

So Many Ways to Connect to UNL Extension's Food Resources



RESPONSIVE. INNOVATIVE. TRUSTED.

Most of us do it at least three times a day — EAT! Food is a major part of our lives.

University of Nebraska–Lincoln Extension's Food Team is comprised of specialists, educators and assistants statewide who provide educational programming on nutrition, food safety and physical activity. Extension's resources are research-based and practical for use in people's daily lives.

Many of the Food Team's resources are easy to connect with — and share — through its centralized website, social media and apps.

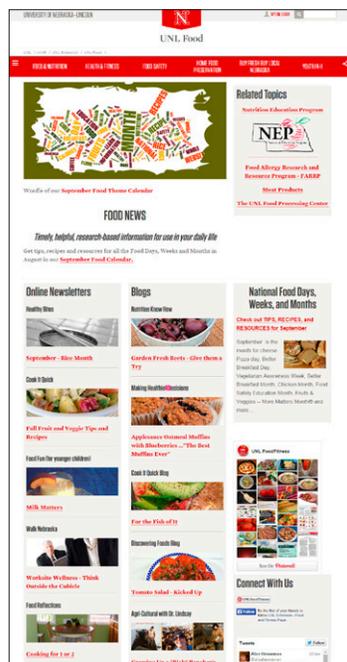
WEBSITE, BLOGS, E-NEWSLETTERS

<http://food.unl.edu>

Continuously updated, the Food website offers information in six overall areas:

- Food & Nutrition
- Health & Fitness
- Food Safety
- Home Food Preservation
- Buy Fresh Buy Local Nebraska
- Youth / 4-H

The website includes several e-newsletters, PowerPoints, videos, handouts, recipes, a food calendar, links to blogs, and much more! It's easy to subscribe to the newsletters and/or blogs.

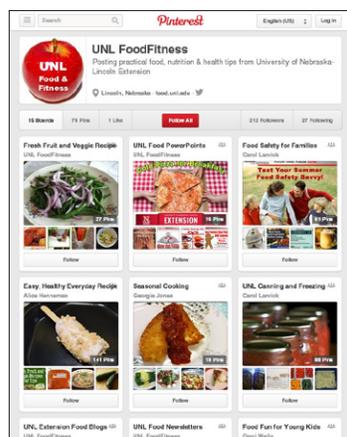


PINTEREST

www.pinterest.com/UNLfoodfitness

UNL Food & Fitness Pinterest posts practical food, nutrition and health tips. Boards include:

- Food Safety for Families
- Easy, Healthy Everyday Recipes
- Canning and Freezing
- Seasonal Cooking



FACEBOOK

www.facebook.com/UNLExtensionFoodAndFitness

UNL Extension's Facebook Food and Fitness Page posts timely tips and delicious, nutritious recipes.



TWITTER

<https://twitter.com/UNLfoodfitness>

@UNLfoodfitness tweets practical health & wellness tips.



APPS

http://food.unl.edu/fnh/fnh_apps

Apps developed for iPhone and iPad (available through the Apple Store) include:

- Grow It Know It (free)
- Snack Planet (free)
- 4-Day Throw Away (99¢)



Here's an example recipe from UNL Extension's Food website at <http://food.unl.edu>.

Confetti Bean Salsa

Yield: 6-1/2-cup servings

- 1 can (15 ounce) black or red beans
- 1 can (11 ounce) corn
- 1 cup salsa



1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn and salsa in a medium-size bowl. Mix.

Note: Like it hot? Add a few drops of hot sauce or chopped green chilies. Try chopped cilantro, parsley or green pepper, too.

Alice's Notes: You can substitute 1-1/2 cups of cooked dry beans for the can of beans and 1-1/4 cups of thawed frozen corn for the can of corn.

Adapted from: *The Power of Choice*, Food and Nutrition Service, USDA and Food and Drug Administration, DHHS. Author: USDA, Food and Nutrition Services (FNS) and available at SNAP-Ed Connection Recipe Finder



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