

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.

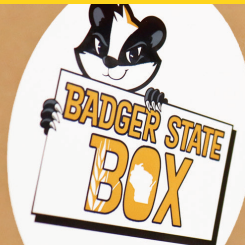
We work to share helpful resources that promote healthy eating, cooking skills, budget-friendly shopping and ways to fit physical activity in your day!



NUTRITION EDUCATION QUARTERLY

A Seasonal Publication of HUNGER TASK FORCE

SUMMER • 2022



COMMITTED TO CULTURALLY APPROPRIATE FOODS

At Hunger Task Force, we believe that every person has a right to healthy food obtained with dignity. We are committed to providing not only healthy foods, but also ones that are culturally appropriate. Throughout our network of partners in the community, we work to ensure that we can serve the needs of everyone in need of emergency food with familiar and relevant foods. When families began to resettle in Milwaukee County from Afghanistan, Hunger Task Force worked with local agencies to identify food staples that would be important for the families to receive. Emergency food boxes were created and filled with items such as rice, lentils, nuts, dried fruit and Halal meats. Penzeys and Rishi Tea offered their support by donating spices and teas to add to the boxes. Halal boxes are available to families throughout Milwaukee through the food pantry network.

Recently, Hunger Task Force has begun to use funds made available through the American Rescue Plan Act to create a new food box that supports Wisconsin Farmers and food producers. The Badger Box is filled with produce, dairy products, meats and grains – all Wisconsin-based. The Badger Box program works with the Hunger Relief Federation – a network of anti-hunger agencies across the state – to ensure that families in remote areas and Tribal Nations also have access to healthy, culturally appropriate foods.

EAT UP & MEET UP WITH FREE MEALS ALL SUMMER LONG

We are excited to announce the return of free and healthy summer meals for kids and teens 18 and under across our community this year – all summer long! Kids and teens can “Meet Up” on-site for summer fun and activities and “Eat Up” free and healthy meals in their local community. To ensure kids have nutritious meals and a place to learn and play, Meet Up and Eat Up meal sites throughout Milwaukee provide structured, educational and recreational programs. Many meal sites include fun activities for kids and the whole family. All meals served are healthy and meet USDA guidelines. To find their nearest summer meal site, families can **text “FOOD” or “COMIDA” to 304-6304** or visit our interactive map on **www.HungerTaskForce.org/summermeals**.

MEET UP AND
EAT UP!



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

Nutrition Facts

| | |
|-----------------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 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.

Why does the corgi sleep with a cube of sugar under her pillow?



She wants to have sweet dreams!

NUTRITION NUGGET

LABEL READING – Sugars

Too much sugar can be unhealthy for some people, but the information about the types of sugar can be confusing. Some sugars occur naturally, and some are added to the products we buy. Knowing how to spot the difference on the nutrition facts label can help you make healthier choices.

Total Sugars include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits. This also includes any added sugars that may be present in the product.

Added Sugars refer to sugars that are added during the processing of foods, foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

The Dietary Guidelines for Americans recommends that we limit calories from added sugars to less than 10 percent of total calories per day. For example, for a 2,000 calorie daily diet, this would be 200 calories or 50 grams of added sugars per day. The main sources of added sugars are sugar-sweetened beverages, baked goods, desserts and sweets.

Learn more at: www.fda.gov/NewNutritionFactsLabel

SUMMERTIME ‘PARK-TICIPATION’ CHALLENGE

Get outdoors and explore the Milwaukee County Parks! Milwaukee County Parks provide a safe environment for play, exercise and socializing. Playgrounds provide a fun space to exercise and can even offer free meals for kids. Beer Gardens provide adults with a space for socializing outdoors. The parks offer space for walking, jogging and biking. Most parks also have outdoor exercise equipment to enjoy.

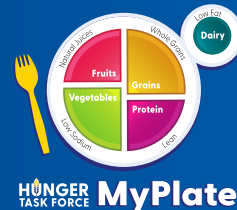
Use the checklist below to make the best of your summer by enjoying activities available throughout Milwaukee at the county parks:

- Stop at a Summer Meals site and receive FREE lunch or supper for anyone under the age of 18. Stay a while and enjoy the activities provided at the park.**
Text FOOD to 304-304 and receive a text with the address for sites closest to you!
- Visit one of the three Urban Ecology Centers and learn about their summer camps and excursions.** www.urbanecologycenter.org
- Find a park with outdoor exercise stations and get your 30-60 minutes of physical activity for the day.**
- Visit a Beer Garden for drinks, great food and music.**
Beer Gardens also offer great non-alcoholic beverage options!
- Enjoy a 15 minute walk around the nearest lagoon or pond.**
- Take a dip in a splashpad or pool.**



MYPLATE MINUTE

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



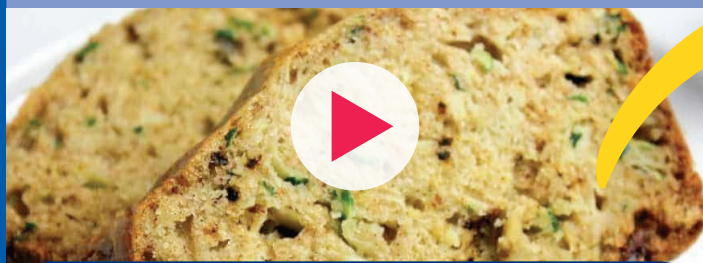
GARDEN TO PLATE

Vegetables are one of the five MyPlate food groups. Seasonal produce makes it easy to make half of your plate fruits and vegetables at each meal. Between the grocery store and local farmers' markets, many types of produce cost less and are easy to find in the summer and fall.

Summer squash is a great vegetable option in the summer months. Squash varieties – including zucchini, yellow squash and pattypan squash – are low in calories and high in other nutrients: vitamin C, to keep your immune system strong; vitamin A, for healthy eyes and vision; and fiber, which helps a healthy digestive system. Summer squash is tasty either raw or cooked, so there are lots of options! They don't need to be peeled since the skin contains much of the nutrients; just rinse well under cool water before preparing.

To enjoy squash raw, cut into strips for a snack or dice to sprinkle on a salad. Toss pieces into soup or pasta, or sauté with other veggies for a nutrient-rich side. You can even cut it into thin strips (or use a grater) for a great pasta substitute. And of course, zucchini bread is always a great freshly-baked treat. For more information about how to use and store different fruits and vegetables, visit www.fruitsandveggies.org. Looking for a local farmers' market? Visit www.farmfreshatlas.com.

QUICK & EASY SNACK ZUCCHINI BREAD



INGREDIENTS

- 3/4 cups all-purpose flour
- 3/4 cups whole-wheat flour
- 1/2 tbsp baking powder
- 1/2 tbsp cinnamon (+ 1/2 tsp set aside)
- 1/4 tsp salt
- 1 egg (lightly beaten)
- 1/2 cup sugar
- 1 cup shredded zucchini
- 1/3 cup canola or olive oil
- 1/2 cup water
- 1/2 tbsp vanilla extract
- 1/2 cup chopped walnuts or pecans
- 1/3 cup raisins or chocolate chips

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



DIRECTIONS

- Preheat oven to 350°F. Grease and flour a loaf pan or muffin tin and set aside.
- In a large bowl, stir together flour, baking powder, 1/2 tablespoon cinnamon and salt. Make a well in the center of the flour mixture; set aside.
- In a medium bowl, combine eggs, sugar, shredded zucchini, oil, water and vanilla. Add zucchini mixture to the flour mixture. If desired, fold in nuts, raisins and/or chocolate chips. Spoon batter into pan. Sprinkle remaining 1/2 tsp of cinnamon on loaf.
- Bake 50 minutes or until a wooden toothpick inserted in the center comes out clean. Cool in pan for 10 minutes. Remove from pan and cool completely on a wire rack. Slice and enjoy!



01.

01. Senior Workshops

Our SNAP-Ed program offers nutrition education workshops to eligible community members, including seniors who receive Stockboxes! Hunger Task Force staff visit community partners to present on topics including MyPlate, nutrition label reading, shopping on a budget and more. E-mail us to set up a workshops for your group – nutrition@hungertaskforce.org.



02.

02. School Field Trips

This past spring, Hunger Task Force hosted another round of the “Garden-to-Plate” program at The Farm. Participating students received nutrition lessons in the classroom and took field trips to The Farm where they were able to plant and harvest their own produce. This summer, those same students will return to the Hunger Task Force Farm to learn additional nutrition and food preparation skills.



03.

03. Dietetic Intern

Student interns are an important part of our SNAP-Ed programming. Jayden, a Dietetic Intern from Mount Mary University, spent five weeks at Hunger Task Force helping provide nutrition education to students, adults and seniors. We wish her luck as she graduates and moves on to officially become a Registered Dietitian Nutritionist!



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

FOLLOW US!



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