

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

FALL • 2022



NOW OPEN: McCARTY EDUCATION KITCHEN!

Inside Hunger Task Force's new West Milwaukee headquarters, the McCarty Education Kitchen serves as the central site of nutrition education for local youth, pantry and Stockbox coordinators and members of the community. Generously supported by the Brian A. McCarty Family Fund, this beautiful kitchen will serve as a gathering place to learn and cook together as a community.

This school year, the McCarty Education Kitchen will welcome its first classrooms of students. While students spend the fall and spring months planting in the School Garden and crafting recipes in the test kitchen at the Hunger Task Force Farm, with this incredible new space, Hunger Task Force will welcome students to the McCarty Education Kitchen during the winter months! These lessons encourage kids to try new, healthy foods and will provide five additional field trips to Hunger Task Force for local students.

For more information on the McCarty Education Kitchen, or to request a tour, contact us at nutrition@hungertaskforce.org.

OUTPOST PROGRAM PROVIDES 50% DISCOUNT ON FRESH PRODUCE



Great news! FoodShare recipients enjoy a 50% savings when shopping at Outpost Natural Foods' four Milwaukee locations. Earlier this year, Outpost and Hunger Task Force launched Produce to the People, a program providing a 50% discount on fresh produce to FoodShare participants. With grocery prices on the rise, Produce to the People helps families who are food insecure get the wholesome produce they need for themselves and their families. The discount is designed to provide low-income shoppers with more buying power so they don't have to rely on food pantries or other emergency food sources.

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.

What do you call a vitamin that improves your eyesight?



Vitamin C.

NUTRITION NUGGET

LABEL READING – Percent % Daily Value

Percent Daily Value (%DV) on the Nutrition Facts label is a guide to the nutrients in one serving of food. The food we eat contains essential nutrients we need to keep our body healthy: fat, protein, carbohydrates, fiber, vitamins, such as vitamin A and vitamin C, and minerals, such as calcium and iron. Many of the nutrient amounts in the nutrition facts table are shown using %DV.

Nutrition specialists know how much of each nutrient is recommended each day to have a healthy diet. The Percent Daily Value shows you how this food can help you meet your daily nutrition goals, and can also help you determine if a food is high or low in a specific nutrient. Use %DV to make educated choices on what you eat and drink.





The %DV is found on the right-hand side of a nutrition facts table. As a general guideline, 5% or less is low in that nutrient and 20% or more is high in that nutrient. Use this tool to help you compare foods, make healthier choices and manage dietary trade-offs throughout the day.

Learn more at: www.fda.gov/NewNutritionFactsLabel

FALL ACTIVITIES THAT KEEP US HEALTHY

The long days of summer may be behind us, but that doesn't mean it's time to stop enjoying the outdoors! While a change in the weather may limit your favorite summer time activities, it is important to establish regular (and enjoyable) activities to keep you moving during the fall season.

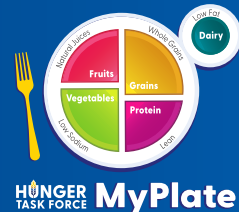
Here are some great ideas for engaging in physical activity while soaking in the beautiful autumn weather:

-  **Rake leaves outside.** Raking leaves helps build strength in your upper body, back and stomach. Raking can be modified for kids and adults.
-  **Visit your local farmers' market.** Make good use of your trip by biking or walking to the market instead of driving. Double your money at over a dozen Milwaukee farmers' markets by using your QUEST card through the MKE Market Match Program. Learn more by visiting this link: bit.ly/EBTMKE
-  **Go apple or pumpkin picking.** Support local farmers by visiting their farms and orchards. Do a little lifting by picking a pumpkin or bag of apples to take home.
-  **Create an outdoor scavenger hunt.** Search for leaves, acorns, sticks and other fall-themed objects. A scavenger hunt will keep you moving and help you focus on another goal during your physical activity!



MYPLATE MINUTE

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



SWEET POTATOES VS. YAMS

Sweet Potatoes and Yams – they’re the same, right? Actually, no! These terms have been used interchangeably due to both foods being a kind of starchy root vegetable, plus most “yams” you find in the grocery stores are sweet potatoes. Yams have a woody exterior, are starchier, and not-so-sweet. Sweet potatoes have a smooth exterior with a reddish hue and usually orange flesh and are sweeter than yams. There are also white and purple sweet potatoes!

You won’t find many true yams in United States grocery stores. Yams require specific growing conditions and are commonly grown in Africa, Asia, South America, and Central America and the West Indies. Although you can find canned options marketed as yams, you’ll notice on the ingredients list they are just sweet potatoes. The U.S. Department of Agriculture requires this dual labeling when sweet potatoes are sold as yams.

Yams and sweet potatoes are botanically different. Sweet potatoes belong to the morning glory family of plants. They are rich in vitamin A and C, potassium and contain antioxidants that could lower the risk of cancer. Yams are related to lilies and the grass family of plants. They are an excellent source of potassium, folic acid, zinc, and some B vitamins.

Regardless of what you may call them, yams and sweet potatoes are a nutritious and versatile ingredient to add to both sweet and savory dishes.

QUICK & EASY DINNER

SWEET POTATO & BLACK BEAN TACOS



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



INGREDIENTS

- flour or corn tortillas
- 2 1/2 cups sweet potato, diced
- 1 tablespoon extra virgin olive oil
- 1 tablespoons chili powder
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1 cup canned black beans, drained + rinsed
- 1/2 medium yellow onion, diced
- 1/2 teaspoon salt
- 1 clove garlic, minced (or powdered garlic)
- 1 jalapeño, stemmed, seeded and minced

DIRECTIONS

- Preheat oven to 425°F.
- Dice sweet potato & add to a large mixing bowl. Toss with olive oil, chili powder, cumin and paprika.
- Bake for 20 minutes or until fork tender.
- Add 2 tablespoons oil to a medium saucepan over medium heat. Add diced onion, 1/2 teaspoon salt and sauté until soft (about 5-7 minutes). Add the garlic and jalapeño and continue to sauté for two more minutes. Fold in beans.
- Assemble time! Lay out tortilla, place sweet potato mixture, layer with beans and add your favorite toppings (optional: avocado, cilantro, tomatoes, fresh lime juice, corn and cotija cheese).



01.

01. Orchards at the Hunger Task Force Farm

Did you know that the Hunger Task Force Farm has over 800 trees that grow 20+ different kinds of apples and pears? Hunger Task Force takes great pride in our orchards, and each season The Farm produces over 30,000 lbs. of fresh fruit to distribute free of charge to local families. You could say that the orchards are at the “core” of what we do!



02.

02. Seniors Sampling Stockbox Salmon

Over the past few months, the Hunger Task Force Dietetic Intern, Pausa Chang, has visited each of the Senior Stockbox drive-thru distribution sites to hand out over 1,700 recipe cards and delicious samples of Apple Celery Salmon Salad. This recipe pairs items from the Stockbox with fresh ingredients to showcase an easy (and delicious!) way seniors can prepare the nutritious foods they are receiving from Hunger Task Force.



03.

03. Say Cheese-y!

Hunger Task Force welcomed Khris Middleton of the Milwaukee Bucks to our West Milwaukee headquarters following the generous donation 6,240 boxes of Goodles from the Middleton Family Foundation. Goodles is mac & cheese reimagined, with 14 grams of protein, plant nutrients, real cheese, and probiotics. We’re looking forward to distributing these healthy foods into our local network.



The federally funded **SNAP-Ed Program** provides education opportunities to support healthy lifestyles for people 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 McCarty Education Kitchen, contact Hunger Task Force.

Email us: nutrition@hungertaskforce.org

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