SNAP-Ed New York
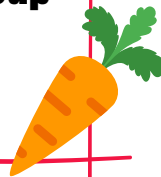SAVE TIME. SAVE MONEY. EAT HEALTHY.

YOUTH NEWS
SOUTHERN TIER SNAP-ED
BROOME | CHENANGO | CORTLAND | DELAWARE | MADISON | ONONDAGA | OTSEGO

Marching into National Nutrition Month!

Eat a Variety of Nutritious Foods Every Day!

- **Include healthful foods from each food group**
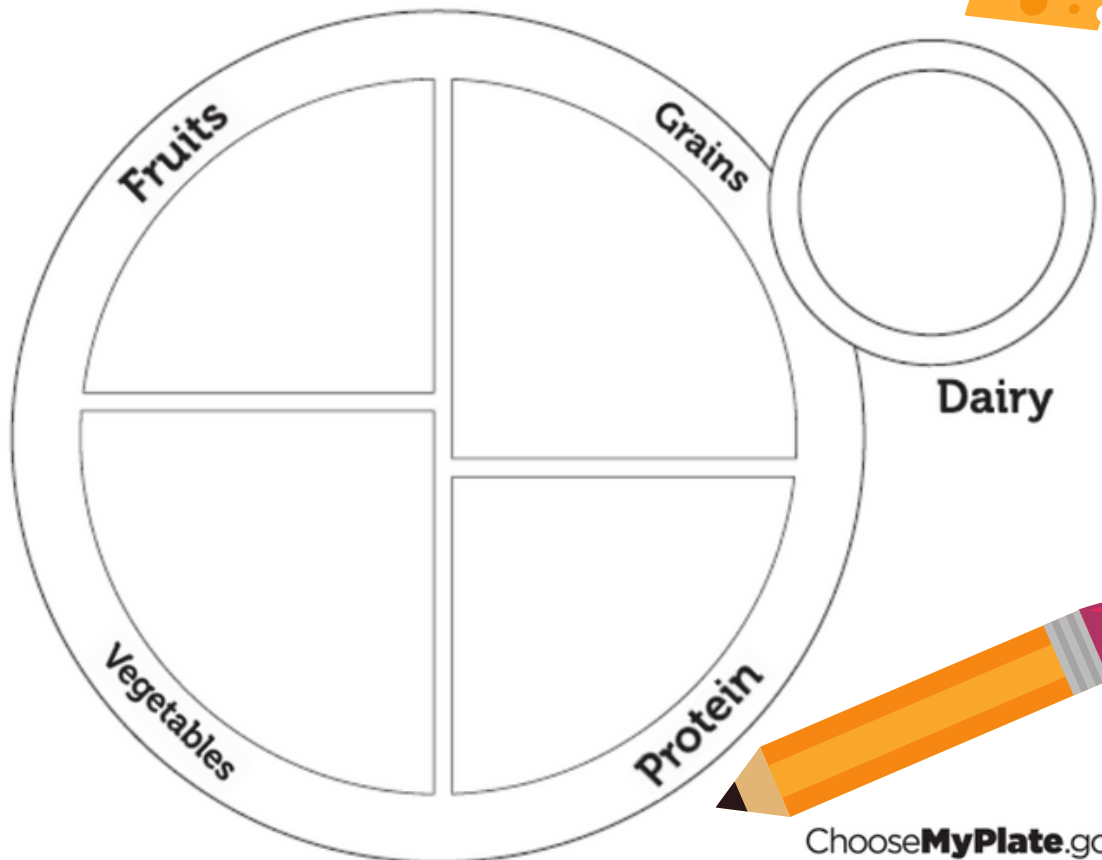- **Avoid distractions while eating**
- **Take time to enjoy your food**

IT CAN TAKE UP TO 20 MINUTES TO FEEL FULL AFTER WE START EATING

Personalize Your Plate!

- Draw your healthy meal on MyPlate!
- Be sure to include a food from each of the five food groups!
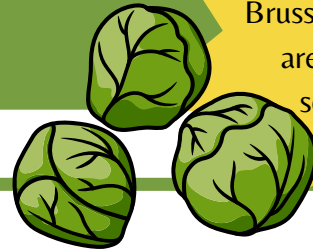
Fruits

Grains

Vegetables

Protein

Dairy

ChooseMyPlate.gov

5 ways to add Green to your day!

- Spot five green things during a morning walk
- Spread peanut butter on green apple slices
- Draw a picture using only green markers. green colored pencils. and green crayons
- Choose a new green fruit or vegetable at the grocery store for you and your family to try
- Add spinach to a smoothie

March is here! Brussels sprouts are now in season!

GET YOUR GREENS IN!

Green Fruit Yogurt Smoothie

2 cups (12oz) frozen strawberries or other frozen fruit
2 cups 100% Orange Pineapple (or Peach) Mango juice
1-2 ripe bananas
1 cup nonfat vanilla Greek yogurt
2 cups fresh greens (baby spinach, baby kale, chard, etc.)

1. Slightly defrost frozen fruit, just enough so that will easily blend.
2. Pour juice into blender.
3. Add frozen fruit pieces and spinach to blender.
4. Add banana and yogurt.
5. Blend until smooth– about 30-60 seconds
6. Pour into cups and enjoy!

Spinach is a good source of vitamins A and K, which help to keep our eyes and blood healthy!

Kitchen Tips
Kids can: add ingredients
Adults can: blend and serve

Nutrition Facts
Serving Size = 1 cup
Calories: 130, Fat: 0g, Carbohydrates: 28g, Protein: 4g, Sugar: 19g, Fiber: 2g

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

Cornell Cooperative Extension