



Putting Healthy Food Within Reach

MARCH 2016 | WINTER EDITION

# Eat Smart New York

## WESTERN NEW YORK

Erie | Niagara | Cattaraugus | Chautauqua | Allegany | Genesee | Orleans | Wyoming



### SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

**eat right.** Academy of Nutrition and Dietetics  
[www.eatright.org](http://www.eatright.org)

#### Cook with the Kids during National Nutrition Month!

This easy, affordable recipe is a great way to get kids excited about cooking—and eating more veggies! Let kids choose the frozen vegetables, beans, and pasta at the grocery store to get them even more eager to try healthful foods.

#### Minestrone Soup



Makes: 6 servings

##### Ingredients

- 1 bag (10 oz.) frozen vegetables, any type
- 2 cans (14.5 oz.) stewed tomatoes, low sodium
- 2 cans (14.5 oz.) chicken or vegetable broth, low sodium
- 1 can (15.5 oz.) beans, any type
- 1 oz. dry pasta, any type

##### Directions

1. **Adults** and **kids**: Wash hands well with soap and hot water.
2. **Kids**: In a large pot, combine frozen vegetables, tomatoes, broth, and beans.
3. **Adults**: Bring the soup to a boil, then add the pasta. Reduce the heat to low. Let simmer for 6-8 minutes or until the vegetables and pasta are tender.

**Nutrition Facts:** Serving Size: 1 cup, 240 Calories, 1.5g Total Fat, 0g Saturated Fat, 530mg Sodium, 12g Protein, 45g Carbohydrates, 9g Dietary Fiber  
<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/minestrone-soup>

Savor the Flavor using frozen foods! March is also National Frozen Food Month. Fruits and veggies are frozen at peak ripeness, meaning they are delicious, nutritious, & affordable!



### Celebrate National Nutrition Month with Eat Smart New York!

Join us for **FREE** cooking workshops, healthy food samples, games, and much more fun!

**Tuesday, March 1st**

Niagara Falls | 2:30pm - 5:00pm | Earl W. Brydges Library, 1425 Main St, Niagara Falls

**Wednesday March 23rd**

Dunkirk | 2:00pm - 4:00pm | Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

**Thursday, March 31st**

Jamestown | 2:30pm - 5:00pm | Gateway Center Café, 31 Water St, Jamestown

Look for events throughout Buffalo all month!

### Eat Smart New York nutritionists are here for you!

Making nutritious choices does not have to hurt your wallet. Let us show you how to eat better for less.

Call to schedule a cooking demonstration, workshop, presentation, or a display near you.

#### Erie County

822-2288

<http://erie.cce.cornell.edu>

#### Niagara County

299-0905

<http://cceniagaracounty.org>

#### Chautauqua County

363-6050

<http://thechautauquacenter.org>

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Cornell University  
Cooperative Extension  
Erie & Niagara Counties

The Chautauqua  
Center  
Our Family caring for your Family



## GO GREEN



We all want children to grow up to be healthy eaters. One great way to get them excited about nutritious food and trying new things is to make food fun.

Celebrate St. Patrick's Day this year by reading a classic children's book like Green Eggs and Ham by Dr. Seuss. Then make a fun green food with a child. You can easily do this by making guacamole, blending spinach into smoothies, or by mashing peas into potatoes.

For more ideas visit: <https://www.fruitsandveggiesmorematters.org/st-patricks-day-menu>

## Be Active Whenever You Can

**Set a goal to fit in at least 2½ hours of moderate physical activity in your week!**

- ◆ Being active just **10 minutes at a time counts** in your weekly total. Ask your friends or family to keep you company when you bike, jog, walk, or dance.
- ◆ Don't forget to do some muscle strengthening activities twice a week. Try push-ups or sit-ups instead of sitting still while watching TV.
- ◆ Find more ideas at: <http://www.choosemyplate.gov/physical-activity>

## Plan Ahead: Shop & Cook Smart

- ◆ Try canned or frozen to save on fruits and veggies this time of year.
- ◆ Buy canned or frozen fruits or vegetables in bulk when they're on sale.
- ◆ Choose store brands when possible. You'll get the same or a similar product for a lower price.
- ◆ If your grocery store has a membership card, sign up for even more savings.
- ◆ Why pay full price? Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs.
- ◆ Plan and cook smart: Prep and freeze vegetable soups, stews, or other dishes. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Get more ideas at: <http://www.choosemyplate.gov/ten-tips-smart-shopping>



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## Eat Smart in Jamestown!

Eat Smart New York has a NEW Nutrition Educator, based in Jamestown! Contact Molly of The Chautauqua Center for nutrition and obesity prevention classes, workshops, cooking demonstrations, and tabling displays in Jamestown and the surrounding area.

## Protein Swap at the Pantry

Participants at a new cooking class at Heart, Love, & Soul food pantry in Niagara Falls learned how to swap lentils for meat in their favorite dishes. The group prepared Lentil Sloppy Joes, and compared the protein, fat, and fiber in lentils vs. meat and other proteins. Everyone enjoyed the Lentil Sloppy Joes even more knowing how much more healthful they were than the traditional Sloppy Joe.



If you want to learn more about healthy swaps, food preparation skills such as chopping techniques, and making affordable meals at home, check out the class at Heart, Love, & Soul March 15th and 29th, 12pm-1:30pm.

## HEALTHY CORNER STORE GRAND OPENINGS

Eat Smart New York shared smart shopping tips and recipe samples with shoppers at the Healthy Corner Store Grand Openings in Buffalo at Food Plus Market, 414 East Amherst St., and Buff City Exclusive Market, 90 Lisbon Ave. These corner stores offer affordable fresh fruits and veggies for those living in areas far from grocery stores. Visit us at both locations the first Friday of every month for more tips and recipes, and keep your eyes open for more Healthy Corner Stores opening across the city this summer!

Fresh fruits and veggies at Food Plus Market.



Stop in for tips and recipes!

How, when, where and why we eat are just as important as what we eat!

**Think before you eat and drink.  
Savor the flavor of eating right.**