

# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286 ext. 300 or visit [www.thatiscooperativeextension.com](http://www.thatiscooperativeextension.com).

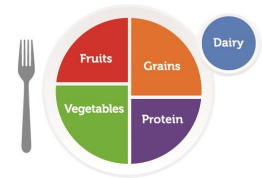
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## It's MyPlate's 10<sup>th</sup> Birthday!

Join MyPlate's birthday celebration by downloading the *Start Simple with MyPlate* app and set simple goals for healthy eating.

### It's easy—just follow these steps:

1. On your mobile device, go to <https://www.myplate.gov/resources/tools/startsimple-myplate-app> to download the app.
2. Set your goals for each food group (vegetables, fruits, grains, protein, dairy).
3. See real time progress as you track your goals and use MyPlate tools for ideas on how to meet your goals.
4. Earn badges as you meal food group goals and strive to earn the ultimate MyPlate badge.
5. Share your success on social media and encourage others to join the Challenge. Tag @myplate and use hashtag #myplateturns10.



Start simple  
with MyPlate

## Lots of variety in local vegetables and fruits available this month at your local farmers' market!

### Look for these vegetables:

Lettuce, kale, collards  
Yellow and green beans  
Beets  
Onions  
Zucchini and yellow squash  
Bell peppers  
Broccoli  
Cabbage  
Cucumbers  
Eggplant  
Peas  
Potatoes



### Look for these fruits:

Peaches  
Blueberries  
Blackberries  
Cherries  
Nectarines  
Apricots  
Raspberries  
Plums



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

**A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.**

Workshop series include:

Family Nutrition Education Curriculum  
Finding A Balance —  
Diabetes  
Healthy Children, Healthy Families  
Healthy Cents  
Breastfeeding

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

Workshop series include:

Choose Health: Food, Fun and Fitness  
Cooking Up Fun! Vary our Veggies  
Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

SallyAnn Danforth  
Cornell Cooperative Extension of Oswego County  
315-297-5415  
sd848@cornell.edu

# KORNER

## IDS

Summer reading programs are in progress at your local library. Sign you and your children up for the reading challenge and other programs scheduled. While there, borrow “I Can Eat a Rainbow” written by Olena Rose. After reading the book with your child, have them draw pictures of their favorite vegetables and fruits. Did their choices create a rainbow?

## Summer Italian Vegetables

Serves 6  
Serving size 1/2 cup

### Ingredients

1 onion chopped  
1 zucchini or yellow squash, diced  
1 tomato, diced  
1 bell pepper, chopped  
1/2 teaspoon dried oregano  
1-8 ounce can tomato sauce  
1/2 cups shredded part-skim mozzarella cheese



### Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Combine onion, squash, tomato, and bell pepper in a baking dish.
4. Sprinkle with oregano.
5. Pour tomato sauce over the vegetables.
6. Bake uncovered for 20-30 minutes.
7. Top with cheese. Bake for another 5 minutes until cheese melts.

Refrigerate leftovers within 2 hours

Nutrition facts per 1/2 cup serving: 70 calories, 2.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 330mg sodium, 9g total carbohydrate, 1g dietary fiber, 5g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 96mg calcium, 1mg iron, 313mg potassium  
32% calories from fat

Source: Eating Smart Being Active Colorado State University and University of California Extension