SNAP-Ed New York
Has a New Look!
Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: msd263@cornell.edu to receive the monthly newsletter!

Welcome to SNAP-Ed!

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
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.

Ingredients

- 3-4 Whole Grain Tortillas
- Half A Sweet Red Pepper (diced)
- 1 Tbs Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 tsp Canola oil for the pan
- Salt and Pepper (to taste)

Directions

1. Crack eggs into a bowl and whisk (or use a 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 about 5 minutes.
5. Add spinach and cook until just slightly wilted.
6. Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.
7. Turn off heat and add cilantro, cheese, and salt and pepper to taste.
8. Fill heated tortillas with mix and fold into a burrito. Serve immediately.

Nutrition Information

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<th>Serving size: 1 Burrito</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Total Sugars</th>
<th>Added Sugar included</th>
<th>Protein</th>
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<td>280</td>
<td>16 g</td>
<td>6 g</td>
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<td>0 g</td>
<td>0 g</td>
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Hey Kids!

Can you find all the hidden holiday foods?

Apples
Carrots
Milk
Salad
Squash
Turkey
Yams