

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 • 2023



SENIOR FARMERS' MARKET PROGRAM EXPANDED!

Hunger Task Force is again helping administer the Senior Farmers' Market Nutrition Program (SFMNP) for Milwaukee County. This annual summertime program provides low-income seniors with vouchers that can be used to purchase healthy foods at farmers' markets, roadside stands and community supported agriculture programs. This year, seniors will receive \$35 in vouchers (*previously \$25*), and the program has been expanded to include all seniors who may share a household – each eligible senior may apply for a set of vouchers.



Another exciting program update for 2023 is the launch of the **"Harvest Box!"** In lieu of receiving \$35 in vouchers, seniors are given the option to receive one "Harvest Box" prefilled with \$35 worth of local produce from Wisconsin farmers. Seniors must pre-register for this option.

Information on vouchers and the Harvest Box: www.HungerTaskForce.org/seniors

MEET UP & EAT UP WITH FREE MEALS FOR ALL KIDS THIS SUMMER



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 304-304 or visit our interactive map on www.HungerTaskForce.org/summermeals.

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

NUTRITION NUGGET

PROS & CONS: FRESH, FROZEN & CANNED

Many have been led to believe fresh fruits and vegetables are healthier than frozen or canned, but that's not quite the case! Fresh, canned and frozen fruits and vegetables can ALL be healthy options. In fact, there may be some instances where frozen or canned foods are better choices.

FRESH	FROZEN	CANNED
PROS <ul style="list-style-type: none">• Often has the best flavors and textures• Looks most appealing• Can be purchased directly from vendors at farmers' markets	PROS <ul style="list-style-type: none">• Often cost less than fresh• Frozen immediately after being picked, so they may have a higher nutrient content• Most are pre-chopped	PROS <ul style="list-style-type: none">• Can be stored for months or years without needing a refrigerator or freezer• Already chopped & cooked• Often costs less than fresh or frozen
CONS <ul style="list-style-type: none">• Can be more expensive• Can spoil quickly• Need to be washed and prepared	CONS <ul style="list-style-type: none">• Can have a less appealing appearance and texture• Not as practical without a freezer or with little freezer space	CONS <ul style="list-style-type: none">• Contains sodium for preservation• Often have less appealing texture, appearance and flavor

MAKING SUMMERTIME SAFE AND FUN!

During summer, it's much easier to enjoy outdoor activities and get some fresh air. There are many physical and mental health benefits to being outside, but spending lots of time outdoors requires a few precautions to stay healthy and safe.

Stay hydrated. When you're having fun taking in the sights of nature or enjoying the company of your friends and family outside, it's easy to forget to drink enough liquids. Staying hydrated helps your body keep itself cool, and it prevents dizziness and falls that can lead to other injuries.

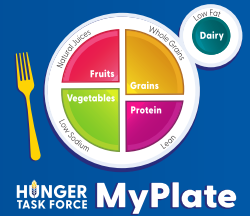
Protect your skin. When spending time in the sun, even for just 10-15 minutes, putting on sunscreen and wearing protective clothing can prevent painful sunburns, skin damage and skin cancer. Be sure to use sunscreen that is SPF-30 or higher. Remember to reapply every two hours to keep your skin protected!

Hang out in the shade. When possible, set yourself up underneath a shade tree or umbrella. Although being in the shade doesn't actually put you in a cooler temperature, you'll feel about 10-15 degrees cooler than if you were in the direct sun.



MYPLATE MINUTE

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



REDUCING YOUR SODIUM

Did you know the average American consumes nearly 1,000 milligrams more sodium per day than recommended? While most people should consume less than 2,300 milligrams of sodium per day, it's easy to consume well beyond that when eating processed or fast foods. Fortunately, there are simple and low-cost ways to reduce your sodium intake without much effort.

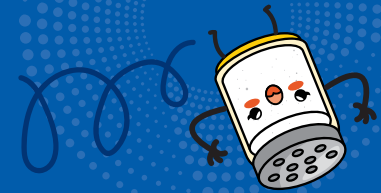
Drain and rinse canned vegetables and beans. Draining and rinsing canned foods only takes a few seconds, and it can reduce your sodium intake by 40%!

Add vegetables or whole grains to canned soups or frozen meals. Processed foods like canned soups and frozen dinners often contain high amounts of sodium. By adding vegetables – such as carrots, peas, or spinach – or whole grains – like whole wheat pasta or brown rice – you can get two meals out of one and eat half the sodium at each meal.

Try using acids and vinegars to flavor foods. Most foods can be brightened up with a squeeze of citrus juice, a small pinch of citrus zest, or a touch of vinegar right before eating. Acidic components like these can provide lots of flavors without adding sodium.

What kind of salt do gymnasts use?

Somersalt.



INGREDIENTS

- ½ cup packed brown sugar
- ½ cup sugar
- ½ cup vegetable oil
- ½ cup unsweetened applesauce
- 2 eggs
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground ginger
- 2 cups old fashioned rolled oats
- 1½ cups finely grated carrots
- 1 cup raisins

QUICK & EASY DESSERT HEALTHY CARROT CAKE COOKIES



These chewy cookies are a sweet treat that include all of the important vitamins and nutrients found in carrots!

DIRECTIONS

- Preheat oven to 350°. Lightly grease a baking sheet or line with parchment paper.
- In a large bowl, stir together the sugars, oil, applesauce, eggs, and vanilla. Mix well.
- In a separate bowl, stir together the dry ingredients.
- Blend the dry ingredients into the wet mixture. Stir in carrots and raisins.
- Drop the dough by a teaspoon onto the baking sheet.
- Bake 12 to 15 minutes until golden brown.



01.

01. Senior Nutrition 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 workshop for your group – nutrition@hungertaskforce.org.



02.

02. School Garden at The Farm

With the help of farmers and volunteers, local students learn about growing food in the School Garden and follow fruits and vegetables from planting to harvesting. The Garden-to-Plate program adopted by Hunger Task Force uses produce grown in the School Garden as key ingredients for healthy recipe demonstrations in The Farm's education kitchen. The 28-bed garden will be planted with dozens of culturally-appropriate fruits and vegetables throughout the summertime.



03.

03. Healthy Foods On the Move

The Mobile Market is a grocery store on wheels that travels in Milwaukee County to neighborhoods that have limited access to fresh and healthy foods. Shoppers can use FoodShare to purchase their groceries from the Mobile Market, and with help from a federal grant, all purchases are 50% OFF, helping shoppers maximize their food budgets.

Visit www.HungerTaskForce.org for the Mobile Market schedule.



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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