



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

## In this issue:

- Healthy Goals for you:  
Eating Right and Moving More!
- Earned Income Tax Credit

## Recipes:

- Bean Dip
- Chocolate Chip Yogurt Cookies
- Three Sister Salad

January 2024



## Healthy Goals for You: Eating Right and Moving More!

### Eating Right Goals:

- Eat Colorful fruits and veggies every day:
  - Try a red apple, orange carrots, or green broccoli.
  - Eating different colors makes you strong and healthy.
- Drink water instead of sugary drinks:
  - Water helps your body work well.
  - Carry a water bottle – It's your healthy sidekick!
- Choose whole grains for energy:
  - Eat brown rice or whole wheat bread.
  - Whole grains keep you energized and ready to go.
- Snack smart with healthy treats:
  - Grab a handful of nuts or enjoy a fresh piece of fruit.
  - Healthy snacks keep you happy and full.

### Moving More Goals:

- Walk and move every day:
  - Take a stroll after dinner or dance to your favorite music!
  - Moving makes your muscles strong
- Try new activities for fun:
  - Join a yoga class, ride your bike, or play a sport.
  - Fun activities make exercise enjoyable.
- Soak up sunshine with outdoor play:
  - Run, hike, or play a game in the park.
  - Sunlight and fresh air boost your mood.
- Include family in active moments:
  - Plan a family hike or have a dance party together
  - Family time is happy and healthy!



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](http://extension.sdstate.edu).

Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://www.myplate.gov/>

3,650 copies, \$0.33 each, SDSU Extension. Printed on recycled paper. ES059 12/23

# Earned Income Tax Credit (EITC)

## What is EITC?

- EITC helps families with less money when they pay taxes.
- It can make the tax you owe less and give you more money back.

## Things to Remember

- Your money from working is called “earned income.”
- You can get EITC if you made less money and worked.

## How Much Money?

- EITC money can be from \$600 to \$7430.
- The amount depends on your family size, how much you made, and other things.

## Who Can Get EITC?

- Families with kids can get more EITC.
- If you are single or head of the house, you can earn up to \$52,918.
- If you are married, both can earn up to \$59,478.

## To Qualify:

- You need to have earned at least \$1.
- Show papers that say how much money you made.
- Money from investing should be less than \$11,000.
- If you have no kids, be between 25 and 65 years old.

## How to Fill Out Taxes:

- Use Form 1040 or Form 1040 SR.
- Add “Scheduled EIC” if you have kids.
- Ask someone to help or do it yourself.





Serve this easy-to-make bean and cheese dip at a party or as an after-school snack at home.



Add extra calcium to your cookies with yogurt. These cookies also use whole wheat flour which adds fiber and other nutrients.

## Bean Dip

Makes 6 Servings

### Ingredients:

- 2 cups kidney beans (canned, low-sodium)
- 1 tablespoon vinegar
- $\frac{3}{4}$  teaspoon chili powder
- $\frac{1}{8}$  teaspoon cumin (ground)
- 2 tablespoons onion (finely chopped)
- 1 cup cheddar cheese (grated)

### Directions:

1. Wash hands with soap and water.
2. Drain the kidney beans, but save the liquid in a small bowl
3. Place the beans, vinegar, chili powder, and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
4. Stir in the chopped onion and grated cheese.
5. Store in a tightly covered container and place in the fridge
6. Serve with raw vegetable sticks or crackers.

Nutritional Information per serving: Total Calories 125; Total Fat 7g; Saturated Fat 4g; Protein 8g; Carbohydrates 9g; Dietary Fiber 3g; Sodium 198mg

## Chocolate Chip Yogurt Cookies

Makes 36 Servings

### Ingredients:

- |   |   |
|---|---|
| $\frac{1}{2}$ cup sugar                       | $\frac{3}{4}$ cup flour (all-purpose)                         |
| $\frac{1}{2}$ cup brown sugar (firmly packed) | 1 cup flour (whole wheat)                                     |
| $\frac{1}{2}$ cup margarine                   | $\frac{1}{2}$ teaspoon baking soda                            |
| $\frac{1}{2}$ cup yogurt (non-fat, plain)     | $\frac{1}{2}$ cup chocolate chips (miniature, or carob chips) |
| 1 $\frac{1}{2}$ teaspoons vanilla             |   |

### Directions:

1. Wash hands with soap and water.
2. Heat oven to 375 °F.
3. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
4. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
5. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375 °F for 8 to 12 minutes or until light and golden brown.
6. Cool 1 minute, remove from cookie sheets.

Nutritional Information per serving: Total Calories 80g; Total Fat 3g; Saturated Fat 1g; Protein 1g; Carbohydrates 12g; Dietary Fiber 1g; Sodium 42g





Find more recipes  
and videos at  
[extension.sdstate.edu](http://extension.sdstate.edu)



## Did you know ...

Even though most winter squashes are harvested in the fall, they are called “winter squashes” because they store well during long, cold winters. That’s when most people cook and eat them too.

Learn more at: [extension.sdstate.edu/squash-pick-it-try-it-preserve-it](http://extension.sdstate.edu/squash-pick-it-try-it-preserve-it)



# Squash

Yields 4 servings.

## Three Sisters Salad

### Ingredients:

- 1 – 15 oz. can low-sodium or no salt added beans such as black, kidney, or garbanzo beans
- 1 – 11 oz. can corn with red and green peppers drained or 1-cup fresh or frozen corn, thawed
- 1 small zucchini chopped
- 1 Tablespoon chopped cilantro
- 2 Tablespoons lime juice about 1/2 lime
- 1 Jalapeno seeds removed and finely chopped (optional)

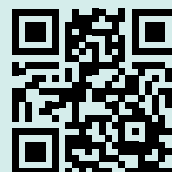
### Directions:

1. Open the can of beans.
2. Drain and rinse beans and pour into a medium bowl.
3. Add corn, zucchini, cilantro, lime juice, and jalapeno.
4. Stir to combine.
5. Serve right away or refrigerate for later.

Nutritional Information per serving: Total Calories 220; Total Fat 16g; Sodium 331mg; Carbohydrates 43g; Dietary Fiber 13g; Sugar 16g Protein 11g



Learn more ways to “store food” with this short interactive lesson available at The Dish: Real Talk about Food



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it’s clearly visible within your smartphone’s screen.
3. Your smartphone reads the code and a the link pops up on your screen.