

EFNEP Newsletter

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Kick off 2022 right! Take the 30 day vegetable and fruit challenge!

January 2022

Find recipes at <https://www.myplate.gov/myplate-kitchen>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1) Happy 2022!
2) Eat at least 1 vegetable and 1 fruit serving for 6 days.	3) Try a fruit smoothie.	4) Shop for vegetables to eat each day at lunch.	5) Have 2 different colored vegetables today.	6) Add a vegetable to a casserole.	7) Ask your family to add favorite vegetables to the shopping list.	8) Have a fruit at breakfast.
9) Eat at least 2 vegetable and 1 fruit serving for 6 days.	10) Snack on vegetables or fruit today.	11) Try a new fruit .	12) Have a bowl of soup loaded with vegetables.	13) Add a vegetable salad to one of your meals today.	14) Make homemade pizza and use vegetables for toppings.	15) Try a vegetable smoothie today.
16) Eat at least 2 vegetable and 2 fruit servings for 6 days.	17) For breakfast try a fruit and low fat yogurt parfait.	18) Load a sandwich, wrap or taco with vegetables.	19) Add fruit to your cereal.	20) Add a bag of frozen vegetables to macaroni and cheese.	21) Top a baked potato with vegetables.	22) Making a crockpot meal? Add an extra bag of frozen veggies.
23) Eat at least 3 vegetable and 2 fruit servings for 6 days.	24) Fresh, canned or frozen—choose 1 fruit today.	25) Have stir fry tonight and add a new vegetable.	26) Dunk raw veggies in low fat dip or dressing at lunch or dinner.	27) Make a fruit salad. Include fresh, frozen and canned fruit.	28) Shake things up. Add canned fruit to a green salad.	29) Grab fruit for a snack today.
30) Finish strong with 3 vegetable and 3 fruit servings this week.	31) Congratulations on completing the 30 day challenge!					

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

A series of eight 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:

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KORNER IDS

From your public library borrow “Little Critter: Just a Snowman” by Mercer Mayer. Read this book with your child and then head outside and build a snowman, snow woman or other snow creature together.

Fruit and Dreamy Dip

Make 4 servings

Serving size 4 tablespoons dip plus fruit

Ingredients

Apples and/ or bananas
Canned fruits of your choice

Dip:

1 cup plain low-fat yogurt
1 tablespoon honey
Pinch of cinnamon (optional)

Directions

1. Wash the fresh fruit or rinse canned fruit.
2. Slice fruit into bite-size pieces.
3. Prepare dip; stir the yogurt, honey and cinnamon together. Chill before serving.
4. Arrange fruit on a plate and serve with the dip.



Nutrition facts for 4 tablespoons dip plus fruit: 140 calories, 1g total fat, 0.5g saturated fat, 5mg cholesterol, 40mg sodium, 31g total carbohydrate, 4g dietary fiber, 23g total sugars, 4g added sugars, 4g protein, 0% Vitamin D, 8% calcium, 0% iron, 4% potassium, 6% calories from fat

Source: Healthy Cents curriculum by the University of Maryland