

EFNEP Newsletter

Produced by Cornell Cooperative Extension December 2022

For more information about this and other Oswego County programs, call Amanda at 315-963-7286 ext. 302.

Gatherings and Celebrations



December is filled with many types of gatherings and celebrations. No matter what you celebrate or who you gather with, try including these healthy ideas from www.myplate.gov this month.

When planning what to serve, consider how you will include each of the food groups in your meal or buffet. What dishes can you provide or ask others to bring? Try including dishes made mostly from vegetables, or fruit or whole grains.

Skip sugar sweetened beverages and serve water with a twist of fruit, seltzer or sparkling water, club soda with a splash of 100% fruit juice or unsweetened iced tea.

Include ways to be physically active—dance, take a walk with your group after a meal, include sledding or ice skating as part of the gathering.

Fresh, canned and/or frozen fruit with yogurt or nut butter dip and some yummy toppings like mini chocolate chips, nuts, shredded coconut and dried fruit can make a healthy dessert.



EFNEP 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:

Amanda Musgrove
Cornell Cooperative
Extension of Oswego County
315-963-7286 ext. 302
ajm488@cornell.edu

KORNER

IDS

Visit your local public library and borrow “The Shortest Day—Celebrating the Winter Solstice” by Wendy Pfeffer. Read it with your child and learn about how the Solstice has been celebrated by cultures around the world. On the Solstice, take a walk with your child and together experience the shortest day of the year.

Baked Apple and Cranberries

Makes 1 serving
Serving size: 1 apple

Ingredients

- 1 medium apple
- Cinnamon to taste
- 1 tablespoon dried cranberries
- 1 teaspoon packed brown sugar
- 1/2 teaspoon butter

Directions

1. Wash hands with soap and water.
2. Wash apple and remove core (the area with the seeds) leaving the bottom intact to hold the filling.
3. Peel a small band of skin from around the top of the apple.
4. Place the apple in a microwave safe container.
5. Sprinkle cinnamon around the top and into the hole.
6. Fill the center of the apple with cranberries, pressing down if necessary.
7. Top the cranberries with brown sugar and butter.
8. Cover loosely with wax paper.
9. Microwave on for about 2 1/2 minutes or until apple is soft when poked through the center with a fork.
10. Refrigerate leftovers within 2 hours.



Nutrition Facts for 1 apple: 160 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 38g total carbohydrate, 5g dietary fiber, 31g total sugars, 8g added sugars, 1g protein, 0% Vitamin D, 2% calcium, 0% iron, 208% potassium, 3% Vitamin A, 9% Vitamin C, 14% calories from fat

Source: foodhero.org

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.