

Harvest of the Month



NORTH COUNTRY REGION
EAT SMART NY

The *Harvest of the Month* featured vegetable is

cauliflower



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

¹Cauliflower is saturated fat-free, cholesterol free, and low in sodium. This vegetable is high in vitamin C and a good source of potassium and folate. Vitamin C helps your body heal cuts and wounds and lowers your risk of infection. Potassium regulates fluid balance and muscle contractions. Folate also helps to make cells and prevent birth defects.

Healthy Serving Ideas

²Add cauliflower to stir fry with your other favorite vegetables and spices like ginger!



²Mash & Bake! Steam cauliflower until its tender then mash it up using a blender with low-fat milk and a bit of butter.



²Try it roasted! Roast cauliflower until crispy with spices then add parmesan cheese! Or try making a cheesy cauliflower dish! Mix with a low-fat white sauce and parmesan cheese. The kids will love it!

For more recipes and tips, visit:
www.northcountryeatSMARTNY.org

Adapted from:

1. <https://snaped.fns.usda.gov/seasonal-produce-guide/cauliflower>
2. www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-cauliflower
3. <https://extension.umaine.edu/publications/4177e/>
4. www.choosemyplate.gov/ten-tips-be-an-active-family

Shopper's Tips

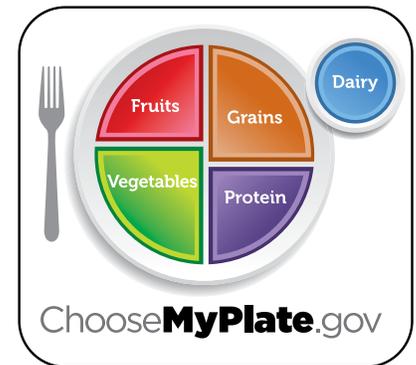
- ³Look for cauliflower that is solid, heavy, and unblemished. Choose the one with fresh green leaves.
- Store in a plastic bag in the refrigerator for up to 4 days.

Let's Get Physical!

⁴Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to your favorite music, or go for a walk.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. To find out how many fruits and vegetables you need go to www.choosemyplate.gov/MyPlatePlan



Remember to make half your plate fruits and vegetables to reach your total daily needs!



Harvest of the Month School Newsletter

Eat Smart New York (ESNY)

- ESNY is a federally funded SNAP nutrition education and obesity prevention program. The program is delivered for free at eligible schools where at least 50% of the children receive free and reduced price meals. Working with community partners and agencies, our educators share the importance of good nutrition and physical activity.
- Educators deliver a variety of lessons at qualified sites including: DSS, summer meal sites, youth groups, after-school programs, food pantries, soup kitchens, community centers, senior sites, health clinics and more.
- Interested in bringing ESNY to your site? To find out if you qualify, contact us at **1-844-3MY-ESNY** or email us at northcountrysnaped@cornell.edu

Lesson Highlights

Youth will:

- Learn about the health benefits of vegetables and eating from all the 5 food groups.
- Discover healthy snacks and tasty ways to eat vegetables.

If you receive SNAP benefits you can view a short video and receive an item to start your healthy lifestyle!

Visit Northcountryeatsmartny.org/mobile-lessons

For recipes, tips & more: Text EatSmartNY to 99000 (Message and data rates may apply).



Northcountryeatsmartny.org