

WTNS Radio OSU Extension Update for August 15, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about Celebrate Your Plate, and as always look at some upcoming programs from OSU Extension.

As I was driving west on US 36 just before the light at SR 83 and CR 1A, I noticed a colorful billboard from celebrateyourplate.org. It caught my eye, not only because the street-style fish tacos look delicious, but also because Celebrate Your Plate is one of my favorite places to look for recipes.

This online resource is funded through your tax dollars and is part of the efforts that are known commonly as the "Farm Bill." A huge portion of the Farm Bill goes toward nutrition assistance—a whopping seventy-six percent or approximately \$65 billion annually. As of May 2022, here in Coshocton County there were 5,719 people receiving SNAP benefits. Thirty-eight percent of recipients are children. Statewide the average SNAP benefit payment is \$241 per month.

A small part of those federal dollars, about \$100 million, is for nutrition and cooking education including the Supplemental Nutrition Assistance Program Education and Expanded Food Nutrition Education Program, taught throughout the country. A couple of years ago our "Kids in the Kitchen" virtual program dedicated an entire episode to Celebrate Your Plate. Here are some of the reasons you should check it out.

Affordable and common ingredients – If you enjoy finding new recipes or watching cooking shows, you probably come across exotic ingredients occasionally. However, none of the ingredients on Celebrate Your Plate will require you to shop at a specialty grocery store. They are all found here in Coshocton County and are also designed to help you stretch your food dollar.

Simple and kid-approved recipes – Each recipe has only a few steps with limited preparation. There is even an entire section of kid prepared and tasted recipes with everything from buckeye apple nachos to potato tot casserole. Be sure to check out the ChopChop Newsletter with creative how-to recipes and other cooking tips and instructions.

Nutritious – Not only do they look and taste delicious, but every recipe contains something good for you. Many of them feature fruits and vegetables and whole grains. They are often incorporated in creative ways like sloppy garden joes, oven roasted carrot fries, or veggie pizza bites.

Here's the recipe for those yummy Street-Style Fish Tacos:

The main ingredients are tilapia or other white fish fillets, tomatoes, corn tortillas, cabbage or coleslaw mix, and low-fat Greek yogurt or low-fat sour cream.

Any time you are preparing food, wash your hands, surfaces, utensils, tops of cans, and produce, if needed. To begin this recipe, whisk together oil, lemon juice, and taco seasoning mix until well-blended. Add fish and stir gently to coat fish in mixture evenly.

Cook evenly in a skillet until fish flakes easily when tested with a fork. Fill tortillas with fish mixture. Then top with cabbage, tomatoes, sour cream, and optional taco sauce. Serve with lime wedge, if desired.

And now let's look at some upcoming programs from OSU Extension.

There is still time to catch a "Savoring Ohio Produce" webinar this summer. The next online class is on August 23 (Tuesday) afternoon from 4-5 PM. Kate Shumaker and I will be teaching all about Melons. Visit our website to register or watch recorded webinars anytime. Also mark your calendars for Take Charge of Diabetes During the Holidays on November 3. November is National Diabetes Awareness Month, and we will be offering this program for anyone who wants to stay focused on managing diabetes well during the holiday months.

Be sure to check out our latest newsletter on our website Coshocton.osu.edu. Click on Family and Consumer Sciences and then "News and Events." You can also subscribe there so that it will be sent via email each month. You can find details about future programs related to financial wellness, food safety, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!