The University of Maryland, College of Agriculture and Natural Resources programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.
Strawberries: Healthy and Fun

Fresh fruits are one of the most popular parts of summertime eating. Strawberries, often called the “queen of fruits”, are delicious and packed with nutrition. They are an excellent source of vitamin C which helps you fight off infections and is a powerful antioxidant that may help to prevent cataracts and macular degeneration. Their bright red color may provide health benefits against cancer, aging, inflammation and memory loss. The flavonoids, responsible for their flavor and color, help to lower your risk for heart disease. This little fruit also contains minerals like potassium, vitamin K and magnesium which are important for bone health.

Strawberries are low in fat and calories and high in fiber which makes them a delicious, healthy summertime snack. Here are other ways to include them in your daily menu:

◊ Add sliced strawberries to your mixed green salad.
◊ Layer sliced strawberries with low fat yogurt to make a parfait dessert.
◊ Blend strawberries with orange juice and yogurt to make a yummy smoothie.
◊ Add chopped strawberries to muffins and pancakes.

Lisa McCoy, MS, RDN, FCS Extension Educator

For Your Information

The Allegany County Library System will again be having

Wednesdays With Us!

Each Wednesday from June 17 to August 5 at 2:00 p.m. every library will be offering programs for kids….and they’re all FREE!

There will be magicians, clowns, mad scientists, singers, art and bubbles.

Check with your local library to see what’s happening at your branch or visit alleganycountylibrary.info.

Farmer’s Markets are in full swing with lots of fresh produce and other goodies. Ask your EFNEP educator for times and locations.

Independence Day Trivia

See if you can guess the answers!

When did the 4th of July become a national holiday?

How many people signed the declaration of independence?

Happy Independence Day!

Answers: 1876; 56

Independence Day Trivia

See if you can guess the answers!

When did the 4th of July become a national holiday?

How many people signed the declaration of independence?

Happy Independence Day!

Answers: 1876; 56

Newsletter prepared by: Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families, Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

University of Maryland
301-724-3320

Kathy Kinsman—kkinsman@umd.edu
Eileen Morgan—emorgan@umd.edu
Sara Barnard—sbarnard@umd.edu
Linda Ashburn—lashburn@umd.edu (Coordinator)
http://www.extension.umd.edu/

Strawberries: Healthy and Fun

Fresh fruits are one of the most popular parts of summertime eating. Strawberries, often called the “queen of fruits”, are delicious and packed with nutrition. They are an excellent source of vitamin C which helps you fight off infections and is a powerful antioxidant that may help to prevent cataracts and macular degeneration. Their bright red color may provide health benefits against cancer, aging, inflammation and memory loss. The flavonoids, responsible for their flavor and color, help to lower your risk for heart disease. This little fruit also contains minerals like potassium, vitamin K and magnesium which are important for bone health.

Strawberries are low in fat and calories and high in fiber which makes them a delicious, healthy summertime snack. Here are other ways to include them in your daily menu:

◊ Add sliced strawberries to your mixed green salad.
◊ Layer sliced strawberries with low fat yogurt to make a parfait dessert.
◊ Blend strawberries with orange juice and yogurt to make a yummy smoothie.
◊ Add chopped strawberries to muffins and pancakes.

Lisa McCoy, MS, RDN, FCS Extension Educator

For Your Information

The Allegany County Library System will again be having

Wednesdays With Us!

Each Wednesday from June 17 to August 5 at 2:00 p.m. every library will be offering programs for kids….and they’re all FREE!

There will be magicians, clowns, mad scientists, singers, art and bubbles.

Check with your local library to see what’s happening at your branch or visit alleganycountylibrary.info.

Farmer’s Markets are in full swing with lots of fresh produce and other goodies. Ask your EFNEP educator for times and locations.

Independence Day Trivia

See if you can guess the answers!

When did the 4th of July become a national holiday?

How many people signed the declaration of independence?

Happy Independence Day!

Answers: 1876; 56

Newsletter prepared by: Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families, Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

University of Maryland
301-724-3320

Kathy Kinsman—kkinsman@umd.edu
Eileen Morgan—emorgan@umd.edu
Sara Barnard—sbarnard@umd.edu
Linda Ashburn—lashburn@umd.edu (Coordinator)
http://www.extension.umd.edu/

Strawberries: Healthy and Fun

Fresh fruits are one of the most popular parts of summertime eating. Strawberries, often called the “queen of fruits”, are delicious and packed with nutrition. They are an excellent source of vitamin C which helps you fight off infections and is a powerful antioxidant that may help to prevent cataracts and macular degeneration. Their bright red color may provide health benefits against cancer, aging, inflammation and memory loss. The flavonoids, responsible for their flavor and color, help to lower your risk for heart disease. This little fruit also contains minerals like potassium, vitamin K and magnesium which are important for bone health.

Strawberries are low in fat and calories and high in fiber which makes them a delicious, healthy summertime snack. Here are other ways to include them in your daily menu:

◊ Add sliced strawberries to your mixed green salad.
◊ Layer sliced strawberries with low fat yogurt to make a parfait dessert.
◊ Blend strawberries with orange juice and yogurt to make a yummy smoothie.
◊ Add chopped strawberries to muffins and pancakes.

Lisa McCoy, MS, RDN, FCS Extension Educator

For Your Information

The Allegany County Library System will again be having

Wednesdays With Us!

Each Wednesday from June 17 to August 5 at 2:00 p.m. every library will be offering programs for kids….and they’re all FREE!

There will be magicians, clowns, mad scientists, singers, art and bubbles.

Check with your local library to see what’s happening at your branch or visit alleganycountylibrary.info.

Farmer’s Markets are in full swing with lots of fresh produce and other goodies. Ask your EFNEP educator for times and locations.

Independence Day Trivia

See if you can guess the answers!

When did the 4th of July become a national holiday?

How many people signed the declaration of independence?

Happy Independence Day!

Answers: 1876; 56

Newsletter prepared by: Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families, Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

University of Maryland
301-724-3320

Kathy Kinsman—kkinsman@umd.edu
Eileen Morgan—emorgan@umd.edu
Sara Barnard—sbarnard@umd.edu
Linda Ashburn—lashburn@umd.edu (Coordinator)
http://www.extension.umd.edu/