

SNAP into Summer with Fruits and Vegetables !

Did you know...?

You can use your SNAP benefits to purchase plants and seeds!

Seeds, starter plants, herbs, and even berry bushes and fruit trees are all allowable!

But not Fertilizer, planters, soil, flowers, or gardening tools.



Not all retailers accept SNAP *and* sell plants and seeds.

The bigger department stores are most likely to sell both.

For a full list of retailers near you that accept SNAP EBT, check out this site:

<http://www.snapretailerlocator.com>



Farmer's Markets too!

Many markets now accept SNAP benefits, *and* in New York State, **for every \$5 in SNAP benefits, you get an additional \$2 coupon to use on fresh produce**, That increases your purchasing power by **40%**

WOW!

For a full list of Participating Markets go to:

www.ams.usda.gov/local-food-directories/farmersmarkets

Want to Try Gardening ?

Before starting, consider..



Location: Should it be indoor or outdoors? If you don't have an area for a garden, try a container or windowsill garden.

Soil: Is it a little sad? Feed it with some rich compost or peat moss to give your plants more nutrients and help them flourish!

Seeds: What does your family like? Choose foods you know they will eat and enjoy.

Water: How are you going to water the plants in your garden? They will get thirsty in summer heat.



Sunlight: Most vegetables need 6-8 hours a day. Plant in a place where they can get that.



Why Grow a Garden?

Improve your mood !

Keep active !

Reduce stress !

Eat healthier food !

Save Money!

As the COVID 19 pandemic continues, **Victory Gardens** are having a resurgence. Seed sales have tripled!

People are wanting to be safe and not run out of food and are realizing that having a garden at home can save trips to the store, and even create an educational opportunity for kids to learn at home!

During WWII, **Victory Gardens** were encouraged by the government to help with food shortages and food rationing. People planted gardens in any available space so they could put fresh vegetables on their tables.

By growing a **Victory Garden**, the citizens were supporting the troops overseas, and the gardens were a way to show patriotism during that difficult time



Try something new this Summer, grow vegetables from scraps!

Celery

Remove two inches from the base of a bunch of celery and place in a shallow bowl with water. Spray the top daily to keep it moist. Every couple of days replace with fresh water until a new root appears, then you can transplant into the ground or gallon-size pot with potting soil.



Lettuce

Save the base of your lettuce! Place it into a bowl of water and replace the water every one to two days. By two weeks you will have enough fresh leaves for a side salad or sandwich. Note: this will not make a new full head of lettuce but will give you some extra lettuce to add to your meals.



Visit this website to learn how to regrow even more vegetables!



www.actionforhealthykids.org/activity/kitchen-scrapgardening

Summer Produce



Apples
Apricots
Beets
Bell Peppers
Blackberries
Cantaloupe
Carrots
Celery
Cherries
Corn

Cucumbers
Eggplant
Garlic
Green Beans
Honeydew
Melon
Lima Beans
Okra
Peas
Peaches

Plums
Raspberries
Spinach
Strawberries
Summer Squash
Tomatoes
Tomatillos
Watermelon
Zucchini

ANY DAYS A PICNIC CHICKEN SALAD



6 servings per container	
Serving size	1/2 Cup (98g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 500mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 17g	34%

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/any-days-picnic-chicken-salad>

Ingredients

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion(chopped)
- 3 small packages pickle relish (2/3 tablespoon)
- 1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

Make chicken salad sandwiches!

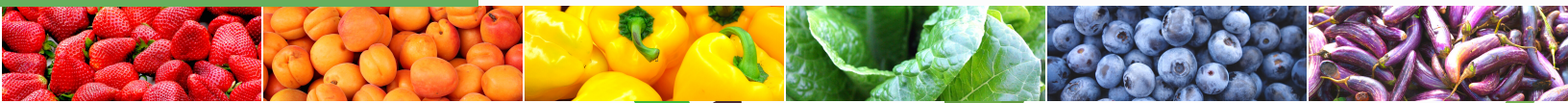
Make a pasta salad by mixing with 2 cups cooked pasta!

Kids will love this salad served in a tomato or a cucumber boat!



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<https://snapedny.org/>

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What's In A Color?

Fruits and vegetables come in a wide variety of shapes, sizes, flavors, and colors that provide different nutrients to help our bodies. Eating more fruits and vegetables may reduce the risk of some chronic diseases, like cancer, heart disease, stroke, obesity, and diabetes. Choosing a variety of colorful fruits and vegetables is an easy way to make sure you're getting all the different nutrients.

Red fruits and vegetables help keep your heart healthy and lower your risk of certain types of cancer.

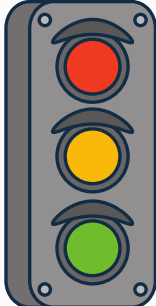
Green fruits and vegetables help keep our vision clear and our skin healthy. They also protect against certain types of cancer.

Yellow and orange fruits and vegetables help support a healthy immune system, good vision, clear skin, and bone health.

Blue and purple fruits and vegetables help improve memory while keeping our hearts healthy and lowering the risk of certain types of cancer.

White fruits and vegetables help lower cholesterol and blood pressure, as well as reduce the risk of heart disease and cancer.

WHOA
SLOW
GO



GO FOODS Can be eaten anytime. These foods are full of nutrients and are low in sugar, fat and salt. Fresh fruits and vegetables, whole grains, low-fat dairy and lean protein foods fall into this category.

SLOW FOODS These are foods that are in between WHOA and GO foods. They have more nutrition than WHOA foods but they shouldn't be eaten as much as GO foods. Foods like 2% milk, fruit with added sugar and white bread fall into this category.

WHOA FOODS These are once in a while foods. They are highest in sugar, fat and salt and have little to no nutrients. Foods like cookies, chips, sugary cereals and candy fall into this category.

Food provides our body the fuel it needs to perform at its best. **Go**, **Slow** and **Whoa** is a simple way to put foods in groups and help us make smart food choices.

Check out how your favorite fruits and vegetables stack up below!

- FRESH**
- Apricot
 - Celery
 - Kiwi
 - Mushrooms
 - Peas
 - Pineapple
 - Carrots
 - Cucumber
 - Broccoli
 - Cantalope
 - Zucchini
 - Peaches

- Canned fruit in light syrup.
- 100% Fruit Juice
- Dried fruit like raisins or craisins
- Veggies with added salt like mashed potatoes.


- Fried Veggies--like French Fries
- Fruit snacks
- Fruits canned in heavy syrup
- Frozen juice bars
- Smoothies with added sugar


FRUIT OF THE MONTH STRAWBERRY




Strawberries are a fruit grown on a flowering plant that is apart of the rose family. They are in season during the spring and summer months.

FUN FACTS

 Strawberries are the only fruit that have seeds on the outside.

 Americans eat 3.4 pounds of fresh strawberries a year.




 A serving of strawberries has more vitamin C than a whole orange.



STRAWBERRY S'MORES

Serving Size: 1 s'more | Calories: 93 | Total Fat: 2 g | Saturated Fat 0 g | Cholesterol: 2 mg | Sodium: 87 mg | Carbohydrates: 17 g | Dietary Fiber: 1 g | Sugars: 10 g | Added Sugar 6 g | Protein: 3 g

Ingredients

-  2 strawberries
-  1 graham cracker (broken in half)
-  2 tablespoons yogurt, low-fat vanilla (per s'more)

Directions

- 1 Rinse the strawberries in water.
- 2 Slice the strawberries.
- 3 Add the yogurt and strawberries to 1/2 of graham cracker.
- 4 Top with the other 1/2 of graham cracker.
- 5 Enjoy immediately.

Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B _ _ _ C _ L _

K _ W _

_ P _ _ _ CH

Guess these **YELLOW** fruits and veggies.

C _ _ N

P _ _ _ APP _ _

_ QU _ _ _

Guess these **RED** fruits and veggies.

B _ _ _

W A T _ _ M _ _ _ N

R A _ _ _ H

Guess these **ORANGE** fruits and veggies.

_ _ _ R _ T

_ A N G _ R _ _ _

_ W _ _ T P _ _ _ _ O

Word Bank

Squash

Spinach

Sweet Potato

Carrot

Kiwi

Pineapple

Beet

Radish

Broccoli

Corn

Tangerine

Watermelon

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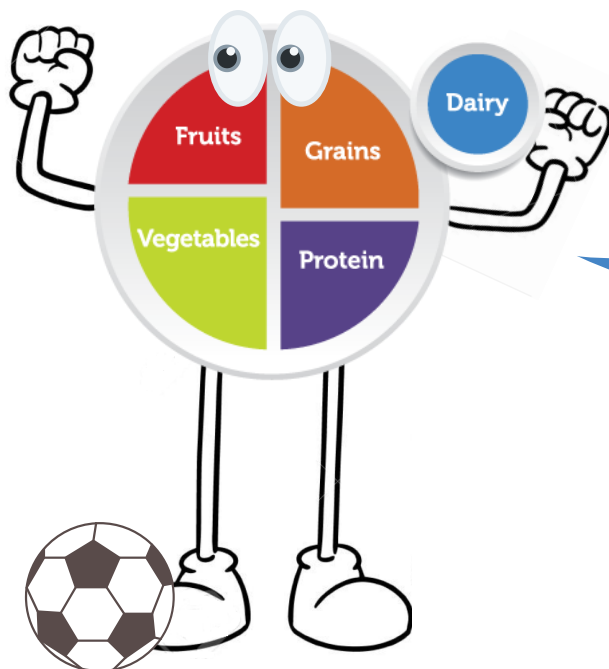


YOUTH NEWS

SOUTHERN TIER SNAP-ED

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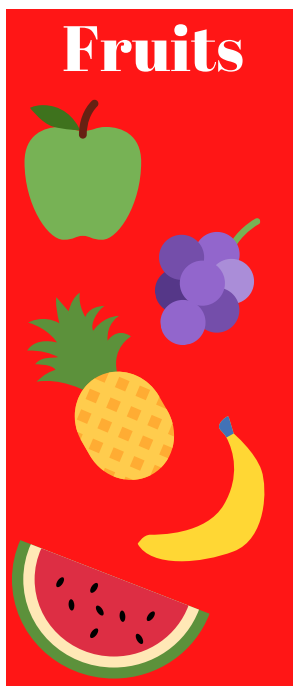
Introducing: MyPlate!



Hi, I'm MyPlate! I'm a helpful tool that shows you what you should have on your plate each day!

Don't forget, to stay healthy you should also try to move your body for 60 minutes every day!

I show you the five food groups: fruits, vegetables, grains, protein and dairy. Each group takes up a different amount of space on me--this shows you which groups we should be eating more of!



Peanut Butter and Banana Pockets

Adapted from Cooking Matters
Serve 4

3 ripe bananas
3 Tbsp. creamy peanut butter
1 1/2 tsp. honey
1/4 tsp. cinnamon
4 (8 inch) whole wheat flour tortillas
Non-stick cooking spray

1. Peel and slice bananas about 1/4 inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tbsp of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

Kitchen tips

Kids can: peel bananas, mix, spread assemble and help flip!

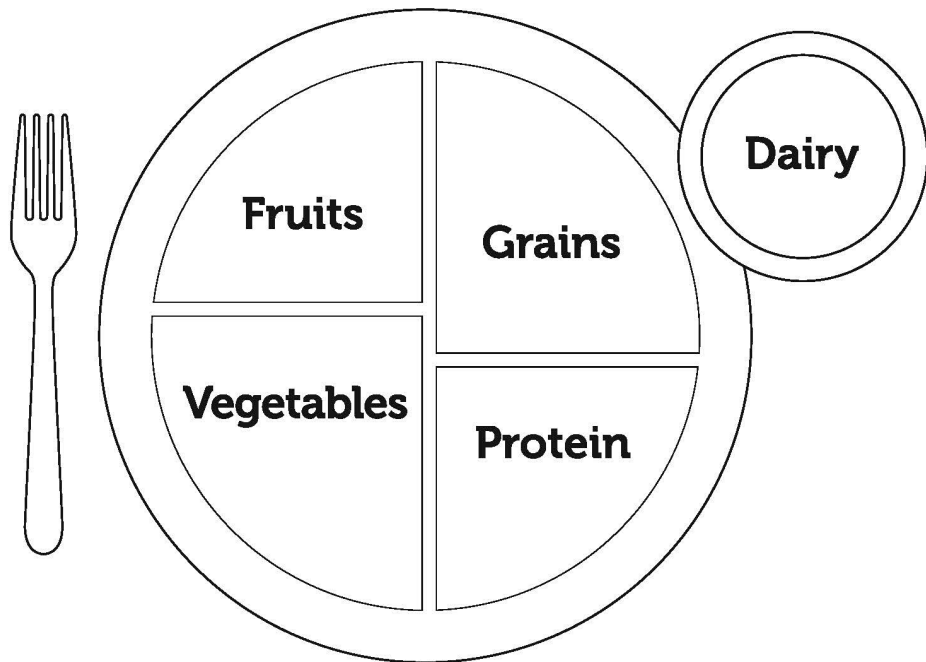
Adults can: cook & supervise!

Nutrition Facts

Calories: 280, Carbohydrates: 46g,
Fat: 10g, Protein: 8g, Sugar: 13g
(Includes 1 gram of added sugar)

what's on your plate?

Peanut butter banana pockets can be a healthy breakfast! Use the MyPlate to draw each ingredient of the peanut butter banana pockets in the food group it goes into! How many food groups do you get? What if you add a cup of milk?



Choose **MyPlate**.gov

Answer: The banana is your fruit, peanut butter is a protein and your tortillas go into the grain group! If you enjoyed it with a glass of milk, you would be adding dairy!

Cornell Cooperative Extension

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.

For more information, activities & recipes visit snapedny.org!