Welcome to SNAP-Ed!

Cold weather is here, but we can still stay physically active!

Whether you are skiing, snowshoeing, walking your dog, building a snowman with family, or even shoveling your driveway, keep these tips in mind:

- Being outdoors in colder weather can be refreshing and help you feel more awake!
- Winter allows for people to get physical activity outside while getting small doses of sunlight. This helps get some of your vitamin D and sunlight has been proven to help improve people’s moods.
- Outdoor exercise is a great way to boost your immunity during cold and flu season. Just a few minutes a day can help prevent simple infections both bacterial and viral, according to the Centers for Disease Control and prevention.
- Stay Hydrated! Even during winter months although it is cold outside, it is still important to drink plenty of water while being physically active.

If winter weather prevents you from getting exercise outside, don’t give up! There is plenty you can do indoors – no gym required. Try these indoor activities:

- Home workout routine (many are available for free on the internet)
- Dancing
- Active housework like vacuuming and sweeping.
- Mall walking (include your friends)
- Bowling as a family
- Yoga or other fun group activities
- Stair climbing
- And many more!

Remember, being healthy includes healthy eating & physical activity!
Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

Tip 1: Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

Tip 2: Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

Tip 3: Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

Tip 4: If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

Tip 5: If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot – 140°F or above.

Tip 6: After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Vegetarian Chili
Makes 8 Servings
Source: FoodHero.org recipe/ Vegetarian Chili

Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cups fresh mushrooms, sliced
- 1 cup corn, frozen or canned and drained
- 1 can (15.5 ounces) pinto beans, drained and rinsed
- 1 can (8 ounces) tomato sauce
- 1 can (14.5 ounces) stewed tomatoes
- 1/2 cup bulgur, uncooked/quinua
- 1/2 cup water
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 cup cheddar cheese, grated (low fat)

Directions

1. Heat oil in large skillet over medium-high heat (350 degrees In an electric skillet).
2. Add garlic, onion, pepper, and mushrooms and saute until tender, 6-8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts
Serving size: 1 cup

Total Calories 170
Total Fat 3g
Saturated Fat 1g
Cholesterol 5mg
Sodium 540mg

Carbohydrates 25g
Dietary Fiber 7g
Total Sugars 5g
Added Sugars Included 0g
Protein 10g

For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12

Additional source: CDC
USDA
For more Back to School Food Safety Tips go to FoodSafety.gov

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP). AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.