

**Hunger Task Force doesn't just feed people in our community—we help along their health journeys, too!**

Hunger Task Force offers a robust Nutrition Education Program that is committed to providing useful tools to sustain a healthy lifestyle.

We work to share helpful resources that promote healthy eating, cooking skills, budget-friendly shopping and ways to fit physical activity in your day!



# NUTRITION EDUCATION QUARTERLY

A Seasonal Publication of  
HUNGER TASK FORCE

WINTER • 2022



## EATING HEALTHY WITH FOODSHARE

FoodShare benefits (or SNAP) can be a helpful resource to provide healthy food for your household, especially when you combine your benefits with other programs like WIC, Stockbox or food from a local pantry. FoodShare clients can use benefits to purchase a wide variety of healthy foods like fruits, vegetables, proteins, grains and dairy. You can even use FoodShare dollars to purchase seeds and plants to grow your own food!

A little planning can go a long way in helping you to stretch your food dollars. If you utilize a food pantry and receive FoodShare, go grocery shopping after your pantry visit. Plan out a few meals using ingredients you receive and make a list of what else you need when shopping. Make sure to check for store coupons before you go.

If you need help signing up or understanding your benefits, our team of Hunger Task Force FoodShare Advocates can assist you at our two self-service centers in your preferred language.

Learn more at [www.HungerTaskForce.org](http://www.HungerTaskForce.org).

## MANAGING THE “SNAP-BACK” & ROLLOVER BENEFITS

**Changes to your FoodShare are coming soon.** Since February of 2020, every household on FoodShare has received two monthly payments: the household’s “Regular FoodShare Amount” and the second “Emergency Allotment” payment. At some point in 2022, the Emergency Allotment payment are going to end. We’re calling the unwinding of benefits the “SNAP-Back.” For many Wisconsinites, especially seniors, this loss in benefits is going to be significant.

**Did you know you don’t lose unused benefits at the end of the month?** Leftover FoodShare benefits roll over, staying on your card for the next month. This happens automatically without FoodShare users having to do anything. Benefits last up to one year from the date they were issued.

HUNGERTASK FORCE IS MILWAUKEE’S ONLY FREE & LOCAL FOOD BANK.

# NUTRITION NUGGET

## Nutrition Facts

8 servings per container  
Serving size **2/3 cup (55g)**

Amount per serving  
**Calories 230**

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 240mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Why do whales only swim in salt water?

Pepper water makes them sneeze!



## LABEL READING – Sodium

One way to keep your heart healthy is to limit the amount of sodium (or salt) in the foods you eat. For most people, the recommended amount of sodium per day is less than 2,300mg – which is about a teaspoon.

Checking the nutrition facts label helps you to keep your sodium in check. Remember to check the **% Daily Value**, keeping mind that 5% or less per serving is low and 20% or more is high. A food item with 20% or higher in sodium might be something you can consider replacing with a lower sodium option.

Here are some other tips to reduce your sodium intake:

- **Use salt-free seasonings and spices to add flavor.**
- **Choose low or no-sodium options for canned foods like vegetables & soups.**
- **Remember that sodium is a preservative, so many packaged and processed foods will contain higher amounts of sodium. Preparing your own food when possible will help keep you in control!**

➤➤ Learn more at [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)

## HEALTHY WINTER TIPS

Whether we like it or not, we have a few weeks left of winter. Below are a few helpful tips from Hunger Task Force to keep your household active and healthy.

**Eat a healthy diet:** A balanced plate includes whole grains, lean proteins, low-fat dairy, fruits and vegetables. While we know this is important year-round, it can be especially important during the winter months. A healthy diet including all food groups – especially fruits and vegetables – can help strengthen your immune system and help keep you healthy.

**Exercise:** 30-60 minutes per day is the amount of movement most of us need per day. While it might be challenging to go outdoors, try things you can do inside, like weight training or resistance exercises, walking in place or yoga.

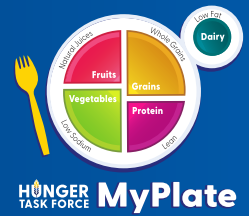
**Stay hydrated:** You probably know how easy it can be to get dehydrated in the summer, but cold weather poses risks as well. Be sure to drink enough water to help maintain your body fluid and carry nutrients throughout your body.

**Sleep:** Getting enough rest helps keep us productive and keeps the immune system strong. We all need different amounts of sleep per night. Children need a little more, but figure out what's best for you and stick to a routine aiming for at least 7-8 hours/night. Remember, go to sleep when you're tired!



# MYPLATE MINUTE

The **Hunger Task Force MyPlate** model includes preferred food items from all five food groups: **protein**, **fruits**, **vegetables**, **grains** and **dairy**.



# CAULIFLOWER!



**DID YOU KNOW?** Cauliflower is an edible flower! Cauliflower and broccoli are both flowering members of the cabbage family. Other cabbage family members include Brussels sprouts, cabbage and turnips. Together, they are known as cruciferous vegetables. Increasing consumption of all fruits and vegetables helps decrease your risk of chronic diseases such as cancers, heart disease or diabetes.

When selecting a cauliflower, it should be solid, heavy and unblemished, and have fresh green leaves. Fresh broccoli and cauliflower should be stored in a plastic bag and refrigerated. For best quality, use within four days. Cauliflower heads are always white because they grow and mature completely covered by their leaves. Farmers tie the largest outer leaves of each cauliflower plant, protecting them from direct sunlight, so cauliflower is white because the sun does not reach the florets. You can find purple, orange and light green cauliflower varieties at the market, but you may have to look hard to find them.

## QUICK & EASY SNACK

### BUFFALO-STYLE CAULIFLOWER BITES



Scan QR for digital recipe & step-by-step recipe video!



## INGREDIENTS

- 3 eggs
- 1 + 1/4 cup breadcrumbs
- 1 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- 1 cup buffalo hot sauce
- 1/2 cup parmesan cheese (optional)

## DIRECTIONS

- Preheat oven to 400 degrees.
- Line a baking sheet with parchment paper.
- Cut washed cauliflower into florets.
- In a small bowl, whisk eggs. Set aside.
- In a separate bowl, add breadcrumbs, pepper, salt, parmesan and paprika. Whisk to combine.
- Dip each floret into egg then breadcrumb mixture and place on baking sheet.
- Bake for 25 minutes. Transfer to bowl after baking.
- Toss in buffalo sauce. Bake for 5 more minutes.
- Serve with your favorite dipping sauce.



01.

### 01. Hands-on Learning

Ricardo, a 5th grade student from Escuela Vieau – a bilingual school on the south side of Milwaukee – is learning about MyPlate and identifying key nutrients through an engaging activity facilitated by the Hunger Task Force Child Nutrition Educator. Students at Escuela Vieau participate in the Hunger Task Force Farm-to-School Program.



02.

### 02. The Greatness of Grain Bowls

Students from Shared Journeys – a charter school in the West Allis West Milwaukee School District – are participating in a nutrition education lesson. Students are discovering how to incorporate all five MyPlate food groups through hands-on cooking. Mmmmm, the grain bowls they made were both delicious and nutritious!



03.

### 03. The Spice of Life

To support the many Afghan guests being resettled in the Greater Milwaukee area, Hunger Task Force distributes emergency food boxes to refugee families in need. These boxes contain culturally appropriate food staples, including donated spices from Penzeys and tea from Rishi Tea.

## What is... SNAP Nutrition Education?

The federally funded **SNAP-Ed Program** provides education opportunities to support healthy lifestyles for those who receive or are eligible for FoodShare. These educational tools strive to help people make healthier choices to live healthier and better lives with dignity.



This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1.888.947.6583 or visit <https://access.wisconsin.gov>. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

## WANT MORE RECIPES & NUTRITION TIPS?

Our team is here to help you! For more information about recipes using pantry and Stockbox items, learning opportunities (label reading, shopping on a budget, etc.), planning a visit to The Farm or setting up a cooking class in our Community Education Kitchen, contact Hunger Task Force.

Email us: [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org)

## FOLLOW US!

