

Winter 2021

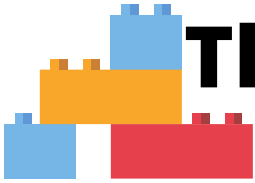


SAVE TIME. SAVE MONEY. EAT HEALTHY.

Youth News

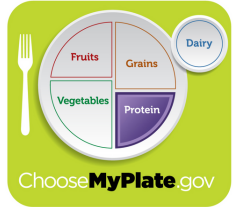
SOUTHERN TIER SNAP-ED

Broome | Chenango | Cortland | Delaware | Madison | Onondaga | Otsego



The Building Blocks of Life

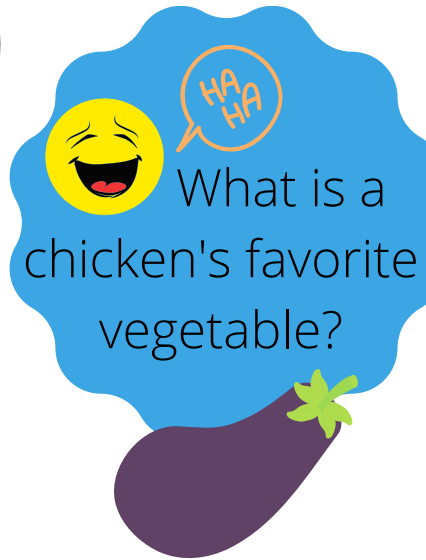
Go lean with protein



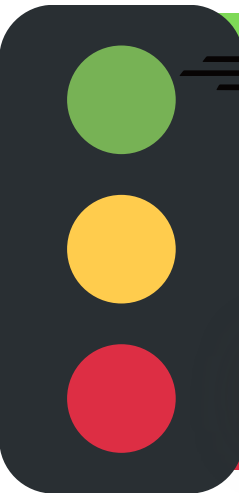
Fun fact! Protein comes from both animals and plants!

Protein? Do you mean one of those bars or shakes?

Not quite! Check out all of the protein choices in the chart below!



VARY YOUR PROTEIN ROUTINE



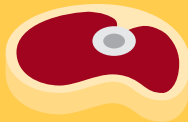
GO



TOFU



SLOW



WHOA!





Eat plant protein foods more often!!



Broccoli and Black Bean Quesadillas

(serves 4, 1 quesadilla each)

- 1 cup cooked black beans
- 4 oz. shredded cheese (reduced fat cheddar)
- 1/3 cup salsa
- 4 - 8 inch whole wheat flour tortillas
- 1 Tbsp. vegetable oil or pan spray
- 1-2 cups cooked broccoli, chopped

- In a large mixing bowl, mash beans.
- Add salsa, cheese and finely chopped broccoli to beans and mix well.
- Lay tortilla flat on plate. Using 1/4 of bean mixture, spread on half of tortilla, folding other half over mixture.
- Heat oil or vegetable oil spray in frying pan on medium heat.
- Place folded tortilla in pan and cook 3-4 minutes until lightly browned, then flip and cook second side.
- Remove from pan and cut in half.
- Repeat with remaining tortillas.



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Kitchen Tips

Kids can: mash beans, add ingredients, spread filling on tortilla.

Adults can: cook and supervise.

Nutrition Facts

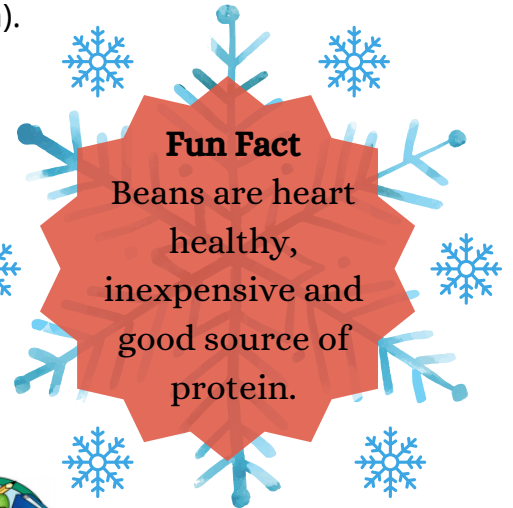
Calories: 280, Fat: 9g,
Carbohydrates: 36g,
Protein: 17g, Sugar: 2g,
Fiber: 6g



Food Safety

Wash your hands before, after and during food prep. Use soap, warm water and make sure to wash for at least 20 seconds (sing happy birthday or the alphabet to pass the time).

Always rinse produce under cold running water before eating or preparing (even if you don't eat the skin).



Fun Fact
Beans are heart healthy, inexpensive and good source of protein.



Get more food safety tips at

www.fightbac.org

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

Be active and have fun this winter

Go sledding, snowshoeing, ice skating, or build a snowman. Physical activity is both fun and healthy. Youth need 60 minutes everyday.



FOOD SAFETY WORD SEARCH

Cook	D	C	L	E	A	N	I	V	P	C
Chill	Y	S	E	M	M	C	O	R	E	
Core	J	E	W	O	D	F	O	U	R	W
Four	Y	P	J	H	S	A	F	E	T	Y
Food	G	A	O	L	H	O	Z	Z	A	C
Safety	F	R	J	B	C	C	L	E	A	H
Clean	O	A	H	U	C	O	O	K	K	I
Separate	O	T	R	Y	U	B	V	O	C	L
	D	E	E	K	U	S	V	D	J	L
	T	E	I	S	N	V	Z	N	Y	W

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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.