



Building
Healthy Habits

Winter Quick Tips

Cornell
Cooperative
Extension



Cultural Corner

Celebrate Black History in February! Learn about contributions and achievements Black Americans made to society and how they shape our world today. Check locally to find Black History Month activities to attend with your family.



Pump up Your Heart Health!

Having a healthy heart can help prevent heart disease, including high blood pressure, high cholesterol, stroke, and heart attack. Heart disease is a goal for everyone because heart disease can start early in life. A heart-healthy diet includes a variety of colored vegetables and fruit, whole grains and products made from whole grains, low-fat milk and cheese, and lean, unprocessed protein, like chicken, eggs, beans, and fish. When buying groceries, check the Nutrition Facts Label and choose foods with little or no added sugars. Look for ways to move your body more, such as housework, walking the dog, pushing the baby stroller, or shoveling snow. These activities all help to keep your heart healthy.

What's in Season

In February, look for different citrus fruits like oranges and tangerines; or produce that stores well like apples, cabbage, sweet potatoes, winter squash, carrots, and pineapples.

Recipe

Skillet Mac and Cheese

Makes 4 servings, one serving is 1 cup

Ingredients

- 2 cups of water
- 1 1/2 cups of uncooked macaroni
- 1 teaspoon of margarine or butter
- 2 tablespoons of all-purpose flour
- 1/4 teaspoon of salt
- 1/4 teaspoon of dry mustard OR 1
teaspoon of prepared mustard
- 1 1/4 cups of non-fat or 1% milk
- 1 1/4 cups of grated cheddar cheese
(5 ounces)



Directions

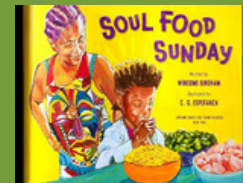
1. Wash your hands with soap and water.
2. In a 10-inch skillet or saucepan, bring water to a boil.
3. Add the macaroni and margarine or butter, stir a few times to prevent sticking.
4. Cover the pan and reduce heat to low, simmer for 5 minutes, do not drain the water.
5. Meanwhile, mix the flour, salt, and mustard in a small bowl. Add 1/4 cup of milk and stir until smooth. Add remaining milk and set aside.
6. Take the lid off the skillet and cook the macaroni until most of the water is gone.
7. Add the milk mixture and cheese while stirring. Cook and stir until the cheese is melted and the sauce is bubbly and thick.
8. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size: 1 cup Calories: 340, total fat: 14g, saturated fat: 7g, 36% calories from fat, sodium 420mg, carbohydrate: 37g, protein: 16g, Calcium: 358mg, Iron: 2mg, Potassium: 240mg
Source: foodhero.org



Kids' Book Nook

With your child, visit your local library and borrow "Soul Food Sunday" by Winsome Bingham. After reading it together, talk about what foods they are excited to try! You can also read along on YouTube by using this link: https://youtu.be/gZNdKv43BXY?si=1Rg8TH3g6_HJ1h6O



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