

# Sacks of Snacks



Offering a hand up, not a hand out  
January 12, 2024

Welcome to this week's *Sacks of Snacks*. Welcome to 2024! January is National Oatmeal Month, I love oatmeal, especially on cold winter mornings. I follow the directions on the canister to make oatmeal. Then, I add brown sugar, raisins, and cinnamon. I plan to try some overnight oatmeal, but I believe that I will prefer the hot. Drop me an email about how you like oatmeal for a gift from me. Check out more information about oats and an overnight oatmeal recipe below. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn



Extension - Nutrition  
Education Program

County

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

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## BANANA BERRY OVERNIGHT OATMEAL

Yields: 2 servings

1 ripe banana	2/3 cup old fashioned rolled oats, divided
1 cup raspberries, divided	4 teaspoons chia seeds, divided
1/2 cup blueberries	1 cup water, divided
1 cup plain Greek yogurt (can use nonfat), divided	Optional: honey to taste

In a small bowl, mash the banana with a fork. Add half of the raspberries (1/2 cup) to the bowl and mash them into the banana. Add 1 cup plain Greek yogurt to the fruit mixture and mix well. Divide the fruit and yogurt mixture into 2 mason jars or bowls. To each jar, add 2 teaspoons chia seeds, 1/2 cup oats, 1/4 cup blueberries, 1/4 cup raspberries, and 1/2 cup water. Shake up the jar (or stir well) so that the contents are evenly mixed, and refrigerate, covered, overnight. As you sleep, the mixture will thicken up and the oats will soften. Taste, and add honey if desired. Serve cold.

Source: <https://wholegrainscouncil.org/recipes/banana-berry-overnight-oatmeal>

Eating whole grains, which includes oatmeal, can:

- Lower the risk of heart disease
- Help reduce blood cholesterol levels
- Prevent certain cancers
- Help manage your weight
- Reduce constipation and diverticulosis
- Prevent Type 2 diabetes
- When fortified with folate before and during pregnancy, help prevent neural tube defects during fetal development
- Prevent high blood pressure
- Support a healthy immune system

Source: Adapted from Michigan State University Extension



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