

EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

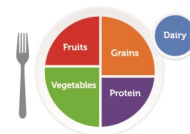
Produced by Cornell Cooperative Extension July 2021

It's MyPlate's 10th Birthday!

Join MyPlate's birthday celebration by downloading the *Start Simple with MyPlate* app and set simple goals for healthy eating.

It's easy—just follow these steps:

1. On your mobile device, go to <https://www.myplate.gov/resources/tools/startsimple-myplate-app> to download the app. (Or find in your app store.)
2. Set your goals for each food group (vegetables, fruits, grains, protein, dairy).
3. See real-time progress as you track your goals and use MyPlate tools for ideas on how to meet your goals.
4. Earn badges as you meet food group goals and strive to earn the ultimate MyPlate badge.
5. Share your success on social media and encourage others to join the challenge. Tag @myplate and use hashtag #myplateturns10.



Start simple
with **MyPlate**

Find lots of variety in local vegetables and fruits available this month at your local farmers' market!

Look for these vegetables:

Lettuce, kale, collards
Yellow and green beans
Beets
Onions
Zucchini and yellow
squash
Bell peppers
Broccoli and cabbage
Cucumbers and eggplant
Peas
Potatoes



Look for these fruits:

Peaches
Blueberries
Blackberries
Cherries
Nectarines
Apricots
Raspberries
Plums



Find the Herkimer County Farmers' Markets at <http://bit.ly/CCEHerkFarmersMkts>
View the 2021 Herkimer County Local Foods Map at <https://bit.ly/HCLocalFoodsMap21>

EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative
Extension Herkimer County
5657 State Route 5
Herkimer NY 13350
315.866.7920
herkimer@cornell.edu

For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:

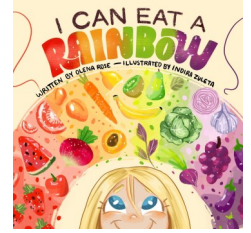


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KORNER

IDS

Summer reading programs are in progress at your local library. Sign you and your children up for the reading challenge and other programs scheduled. While there, borrow "I Can Eat a Rainbow" written by Olena Rose. After reading the book with your child, have them draw pictures of their favorite vegetables and fruits. Did their choices create a rainbow?



Summer Italian Vegetables

Serves 6
Serving size 1/2 cup

Ingredients

- 1 onion chopped
- 1 zucchini or yellow squash, diced
- 1 tomato, diced
- 1 bell pepper, chopped
- 1/2 teaspoon dried oregano
- 1-8 ounce can tomato sauce
- 1/2 cups shredded part-skim mozzarella cheese



Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Combine onion, squash, tomato, and bell pepper in a baking dish.
4. Sprinkle with oregano.
5. Pour tomato sauce over the vegetables.
6. Bake uncovered for 20-30 minutes.
7. Top with cheese. Bake for another 5 minutes until cheese melts.

Refrigerate leftovers within 2 hours.

Nutrition facts per 1/2 cup serving: 70 calories, 2.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 330mg sodium, 9g total carbohydrate, 1g dietary fiber, 5g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 96mg calcium, 1mg iron, 313mg potassium
32% calories from fat

Source: Eating Smart Being Active Colorado State University and University of California Extension