For 50 years the Cooperative Extension System has delivered the nation’s FIRST nutrition education program – the Expanded Food and Nutrition Education Program (EFNEP).

In Maine, EFNEP has been a key part of the University of Maine Cooperative Extension’s educational outreach since 1969.

Since the beginning, EFNEP educators have worked closely with community partners to educate tens of thousands of families and youth. The education and hands-on learning delivered through EFNEP has increased nutrition knowledge, improved cooking skills, and has taught participants to stretch their food dollars to provide healthier foods to their families.

EFNEP has made a difference in the lives of Maine families.

Thank you to all past and present Maine EFNEP educators for the important work accomplished over the past 50 years!

For more information about EFNEP and to find a program near you, visit our website: https://extension.umaine.edu/food-health/efnep/ and follow us on Facebook: Eat Well: Maine Expanded Food and Nutrition Education Program @maineefnpeatwell.
Farmers’ markets are a great way to buy fresh produce and support local businesses. Did you know that WIC checks and EBT cards from SNAP can be used at farmers’ markets? If you are a SNAP participant, you may be able to earn bonuses by purchasing local produce. Read on for more information.

**WIC**
- In Maine, adults and children over nine months of age enrolled in WIC can receive farmers’ market checks.
- Farmers’ market checks can be used from June through October.
- Checks can be used at WIC approved vendors at farmers’ markets or WIC approved farm stands. Farmers’ market checks can only be used to buy fresh and unprocessed fruits, vegetables or herbs.

**SNAP (EBT)**
- SNAP participants can use their EBT card at participating farmers’ markets. A full list of participating markets is available at [www.mainefarmersmarkets.org/shoppers/markets-that-accept-ebt-cards/](http://www.mainefarmersmarkets.org/shoppers/markets-that-accept-ebt-cards/).

- At some markets, SNAP participants pay at a central EBT terminal. The information booth of the farmers’ market will have more information on how to use an EBT card for purchases.
- Certain participating farmers’ markets give EBT card users a “Maine Harvest Buck” for every dollar spent at the market. Harvest Bucks can then be spent at the farmers’ market on fresh, unprocessed fruits or vegetables. A list of participating markets is available at [maineharvestbucks.org](http://maineharvestbucks.org).

**Farm Fresh Rewards**
- SNAP participants shopping in participating grocery stores earn $5 vouchers for every $5 they spend on local foods including fruits and vegetables. A full list of participating stores is available on [farmfreshrewards.org](http://farmfreshrewards.org).
- These vouchers are valid at those same stores and can be spent on more local fresh, frozen, or dried fruits and veggies. Vouchers cannot be used at farmers’ markets.
- Farm fresh rewards are available all year.
Kid’s Korner
Colorful Veggie Salad with Homemade Croutons

Crouton Ingredients
2 slices whole wheat bread torn or cut into bite sized pieces
1 tablespoon of oil (olive or vegetable oil)
Garlic powder to taste
Salt to taste

Salad Ingredients
3 cups of salad greens (spinach, romaine, or a mix), washed* if not pre-washed
1 large carrot
1 yellow bell pepper
1 large tomato or 1 cup cherry tomatoes
1 cucumber
* See Food Safety Corner for directions for washing greens.

Directions
1. Preheat oven to 375°F.
2. Wash hands with soap and water.
3. In a large bowl, drizzle oil over bread, add garlic powder and salt.
4. Toss bread with oil and seasonings until covered, place on baking sheet in oven for 10 minutes, stirring once halfway through. Croutons are done when crisp and lightly toasted.
5. Wash all vegetables.
6. Chop the salad greens, carrot, pepper, tomato, and cucumber into bite-sized pieces and layer in bowl.
7. When croutons have cooled, sprinkle over salad along with your favorite dressing or oil and vinegar.

This is a great recipe to use with local produce. Swap out any of the vegetables listed to make the recipe your own. Other topping ideas include using beans, cheese, nuts, and seeds.

Makes 5 servings    Serving Size: ⅛ recipe    Cost per recipe: $7.32  Cost per serving: $1.46
Ask EFNEP!

Deborah Barnett
Community Education Assistant, Kennebec County

Deborah “Debbie” Barnett has been part of the University of Maine Cooperative Extension Expanded Food and Nutrition Education Program for 7½ years.

“I absolutely love the variety of people I get to interact with!” says Debbie. “The excitement of the students in schools and the shared ideas of our newest community members are two of the most gratifying things I have experienced on the job.”

Debbie looks for the positive in everyday. Whether it be spending time with her three grandchildren, playing with her dog, Jed, going on small adventures with her fiancé or just relaxing by the lake. Her motto is ... “It’s All Good!”

Q. What vegetables can I plant in a container?

A. We know that adding fresh vegetables to our diet is a great idea. Have you ever thought of growing your own? Many of us just don’t have the space to start a traditional garden but have you considered a container garden?

Many vegetables and herbs grow well in as little as a 5-gallon bucket.

• You could grow the ingredients to make your own salad or salsa. Many varieties of tomatoes do well in containers, as do peppers (both sweet and jalapeno) and onions.

• Have your children help you plant the vegetables and watch their excitement as they pick and eat their own green beans or peas!

• Herbs such as chives, parsley, and oregano can also be planted in window boxes or small pots for year round flavor additions.

For more information and ideas check out the University of Maine Cooperative Extension Bulletin # 2762, Growing Vegetables in Containers.
Greens such as kale, spinach, or swiss chard are full of vitamins, minerals, and fiber. They can also be used in a variety of recipes. Here are some tips for washing and storing greens.

- Immediately refrigerate greens after purchasing or refrigerate within two hours of purchasing.
- Greens that are not labeled “washed” or “ready to eat” need to be washed before preparation.

How to Wash Greens

1. Separate the leaves and remove any bruised, wilted, or discolored leaves.
2. Fill a bowl with cold water and let leaves soak for a few minutes, moving the greens around in the water to remove any dirt that may be on the leaves.
3. Lift the greens out of the water, leaving any dirt in the bottom of the bowl. Some greens may require more than one washing to remove all dirt or sand.
4. Drain in a colander and dry the greens with a salad spinner or pat dry with a clean towel.

Storage

- Greens can be stored in a clean plastic bag in the crisper or produce drawer of the refrigerator.
- Greens can be washed before storing in the refrigerator or stored unwashed and washed directly before using.
- If greens are washed before storing, be sure to dry them thoroughly. A paper towel can be added to the bag to help soak up any extra water left on the greens.

Specific storage examples are in the table below.

<table>
<thead>
<tr>
<th>Type of Green</th>
<th>Recommended Storage</th>
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<tbody>
<tr>
<td>Kale</td>
<td>Store greens in a plastic, perforated bag in the refrigerator. Use within 2 to 3 days.</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Store in the crisper drawer of the refrigerator in an open or perforated plastic bag. Use within one week.</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td>Wrap tightly in plastic and keep in the refrigerator. Use within 2 to 3 days.</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>Can be stored in the refrigerator either in a plastic bag or wrapped in a damp paper towel. Use within 2 to 3 days.</td>
</tr>
<tr>
<td>Spinach</td>
<td>Store in the refrigerator in a plastic bag for up to 4 days.</td>
</tr>
<tr>
<td>Dandelion Greens</td>
<td>Wrap in a damp paper towel, place in a perforated plastic bag, and store in the refrigerator.</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>Store unwashed greens, wrapped in plastic, in the crisper drawer of the refrigerator. Use within 2 days - wash before using.</td>
</tr>
<tr>
<td>Turnip Greens</td>
<td>Wrap greens in a damp paper towel, then place in a perforated plastic bag and refrigerate. Use within 4 to 7 days.</td>
</tr>
</tbody>
</table>

Sources

Iowa State University Cooperative Extension, [https://spendsmart.extension.iastate.edu/produce-item/kale-collard-greens/](https://spendsmart.extension.iastate.edu/produce-item/kale-collard-greens/)
University of Maine Cooperative Extension, [https://extension.umaine.edu/publications/4180e/](https://extension.umaine.edu/publications/4180e/)
University of Maine Cooperative Extension, [https://extension.umaine.edu/publications/4336e/](https://extension.umaine.edu/publications/4336e/)
Quick and Easy Eat Well Recipe

Veggie and Protein-Packed Breakfast Strata

Ingredients
4 slices whole wheat bread  
1 teaspoon oil  
5 large eggs  
1½ cups skim milk  
⅔ cup shredded lowfat cheese (cheddar or mozzarella)  
2 cups chopped vegetables* (tomatoes, mushrooms, spinach, or onions)  
Salt and pepper to taste  
*Prior to chopping, gently rub vegetables under running water to wash.

Directions
1. Preheat oven to 350°F.  
2. Wash hands with soap and warm water.  
3. Lightly toast bread, this will help the texture of the strata. Tear or cut the bread into bite-sized pieces and arrange in the bottom of a greased 9-inch square baking dish.  
4. Add oil to a skillet and sauté vegetables on medium-high heat until tender. Set aside to cool.  
5. In a large bowl, whisk together the eggs, milk, and salt and pepper. Wash hands after touching raw eggs. Stir in cheese.  
6. Layer cooked vegetables over bread in baking dish. Pour egg mixture over vegetables and bread.  
7. Bake for 45 minutes, or until the internal temperature reaches 160°F on a food thermometer. Let cool for 10 minutes before serving.

Makes 6 Servings   Serving Size: ⅙ recipe   Cost per Recipe: $4.27   Cost per Serving: $0.71

Nutrition Facts
1/6 recipe servings per container  
Serving size: 6 servings (203g)  
Amount per serving  
Calories: 200  
Total Fat: 7g  
Saturated Fat: 2.5g  
Trans Fat: 0g  
Cholesterol: 160mg  
Sodium: 300mg  
Total Carbohydrate: 20g  
Dietary Fiber: 1g  
Total Sugars: 6g  
Includes 0g Added Sugars  
Protein: 15g  
Vitamin D: 1mcg  
Calcium: 197mg  
Iron: 2mg  
Potassium: 122mg  

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.