

# AUGUST 22' NEWSLETTER

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



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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.

### Here are some ideas on how to celebrate Family Fun Month:

Whether you're looking for relaxing at-home activities or outdoor games, below is a list of enough ideas for you to host a family fun night every week throughout the month. At the end of August there is no reason to stop family fun night, continue on and start your own monthly traditions.

- **Have a Backyard Family Movie Night** ~ You don't need any fancy supplies, a plain white sheet works just fine as your movie screen. Inexpensive portable projectors can be found in most department stores (Walmart, Target, etc.).
- **Go Camping** ~ Whether you decide on taking a trip to camp or just sticking to the backyard. Grab sleeping bags, snacks, and maybe some cards. You can play card games and then sit out by the fire to tell stories (scary or not).
- **Have a Picnic** ~ Have the family pick different recipes to make for the picnic. Then pack a backpack or cooler with the food and drinks and find a place to picnic!
- **Volunteer Together** ~ Volunteer as a family. So many places are short staffed and in need of help. Pick something that everyone could help with, like stock shelves or box food packages at a local food pantry.
- **Host an At-Home Family Game night** ~ Host a family game night competition. Plan out short, minute-to-win-it style games and keep track of everyone's score. Prizes could get you out of your daily household chores!

### Chicken Burger recipe on the back!



## August is National Family Fun Month!



Summer isn't over yet! **August is National Family Fun Month**  
Make every opportunity to squeeze in a little more quality time!

### Talk Together:

Talk to your kids and family about sitting less and moving more in order to stay healthy. Remind everyone that they will have more energy AND have fun by riding bikes, skating, shooting hoops, etc. All of which could lead to more fun with friends.

### Be a Role Model:

Be a role model and limit your screen time (2 hours per day is ideal). If your family sees you following your own rules they'll be more likely to do the same.

### Log Screen Time vs. Active Time:

Start tracking how much time your family spends in front of a screen, including TV, video games, and using the computer for something other than work or school. You may be surprised! For a screen time chart visit

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf>

### Make Screen Time = Active Time:

When time is spent in front of the screen, do something active. Stretch, do yoga and/or lift weights. Even better, challenge the family to see who can do the most jumping jacks, push-ups, leg lifts, or toe touches during a commercial break.

### Make Meal Time = Family Time:

Turn off the TV during meals. Family meals are a good time to talk with one another. Make eating together a priority and schedule family meals at least two or three times a week.

**Remember, being healthy includes healthy eating & physical activity!**  
Start simple, the benefits of healthy eating add up over time, bite by bite!

# Chicken Burger

Serve on whole wheat buns with lettuce, tomato, onion or pair with a tossed salad and sweet potato!

Makes 4 servings

Prep time: 20 minutes

Cook time: 20 minutes



<https://snapedny.org/2021/08/chicken-burger/>

## Ingredients

- 1/4 small bell pepper
- 1/4 small red onion
- 1 pound lean ground chicken, turkey or beef
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 Tablespoon canola oil
- 1/4 cup water

## Nutrition Information

Serving size: 1 burger	
Calories	210
Total Fat	13 g
Saturated Fat	2.5 g
Cholesterol	1 mg
Sodium	370 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugar included	0 g
Protein	22 g

## Directions

1. Rinse and finely chop bell pepper and onion.
2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt and pepper, hand mix until combined.
3. Divide mixture into 4 pieces. Form pieces into patties about 4 inches across.
4. In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side.
5. Add water to the pan. Cover and cook until the burgers reach 165 degrees F, about 10 minutes more.

## Program Highlight!

### Fruit and Vegetable Prescription Program (FVRx)



FVRx Lesson



Redeeming FVRx Vouchers at the Farmer's Market



Fresh Produce Purchased

SNAP-Ed's Fruit and Vegetable Prescription Program (FVRx) is in full swing. Our nutrition educators are even holding classes at different Farmer's Markets. Participants who are referred by a partnering healthcare provider, are enrolled in 6 workshops which includes a Farmer's Market Tour. After each lesson participants receive a voucher booklet worth \$20 to spend on fresh fruits and vegetables with participating farm stands.

What a great way to help with the cost and increase your fruit and vegetable intake!

A big Thank You goes out to our Farm Stand Partners and our Health Care Provider Partners, without you this program wouldn't be possible!

**Cornell Cooperative Extension**

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