

# JULY 22' NEWSLETTER

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



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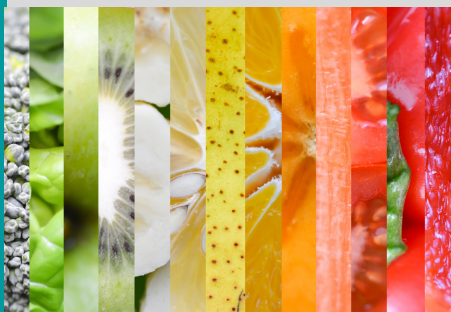
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### Welcome to SNAP-Ed!

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.

Can you identify these fruits and vegetables in the picture below?



1. Broccoli 2. Stock and leaves of Broccoli 3. Green Apple 4. Kiwi 5. Banana 6. Lemon 7. Pear 8. Orange 9. Outside of Orange 10. Carrot 11. Tomato 12. Red Pepper 13. Inside of Red Pepper

### Strawberry Cucumber Salad recipe on the back!



## Why Should We Eat Fruits and Vegetables?



Eating a diet that is rich in fruits and vegetables as a part of an overall healthy diet can protect against many chronic diseases, including heart disease, type 2 diabetes, certain types of cancers and obesity. A lot of health benefits of eating a variety of fruits and vegetables come from the vitamins, minerals, fiber and other nutrients found in these foods.

### Here is a list of some of the nutrients and health benefits that fruits and vegetables offer:

Fruits and vegetables are important sources of nutrients such as **potassium, dietary fiber, folate, and Vitamin A & C**

- **Potassium** can help maintain healthy blood pressure.
- **Fiber** helps reduce blood cholesterol, lower the risk of heart disease, and keeps our digestive system healthy.
- **Folate** helps the body form red blood cells.
- **Vitamin A** helps keep the eyes and skin healthy and helps to protect against infections.
- **Vitamin C** helps heal cuts and wounds and helps with iron absorption.

Most fruits are naturally low in fat, sodium, and calories and most vegetables are naturally low in fat and calories. (Sauces or seasoning may add fat and calories.)

Try to focus on **whole fruits and vary your veggies**. When deciding what fruits and vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Some ideas are starting your day by adding cooked leftover veggies to a omelet or breakfast wrap or try cereal or oatmeal topped with fruit, or even a smoothie with fruit and spinach.

For more information on fruits and vegetables you can visit [snapedny.org](http://snapedny.org) or [heart.org](http://heart.org).

**Remember, Make Half Your Plate Fruits and Vegetables!!**  
Start simple, the benefits of healthy eating add up over time, bite by bite!

# Strawberry Cucumber Salad

This salad is a bright and tasty addition to your next summer meal!

Makes 6 servings    Prep time 20 minutes



Strawberry Cucumber Salad - SNAP-Ed New York (snapedny.org)

## Ingredients

- 2 Tablespoons nonfat or low-fat plain yogurt
- 4 teaspoons apple cider vinegar
- 1 Tablespoon honey or brown sugar (see notes)
- 1/4 teaspoon onion powder
- 1/4 teaspoon prepared mustard
- 1/4 teaspoon salt
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons oil
- 3/4 teaspoon poppy seeds (optional)
- 2 cups sliced strawberries
- 2 1/2 cups thinly sliced cucumber
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## Nutrition Information

Serving size: 2/3 cup	
Calories	50
Total Fat	1.5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	55 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugar included	3 g
Protein	1 g

## Directions

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds, if desired. Mix well.
3. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over and gently mix until evenly coated.
4. Refrigerate leftovers within 2 hours.



## Small Changes, Big Difference!!!

Our SNAP Nutrition Educators work in many different places throughout our communities.

While we partner with many different agencies, we have been seeing a behavior change in the **Akwesasne Group Home** with their clients. They are making better choices when it comes to snacks by choosing whole fruits!

Way to go Akwesasne Group Home!



**Cornell Cooperative Extension**

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