the benefits of healthy eating add up over time, bite by bite!

Find this information and more at MyPlate.gov

Grandma's Stuffing

This stuffing has lots of crunch and flavor from the apples, celery, and onions. Whole wheat bread gives this recipe a boost of whole grains.

Prep time: 15 minutes Cook time: 1 hour

Ingredients

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried (or 1Tbsp fresh parsley chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cup milk
- 1 egg (lightly beaten)
- 1 cup grated parmesan cheese
- 2 apples (optional - Medium, pared, cored and chopped, or 1/4 cup of raisins)

Nutrition Information

Serving size:	1/8 of recipe
Calories	140
Total Fat	2 g
Saturated	1 g
Cholesterol	24 mg
Sodium	306 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugar included	2 g
Protein	8 g



<https://www.snapedny.org/2020/11/grandmas-stuffing/>

Directions

1. Preheat oven to 350 degrees.
2. Put cubes of bread in a large bowl. Set aside
3. Put water in a medium saucepan. Add onion, celery, parsley, salt and pepper. Cook 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Welcome



The SNAP-Ed Program is proud to welcome our new team member, Allison Felt. Allison started with CCE SNAP-Ed St. Lawrence County at the beginning of November. Allison is a Registered Dietitian Nutritionist. She graduated from Rochester Institute of Technology with a Bachelor of Science in Nutrition Science. Allison enjoys crafts, sewing, and spending time with her children and significant other. Welcome to the team!

Cornell Cooperative Extension | St. Lawrence County

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