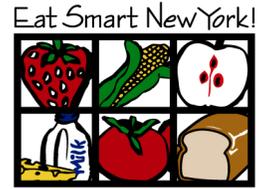


Cornell University
Cooperative Extension



Eat Smart NY Newsletter!

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Farmers' Markets Open This Month

June is the traditional start time for local farmers' markets. Shopping at farmers' markets has lots of benefits. The fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell and what their favorite varieties are and why. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste. Farmers' markets are a great way for your family to 'go green'. The food you buy is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because the food is not transported long distances on a truck. You can make your shopping trip more 'green' by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers' Market Nutrition Program and WIC. The Farmers' Market Nutrition Program is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The coupons are \$4 each, and the farmer will work with you to meet the \$4 amount. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package.

Use your EBT card at many markets. Each year more markets are able to accept EBT cards. Many markets give you tokens equal to the amount of money you want to use from your EBT card. Farmers at the market accept these tokens as payment. Some markets participate in programs that give you extra tokens (so extra money to spend!) when you use your EBT card. Check with your favorite farmer's market to see if it accepts your EBT card.

Look for Local Strawberries This Month

Fresh, local strawberries are ready in June. You can buy them at farmers' markets, U R D G V L G H V W D Q G V I D U P H U V · supermarkets. Looking for a fun family activity? Try picking strawberries at a Pick farm. Many Pick locations are family friendly. One cup of strawberries has only 50 calories, 100% of your daily need for vitamin C and 3 grams of fiber.



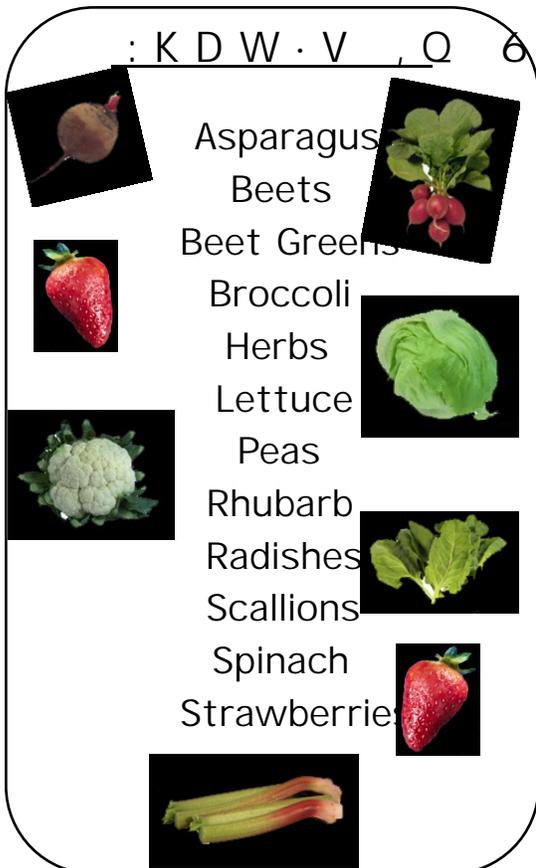
Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a salad. Store unwashed strawberries in your refrigerator and wash them right before eating.

Strawberries can easily be frozen and stored to eat over the winter. The National Center for Home Food Preservation recommends that you wash strawberries and remove the stems. Then slice the berries. Add $\frac{3}{4}$ cup of sugar to one quart of sliced berries and stir until the sugar dissolves. Let this mixture sit for 15 minutes. Pack berries into freezer containers or freezer bags. Label and date the container and immediately put containers into your freezer.

June is National Dairy Month

June is National Dairy Month by the National Dairy Council.

June is National Dairy Month by the National Dairy Council. Dairy Group. Foods included in this group are milk, flavored milk, pudding made with milk, frozen yogurt, ice cream, yogurt, hard cheese like cheddar and Swiss, soft cheeses like ricotta and cottage cheese and processed cheese like American. All of these foods are a good source of calcium. Everyone aged 9 and older needs 3 cups from the dairy group each day. Children aged 4-8 need 2 $\frac{1}{2}$ cups and children aged 2-3 need 2 cups each day. Having trouble fitting in your 3 cups each day? Try these ideas: Serve low fat or fat free milk at each meal; ask for low fat or fat free milk in your coffee; add low fat or fat free milk to hot cereals and cream soups in place of water; enjoy a low fat or fat free yogurt for a snack or use plain yogurt to dip for vegetables or fruit.



Breakfast Parfait

Serving Size: 1 Cup

Yield: 6

Ingredients:

- 2 cups granola or your favorite whole grain cereal
- 2 ½ cups low-fat vanilla yogurt
- 2 cups of any fresh or canned fruit (try fresh strawberries)

Directions:

1. Layer in a glass or cup: 1/3 cup granola, 1/3 cup yogurt, 1/3 cup fruit.
2. Top with a spoonful of yogurt.
3. Refrigerate leftovers.



Nutrition Facts: 1 Cup, 280 calories, 25 calories from fat, 3g total fat, 0.5g saturated fat, 0g trans fat, 5mg cholesterol, 70mg sodium, 58g total carbohydrate, 5g dietary fiber, 33g sugar, 8g protein, 10% vitamin A, 15% calcium, 4% vitamin C, 8% Iron.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Dip for Fruit

Yield: varies depending on amount of fruit

Ingredients:

- 2 tablespoons peanut butter
- 1 8-ounce carton of low-fat vanilla yogurt
- Cinnamon (optional)
- Fruits to dip: apples, peaches, grapes, strawberries, pears, or others

Directions:

1. Mix together peanut butter and yogurt. Sprinkle with cinnamon if desired.
2. Cut up fruits to eat with dip.



Nutrition Facts: Serving Size: 1/12 of recipe 70 calories, 20 calories from fat, 2g total fat, 0.5g saturated fat, 0g trans fat, 10mg cholesterol, 20mg sodium, 11g total carbohydrate, 1g dietary fiber, 7g sugar, 2g protein, 2% vitamin A, 4% calcium, 2% vitamin C, 0% Iron.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

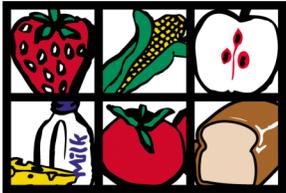
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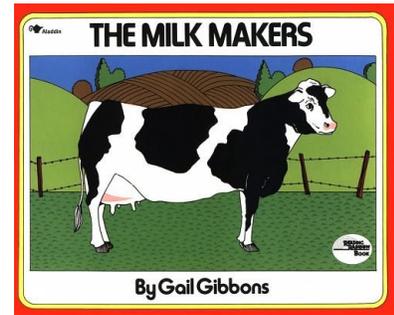
MAKING TASTY MEALS

EATING HEALTHY

COOKING

KORNER SIDES

Read "The Milk Makers" by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you've finished reading, have your kids help make yogurt popsicles.



Yogurt Popsicles

Makes: 12 servings

Ingredients:

- 6 ounces frozen orange juice concentrate, thawed
- 2 cups non-fat vanilla yogurt
- 12 (3-ounce) paper cups
- 12 wooden sticks

Directions:

1. Pour yogurt into melted juice concentrate and stir until smooth.
2. Place cups together on a baking sheet.
3. Pour yogurt/juice mixture into paper cups.
4. Cover cups with sheet of aluminum foil.
5. Insert stick for each popsicle by making a slit in the foil over the center of each cup.
6. Freeze popsicles until firm.
7. Run warm water on outside of cut to loosen each popsicle from the cup.



Nutrition Facts: 1 popsicle, 60 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 13g total carbohydrate, 0g dietary fiber, 13g sugar, 2g protein, 4% vitamin A, 8% calcium, 40% vitamin C, 0% Iron.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Try Water with a Twist this Summer

Instead of grabbing the container of instant iced tea or lemonade (sweetened or sugar free), try water with a twist. Water with a twist is simply cold tap water with added sliced fruit and/or cucumber. Slice fruit and/or cucumber and add to pitcher of water and put it in your refrigerator.

It takes about 5 minutes before you can start to taste the fruit and/or cucumber. Sliced cucumber sounds very unusual to add to water but it has an excellent and refreshing flavor. Try lemon, lime, orange or strawberries. Water with a twist has no calories and no artificial sweeteners and you can make it to meet the needs and taste buds of your family.



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