



# Spring Quick Tips

## April 2026

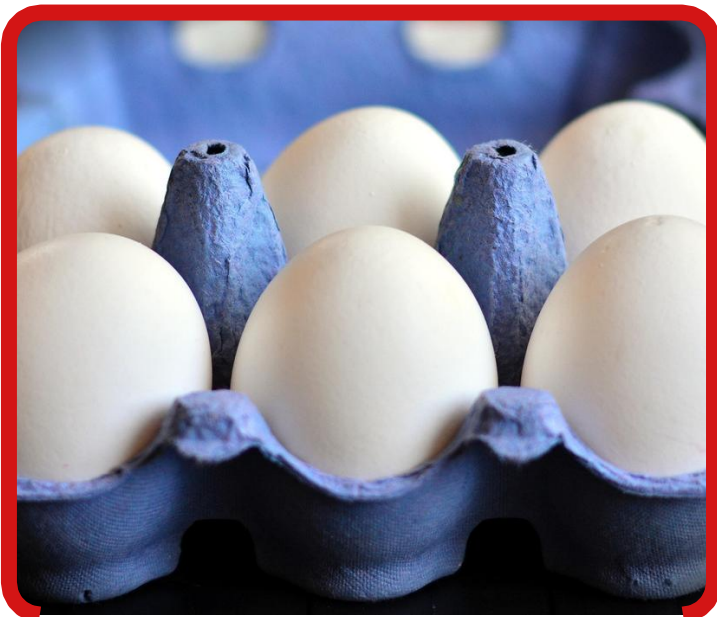
Cornell  
Cooperative  
Extension



### Fuel Up for Youth Sports!

Youth sports teams and leagues are starting up! Kids need extra energy and plenty of water for practice and games. If your child needs a quick snack before practice, try easy foods they can grab on the go. Good choices include whole grain mini bagels, fruit like bananas or apples, cut-up cheese and crackers, peanut butter and jelly on whole grain bread, trail mix, or containers of cut fruit or veggies with a low-fat dip. Got practice or a game after school? Pack a snack bag! Use an insulated lunch bag with reusable ice packs to keep food cold. For drinks, water is the best choice for activities that last an hour or less. If kids are playing for a long time or it's very hot, a sports drink may help them stay hydrated. Look for sugar-free options.

### How long can eggs be left out of the refrigerator?



Uncooked eggs in the shell and hard-boiled eggs need to be returned to the refrigerator within 2 hours. Casseroles and other dishes containing cooked eggs should be served and then immediately stored covered in the refrigerator. Storing eggs in the refrigerator within 2 hours helps to keep the eggs fresh and safe to eat. Serving eggs buffet style? Make sure the dish is placed on ice packs or a heat source to maintain proper temperature. Any raw or cooked egg dishes should be thrown away after 2 hours at room temperature.

# Building Healthy Habits Recipe

## Breakfast Burrito

Serving size: Half a burrito

Makes: 8 servings (4 burritos)

Ingredients:

- 4 eggs
- ¼ cup non-fat or 1% milk
- 1 teaspoon vegetable oil
- 4 (10 inch) flour tortillas
- 1 cup fat-free refried beans
- ½ cup low-fat cheddar cheese, shredded
- 1 tomato, chopped
- Salt, pepper, chili powder to taste

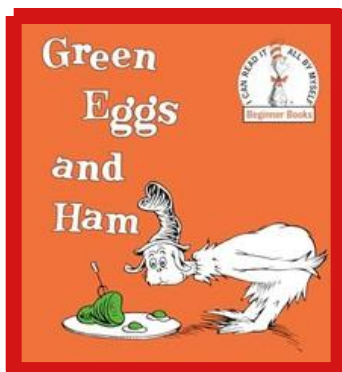
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Mix eggs, milk, and seasoning in a bowl.
4. Heat oil in a skillet over medium high heat. 350 degrees for an electric skillet.
5. Pour eggs into skillet. Stir and cook until firm.
6. Warm tortillas on a griddle or a foil wrap in the oven.
7. Warm the refried beans in a separate pan.
8. On each tortilla, layer ¼ of refried beans, eggs, cheese and tomato.
9. Roll the burrito, cut in half and enjoy!
10. Refrigerate leftovers within 2 hours.

Notes: Try with your favorite salsa, add other vegetables, or serve with guacamole!



**Nutrition Facts:** Serving size: ½ burrito, calories: 210; total fat: 8g; saturated fat: 3g; sodium: 550mg; total carbohydrate: 23g; added sugars: 0g; Protein: 9g; Calcium: 135mg; Potassium: 181mg; Iron: 2mg  
Source: FoodHero.org



## Kids' Book Nook

This month, read "Green Eggs and Ham" by Dr. Seuss. After reading, ask your child about their favorite part and why we should try new foods!

## Meet Your Educator

Name: Amy Van Alstyne

Nutrition Educator

Cornell Cooperative Extension of Delaware County

Contact information:

[Alv6@cornell.edu](mailto:Alv6@cornell.edu)

607-865-6531

