



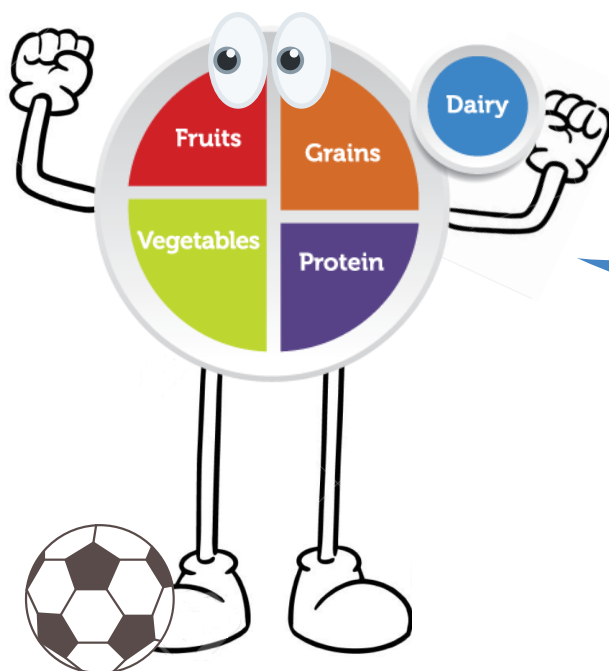
JUNE 2020

YOUTH NEWS

SOUTHERN TIER SNAP-ED

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

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!

Fruits



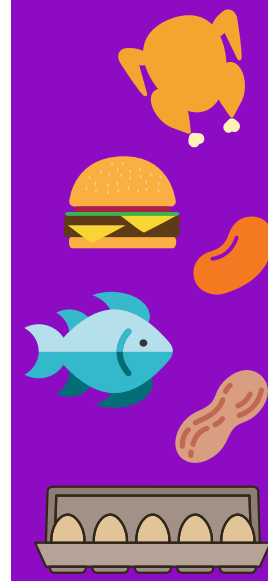
Veggies



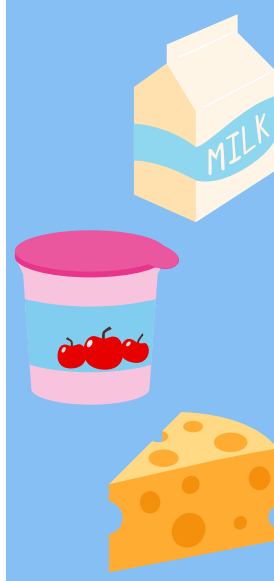
Grains



Protein



Dairy



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!

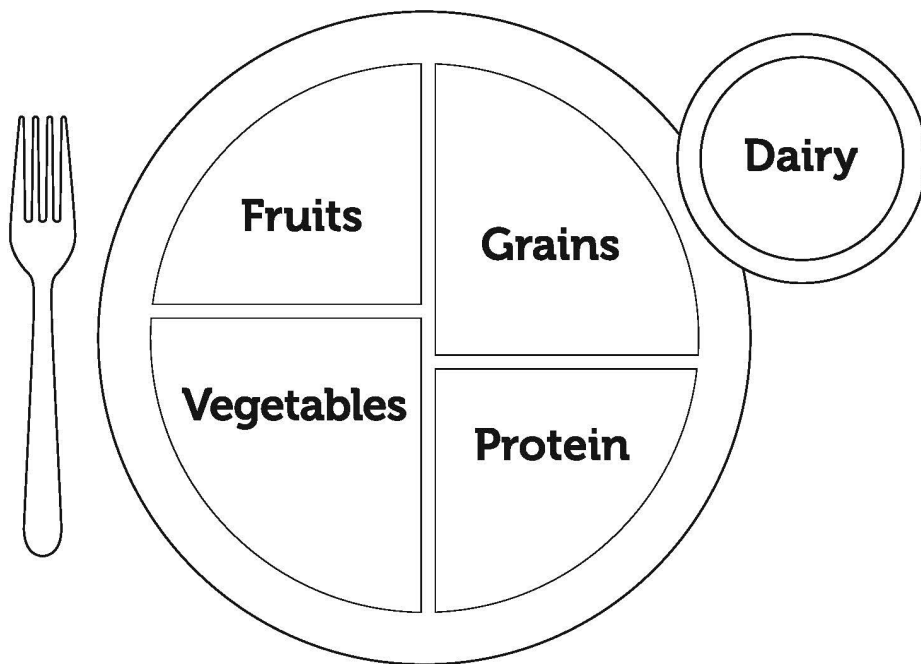
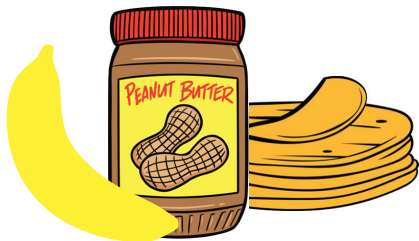
Adults can: cook & supervise!

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!