

Making Mealtime Memories

Farmers Market Frittata

Now that Farmers Market's are opening for the season, think about meals you can make that feature ingredients you can get locally. In this nutritious frittata, many of these items (eggs, veggies, cheese & sometimes even milk) can be purchased all at once at a local market or stand.

Ingredients

- 1 tablespoon Olive Oil
- 1 Onion, finely chopped
- 1 teaspoon Garlic, minced
- 1 Red Bell Pepper finely chopped
- 1 Carrot, grated
- 1 bunch or 8 stems broccoli
- 1 cup Peas (frozen or fresh)
- 6 Eggs
- 2 tbsp. Whole Milk *Can replace with cream if you prefer
- ½ cup Cheddar Cheese
- 1 teaspoon Dried Oregano
- ½ teaspoon Pepper and Salt (to taste) *Do not add salt if serving to baby.



Instructions:

1. Preheat oven to 425f
2. In a mixing bowl, whisk together the egg, milk, cheese, herbs and seasoning.
3. Heat oil in a 10" cast iron pan, add the onion and garlic and cook for approx. 5 minutes. Add the bell pepper and carrot and cook for another minute. Add the broccoli and cook for a further minute. Stir in the peas.
4. Give your egg mixture a final whisk and pour the mixture over the vegetables. Stir briefly to distribute the mixture evenly across the pan.
5. Cook on the stove top for about 1-2 minutes. Just until the edge of the frittata has turned lighter in color.
6. Transfer to the oven and bake for approximately 8-10 minutes, ideally, you should take the frittata out of the oven when the middle still has a SLIGHT jiggle to it or when it is just set and no more. Cool in the pan for 5 minutes and then slice and serve.

Newsletter created by: Maria Musser

Please contact Maria Musser, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060 or mmusser@ofoinc.org



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Healthy Living With Head Start

Earth Day Nutrition

April 22nd is Earth Day! This annual event was first held in 1970 and is a reminder of the importance of environmental conservation and sustainability, encouraging us to come together and take action for a healthier planet and brighter future! Consider these steps to celebrate this year!



Shop at Farmer's Markets. As farmer's markets open for the season, support local farmers and purchase food that you know is grown locally! Farmers Markets and stands exist in many of our small communities including Cooperstown, Oneonta, Schenevus, Morris, Milford, Richfield Springs and Springfield. Check out <https://www.thisiscooperstown.com/blog/cooperstown-area-farmers-markets> for a complete list

Eat Seasonally. Check out farmers markets for local in-season items, or find deals at the grocery store for fresh produce. Seasonal produce (such as greens in the fall, or strawberries in the early summer) often taste better because it is fresh, and is cheaper because there is more available! It will also add nutritional variety to your diet.

Eat Less Meat. A plant-based diet focuses on fruits, vegetables, grains, beans, peas, lentils and nuts. It's rich in fiber, vitamins and other nutrients. And people who don't eat meat generally eat fewer calories and less fat. Research shows that people who eat red meat are at a higher risk of death from heart disease, or stroke.

Grow and garden and spend time outside! Spending time in nature can help your family move more and learn about our natural environment. See the next page for tips on how to enjoy and respect our earth!

Get out and Play!

Both toddlers and adults should aim to get at least 60 minutes a day of physical activity. While this may seem like a lot, alternating the ways you stay active, such as the ideas below, will make it easy to achieve this goal!

Play Games - Staying active can be as simple as a game of tag. But there are plenty of outdoor activities that your child will enjoy!

- * Sidewalk chalk, bubbles, or even just getting messy with some sensory play in the mud, are all fun outdoor activities.
- * Balance bikes are becoming very popular! Try these for children that are not ready for a bike, or training wheels for a more advanced skill.
- * Play tags in teams to involve family and friends, use freeze tag for smaller groups, or try color tag: when someone is tagged they become frozen. To be unfrozen, a person has to shout out an object they see and the color of that object.

Take a Walk - Walking is free, easy, and almost anyone of any age can take part. This is a great time to go out exploring as a family.

- * Walk with a mission - check out the next page for a fun Earth Day Scavenger Hunt! You can easily change this to list items to match your surroundings.
- * Walks don't have to be a sunny-day-only activity - throw on a raincoat and boots, give everyone an umbrella, and enjoy jumping in the puddles.
- * Walk on paths to give everyone interesting surroundings to look at and learn about. Bring a healthy picnic to conclude a long walk!

Gardening - Gardening can be affordable, educational, and fun for the whole family. Plus, growing your own food may help you save money in the long run and make healthy eating fun for your little one!

- * Some soil, a packet of seeds, and time is all it takes to grow herbs, flowers, or even fresh vegetables.
- * Gardening is not only a way to get out and be active, but also teaches children about earth science, plant biology, and where our food comes from.
- * Kids will love watching their plants progress from seeds to blossoms, and finally to food. This is a great way to teach kids about nutrition, too.

Earth Day Scavenger Hunt

