

SNAP-Ed Newsletter

Winter Newsletter Highlights



Legislator Carrié Solages, Assemblywoman Michaelle Solages, Luciana Tissera, Juana Huertas, Marta Blanco, Dr. Garcia-France, Eileen McKenna, Italia Guerrero-Granshaw

CORNELL COOPERATIVE EXTENSION - SUFFOLK COUNTY COMMUNITY NUTRITION

Events

Navigating Through the Holidays with Diabetes

- Dec 7 & 12 @ 6:15pm

Virtual Lunch and Learn Series

- Every Tuesday through January

For more information, contact Chris
Nadolne at RegistrationCCES@cornell.edu
For qualifying Sun River Health Patients

Visit www.ccesuffolk.org/events to register and for more events

December

- Hanukkah Dec 7
- Christmas Dec 25
- Kwanzaa Dec 26
- New Years Eve Dec 31
- National Pear Month
- Handwashing Awareness Month

January

- New Years Day Jan 1
- Oatmeal Month
- National Soup Month
- Martin Luther King Jr Day Jan 18
- National Popcorn Day Jan 19
- National Granola Bar Day Jan 21
- National Pie Day Jan 23

February

- American Heart Month
- Wear Red Day Feb 2
- Black History Month
- Valentines Day Feb 14
- Presidents Day Feb 20

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Try this delicious and fiber-filled Oatmeal Recipe! This meal can be easily made in advance and meal-prepped. Use any toppings, like fruit, nuts, raisins, even mini chocolates!



Banana Split Oatmeal

Makes: 4 Servings

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Notes: Try it with overnight oats.

Source: University of Nebraska Cooperative Extension

Nutrition Facts

4 servings per container	
Serving size	1/2 cup (58g)
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.3mg	0%
Potassium 120mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Visit our website for more information & free programs. www.snapedny.org.



Cornell Cooperative Extension
Suffolk County

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423 Griffing Avenue, Suite 100 • Riverhead, New York 11901-3071 • 631.727.7850 • www.ccesuffolk.org

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www.ccesuffolk.org/community-education