

# EFNEP Newsletter

*Produced by Cornell Cooperative Extension March 2022*

For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286 ext. 300 or visit [www.thatscooperativeextension.com](http://www.thatscooperativeextension.com).

## It's National Nutrition Month®



It's National Nutrition Month® and time to celebrate your nutrition knowledge. Read each statement below—is the statement FACT or FICTION?

1. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.
2. All carbohydrate foods, also known as “carbs”, are the same and provide no nutritional value.
3. All vegetables offer the same types and amounts of vitamins and minerals
4. Only foods that taste salty are high in sodium.

If you guessed FICTION for each statement, give yourself a pat on the back! You are correct!

1. All Americans need to limit their intake of added sugars and salt. One way is to explore herbs, spices and seasoning blends used by cultures around the world! Not only will you try something new, with different flavors, you may reduce the amount of added sugars and salt you eat.
2. ‘Carbs’ are found in fruit, vegetables, grains and dairy foods and are healthy choices for everyone. Carbohydrates give your body energy to do what you need to get done each day. Try a fruit and vegetable from another culture to boost flavors in familiar dishes. Look for whole grains like quinoa and use it in place of white rice in a favorite meal. Kefir and goat’s milk cheese are healthy dairy products to try.
3. The saying ‘Eat A Rainbow’ encourages people to choose a wide variety of colors when eating fruits and vegetables. The colors provide different vitamins and minerals, so variety is key. Try a new fruit or vegetable and build a rainbow of produce choices in your meals.
4. The only way to know if a food is high in sodium is to read the Nutrition Facts Label. 20%DV of sodium means the food is high in sodium. Try comparing food produced by the different companies to find the lowest sodium choice or make it from scratch to lower the sodium.

# KORNER IDS

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:

SallyAnn Danforth  
Cornell Cooperative  
Extension of Oswego County  
315-297-5415  
sd848@cornell.edu

Head to the public library with your child and borrow “Tomatoes for Neela” by Padma Lakshmi. As you read the book together, talk about your family’s favorite ways to eat tomatoes. When you finish the book, choose one of the recipes to make together and serve to your family.

## Rice Bowl Southwestern Style

**Make 2 servings**  
**Serving size 1 cup**

### Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese, or low-fat sour cream

### Directions

1. Wash hands with soap and water.
2. In a medium skillet, heat oil over medium high heat (350 degrees F in an electric skillet). Add vegetables and cook until tender-crisp, about 3 to 5 minutes.
3. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
4. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
5. Refrigerate leftovers within 2 hours.

### Notes

For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1.

You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley, or oatmeal.

Try other toppings such as chopped cilantro or sliced radishes.

Nutrition Facts for 1 cup: 320 calories, 12g total fat, 3.5g saturated fat, 65mg cholesterol, 410mg sodium, 35g total carbohydrate, 3g dietary fiber, 3g total sugars, 0g added sugars, 19g protein, 0% Vitamin D, 2% calcium, 6% iron, 6% potassium, 33% calories from fat

Source: [www.foodhero.org](http://www.foodhero.org) Oregon State University, Oregon State Extension Service

