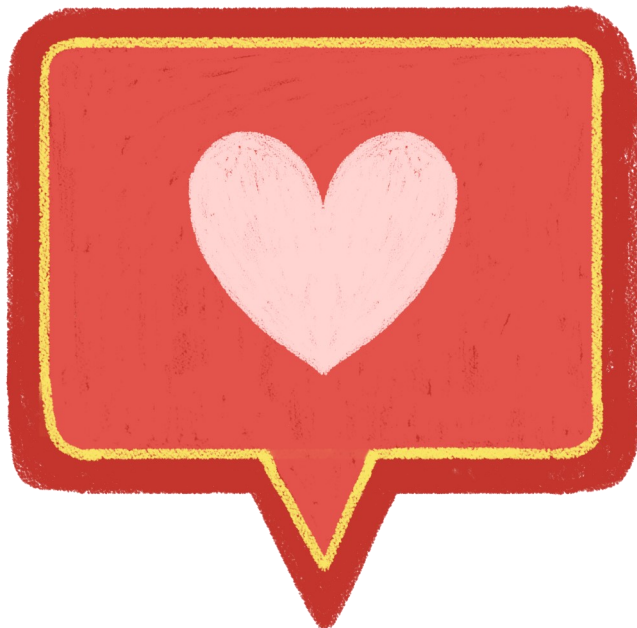


Cornell Cooperative Extension

SNAP-Ed provides free education on how to prepare healthy meals, and live a healthy, active lifestyle.



We are in this together.

Food Help in New York

SNAP provides monthly benefits to spend at local grocery stores.

Everything can be done online or by phone—you do not need to visit a local social services office.

* Applications for SNAP can be completed online here: www.mybenefits.ny.gov.

Shop for food online using SNAP benefits and have groceries delivered or picked up. See their websites.

* Amazon.com—available statewide

* Walmart.com—available in some zip codes

Nutrition Outreach and Education Programs can help you sign up for SNAP.

<https://hungersolutionsny.org/find-a-noep/>

*Erie County, an additional number to call:
585-815-5721*

Visit: Hungersolutionsny.org

Eating Well When It's Tough

As we face this crisis, our minds are racing with information. It is not an easy time to focus. As your community resource for nutrition, we want to share tips that make good food choices easier for all of us.

Try the tips that feel right for you and your family. Fueling yourself with nutritious foods is an important tool for your health.

- ◆ Keep veggies cut up and in containers or bags. Make them easy to grab and go.
- ◆ Store “sometimes” foods out of sight. Put cookies, chips, crackers and other sugary or salty foods up high in a cupboard or covered up.
- ◆ Look for canned fruits packed in water or 100% fruit juice. Avoid foods packed in sugary syrups.
- ◆ Fresh, frozen, or canned veggies and fruits—they all add nutrients for your body. Use whatever you have.
- ◆ Add vegetables, even when the recipe doesn't call for it. Every veggie adds much needed nutrients or fiber.

Making pasta? Add frozen broccoli
Making lentils? Mix in carrots and onions
Frozen pizza? Top with spinach

- ◆ Make a big, healthy meal early in the week. Package leftovers into individual servings so they are ready to reheat and eat.

We wish you good health during this difficult time.

New SNAP-Ed Resources Bookmark it today!

SNAP-Education in New York State has a new website. Check out free lessons to learn how to eat better and move more. The site also has low-cost and healthful recipes and handy tip sheets to spark ideas and inspiration.



<https://snapedny.org/>

Southwestern Lunch Wraps

If you don't have any of these ingredients, just leave them out. For example, if you don't have a wrap—just put the rest of the ingredients in a bowl.

Makes: 8 servings/wraps

Ingredients

- ☐ 1 cup **cooked pinto beans** (or canned, rinsed)
- ☐ 2 cups **cooked black beans** (or canned, rinsed)
- ☐ 2/3 cup frozen **corn** (or canned, drained)
- ☐ 2/3 cup canned **diced tomatoes** (drained)
- ☐ 8 whole wheat **tortillas**
- ☐ 1 cup shredded cheddar or other **cheese**
- ☐ Optional spices: **chili powder, garlic powder, paprika, salt and/or pepper**



Directions

1. Preheat oven to 350°F.
2. Mix everything (except tortillas) in a bowl
3. Spoon mixture evenly into a tortilla and roll up
4. Bake for 10 minutes or until cheese melted

Note - Make these wraps ahead of time and freeze for easy grab-and-go meals

Nutrition Facts: Serving size: 1 wrap; 290 Calories; 9g Total Fat; 4g Saturated Fat; 15mg Cholesterol; 520mg Sodium; 41g Total Carbohydrates; 6g Fiber; 3g Sugar; 13g Protein; Calcium 208 mg; Iron 2 mg; Potassium 316 mg

[Photo and Recipe adapted from Montana State University Nutrition Program Buy Eat Live Better](#)

Start with a Potato, End with Dinner

Potatoes. They are filling and have a long shelf-life. Use them as your base, use what you have to create a filling, and make an easy meal.

- * Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Cook until easily pierced with a fork.
 - *Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes
 - *Bake at 425 for 40-50 minutes.
- * Topping ideas: beans, salsa, and corn, **OR** grilled veggies, **OR** broccoli and low-fat cheddar, **OR** leftover sloppy joes. The possibilities are endless.

Cornell Cooperative Extension provides equal program and employment opportunity. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

Flexible Fried Rice

Have frozen veggies? Or fresh or canned veggies? Or eggs? Fried rice is a great way to use what you have. Here is a basic recipe. Switch out or leave out ingredients as needed.

Makes: 6 servings

Ingredients

- ☐ 2 tablespoons **vegetable oil**
- ☐ 2 **eggs**, beaten
- ☐ 1/2 teaspoon **pepper**
- ☐ 1 teaspoon **garlic powder**
- ☐ 3 cups **cooked rice** (brown rice, if you have it)
- ☐ 1/2 cup each of **diced vegetables** (carrots, onions, peppers, broccoli, zucchini, or whatever you have)
- ☐ 2 tablespoons **soy sauce**, low sodium if you can
- ☐ 3/4 cup **cooked meat** (if you have it. If not, leave it out)



Directions

1. Heat oil in pan over medium heat.
2. Add cooked rice and stir for 5 minutes.
3. Stir in vegetables and spices and cook until tender.
4. Remove mixture from pan.
5. Add eggs and scramble.
6. Return all ingredients to pan and add cooked meat (if you have it). When warmed through, serve.

Optional Sauce: Mix together low-sodium soy sauce and garlic powder to make a sauce. Pour in to pan at step 5

Nutrition Facts: Serving size: 1 cup; 215 Calories; 8g Total Fat; 1g Saturated Fat; 71mg Cholesterol; 311mg Sodium; 26g Total Carbohydrates; 3g Fiber; 2g Sugar; (varies) 11g Protein; 33mg Calcium; 1mg iron; 244 mg potassium

*[Photo and Recipe adapted from MyPlate Kitchen](#)
[Choosemyplate.gov/recipes](#)*

Need extra food support?

2-1-1 can assist you with finding a local source for free food, including: food pantries, food boxes, and mobile pantries.

Erie, Cattaraugus, Chautauqua, and Niagara Counties can also visit:

<http://www.FeedMoreWNY.org>

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