

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 into your day!



NUTRITION EDUCATION QUARTERLY

A Seasonal Publication of HUNGER TASK FORCE

SPRING • 2024



SCAN QR CODE FOR MOBILE MARKET SCHEDULE

MOBILE MARKET'S HISTORY IN MILWAUKEE'S NEAR WEST SIDE

College Court Apartments, located at 3334 W. Highland Blvd., holds a special distinction as the longest-standing stop for the Hunger Task Force's Mobile Market, a vital resource for residents seeking access to fresh and affordable food.

On the second Monday of each month, the Hunger Task Force Mobile Market visits this Near West Side community for 90-minutes starting at 1:30 PM. It's a convenient way for residents to stock up on fresh, affordable groceries.

All are welcome. Shoppers enjoy a 50% discount on all sales! FoodShare is accepted, removing any barriers to stocking up on healthy essentials. The Mobile Market boasts a diverse selection of fruits, vegetables, nutritious dairy products and protein-rich meats. Residents can also find a variety of pantry staples to make well-rounded meals for the whole family.

To learn more about the Mobile Market and find a stop near you, visit www.HungerTaskForce.org/mobile-market.

SUMMER EBT: PROVIDING EXTRA GROCERY BENEFITS FOR WISCONSIN FAMILIES

Summer EBT or "Sun Bucks," formerly known as Pandemic EBT, is now a permanent summer program providing food assistance to children who rely on school meals. Children enrolled in the National School Lunch Program (free or reduced-price) are eligible, with automatic enrollment for those already receiving FoodShare. Families can apply if unsure of eligibility. Eligible families will receive an EBT card loaded with \$40 per child per month, totaling \$120 for the summer. This program works alongside Summer Nutrition Programs to offer both food and enrichment activities, so children have access to essential support throughout summer and return to school prepared to learn.

Learn more about Summer EBT or apply today at www.HungerTaskForce.org.



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.

A food item can be considered low-sugar if it has less than 6 grams of sugar per serving.

**This is a general guideline, and some people may choose to limit their intake of added sugars even further.*

NUTRITION NUGGET

LABEL READING – Sugars

Too much sugar can be unhealthy for some people, and 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, such as 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 the 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 sweetened beverages, baked goods, desserts and sweets.

Learn more at: www.fda.gov/NewNutritionFactsLabel

SPRING INTO ACTION: COMMIT TO DAILY ACTIVITY



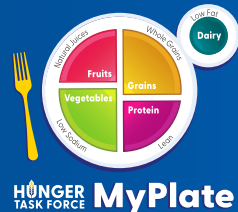
The sun is shining, the weather is warming up and it's time to bring physical activity outdoors! No matter your age, when you add activity to your day, your mental and physical health are being cared for. Hunger Task Force wants to help your family keep moving. Be one of the first 25 households to scan the QR code and register to receive a personalized package to encourage you and your family's physical activity!

Offer ends on July 31, 2024.



MYPLATE MINUTE

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



BAKING WITH FRUITS & VEGGIES

Sneak in some extra nutrients by substituting fruits and vegetables in your favorite baked goods! From applesauce in muffins to zucchini in brownies, these healthy swaps add vitamins, fiber and moisture without sacrificing taste. Spice up your baking routine and boost the nutritional value of your treats by trying these clever substitutions!

Instead of oil, swap in applesauce for naturally sweet and moist muffins or breads.



Making a tray of cookies? Replace half the sugar with mashed banana for natural sweetness and potassium.



Fold in shredded zucchini or carrot to muffins or breads for added fiber and a delightful textural twist!



QUICK & HEALTHY SNACK

PUMPKIN ZUCCHINI CHOCOLATE CHIP MUFFINS



A delicious, low-fat pumpkin muffin with a touch of vegetables and some sweet chocolate chips!

- 1½ cup whole wheat flour or white flour
- 1 tsp baking soda
- ¼ tsp salt
- 2 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp nutmeg
- ¼ tsp ground cloves
- ¾ cup canned pumpkin puree
- 1 cup shredded zucchini
- ⅓ cup honey (or pure maple syrup)
- 1 tbsp olive or coconut oil
- 1 egg
- 1 tsp vanilla extract
- ½ cup unsweetened vanilla almond milk
- ½ cup chocolate chips

TRY THIS RECIPE VARIATION!

Add in a handful of toasted pecans or walnuts for additional healthy fats.

DIRECTIONS

Preheat oven to 350° F. Grease muffin tin with nonstick cooking spray.

In a large bowl, whisk together flour, baking soda, salt, cinnamon, ginger, nutmeg and cloves.

In a separate bowl, combine pumpkin, zucchini, honey, oil, egg and vanilla until well combined and smooth. Whisk in almond milk.

Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips, reserving a few for sprinkling on top.

Bake for 20 minutes or until a toothpick comes out clean. Remove pan from oven and allow muffins to cool in pan before transferring to wire rack to finish cooling.

ENJOY!



01.

01. Child Nutrition Educator Returns to the Classroom

Hunger Task Force is re-introducing in-person classroom visits through the SNAP-Ed program, bringing hands-on nutrition education back to local schools. This initiative targets low-income students, aiming to combat food insecurity and equip them with knowledge and practical skills to make healthy choices. Students will participate in engaging activities that foster a deeper understanding of healthy eating on a budget.



02.

02. Hunger Task Force Donates 33,251 lbs. of Food to Milwaukee's Unique Diabetic-Friendly Pantry

The Ebenezer COGIC Pantry has been a part of the Hunger Task Force food pantry network since 2012. In 2023, the diabetic-friendly food pantry received 33,251 pounds of food from Hunger Task Force, valued at \$60,528. Recognizing that food is medicine, the pantry utilizes the "choice model," that encourages pantry guests to select the culturally appropriate, healthy foods that meet their individual or family needs with support from a registered nurse.



03.

03. Seeding Continues at the Hunger Task Force Farm!

Before volunteers join us at the Hunger Task Force Farm this spring, our farmers are busy preparing trays that will later be transplanted in the fields and hoop houses. This month at The Farm, 13,568 cabbage seeds were seeded into hand-packed trays of nutrient rich soil before receiving a topping of coconut coir – a sustainable alternative to peat moss to keep the seeds moist as they germinate in the greenhouse!



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

FOLLOW US!



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