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## Welcome to SNAP-Ed!

### Spring into Healthy New Habits!!

A change of seasons is the perfect time to rethink our old eating habits, make healthy food swaps, and get a fresh start on our health- in the spring or anytime of the year.



#### Start off by cutting back on certain foods:

- **Added salt and sugars:** Soda and package foods and snacks are often loaded with hidden added sugars and sodium, increasing your risks for heart disease and obesity. When your looking for a sweet treat reach for fruit instead.
- **Refined grains:** White flour, white rice and similar white refined grains are stripped of healthy fiber, vitamins and minerals. Check the food labels, and look for foods that list whole grains as the first or second ingredient.
- **Processed foods:** Prepared / Processed foods with long lists of ingredients tend to load you up with sugars, salts and unhealthy trans fat. Try to pass them up and make room for healthy, whole foods instead.

#### Try to eat more of these foods:

- **Fruits and Veggies:** They are colorful, low in calories, rich in nutrients and antioxidants. Make half your plate fruits and vegetables.
- **Whole grains:** Starting everyday the whole grain way can keep you full longer and keeps your digestive track regular.

#### Clean out your pantry and fridge:

- Go through your cupboards and look for foods that come in boxes. Swap crackers or chips for crunchy veggies. If you rely on prepared meals such as mac and cheese or canned soups, find an easy recipe to make your favorites from scratch! Visit ([snapedny.org](http://snapedny.org)) for easy and affordable recipes.

Everything you eat and drink matters

The right mix can help you be healthier now and in the future!

Start simple, the benefits of healthy eating add up over time, bite by bite!

**Remember, being healthy includes healthy eating and physical activity!**



Within the last year have you dealt with lack of food in your household? Did you know local food pantry's can help? A common food pantry's mission is to directly serve and provide free food for local residents when money is tight.

Cornell Cooperative Extension SNAP-Ed Nutrition Educators provide nutrition education including how to save time and money while still eating healthy at our local food pantry's. To find a food pantry near you, visit <http://www.gardenshare.org/food-guide>

# Peach Salsa

Try with Tacos, tostadas, fish, chicken and more. For extra flavor, add cayenne pepper or diced jalapeno peppers.

Makes 16 servings



Peach Salsa- SNAP-Ed New York (snapedny.org)

## Ingredients

- 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- 1/2 cup chopped onion (1/2 medium onion)
- 1/2 cup chopped cilantro
- 1 Tablespoon lime juice
- 1/4 teaspoon each salt and pepper

## Nutrition Information

Serving size: 2 tablespoons

Calories	20
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugar included	0 g
Protein	0 g

## Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

## Physical Activity

Physical activity is also important when it comes to staying healthy!  
Here are a few tips to make physical activity a regular part of your day.



- Do **10 minutes of activity** at a time to reach your weekly goal.
- **Mix it up** so you don't get board with the same routine, take a yoga class, swim at the community pool, lift weights, work in your garden, etc.
- **Be ready anytime** -Keep comfortable clothes and walking or running shoes near by so your ready for a walk at any time.
- **Workout during TV time** -Jog on the treadmill or ride a stationary bike.
- **Find support** by joining a walking group, or other group activity. Recruit family or friends for support.
- Don't forget that doing those **daily household chores counts too**. Cleaning the house, washing the car, mowing the lawn, raking, and gardening are all great ways to get your minutes in of exercise.



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