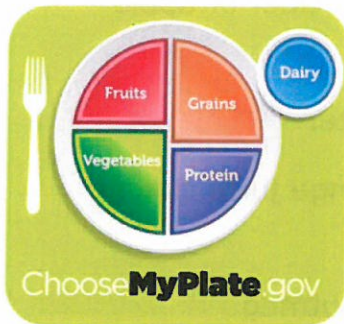
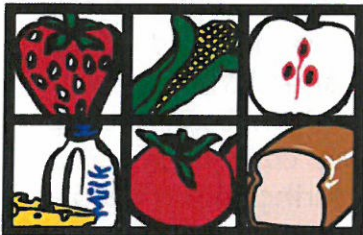


Winter 2014



Use MyPlate as a guide for planning meals. Make half of your plate vegetables and fruits, and make it affordable by eating seasonal produce.

Eat Smart New York!



Eat Better For Less!

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<http://www.otda.ny.gov/programs/nutrition/contacts.asp>

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Don't Let Winter Slow You Down!

Bone chilling cold can make even the most active people think twice about getting outside for some fresh air and exercise. To be sure, excessive cold and wind-chill can be dangerous if you're not dressed properly. In sub-zero temperatures, exposed skin is vulnerable to frost bite in a matter of minutes. Dressing for the weather is a must. When temperatures are above zero and the wind is calm, it's a great time to get out of the house and breathe in the crisp, energizing, cold air of winter! Be sure to dress in layers, and be sure to wear a hat, Just walking in the brisk air is good exercise. Wear boots with treads to prevent slipping, and enjoy winter!

Winter Thirst Quenchers

Think your drink in winter.

Winter activities, similar to activities you participate in during the summer, can leave you thirsty. Water and low-fat milk are the best low calories options for tackling your thirst anytime of the year.

Hot drinks—hot chocolate, hot cider and punches—are a nice treat in the winter. Be aware of the added sugars, honey that are added to hot drinks. Pay attention to the added fat—creams, etc. that hot chocolates might contain.

Ideas to cut calories!

Herbal teas—Take a second look at the tea aisle in the grocery store. There are many I varieties of tea that provide flavor without adding calories and don't need sugary additives to task good.

Try lemon peppermint, chamomile, pomegranate, orange spice, apple cinnamon.

Serve hot or cold - these are easy to prepare and so tasty.

Winter Lemonade, adapted from *Season with Spice*

- 1 cinnamon stick
- 1 lemon
- 1 tablespoon of honey

1. Microwave a mug of water to the boiling point.
2. Cut the lemon into thin slices. Using the cinnamon stick as a skewer, slide on lemon slices.
3. Place skewer into the glass, crush the lemon slices with a spoon, steep for 5 minutes.
4. Stir in a tablespoon of honey. When ready for another, just fill mug with very hot water, let it steep again, and stir in another tablespoon of honey. The essential oils of the lemon and cinnamon will continue to be extracted as you refill with hot water.

Warm Spiced Cider, adapted from *Taste of Home*.

- 4 cups of apple cider or apple juice
- 2 1/4 cups water
- 3/4 cup of orange juice concentrate
- 3/4 t ground nutmeg
- 3/4 t ground ginger
- 3 whole cloves

In a 3-qt. slow cooker, combine the apple cider, water, orange juice concentrate, nutmeg and ginger. Place cloves and cinnamon sticks on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Place bag in slow cooker. Cover and cook on low for 4-5 hours or until heated through. Remove and discard spice bag. Garnish with orange slices and additional cinnamon sticks if desired. Yield: 8 servings.

Eat Better for Less!

Cooking Matters® at the Store

Guided Grocery Store Tour Brought to You by:



Cornell University
Cooperative Extension
Onondaga County

The Atrium, Suite 170
2 Clinton Square
Syracuse, NY 13202
Telephone: 315.424.9485
E-mail: onondaga@cornell.edu
www.ExtendOnondaga.org

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Eat Smart

and

Be Active!

Nutritional Facts

One serving (3/4 cup) equals 108 calories, trace fat (trace saturated fat), 0 cholesterol, 13 mg sodium, 26 g carbohydrate, trace fiber, 1 g protein.

