

**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

**SPRING • 2022**



## NUTRITION EDUCATION AT THE FARM

During the school year, the Hunger Task Force Child Nutrition Educator travels to local Milwaukee Public Schools teaching nutrition education to SNAP-eligible students. As a part of the program, students will take regular field trips to the Hunger Task Force Farm – located in Franklin, Wisconsin – where they gain valuable, hands-on experience working in the school garden and demonstration kitchen. At The Farm, students learn how gardening and healthy eating go hand-in-hand.

Vegetables that are grown in the school garden, such as broccoli, zucchini and carrots, are used by visiting students to make recipes like Broccoli Mac & Cheese and Zucchini Bread. During field trips, students are also encouraged to live active lifestyles. They get the unique opportunity to hike The Farm through the oak savanna and utilize the playground that is equipped with exercise equipment.



## NEED HELP WITH YOUR FOODSHARE BENEFITS? WE CAN HELP YOU.

FoodShare helps people with limited budgets buy the food they need to maintain healthy lives. Hunger Task Force has a team of 15 FoodShare Advocates that connect people to food benefits through one-on-one support in a language they can understand. We strive to make sure everyone who qualifies for nutrition assistance gets the help they need. Stop by one of our two resource centers for assistance.

**TWO LOCATIONS. NO APPOINTMENT NEEDED!**



**ALICIA'S PLACE:**  
4144 N. 56th Street  
(414) 988-6501



**ROBLES CENTER:**  
723 W. Mitchell Street  
(414) 238-6484

**HUNGER TASK 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	5%
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	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\*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.

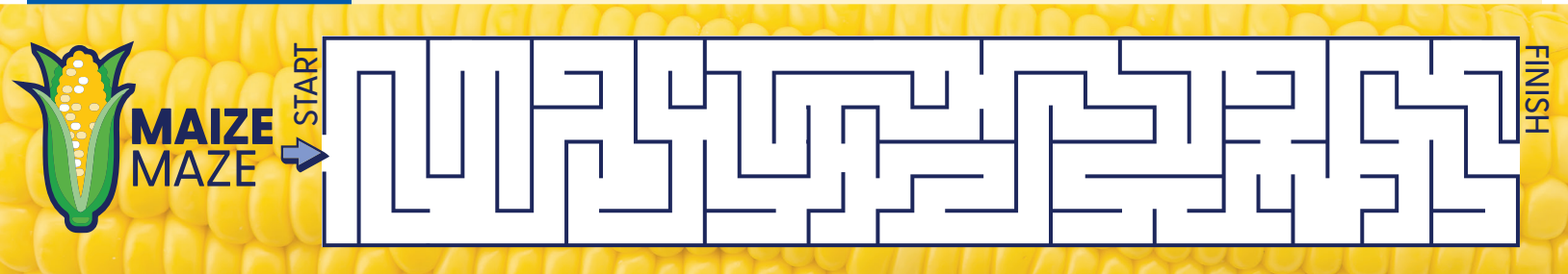
## LABEL READING – Size up Servings

The nutrition facts label can tell you a lot about the foods you choose, if you know what to look for! A great place to start is by looking at the serving size. The information listed on the label is usually based on one serving of the food. Packages can – and often do – contain more than one serving.

**Pay attention to the serving size** and the number of servings you eat or drink to discover the total number of calories and nutrients you consume.

**Example:** 2 Servings = Calories + Nutrients x2

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



## TYPES OF ACTIVITY

Physical activity is an important part of a healthy lifestyle. There are **four main types of activity**, and each one plays an important role in your overall health. Mix it up! Try to fit all four types into your week to ensure you have a well-balanced routine.

**Aerobic:** Aerobic activities include activities that work larger muscles, especially your heart. This includes brisk walking or running, dancing, yard work, swimming, biking or playing sports.

**Strength:** Muscle-strengthening exercises help to build strong muscles. Push-ups, pull-ups, resistance band exercises and weight lifting are all ways to help with this. Everyone should aim to do some muscle-strengthening activities at least twice a week.

**Balance:** Balance activities are important to help people prevent falls. Falls can be caused by muscle weakness, unsteadiness, the environment or other objects.

**Flexibility:** Flexibility exercises help keep your muscles loose and help to prevent injuries and falls. Try stretches, yoga or Tai Chi.

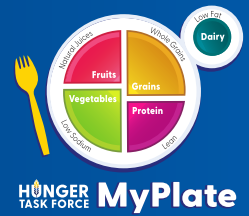
*Whatever exercises you choose, have fun and stick with activities you enjoy! Just 30 minutes a day can have a big impact on your health and well-being.*





# MYPLATE MINUTE

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



# PROTEIN POWER!



**DID YOU KNOW?** Protein is one of the five MyPlate food groups and can be plant-based or animal-based. **Plant-based proteins** include beans, lentils, dried peas, nuts, seeds and soy products. Peanut butter fits here, too. **Animal-based proteins** include meat, poultry, eggs, fish and seafood. Protein is important to build, maintain and replace the tissues in your body. Your muscles, organs and cells are made up mostly

of protein. Nutrients provided by different protein foods can vary, so diversifying your protein food choices can provide your body with a range of nutrients. The amount of protein foods you should eat depends on your age, sex, height, weight and level of physical activity. Many Americans meet the protein recommendations for meat, poultry, and eggs but do not meet the recommendations for seafood, nuts, seeds and soy products. Meeting the recommendations for these protein subgroups can help increase your intake of important nutrients, including unsaturated fats, dietary fiber and vitamin D. Try to get a mix of different types of proteins throughout the week – it's a great way to try new foods!

## QUICK & EASY SNACK

NO-BAKE PEANUT BUTTER TREATS



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



## INGREDIENTS

- 1 cup peanut butter
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 2/3 cup nonfat dry milk
- 3/4 cup crushed whole grain cereal or rolled oats

## DIRECTIONS

- Combine peanut butter, honey, and cinnamon in a large bowl
- Mix to combine
- Add the nonfat dry milk and crushed whole grain cereal or rolled oats
- Mix again until a thick dough forms
- Roll heaping tablespoons of dough between your palms to form balls
- Place finished balls onto a plate or tray
- Freeze for 30 minutes – serve and enjoy!
- Freeze leftovers for a convenient on-the-go snack



### 01. Visit to House of Peace

As food pantries begin to welcome clients back inside, our Community Network Dietitian is able to provide SNAP-Ed nutrition outreach and food samples to clients. Last month, at House of Peace, guests learned about label reading, general MyPlate guidance and different ways to use dried fruit, such as adding it to oatmeal and salads or making a DIY trail mix.

01.



### 02. Buddy Program

Recently, our Child Nutrition Educator provided nutritious snacks and a MyPlate lesson to children in the Milwaukee Muslim Women's Coalition Buddy Program. The program pairs Afghan youth refugees with American students their age. Through the Buddy Program, Afghan children learn about topics ranging from navigating their new school to types of healthy foods, all while making new friends!

02.



### 03. Seedlings at The Farm

Farmers at the Hunger Task Force Farm are getting a head start on the growing season using starter trays to grow seedlings that will soon be transplanted into the School Garden at The Farm. Throughout the growing season and into the harvest, students have opportunities to seed, transplant, weed and harvest in the garden.

03.



## 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.), to plan a visit to The Farm or to set up a cooking class in our Community Education Kitchen, contact Hunger Task Force.

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

## FOLLOW US!



HUNGER TASK FORCE IS MILWAUKEE'S ONLY **FREE & LOCAL** FOOD BANK.