



# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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## Make Celebrations Fun, Healthy and Active

### 1. Make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together..



### 2. Make foods look festive

Decorate foods with nuts or seeds or cut vegetables and fruit into fun shapes. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

### 3. Offer thirst quenchers that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of fruit sorbet to seltzer water.

### 4. Use ChooseMyPlate.gov to include foods from the food groups for your party

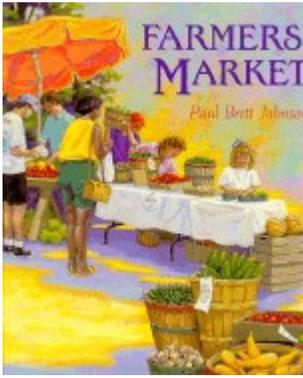
Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

### 5. Make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

### **In Season: Lots of Fruits and Vegetables**

Many fruits and vegetables are coming into season and ripening quickly with the summer sun. While visiting your local market, look for these products: Apricots, blueberries, cherries, peaches, yellow and green beans, beets, broccoli, cabbage, cucumber, lettuce, onions, potatoes, radishes, summer squash and tomatoes. Don't forget to use your Farmers' Market Nutrition coupons or your WIC fruit and vegetable check!



# KORNER

**I**DS  
With your child, head to the nearest public library and borrow “Farmers’ Market” by Paul Brett Johnson. It tells the story of one family’s life who grow and sell produce at their local farmers’ market. Read the story with your child, then head to your local farmers’ market and talk about how your farmers’ market is similar and different from the market described in the book. While you are at the market, encourage your child to choose one fruit or vegetable they would like to try and purchase it so that your whole family can try something new.

## *Building Strong and Vibrant New York Communities*

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Class topics include:

Get Moving  
Fruits and Vegetables  
Go Lean with Protein  
Shop, Plan, Save  
Build Strong Bones  
Make a Change  
Whole Grains  
Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Class topics include:

Cutting Back on Sugary Drinks  
Fruits and Vegetables  
Make Half your Grains Whole  
Power up with Breakfast  
Read It Before You Eat It  
Healthier Foods Fast

If you or your organization is interested in scheduling classes, please call your local nutrition

**607-664-2300**



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**PutKnowledgeToWork.org**

## **Cucumber Yogurt Dip**

Serving Size: 1/6th of recipe

Serves: 6

### **Ingredients:**

- 2 large cucumbers
- 2 cups plain yogurt, low-fat
- ½ cup sour cream, non-fat
- 1 tablespoon lemon juice
- 1 teaspoon dried dill weed
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots



### **Directions:**

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter.
4. Serve with dip.

Source: What’s Cooking USDA Mixing Bowl

**Nutrition Facts:** Serving Size: 1/6th of recipe, 100 calories, 14 calories from fat, 1.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 120mg sodium, 16g total carbohydrate, 2g dietary fiber, 10g sugar, 6g protein, 120% vitamin A, 20% calcium, 35% vitamin C, 6% Iron.