

EFNEP Newsletter

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For more information about this and other Oswego County programs, call 315-963-7286 ext. 300.



June is Dairy Month!

Want strong bones?

Most people do not get enough calcium in their diet and could benefit from drinking more low fat and fat free milk—choose lactose free if you are lactose intolerant, eating low fat cheese, and enjoying low fat yogurt. Aim for three servings from the Dairy Group every day.

Celebrate Dairy Month by trying these ideas from MyPlate:

- ◆ Enjoy unsweetened cereal with low fat or fat free milk or soy milk to start your day. Have low fat plain yogurt topped with your favorite fruit.
- ◆ Prepare foods with milk instead of water. Oatmeal, overnight oats, cream soups, smoothies, and mashed potatoes are foods that taste even better when prepared with low fat milk.
- ◆ Enjoy low fat cheese and whole grain crackers for a snack.
- ◆ Add a low fat cheese stick to your lunch.
- ◆ Make your own creamy salad dressing or vegetable dip using low fat plain yogurt, herbs and spices.

June Farmers' Markets Finds

As farmers' markets start up this month, look for lettuce, peas, strawberries, asparagus, radishes, rhubarb and spinach.

Many markets accept WIC fruit and vegetable benefits, SNAP and Farmers' Market Nutrition Program checks. Using these benefits are a great way to add local produce to your family's meals and support local farmers.

EFNEP provides FREE nutrition education to income eligible families with children.

Are you eligible? Do you:

- have children who attend Early Head Start and/or Head Start?
- use your SNAP EBT-card to buy food?
- receive WIC?
- have children who eat free meals at school?

EFNEP helps you make healthy food choices while saving money at the store.

Learn to:

- eat more fruits and vegetables and how to afford them
- drink fewer sugar sweetened beverages
- take control of your weight
- be more physically active

EFNEP offers a FREE series of hands-on, interactive, and supportive classes. Join us in-person for group classes or one-on-one visits, virtually by Zoom or by phone. Call to schedule your sessions today!

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

Cornell Cooperative Extension of Oswego County
315-963-7286 ext. 300

KORNER IDS

With your child, visit your local library and borrow “From Milk to Cheese (Who Made My Lunch?)” by Bridget Heos. After reading the book together, enjoy a snack of low fat cheese and whole grain crackers.

Apple Spice Oatmeal

Makes 2—1 cup servings

Ingredients

- 1 apple
- 2 cups 1% or non fat milk or water
- 1 cup quick cooking old fashioned oats
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 tablespoon brown sugar
- 1/8 teaspoon nutmeg (optional)

Directions

- 1) Wash hands with soap and water.
- 2) Rinse the apple, remove the core and cut into small chunks (about 1 ½ cups).
- 3) Bring the water or milk to a boil in a saucepan.
- 4) Add the oatmeal, salt and apple chunks. Cook over medium heat for 1 minute if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Stir a couple times while cooking.
- 5) Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.

Nutrition Facts for 1 cup: 360 calories, 6g total fat, 2g saturated fat, 15mg cholesterol, 280mg sodium, 61g total carbohydrates, 7g dietary fiber, 29g total sugars, 7g added sugars, 16g protein, 3mcg Vitamin D, 333mg calcium, 2mg iron, 107mg potassium, 2mcg Vitamin A, 5mg Vitamin C, 15% calories from fat

Source: Oregon State University www.foodhero.org

