

DECEMBER 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

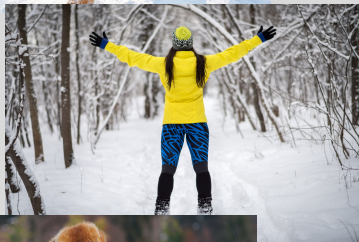
Phone: 315-379-9192 Fax: 315-379-0926

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.

Physical activity is important for a healthy lifestyle at all stages of life!



So try to get outside and enjoy some fresh air, even if it is just for a few minutes each day!

Recipe for Healthy Egg Burrito on the back!



Thinking about your New Year's Resolutions? We can Help!

TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS!!



Start with small changes ~ Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future. Small changes make a big difference over time.

Take one day at a time ~ Sometimes things don't go as planned, even with the best intentions. If you miss one day or one milestone for your goal, don't give up!

Be active your way ~ Pick activities that you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

Team up ~ Find a friend with similar goals - swap healthy recipes and be active together. Staying on track is easier with support and someone to cheer you on.

Celebrate successes ~ Think of each change as a "win" as you build positive habits and find ways to reach goals. Reward yourself - you have earned it!!

Would you like more help than these tips? Try the Start Simple MyPlate app, visit <https://www.myplate.gov/resources/tools/startsimple-myplate-app>. This app allows you to pick simple daily food goals, see real-time progress and earn badges along the way. You can also visit <https://myplate.gov/myplate-plan> for a plan that shows your food group targets, what and how much to eat daily, based on age, sex, height, weight, and physical activity level.

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

Find this information and more at [MyPlate.gov](https://www.myplate.gov)



Healthy Egg Breakfast Burrito

Add more veggies to your breakfast with this healthy egg burrito!

Try it with any of your favorite veggies, you can even substitute the egg with canned beans.

Makes 3-4 servings



Healthy Breakfast Burrito - SNAP-Ed New York (snapedny.org)

Ingredients

- 3-4 Whole grain tortillas
- Half of a sweet red pepper (diced)
- 1 Tbs. fresh cilantro or dill (finely chopped)
- 2 handfuls of spinach (chopped)
- 1 small red onion
- 1/4 cup grated cheese (optional)
- 4 eggs
- 1 tsp. canola oil for the pan
- black pepper (to taste)

Nutrition Information

Serving size:	1 Burrito
Calories	280
Total Fat	16 g
Saturated Fat	6 g
Sodium	520 mg
Total Carbohydrate	21 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugar included	0 g
Protein	16 g

Directions

1. Crack eggs into a bowl and whisk (or use fork) to mix well.
2. Heat a skillet over medium heat on the stove, and add oil to the pan.
3. Add chopped onions to the pan. Use a spatula to sauté onions until they are translucent.
4. Add red bell pepper and sauté for 5 minutes.
5. Add spinach and cook until just lightly wilted.
6. Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of pan. Cook by scrambling with a spatula or fold over for an omelet.
7. Turn off heat and add cilantro, cheese, salt and pepper to taste.
8. Fill heated tortillas with mix and fold into a burrito. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Hey kids can you
find all the hidden
holiday foods?

APPLES
CARROTS
MILK
SALAD
SQUASH
TURKEY
YAMS

Visit www.ChefSolus.com for free kids' nutrition games, interactive word puzzles and fun healthy food activities
Copyright © Normal's Interactive, All Rights Reserved

Cornell Cooperative Extension | St. Lawrence County

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

If you have a disability and are having trouble accessing information in this newsletter or need materials in an alternate format, contact tae38@cornell.edu for assistance.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.