

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

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LOCAL STUDENTS BENEFIT FROM NUTRITION EDUCATION

This summer, Hunger Task Force piloted the “Cooking with Culture” initiative, a multi-grade nutrition program that taught students from the Hmong community about healthy eating. Students were introduced to harvesting vegetables from the School Garden and preparing their own meals, in the education kitchen, aiming to combat preventable diseases like diabetes and heart-related issues that can affect the community. Led by the Cultural Foods Coordinator, Pasua Chang, Cooking with Culture is conducted in partnership with the Hmong American Peace Academy (HAPA). Reflecting on the success of the pilot, Hunger Task Force is eager to grow the program.

Throughout the school year, Melanie Foland, the Child Nutrition Educator, will continue working with local classrooms to provide hands-on nutrition and healthy lifestyle experiences during the school year. Students will enjoy field trips to The Farm, gain culinary skills in the McCarty Education Kitchen and receive in-school visits. Classroom teachers also support Hunger Task Force’s programming through lessons and facilitating activities with all resources and supplies provided by the organization.



MELANIE FOLAND
Child Nutrition Educator



PASUA CHANG
Cultural Foods Coordinator

UNDERSTANDING DEDUCTIONS AND THEIR IMPACT ON FOODSHARE

Subtracting or taking away expenses from your income is called a DEDUCTION.

FoodShare benefits are available to many families across Wisconsin. Your family may be able to get benefits if you don't earn enough money to pay for basic things you need. If you are elderly, blind, or have a disability and pay out-of-pocket medical costs of more than \$35 per month, you may be able to subtract some of the costs from the income used to figure out your FoodShare benefit amount. A lower income level might give you more FoodShare benefits. Learn more and receive assistance by giving our FoodShare Advocates a call at **414.988.6501** or visiting www.HungerTaskForce.org/foodshare.

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

NUTRITION NUGGET

HEALTHY BABIES START WITH WIC!

Feeding kids is core to Hunger Task Force's mission. Over the next two years, we have a special opportunity to connect more infants and moms to the Women, Infants and Children program. Thanks to a special WIC Community Innovation and Outreach grant (WIC CIAO, for short) from the USDA through the Food Research & Action Center, Hunger Task Force will be able to focus resources on making sure our community's most vulnerable kids and mothers have access to healthy food and formula.

Hunger Task Force's project was one of a handful selected nationally to carry out this important outreach. Our outreach work will focus on Milwaukee and key areas of Wisconsin, including Tribal lands and rural areas. The project will deploy innovative outreach and incentive strategies to increase enrollment in this important nutrition program.

Learn more at: www.hellowic.org



REE KUBERA
WIC Outreach Manager
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Hunger Task Force is excited to welcome Ree Kubera to her new role as the Hunger Task Force WIC Outreach Manager. Ree will work to increase WIC education and engagement for the purpose of increasing WIC enrollment and reducing disparities in program delivery across Wisconsin.

Getting enough water every day is important for your health.

Mark off each glass of water you drink today.



USING HOUSEHOLD ITEMS FOR PHYSICAL ACTIVITIES!

Commonly-found household items can easily serve as wonderful alternatives to gym equipment such as dumbbells and weights.

Filled water bottles make handy dumbbells! You can start small with 500ml bottles before moving on to 1L or 1.5L bottles. You can also reuse soap bottles or juice cartons – make sure to wash them cleanly first!

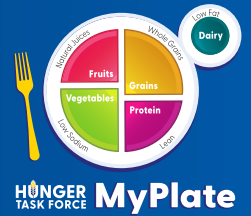
Dry towels are a useful addition to helping you stretch out before and after an exercise. Using the towel above your head or behind your back, stretch before and after an exercise.

Rice/flour bags are helpful options! Pre-packed, these heavier sacks are easy to grip on to and work great for overhead weight-lifting exercises, squats and even planks. Larger rice bags can go up to 5kg and 10kg, providing a good challenge.

Chairs or weighted boxes can help to provide an incline for planks, push-ups, tricep-dips, and more! Experiment with different heights to challenge yourself. Chairs also provide a good grip for balancing or chair-based exercises.

MYPLATE MINUTE

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



SPICE UP YOUR LIFE!

High sodium intake is associated with heart disease, stroke and other chronic conditions. Most of the sodium we consume is from processed and fast foods, not from home cooking. Making a shift to cook more at home can improve your health and help your budget, but it can be tricky to make foods at home that have the flavors you crave. Fortunately, adding herbs, spices and other flavoring agents can provide a wide variety of flavors without added sodium!



Spices: These flavors come from other parts of plants, like bark, roots or seeds that can also be fresh or dried. Think cinnamon, clove, mustard and ginger. Spices tend to taste best when added early on in the cooking process.



Herbs: Leafy parts of plants that can be fresh or dried. Think basil, thyme, mint or dill. Herbs tend to taste best when added toward the end of cooking.



Hot Peppers: From jalapeños to serranos, hot peppers offer a ton of flavor while also offering essential vitamins and minerals. To lessen the spice from hot peppers, remove the seeds when cutting. To add more spice, add the seeds to the recipe.

Although cutting down on sodium intake can enhance your health, a small amount of salt is needed for most recipes to unlock the flavors of the ingredients, including the spices. If using herb and spice blends, check the label to make sure it doesn't have added sodium.

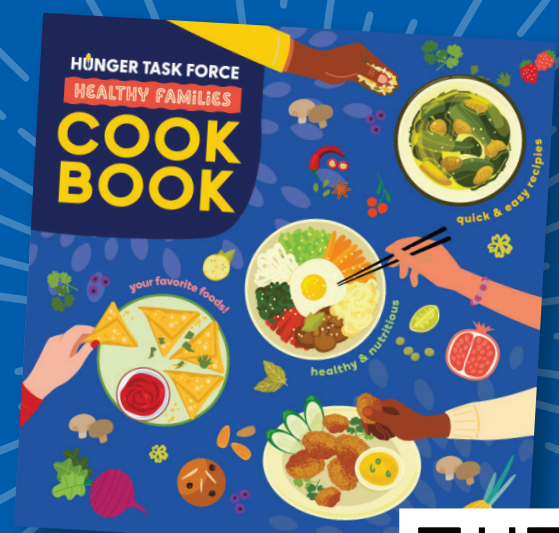
The Hunger Task Force Nutrition Education program serves to help young students achieve a healthy lifestyle. The goal of the program is to teach complex nutrition concepts in a family-friendly way.

NEW EDITION AVAILABLE THIS FALL! HEALTHY FAMILIES COOKBOOK

The new Hunger Task Force Healthy Families Cookbook, launching this fall, provides a comprehensive resource for students, families and school partners to cook up nutritious dishes and easy meals that excite children about making healthy choices.

Check out the Healthy Families Cookbook online and discover new ways to make every meal a MyPlate Meal!

Online version available at: <https://bit.ly/HTFcookbook>



SCAN QR FOR
COOKBOOK





01.

01. Youth Ambassador Promotes Healthy Eating

Hunger Task Force recognizes Khushi Tanna for her amazing work this summer as our 2023 No Kid Hungry Youth Ambassador! Khushi spent the summer encouraging thousands of local kids to consume more fruits and vegetables to adopt healthy eating habits, distributed outreach materials to make sure families know about the Summer Meals program and assisting families with accessing community resources.



02.

02. Vitamin D Partnership with MCW

Hunger Task Force is teaming up with Medical College of Wisconsin (MCW) for a vitamin D study and assessing seniors' knowledge and views of vitamin D. The Community Dietitian and a MCW medical student have been visiting pantries in our emergency food network to engage with community members and provide helpful information and food samples.



03.

03. Planting Culturally Appropriate Foods at The Farm

This summer, the Hunger Task Force Farm has been planting even more healthy foods to meet high demand! To better serve our community, our farmers have introduced new culturally appropriate items such as Bok Choy, Napa Cabbage and jalapeño peppers in addition to 26 other varieties of fresh fruits and vegetables to the harvest plan for this season.



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.

Learn more: <https://snaped.fns.usda.gov>



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.

DO YOU 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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