



EFNEP TRAVIS COUNTY

The Daily Apple

A quarterly newsletter for friends and participants of EFNEP– Travis County

Volume 1, Issue 2

Spring 2017

Important

Announcements

- Check out our blog posts [here!](#)

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Spring Cleaning the Nutrition Way

By Doris Vallejo-Aguilar

You know spring is in the air when the flowers start blooming and the breeze is just right!

Sure, we all helped ourselves to the irresistible holiday meals. Now, it is time to get our healthy eating back on track.

Spring is usually the time people use to get rid of the junk that has built up in their houses for the past few months. This popular phenomenon is what we call spring-cleaning. So let us use spring-cleaning for our diets too!

We need to reduce the amount of foods high in saturated fat we consume. These foods include pork, poultry with skin, butter, and fatty beef. Diets high in saturated fat may result in higher cholesterol levels and heart disease.

Replace foods high in saturated fat with whole grains, fruits, vegetables, fish, and nuts.

Foods that are high in sugar can be very tempting. It is important to reduce foods like sodas, candies, and energy drinks. Foods high in sugar can cause elevated blood sugar, high blood pressure and heart disease. Instead, eat more fruits! There are a variety of fruits in season in the spring. They are nature's candy, so give it a try!

The amount of calories you are eating can easily be overlooked. Eating high-calorie foods can lead to obesity. Watch your portion sizes to prevent this. Drink more water or beverages with no calories. For example, drink naturally flavored sparkling water or diet drink options.

We need to be especially careful when we eat foods high in



Fruits are nature's candy! Try some of them this spring. CC0 Public Domain

sodium. High sodium foods can lead to high blood pressure, heart attacks and strokes. You should choose foods that are labeled "low" or "reduced sodium". When you prepare food, limit the salt! You can replace salt with other ingredients like onions, garlic, herbs and vinegars.

Happy Spring Cleaning!

Doris Vallejo-Aguilar– senior at the University of Texas at Austin and an intern with EFNEP– Travis County.

EFNEP TRAVIS COUNTY

The EFNEP program provides nutrition education to low income families and children throughout Travis County.

Adult

A series of eight classes are offered to adults in a variety of settings and class topics include:

- Intro to EFNEP
- MyPlate
- Fruits, Vegetables & Dairy
- Power of Planning
- Setting your Limits
- Plate it Safe
- Mealtime Miracles
- Choice is Yours- Setting Goals

Youth

A series of six classes are offered to youth aged 5-18 in schools and at after school locations. Class

topics include:

- MyPlate
- Make Half your Grains Whole
- Vary Veggies and Focus on Fruits
- Get your Calcium-Rich Foods
- Go Lean with Protein

If you or your organization is interested in speaking with a local nutrition educator to schedule classes, please call:

(512) 385-0990

Maria Rosario-Mejias,
Extension Agent- EFNEP

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EXTENSION

In Season: Strawberries

Who does not enjoy strawberries? We can eat strawberries in different ways. Strawberries are available all year but they are especially plentiful during the spring! Not only are strawberries sweet and delicious, they give us Vitamin C! Vitamin C helps strengthen our immune system to fight against the common cold and coughs. Stay healthy and try this simple recipe!

Strawberry S'mores

Ingredients:

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 tablespoons yogurt, low-fat vanilla

Directions:

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to ½ of graham cracker.
4. Top with the other ½ graham cracker.



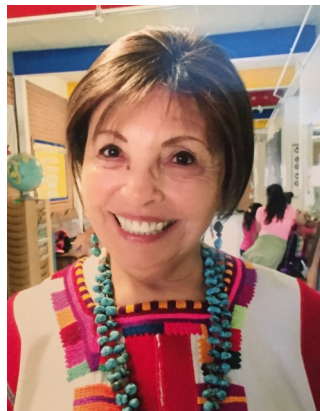
Strawberry S'mores
Ready in 5 minutes!

Retrieved from [What's Cooking? USDA Mixing Bowl](#)

Volunteer Spotlight

“Teresa Santillana is the reverend at Berkeley United Methodist Church and she has gone above and beyond to help us out with recruiting participants for our classes.

From the get go, Teresa brought Cunningham Elementary on board and spread the word around the neighborhoods nearby about our nutrition classes held at the church. After setting up class, she made sure we could receive a generous donation to assure that we could conduct food demos in



Teresa Santillana, volunteer at Berkeley United Methodist Church.

class so participants can have the full experience. Every week she makes sure that, everyone has an equal opportunity to attend our classes by

providing transportation to those who do not have it. Not only did she help spread the word and assure participants make it to class, she also gives out food to those who need it, if there are bags of goods left at the elementary schools. For this reason and many others, I want to make sure that Mrs. Santillana’s work and effort is acknowledged.”

Amely Vela, *Nutrition Education Assistant*