March is National Nutrition Month®

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

COOK & PREP
INCORPORATE YOUR FAVORITE CULTURAL FOODS AND TRADITIONS.

VISIT AN RDN
SEE A REGISTERED DIETITIAN NUTRITIONIST.

MEAL PLANNING
MAKE HEALTHFUL CHOICES WHEN AT HOME AND AWAY.

VARY YOUR DIET
TRY NEW FLAVORS FROM AROUND THE WORLD.
CELEBRATE YOUR OWN WAY THIS NATIONAL NUTRITION MONTH®.

Keep it simple. Every little, healthful decision matters.

Go veggie one night a week to eat more lean proteins (try a veggie pizza or bean tacos).

Add vegetables and fruits to meals you already make for you and your family (try adding minced veggies to your pasta sauce).

Commit to activities that keep you moving. (try walking to a friend’s house or getting off the bus a stop early to get in extra steps).

Come celebrate National Nutrition Month® with SNAP-Ed at one of our workshops. Check out our website for dates and times. Follow us on social media to hear fun thoughts from our staff on nutrition.

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Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

2 large cucumbers
1 lemon
2 green onions
1 (6-ounce) can low-sodium tuna
1 (15 ½-ounce) can white beans
1 Tablespoon canola oil
1 Tablespoon Dijon or country mustard
¼ teaspoon salt & pepper

For more information:
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