

# EFNEP Newsletter

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

## Save Money and Decrease Food Waste

It's estimated that 30-40% of food in the United States goes to waste. Throwing away spoiled food wastes time, resources and money. Let's talk about ways you can decrease food waste at home.

1. Plan your meals and make a shopping list before grocery shopping. Check your cupboards, refrigerator and freezer when planning so you do not buy food you already have at home.
2. Stick to your list while shopping and only buy what you need.
3. When buying fruits and vegetables, consider buying some with a longer shelf life so they will stay fresh until you shop again.
4. Check the 'ugly' or discount display of fruits and vegetables and see what is on your list that you can buy. Buying this produces saves you money and helps decrease food waste.
5. Is your refrigerator and freezer set at the correct temperature? Your refrigerator should be set at 40 degrees or lower and your freezer should be set at 0 degrees. Use a refrigerator or freezer thermometer to monitor temperatures. Storing fresh or frozen food at the correct temperature helps keep food fresh longer.
6. Use the [Food Keeper](#) app, developed by the USDA's Food Safety and Inspection Service with Cornell University and the Food Marketing Institute. The app helps you maximize the freshness of a wide variety of food. Find the app in the Google Play Store and Apple Store.



**Cleanliness is a major factor in preventing foodborne illness.**

**Wash your hands**

- before and after handling food
- after using the bathroom
- after changing a diaper
- after handling pets
- after tending to a sick person
- after blowing your nose, coughing, or sneezing
- after handling uncooked eggs or raw meat, poultry, or fish and their juices

**99%**

PEOPLE DO NOT WASH THEIR HANDS CORRECTLY

**1/3**

INDIVIDUALS USE PERSONAL ELECTRONIC DEVICES WHILE COOKING AND DO NOT WASH THEIR HANDS AFTER TOUCHING THE DEVICE

**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 EBTcard 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:

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

# KORNER

## IDS

Visit your local library with your child and borrow “Please, Please the Bees” by Gerald Kelly or watch Rashida Jones read it [here](#).

After reading the book together, make Cranberry Oatmeal Balls and serve them as a snack or add them to lunches.

### Cranberry Oatmeal Balls

Makes 8—2 balls servings

#### Ingredients

- 1 cup oats (old fashioned or quick-cooking)
- 1/3 cup of chopped nuts or seeds
- 1/3 cup peanut butter or other nut butter
- 3 tablespoons honey
- 1/3 cup dried cranberries or other dried fruit

#### Directions

1. Wash hands with soap and water.
2. In a medium bowl, combine oats, nuts, peanut butter, honey and dried cranberries.
3. Form about 2 tablespoons of the mixture into a ball. Place on a baking sheet. Repeat with the remaining mixture.
4. Refrigerate for 30 minutes.

**Tips:** Do not serve honey to children younger than 1 year old.  
Keep balls refrigerated to avoid sticky fingers.

Nutrition Facts for 2 balls: 180 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 65mg sodium, 24g total carbohydrates, 3g dietary fiber, 12g total sugars, 6g added sugars, 6g protein, 0mcg Vitamin D, 23mg calcium, 1mg iron, 84mg potassium, 0mcg Vitamin A, 0mg Vitamin C, 30% calories from fat

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

