



**Building
Healthy Habits**

Winter Quick Tips

January 2026

Cornell
Cooperative
Extension



GROCERY LIST FOR THE WEEK

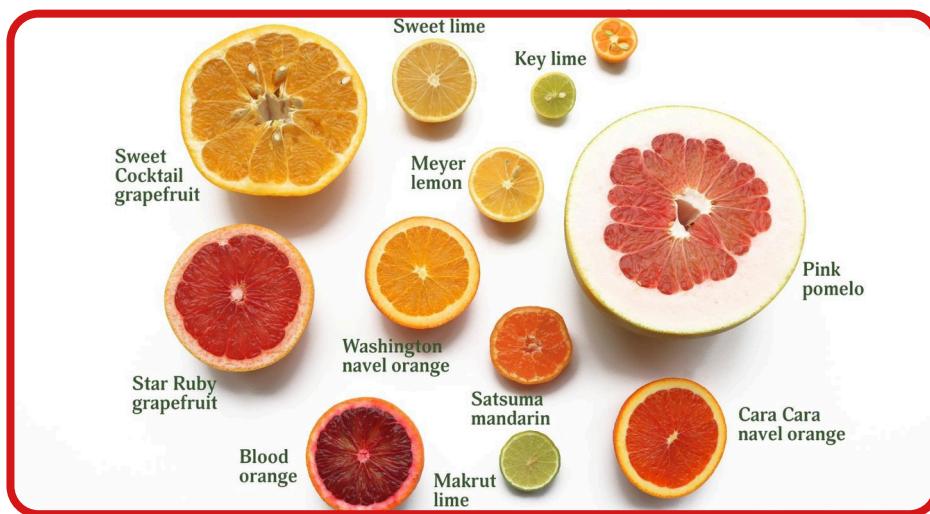
Fruit:	
Vegetables:	
Protein:	
Beverages:	
Pantry:	
Fridge & Freezer:	
Snacks:	
Other:	

Food prices have gone up over the past year. This can make it harder for families to buy healthy food. One way to save money is to plan meals ahead of time. MyPlate.gov shares these tips to help you get started. First, look at what you already have in your cabinets, refrigerator, and freezer. Plan meals using those foods so nothing goes to waste. Next, write down your meals and snacks for the week. If you will eat away from home, you do not need to plan that meal.

Think about how much time you have to cook. Choose quick and easy meals on busy days. Save meals that take more time for weekends. Try to use leftovers, or “cook once, eat twice”. For example, make extra rice or pasta to use in another meal later in the week. Choose fresh, canned, and frozen vegetables and fruits. Doing so will help stretch your produce until you shop again. Finally, make a grocery list based on your meal plan. A list helps you buy only what you need and avoid extra spending.

Citrus Fruit is in Season!

January is the perfect time of year to find your favorite citrus fruits like oranges, tangerines, and pomelos. Prices and quality are great this time of year and you might find a new family favorite! Citrus fruits are full of Vitamin C which boosts immunity, skin health, and iron absorption. They also contain fiber for good digestion, potassium for blood pressure, and antioxidants for fighting inflammation and chronic diseases.



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EFNEP
Expanded Food and Nutrition Education Program

Building Healthy Habits Recipe

Garden Vegetable Soup

Serving size 1 cup

Makes 6 servings

Ingredients:

Cooking spray or 1 tablespoon olive oil

2 carrots, sliced

1 small onion, chopped

¼ teaspoon garlic powder

3 cups chicken broth, low sodium

1 cup chopped green cabbage

1 can green beans, not drained (14 ounces)

1 can diced tomatoes, not drained (14.5 ounces)

½ teaspoon Italian seasoning

1 zucchini, chopped

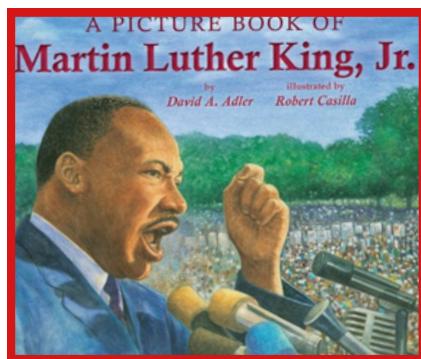
Directions:

1. Wash hands with soap and water.
2. In a large saucepan, sprayed or oiled, sauté the carrots, onion, and garlic powder over low heat for about 5 minutes.
3. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
4. Cover and lower heat. Simmer about 15 minutes or until carrots are tender.
5. Stir in zucchini and heat for 3 to 4 minutes. Serve hot.
6. Refrigerate leftovers within 2 hours.



Nutrition Facts: Serving size: 1 cup, calories: 73; total fat: 1g; saturated fat: 0g; sodium: 63mg; total carbohydrate: 13g; added sugars: 0g; Protein: 5g; Calcium: 77mg; Potassium: 501mg; Iron: 2mg

Source: MyPlate.gov



Kids' Book Nook

With your child, visit your local library and borrow a children's book about Martin Luther King Jr. After reading, talk about how you can improve your community.

Meet Your Educator

Name:



Extension:

Contact information:

