

# March Newsletter and Recipe for the Nutrition Education Program, NEP

Brought to you by Fayette County Community Action Agency, Inc. and the Nutrition Education Program, NEP

March 2019 Newsletter

## Recipe

### Fruity Homemade Oatmeal

*“Start your day off right with a warm bowl of apple cinnamon oatmeal, a dish that is perfect for a chilly morning at home”.*

**Makes:** 2 servings, 1 serving= 4 ounces or ½ cup

**Recipe source:** <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruity-homemade-oatmeal>

#### **Ingredients**

- ¾ cup of old-fashioned rolled oats
- 2 tablespoons raisins or currants
- 1 apple (cored and chopped)
- 1 teaspoon cinnamon
- 1 ½ cups water

#### **Directions**

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in oatmeal, raisins, chopped apple and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

**Notes:** To get more fiber, leave the skin on the apple.

**Nutrition information for Fruity Homemade Oatmeal recipe:** Calories 181, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrates 37 g, Dietary Fiber 5 g, Total Sugars 3 g, Added Sugars Included 0 g, Protein 5 g, Vitamin D 0 mcg, Calcium 42 mg, Iron 2 mg, Potassium 260 mg



*I hope you enjoy this delicious, healthy oatmeal recipe! For more information on the recipe “Fruity Homemade Oatmeal” and other nutritious recipes, check out <https://whatscooking.fns.usda.gov>*

# Small changes can make a large difference...

*\*Check out some tips and ideas to keeping the flavor in your food while lowering salt and sugar and switching to healthier fats!*

## **Pick healthy fats and still keep the flavor!**

- Drink fat-free or 1% milk instead of 2% or whole milk
- Bake, broil, grill or boil instead of frying foods in butter, lard or shortening
- Eat leaner cuts of ground meat (99% fat-free) instead of choosing fattier cuts of meat

## **Lower salt, not taste!**

- Season foods with herbs, spices, vinegar or lemon juice instead of adding salt for flavor
- Buy fresh or frozen vegetables without sauces instead of choosing canned vegetables
- Make pizza at home using fresh veggies, cheese and no-salt tomato sauce instead of delivery

## **Lower sugar, and still satisfy your sweet tooth!**

- Drink water or unsweetened tea instead of sugary soft drinks or juices
- Choose fresh fruits instead of sweet, sugary desserts
- Choose whole-grain cereals without added sugars instead of sweet, sugary cereals

\*Information provided in this newsletter is taken from the US Office of Disease Prevention and Health Promotion's *Eat Healthy, Be Active Curriculum*, lesson 1, for the Nutrition Education Program, NEP. I hope you enjoyed and found this information valuable. For more information and a schedule of nutrition education classes, please contact Gretchen Billy, Project Manager for the Nutrition Education Program, NEP, at Fayette County Community Action Agency, Inc. (724) 430-6428 or email at [gbilly@fcca.org](mailto:gbilly@fcca.org)

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