

NORTH COUNTRY REGION
EAT SMART NY

OCTOBER 2017

Harvest of the Month™



Corn

Health and Nutrition Go Hand-in-Hand

- Make 1/2 your plate fruits and vegetables.
- Be active every day.
- Drink water instead of *sugary drinks.

These things may help lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

½ cup corn = 1/2 large ear

1 large ear of corn is :

- A good source of thiamin (also called vitamin B1.)
- Thiamin helps keep the body's nerves healthy.
- Also a good source of **folate, fiber, and vitamin C.

*The largest single source of added sugar in the American diet.

**Good sources provide 10-19% Daily Value.



Healthy Serving



Corn is delicious just off the grill.



Stuff whole wheat pita pockets with canned corn and black beans for a healthy sandwich.

Find recipes & more at:

northcountryeatSMARTny.org

Or call toll-free:

1-844-3MY-ESNY



**Cornell University
Cooperative Extension**

Shopper's Tips

Choose fresh, green husks with clean silk ends and ears that are well-covered with plump, shiny kernels.

Avoid yellow, shriveled, or dried husks and rotted corn silk.

Store fresh corn in a cool place or in the refrigerator for up to three days.

Many farmers' markets now accept EBT (SNAP) cards. For a market near you **visit: snaptomarket.com**

Let's Get Physical!

Get moving without using a car or bus. Find safe walking and biking routes to nearby places in your neighborhood. Walk or ride a bike to work, a farmers' market, church, or local park.

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 everyday. Find your amount at:

www.choosemyplate.gov/vegetables



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

An equal opportunity provider and employer.

School Newsletter

Eat Smart New York (ESNY)

ESNY is a federally funded 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.

Health and Learning Success go Hand-In-Hand

Studies show a relationship between good nutrition and good behavior and success in school. Harvest of The Month (HOM) connects with core curricula and links the classroom, cafeteria, home and community.

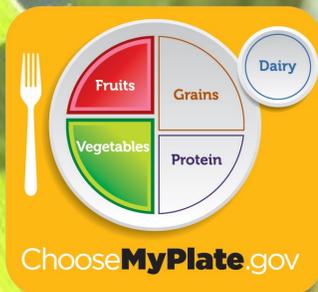
Corn Lesson Highlights

- Youth will participate in an interactive game and learn about Go, Slow and Whoa foods.
- Youth will compare different foods to see how corn measures up when it comes to nutrition and fiber.

Call toll-free or email us today to schedule a HOM workshop

1-844-3MY-ESNY

northcountrynaped@cornell.edu



Text EatSmartNY to 99000 *Message and data rates may apply.



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