

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 • 2023



LENGTHENING THE GROWING SEASON AT THE FARM

During winter at the Hunger Task Force Farm, fields are put “to bed.” This is an agricultural term used to describe the process in which fields are planted with cover crops to prevent erosion and address the needs of the soil over the winter. While the main harvest at The Farm concludes when we get our first frost, our farmers are able to continue to grow certain vegetables in the ground and provide fresh produce to Milwaukee families thanks to our two hoop houses.

The hoop houses are framed structures covered in heavy-duty plastic that keep in solar energy. Temperatures in the hoop houses are typically 40 degrees warmer than the air outside and will allow our farmers at The Farm to produce over 400 pounds of spinach and carrots this winter.

Hunger Task Force also added two indoor garden systems in the McCarty Education Kitchen. Herbs and greens grown year-round will be used in recipes and food demonstrations for local students, pantry leaders and community partners.



GREAT NEWS! THE BADGER BOX PROGRAM EXTENDS INTO 2023

Governor Evers and the Department of Agriculture, Trade & Consumer Protection have provided an additional \$5 million to extend the Badger Box program into 2023. The \$5 million investment, funded through the American Rescue Plan Act, will support the Badger Box program and work to eliminate food insecurity in rural communities, urban centers and Tribal Nations across Wisconsin.

Hunger Task Force launched the Badger Box program in 2022 to feed families during the pandemic while simultaneously supporting Wisconsin agriculture and farmers. Badger Box is a win-win for the Dairy State and a uniquely Wisconsin solution to hunger!



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

NUTRITION NUGGET

CHOOSING HEALTHY FATS

When it comes to dietary fat, what matters most is the type of fat you eat. Contrary to past dietary advice promoting low-fat diets, newer research shows that healthy fats are necessary and beneficial for health. Fat also helps us feel full and provides Vitamin E. Rather than adopting a low-fat diet, it's more important to focus on eating beneficial fats and avoiding harmful "bad" fats. Fat is an important part of a healthy diet. Choose foods with unsaturated fats, limit foods high in saturated fat and avoid trans fat. (Source: www.hsph.harvard.edu)

Unsaturated Fats



Foods high in healthy fats lower risk of disease and include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds and fish.

Saturated Fats



Saturated fats are best consumed in moderation. Foods containing large amounts of saturated fat include red meat, butter, cheese and ice cream. Some plant-based fats like coconut oil are also rich in saturated fat.

Trans Fats



Foods high in trans fat increase risk of disease, even when eaten in smaller quantities. Trans fats are primarily in fried foods, processed foods and margarine.

CHASE AWAY THE WINTER BLUES

Do the chilly, gloomy days of winter make you want to curl up under the covers and stay there until the sun shines again? Learn what you can do to beat the blues when the short, dark days are getting you down.

Eat a healthy diet. When you can, eat more vegetables, nuts, beans, fruits and whole grains. You'll get the vitamins, minerals and protein to restore your energy levels.

Get regular exercise. The feel-good chemicals released during exercise can help ease anxiety and improve your mental health.

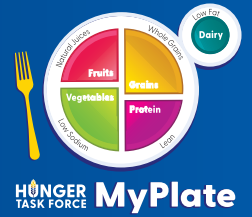
Increase social interactions. Being around family, friends and neighbors can boost your mood and help motivate you to do the things you enjoy.

Get the right amount of sleep. Sleep is restorative. It's a time for your body and mind to heal. Getting too little or too much can cause moodiness, memory troubles and problems with thinking and focusing.



MYPLATE MINUTE

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



EATING HEALTHY ON A BUDGET

Eating healthy on a budget doesn't require sacrificing nutrition. A diet that includes plenty of fruits, vegetables and proteins is important for good health, but the cost of groceries adds up quickly. Consider trying a few of these tips to minimize out-of-pocket food costs for your household.

Choose your meat cuts wisely. When buying meat, try cuts that are less expensive, like chicken thighs instead of chicken breasts. More affordable cuts of red meat (like pork shoulder or chuck) can be slow cooked to a juicy perfection. Leaner cuts often have more meat per dollar! Another healthy, budget-friendly protein to substitute for meat is beans.

Freeze your fruits and vegetables. Instead of throwing away uneaten fruits and vegetables, freeze them! Frozen fruit is perfect for smoothies, and vegetables can be used in a casserole, soup or stir fry dish.

Use coupons, promotions and memberships. Head to an Outpost Natural Foods Store for 50% off produce when you use your FoodShare Quest card; double up on sale items with digital coupons at almost all large grocery stores; buy your produce from a winter farmers' market; sign up to receive paper coupons in the mail and check your local newspapers on a regular basis for eligible restaurant and grocery savings.

QUICK & EASY SNACK NACHO CHEESE PARTY DIP



Perfect for festive winter parties, check out this healthy dip featuring items found in a Stockbox including canned tomatoes, black beans and corn.

INGREDIENTS

- 1 package cream cheese (8 oz.)
- 1 can CSFP (Stockbox) black beans
- 1 can CSFP (Stockbox) corn
- 1 lb. CSFP (Stockbox) cheese, shredded
- 2 tsp. onion powder
- 2 tsp. garlic powder

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



DIRECTIONS

- Preheat oven to 350°F.
- Spread package of cream cheese on the bottom of a casserole dish.
- Spread beans on top of cream cheese.
- In a bowl, combine diced tomatoes, corn, garlic and onion powders.
- Place tomato/corn mixture on top of the beans.
- Sprinkle top with shredded cheese.
- Bake for 20-25 minutes or until cheese is melted.
- Serve with tortilla chips.



01.

01. A Class to Have You “Filling” Good!

Our friends at Harley-Davidson recently hosted a cooking class for their employees in the McCarty Education Kitchen at Hunger Task Force. The class, organized by the Harley-Davidson Asian Professionals Resource Group, taught attendees how to make healthy spring rolls and traditional Chinese dumplings. Yum!



02.

02. The ART of Cooking

The McCarty Education Kitchen at Hunger Task Force recently received a colorful facelift! Thanks to incredible art by Environmental Graphic Designer Lauren McClone Design, students, seniors and other guests can learn healthy cooking and eating habits in our inviting and vibrant education kitchen!



03.

03. Hunger Relief Federation Welcomes New Staff

The Hunger Relief Federation, established by Hunger Task Force in 2016, works to expand the Free-Local-Independent model and recently extended Badger Box Program to anti-hunger organizations in Wisconsin. Recently, the Federation welcomed new leadership – Mark Lisowski joins the organization as the Hunger Relief Federation Organizer, and Brandon Savage joins as the new Hunger Relief Federation Manager.



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.), planning a visit to The Farm or setting up a cooking class in our McCarty Education Kitchen, contact Hunger Task Force.

Email us: nutrition@hungertaskforce.org

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