

EFNEP Newsletter

Produced by Cornell Cooperative Extension January 2023

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

Enjoy Frozen Vegetables and Fruit!



Frozen vegetables and fruits can help you save money when grocery shopping, give you more variety when choosing produce, help you increase the amount of vegetables and fruits in your diet, and give you all the nutrients and healthy eating benefits of fresh vegetables and fruit.

Frozen produce is often less expensive per ounce or pound than fresh varieties. This is especially true during winter. Compare the unit price of the produce you are looking to buy and consider how you will use it. Frozen produce is already washed and chopped, so using it may save you time. Adding frozen vegetables to soups, stews, casseroles, or other recipes can provide you with more variety during winter than what you might find in the fresh produce section.

Having a variety of frozen vegetables and fruits on hand helps you to add variety to meals and snacks and because of its convenience, can help you increase the amount of vegetables and fruit you eat every day. You can have a vegetable side dish cooked and ready to serve in just a few minutes when you use frozen vegetables, helping you get dinner served quickly.

It's often thought that frozen vegetables and fruits are less healthy and have fewer nutrients than their fresh counterparts. Good news! Frozen produce is just as healthy and has the same nutrients as fresh produce. Most frozen produce is picked and processed when it is at the peak of ripeness and the nutrients are locked in during the freezing process.

Choose frozen vegetables and fruit with no added sauces or sweeteners. They are low in calories, budget friendly and a great way to add color, flavor, nutrients and variety to your meals, especially during the winter.

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:

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I Visit your local public library and borrow the children's classic "The Snowy Day" written by Ezra Jack Keats. Read this book to
D your child and explore a snowy day through the eyes of a child.
S When you finish reading, to outside together and explore the snowy world in your neighborhood, yard or local park.

Broccoli Potato Soup

Makes 4 servings Serving size: 1/4 of recipe

Ingredients

- 4 cups broccoli (chopped) - (try frozen broccoli)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1/2 cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or cheese of your choice)

Directions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.

Nutrition Facts for 1/4 of recipe: 194 calories, 5g total fat, 2g saturated fat, 10mg cholesterol, 310mg sodium, 26g total carbohydrates, 3g dietary fiber, 10g total sugars, 0g added sugars, 15g protein, 1mcg Vitamin D, 307mg calcium, 2mg iron, 921mg potassium, 82mg Vitamin C, 23% calories from fat



Source: Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook myplate.gov/recipes