

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.

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June is National Dairy Month!



Dairy Month is a tradition that celebrates the contributions the dairy industry has made to the world. Many dairy products contain essential nutrients, such as calcium and potassium. These nutrients can help to manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Dairy products also contain protein and vitamin A, which helps in muscle repair and healthy skin!



Information provided by: <https://www.idfa.org/june-is-national-dairy-month>

Farmers' Markets are Opening!

Farmers' markets are a great way to get fresh, local produce. It also supports your local farmers! Go to <https://agriculture.ny.gov/farmersmarkets> to find local Farmers' Markets by County in New York.



FreshConnect Benefits for SNAP Participants

If you are a recipient of SNAP benefits, you can use your benefits at participating markets! You may also be eligible to receive FreshConnect Checks in addition to your SNAP benefits. For every \$5 you spend in SNAP benefits, you can receive a \$2 FreshConnect Check. This check may be spent at a participating market on any SNAP eligible food item.

For more information about this program, visit: <https://agriculture.ny.gov/consumer-benefits-farmers-markets#freshconnect-program-overview>

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

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IDS

Visit your local library and check out "Take Me To Your BBQ" By Kathy Duval & Adam McCauley. Read the book to your child. When you finish, talk to your child about their favorite barbeque foods and BBQ safety.

Tasty Hamburger Skillet

Ingredients

- 1 pound lean ground beef
- 1/3 cup chopped onion
- 1/3 cup chopped green pepper
- 2 cups water
- 1 cup instant brown rice
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) diced tomatoes with juice
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1/2 cup shredded cheddar cheese

Directions

1. Wash hands with soap and water.
2. Cook ground beef, onion and green pepper in large skillet over medium heat until hamburger is no longer pink. Drain excess fat from pan.
3. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn and beans.
4. Cover the pan and cook for about 20 minutes or until rice is soft.
5. Remove from heat, sprinkle with shredded cheese and serve hot.

Refrigerate leftovers within 2 hours



Nutrition Facts	
9 servings per container	
Serving size	1 cup (246g)
Amount per Serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 220mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	22%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 333mg	8%
Vitamin A 32mcg	4%
Vitamin C 6mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe from foodhero.org

26% calories from fat