

NEWSLETTER

North County SNAP-Ed: St. Lawrence, Jefferson, Lewis, Clinton, Essex, and Franklin Counties



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Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The focus of our program is to encourage healthy food and physical activity behaviors, and promote healthy life skills to prepare.

Eat Easy

Nutrition Education Made Simple

Eat Easy is a new online platform designed for individuals who want to learn more about nutrition.

Accessible on both phones and computers, Eat Easy offers self-paced lessons focused on nutritious foods and practical tips for adding them into daily meals and personal health goals.

Eat Easy also offers 'Table Talk' where you can ask questions directly to a nutritionist for accurate information.

Join Eat Easy today, scan the QR code or visit the web address below!



Website:
bit.ly/stlawrence-EE



Cucumber Sandwich recipe on the back!



Summer is a great time to enjoy fresh foods, simple meals, and sunshine-filled days—but it can also bring higher grocery bills and energy costs if we're not careful. The good news? With a few smart kitchen habits, you can enjoy seasonal favorites and save money at the same time. Here are some practical tips to help you stretch your budget and still eat well this summer.

Shop Smart with Seasonal Produce

Summer is peak season for affordable fruits and vegetables like tomatoes, zucchini, corn, cucumbers, melons, peaches, and berries. Buying in-season means you'll get fresher food at lower prices. Farmers' markets are a great place to find deals, especially near closing time when vendors often mark things down. Pro Tip: If you receive SNAP benefits, look for local markets that accept SNAP or Farmers Market Nutrition Program (FMNP) coupons to double your food dollars.

Keep the Oven Off

Turning on the oven can heat up your whole house and drive up your cooling bill. Instead, try low-cook or no-cook meals like salads, wraps, and sandwiches. Use your grill, slow cooker, or air fryer to prepare meals without heating the kitchen. You'll save on energy and avoid sweating over a hot stove!

Eat Fresh, Light & Easy

Summer meals don't have to be complicated to be nutritious and satisfying. Keep it simple with:

- Pasta salads loaded with veggies
 - Cold grain bowls with beans and chopped herbs
 - Sandwiches or wraps made with lean proteins and lots of greens
 - Hard-boiled eggs, hummus, and cut-up veggies for a quick protein-packed snack
- Less cooking also means fewer dishes—a win for busy households.

Use What You Already Have

Before you head to the store, check your pantry, fridge, and freezer. You might already have ingredients for a full meal! Transform leftovers into new dishes like:

- Veggie stir-fry
- Quesadillas
- Fried rice
- Grain bowls or wraps

Meal planning around what's already in your kitchen reduces waste and saves money.

Skip the Sugary Drinks

It's easy to spend extra on sodas, juices, and sports drinks—but water is the best and cheapest choice. Try adding fresh lemon, cucumber, or mint to your water for a fun twist. Keep a cold pitcher in the fridge to encourage the whole family to stay hydrated.

Use Your Freezer Wisely

Your freezer is a money-saving powerhouse! Use it to:

- Freeze fresh fruit before it goes bad
- Batch cook and freeze meals in portions
- Save leftover herbs, broth, or sauces in ice cube trays

You'll reduce food waste and have quick options ready when you need them.

Cucumber Sandwich

This creamy, crunchy cucumber sandwich recipe is light and refreshing! The cream cheese–yogurt spread complements the crisp refreshing cucumber, while the whole-wheat bread holds everything together with hearty flavor and texture. This recipe also keeps money in your wallet using minimal ingredients and can make multiple sandwiches!

Prep Time: 10 minutes Servings: 1

Ingredients

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices of whole-wheat bread
- ⅓ cup thinly sliced English cucumber

Nutrition Information

Serving size: 1 sandwich	
Calories	358
Total Fat	22 g
Saturated Fat	12 g
Sodium	439 mg
Total Carbohydrate	29 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugar included	0 g
Protein	12 g



<https://www.eatingwell.com/recipe/7949991/cucumber-sandwich/>

Directions

1. Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Tip: To make this recipe even healthier use less cream cheese and more low-fat plain Greek yogurt!

Program Highlight

The Benefits of Back-To-School Events!

Back-to-school events are a powerful way to support healthy habits and strong communities. These events give SNAP-Ed educators a chance to connect with families, share tips for making nutritious meals on a budget, and promote resources like school meal programs and local farmers markets. They help parents feel empowered and involved, while kids get excited about learning and healthy eating. Whether it's a taste test, recipe demo, or fun activity—SNAP-Ed at back-to-school events help set families up for a successful, healthy school year!

These events are also a great benefit to families as they generally help supply families with school supplies and backpacks, offer haircuts, and snacks along with fun activities! Visit your school website to find out when your school event is! We hope to see you there!



Cornell Cooperative Extension

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