



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

Welcome to SNAP-Ed!

Move More!

20 Free Family Fun Physical Activities

1. Take family walks
2. Play tag with your children
3. Walk the family pet
4. Always take the stairs
5. Park farther away and walk when running errands
6. Splitting up yard work and involving the whole family
7. Have a family dance party
8. Take a walk around a museum
9. Plant a garden
10. Master the hula hoop
11. Ride bicycles
12. Chip in with the chores
13. Wash the car at home
14. Make a chalk obstacle course
15. Play hide and seek
16. Walk to the children to school
17. Take a hike or "nature" walk
18. Limit screen time
19. Play catch or throw a frisbee
20. Hold a weekly active family game night



How can we help our kids fuel their learning?

Start with a well-balanced, nutritious breakfast!

Breakfast is a crucial meal for school-age children for them to actively participate in school, stay energized, and be ready to learn.

Eating a healthy breakfast improves your children's mood, behavior, concentration, memory recall, hand-eye coordination, alertness, problem-solving ability, test scores, and school attendance.

Try these breakfast ideas:

- Oatmeal, with fresh or dried fruit, nuts and seeds, low-fat dairy or low-fat yogurt. To save time you can make Overnight Oats. There are many recipes with different variations, find the one that works for your child. Quick, affordable, easy, and ready to grab on the go in the morning!
- Whole grain pancakes are another great breakfast and you can serve with a side of fruit and a dollop of low-fat yogurt. Try Banana Oat Pancakes or any of the many recipes available. Make these ahead of time and freeze them so kids can grab them and pop them in the toaster or microwave on the go!
- Eggs are a easy and nutritious breakfast and you can do so many things with them, scrambled, omelets, hard-boiled, and mini quiche bites (muffins)! So many recipes can be made ahead of time to help ease the busy morning schedules, and then stored in containers for easy access to heat up in the morning. Try, Healthy Egg Burrito, Baked Kale Frittata, Veggie Quiche Muffins, or Spanish Omelet.



For these great recipes and more visit : Recipe Bank - SNAP-Ed New York (snapedny.org)

Overnight Oats

This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness. Try with any combination of fruit you have on hand!



Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)
4. Refrigerate leftovers within 2 hours.

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

Nutrients	Amount
Calories	160
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	55 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	0 g
Protein	8 g

Program Highlight

Farmer's Markets are Open!

Where and when can YOU visit your Local Farmer's Market?

Chautauqua County: Local Food Guide for 2023-2024 that is packed full of great information such as, where and when the Farmer's Markets are, how to use a variety of programs to help make local food accessible and affordable to all. To find out more, visit <https://www.tourchautauqua.com/explore/farms-and-markets>

Cattaraugus County: Most of these run weekly May - October weather dependent, on different days of the week. There are markets in: Little Valley, South Dayton, Salamanca, Ellicottville and Olean. Check out the list of dates below for each market, dates and times by visiting <https://agcatt.com/tags/farmers-market>

Allegany County: Local Food Guide Visit <https://agriculture.ny.gov/farmers-markets-county>



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