



SPROUTING HEALTHY HABITS GARDEN-TO-PLATE PROGRAM NURTURES YOUNG CHEFS

Summertime is here, and Hunger Task Force is looking back at the incredible success of our revamped Garden-to-Plate program this past school year! The program has blossomed, reaching 400 local students across 13 classrooms in six schools in the West Allis–West Milwaukee (WAWM) and Milwaukee Public Schools (MPS) districts.

With a focus on MyPlate lessons and interactive learning, the Garden-to-Plate program provides low-income students with wraparound experiences that equip them with the knowledge to make informed food choices and boost their confidence in preparing delicious and healthy meals at home with family.

Throughout the school year, students went on a fun learning journey that started right in their classrooms with visits from the Hunger Task Force Child Nutrition Educator. They learned about healthy eating and nutrients using the MyPlate as a guide. Next, they got to practice what they learned in the McCarty Education Kitchen, where they cooked up some tasty, nutritious meals. The adventure wrapped up with a trip to the School Garden at the Hunger Task Force Farm where they got their hands dirty planting and harvesting veggies. This hands-on experience helped them appreciate fresh food and understand the importance of healthy eating.

The Garden-to-Plate program empowers local kids by teaching them where our food comes from, how to make healthy choices and most importantly, that cooking nutritious meals can be fun and empowering. Looking ahead, plans are underway to expand the program further, adding an additional six classrooms and one new school this fall!

SUMMER EBT provides certain families with financial support to buy food for their children in the summer.

\$120
PER CHILD

WHO IS ELIGIBLE FOR SUMMER EBT?



In general, children who are income-eligible, able to be directly certified, or categorically eligible for free or reduced price (FRP) school meals are eligible for Summer EBT.

SCAN TO LEARN MORE OR VISIT:

www.HungerTaskForce.org/Summer-EBT

NUTRITION NUGGET

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 6mg	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 as a general nutrition guide.

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 and vitamins, such as vitamin A and vitamin C; and minerals, such as calcium and iron. Many of the nutrient amounts in the nutrition facts 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 how this food can help meet your daily nutrition goals and can also 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

Use the Nutrition Facts Label and MyPlate to Make Healthier Choices



Stay Active and Hydrated for a Healthy Summer

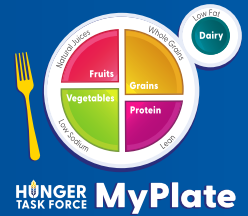
Summer is ideal for outdoor activities, and walking is one of the best exercises for families and seniors. It improves cardiovascular health, strengthens muscles, boosts mood and enhances well-being. Enjoying fresh air and sunshine can help manage weight and reduce chronic disease risks while fostering social connections.

Staying hydrated is crucial, especially in warmer months. Water maintains body temperature, supports our joints and facilitates a healthy body. Dehydration can cause fatigue and dizziness, particularly in seniors. Carry a water bottle and eat water-rich foods like fruits and vegetables to stay hydrated. Combine regular walks with proper hydration for a healthier summer.



MYPLATE MINUTE

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



TIPS FOR CHOOSING YOUR PRODUCE

Selecting your own produce ensures you get the freshest, most nutritious options. Fresh fruits and vegetables are packed with vitamins, minerals and antioxidants, boosting your health and energy levels. Look for vibrant colors and firm textures in stores and markets – these are key indicators of freshness and nutritional quality. To get deals, shop in-season and visit local farmers' markets. Growing your own garden is another great way to access fresh produce affordably. Plant easy-to-grow veggies like tomatoes and lettuce to enjoy homegrown goodness.



**SHOP
IN-SEASON**



**VISIT FARMERS'
MARKETS**



**LOOK FOR
VIBRANT COLORS**



**CHECK FOR
FIRMNESS**



**GROW
YOUR OWN**

TROPICAL GREEN & UN-BEET-ABLE BERRY SMOOTHIES

**Add all ingredients to blender and blend until smooth.*



BANANAS are rich in potassium, fiber, and vitamins that provide a quick energy boost!

Un-BEET-Able Berry Smoothie

- 1 cup unsweetened vanilla almond milk
- 1 cup pineapple juice
- 1 cup fresh or frozen strawberries
- ½ cup fresh or frozen blueberries
- ½ cup canned beets, drained

Tropical Green Smoothie

- 1 cup spinach or other greens
- 1 cup 1% milk (or milk of choice)
- 1¾ cup frozen pineapple chunks
- 1 medium banana
- 1 tbsp lemon juice (optional)



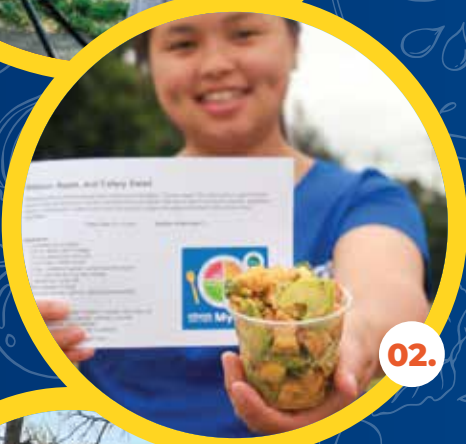
BLUEBERRIES are packed with antioxidants and support heart, brain and digestive health!



01.

01. Meet Up & Eat Up with Free Summer Meals for All Kids

Join us for free healthy meals and activities for kids and teens aged 18 and under. The "Meet Up & Eat Up" Summer Meals program allows families to save money on food, ensures children have access to healthy meals and encourages participation in recreational and educational activities. Find a meal site near you by texting "FOOD" or "COMIDA" to 304-304. www.HungerTaskForce.org/summermeals



02.

02. Community Dietitian Leads Summer Sampling

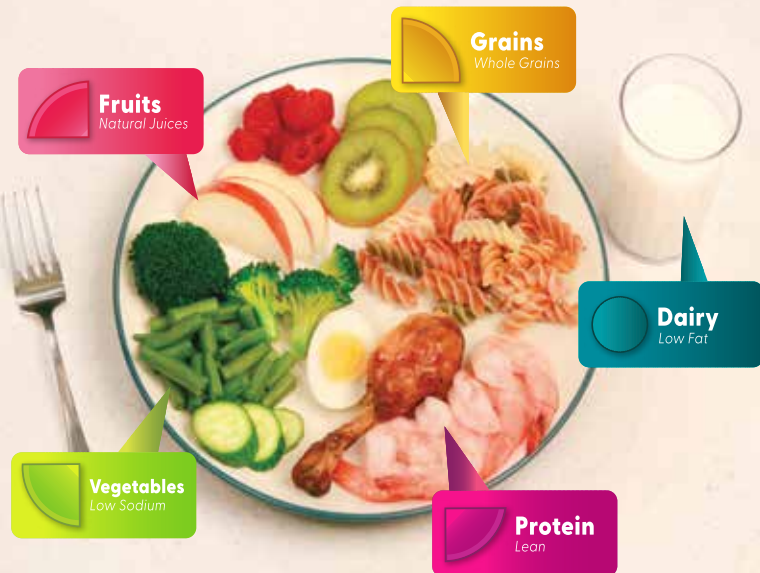
Led by Community Dietitian Pasua Chang, the Hunger Task Force Nutrition Education team is dedicated to enhancing seniors' well-being by providing samples of healthy recipes. Throughout the summer, they will showcase and sample these creations at senior Stockbox distributions and meal programs. By introducing fresh flavors and wholesome ingredients, they aim to empower seniors to explore new culinary horizons and embrace healthier eating habits, fostering confidence and excitement in their dietary choices.



03.

03. Meet Farmer Laura!

Assisted by our SNAP-Education Farmer, Laura Witkowski, Hunger Task Force's Garden-to-Plate program offers local students field trips to The Farm during the growing season! Students gain hands-on experience planting, growing and harvesting fruits and veggies in the School Garden's 28 raised garden beds. This program encourages healthy eating and helps local students understand where their food comes from.



Make Every Meal a MyPlate Meal.
www.HungerTaskForce.org/MyPlate

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.