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Harvest Healthy Habits This Fall!

It's Fall ~ the air is crisp, the leaves are turning bright colors and the kids are back in school!!
Keep your family happy and healthy this fall as you celebrate Halloween,
Thanksgiving and the Holiday Season.

Try these simple tips to eat better, move more, feel better and do better!

ENJOY FALL'S HARVEST! VISIT YOUR FARMER'S MARKET!

- Stay healthy and satisfied with a bounty of flavors and colors! Choose carrots, broccoli, cabbage, apples, squash, sweet potatoes and more— all packed with great taste, nutrients and fiber!

TAKE CARE OF YOURSELF.

- Fight off colds and flu by eating a variety of fruits and veggies, drinking water and getting enough sleep.

EAT MINDFULLY AT PARTIES!

- Use smaller plates to avoid overeating.
- Eat a healthy snack before you go to avoid making poor food choices. Fruit, low-fat cheese, yogurt, or a handful of nuts are great options.
- Eat slowly! Pay attention to when you feel full, not stuffed.



RE-Think YOUR DRINK!

DID YOU KNOW? One 12oz can of soda has from 9-12 teaspoons of sugar - **About 1/4 cup!!**

If you drink two 12-oz cans of soda every day for one month it = 5 pounds of sugar!

Don't drink away your calories! Sugar sweetened drinks such as soda and juice drinks have lots of added sugars and few if any nutrients. These drinks add calories but don't fill us up!

Sip Smarter! Drink water anytime! Water is important to keep all cells healthy and to help you stay focused and feel your best- don't wait to be thirsty, reach for water many times each day!

Get creative! Add cucumber slices or lemon to your water for flavor. Love the bubbles in soda? Try seltzer water with a splash of 100% juice.

Got milk! Milk and other dairy are great sources of protein and calcium. Build strong muscle, bone and teeth with dairy products. Aim for 2-3 servings of milk, yogurt, low-fat cheeses or calcium rich soy/almond milk each day. Low-fat and non-fat milk and dairy is recommended for everyone over the age of 2 years.



FIND MORE AT WWW.SOUTHERNTIEREATSMARTNY.ORG & ON FACEBOOK AT [SOUTHERN TIER EAT SMART NY](https://www.facebook.com/SouthernTierEatSmartNY)



Start the School Year Off on the Right Foot!



Send the kids back to school with foods to keep them full, focused and healthy!

- Make your plate great with whole grains, fresh fruits, colorful vegetables, low-fat dairy and lean protein choices for a complete and balanced meal.

Try these meal ideas!

- **Pack in the protein:** Sliced carrots or cucumbers with hummus, apples with peanut butter, or hardboiled eggs are a great way to add lean protein to any lunch.
- **Veggie pockets:** Cut a whole wheat pita in half and let kids add their favorite veggies, beans, low-fat cheese and their favorite dressing.
- **Get the whole family moving!** Stay active by taking walks, playing soccer, dancing or raking leaves. Have fun together!



AUTUMN VEGETABLE SUCCOTASH

Makes: 8 servings

Ingredients:

1/4 cup olive oil
1 cup onion (diced)
2 garlic cloves (chopped)
2 cups bell pepper (diced)
2 cups zucchini (diced)
2 cups summer squash (diced)
3 cups lima beans (frozen)
3 cups corn kernels (frozen)
2 teaspoons sage, dried
OR 2 tablespoons sage (fresh, coarsely chopped)

Directions:

1. In a skillet, heat oil over medium-high heat.
2. Add onion, cook for about 2 minutes.
3. Add garlic, bell pepper, zucchini, squash, lima beans and corn.
4. Cook until vegetables are tender (10 minutes).
5. Stir in sage and serve.



FAST & EASY MICROWAVED SQUASH

- Wash the squash and pierce the skin several times with a fork or knife.
- Place squash in microwave safe dish. Heat on High for 5 minutes.
- Cut squash in half, place it back in microwave with the cut side down for 5 minutes.
- Let squash sit in microwave for 5 minutes.
- Serve with parmesan cheese, garlic or tomato. Enjoy!



Nutrition Facts (Serving Size 1.5 cups/Serving Per Container:

Calories: 220; Calories from Fat: 70; Total Fat: 8g; Saturated Fat: 1g; Trans Fat: 0g;
Cholesterol : 0mg; Sodium: 25mg; Total Carbohydrate: 31g; Dietary Fiber: 6g; Sugars: 4g;
Protein: 8g; Vitamin A: 8%; Vitamin C: 80%; Calcium: 4%; Iron: 10%



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.

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