



EMPOWERING FAMILIES & SENIORS WITH HEALTHY COOKING

Hunger Task Force is committed to empowering families and seniors in our community with the knowledge and skills to prepare healthy meals using items they may receive in a Stockbox or from local food pantries. Over the past year, our Community Nutrition Manager hosted hands-on classes and recipe demonstrations and provided easy tips for making nutritious, affordable meals. Hunger Task Force is committed to ensuring families and seniors are equipped to make healthy meal choices that meet their unique dietary needs and cultural preferences.

In 2024, Hunger Task Force hosted nearly twenty nutrition education experiences that engaged hundreds of participants. Each month, the Community Nutrition Manager visits local food pantries, community partners and senior centers and demonstrates affordable, healthy meal options such as fruit salad with yogurt topping, "Cool as a Cucumber" dip and stove-top macaroni and cheese with whole grain noodles. Looking ahead, we're excited to expand these services in the new year to provide more accessible and culturally relevant nutrition education.



**SCAN TO
LEARN MORE**



FOODSHARE WORK REQUIREMENTS ARE BACK

As of October 2024, work requirements for able-bodied adults without dependents (ABAWD) have resumed for FoodShare recipients. If you're between the ages of 18-54 and don't have dependents, you must meet work requirements or qualify for an exemption to maintain your FoodShare benefits. If you don't meet these requirements or qualify for an exemption, you could lose your benefits for up to three years. Some household members may also need to follow basic FoodShare work rules to keep their benefits.

NEED HELP? Contact your local agency or call or visit a Hunger Task Force FoodShare Resource Center. Our advocates are here to help you understand and meet requirements.

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 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.

LABEL READING – Sodium

One way to keep your heart healthy is to limit the amount of sodium (or salt) in the foods you eat. For most people, the recommended amount of sodium per day is less than 2,300mg – which is about a teaspoon.

Checking the nutrition facts label helps you keep your sodium in check. Remember to review the % Daily Value, keeping mind that 5% or less per serving is low and 20% or more is high. A food item with 20% or more sodium might be something you should consider replacing with a lower sodium option.

Here are some other tips to reduce your sodium intake:

- Use salt-free seasonings and spices to add flavor.
- Choose low or no-sodium options for canned foods like vegetables and soups.
- Remember that sodium is a preservative, so many packaged and processed foods will contain higher amounts of sodium. Preparing your own food when possible will help keep your levels in control!

Learn more at: www.fda.gov/NewNutritionFactsLabel

Use the Nutrition Facts Label and MyPlate to Make Healthier Choices



BAND TOGETHER FOR WINTER WORKOUTS

Stay strong this winter. Use resistance bands for anywhere, anytime fitness!

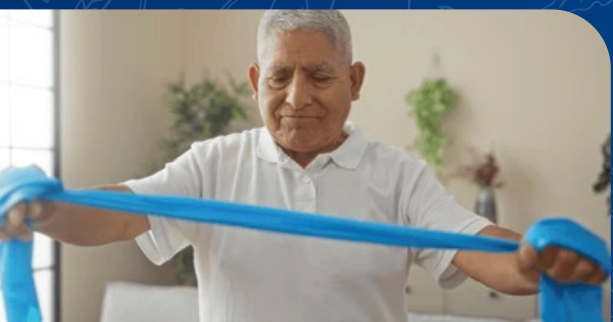


Resistance bands can help improve your strength and flexibility. They are large elastic bands and can be used to help exercise all areas of the body. Resistance bands are used for strength exercises, making your muscles stronger, or flexibility exercises, stretching your muscles. These bands are great to keep in your pocket or purse to stretch your muscles after a long period of sitting.

Try this resistance band exercise!

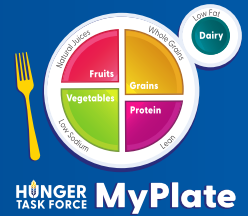
CHEST PULL: Sit straight, holding the band ends firmly in both hands. Your hands should be far enough apart that the band is taut, but not stretched tight. Draw your shoulder blades together to pull your hands farther apart until your arms are straight out to your sides as far as comfortable. Pause. Slowly release the movement to return to starting position. That's one rep. Repeat 10 times.

Note: Please exercise safely and listen to your body—participate at your own risk. Exercising and stretching should not be painful. It is important to adjust reps and exercises as needed.



MYPLATE MINUTE

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



OATS: THE FIBER-PACKED WHOLE GRAIN

Oats are a nutritious whole grain packed with fiber, which helps keep you full, stabilize blood sugar and lower cholesterol levels. There are various types of oats. **How are they different?**

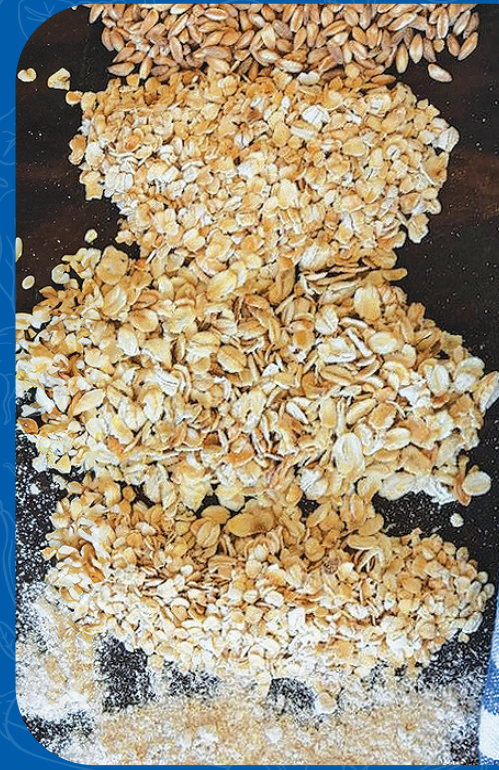
Groats: Groats are the whole, minimally processed oat kernels. They are a hearty choice for soups, porridge and baking.

Steel-cut oats: Steel-cut oats are toasted whole oat groats cut into tiny chunks with a steel blade. When cooked, they develop a firm and chewy texture. Steel-cut oats need to be cooked over the stove and take longer to cook than rolled oats.

Rolled oats: Also known as old-fashioned oats, rolled oats are steamed and flattened whole oat groats that create a smooth, creamy texture when cooked. Rolled oats are perfect for oatmeal, baked goods and overnight oats (see recipe below!)

Quick-cooking oats: Quick-cooking oats are thinly rolled oats that cook faster than regular rolled oats. They are an ideal choice for a quick and easy breakfast. They are also good for adding to baked goods and smoothies.

Instant oatmeal: Instant oatmeal is made of partially cooked and dried rolled oats and often packaged with added flavors and sugar.



BUILD-YOUR-OWN OVERNIGHT OATS

Mix and match to find your favorite combinations – the possibilities are endless!



START WITH THE BASE:

Combine $\frac{1}{2}$ cup of rolled oats with $\frac{1}{2}$ cup of your favorite milk (dairy or plant-based) or water.



SWEETEN IT UP:

Add a drizzle of honey, zero-sugar maple syrup or a sprinkle of cinnamon. Try adding mashed banana or unsweetened applesauce.



BOOST THE NUTRITION:

Mix in Greek yogurt, nut butter or protein powder for extra protein!



TOP IT OFF:

Choose fresh or dried fruits, nuts, seeds or dark chocolate chips.



LET IT REST:

Cover and refrigerate overnight. Wake up to a ready-to-eat meal.

Budget Tip: Buy your oats and toppings in bulk to save money!





01.

01. Find Fresh Seasonal Items at Winter Farmers' Markets

While the fall farmers' market season has ended, there are plenty of winter farmers' markets across Milwaukee, Waukesha, Germantown, Menomonee Falls and Port Washington to enjoy. Winter is a great time to pick up locally-grown produce, freshly baked goods, jams, cider, honey, maple syrup and global cuisine. Many markets, including the Fondy's Winter Farmers Market, accept SNAP/FoodShare benefits!



02.

02. Little Chefs, BIG Flavors in the Education Kitchen!

Local 3rd-5th graders in our Garden-to-Plate program visited Hunger Task Force – after a previous classroom visit – for a follow-up field trip to our McCarty Education Kitchen. Following a hands-on MyPlate lesson, students rolled up their sleeves to craft healthy pizzas loaded with protein, dairy and veggies! Hunger Task Force's nutrition education curriculum empowers students to explore new flavors, make nutritious choices and connect with where their food comes from.



03.

03. MyPlate Recipe Racks Help Families Cook with Pantry Items

Hunger Task Force's MyPlate Recipe Racks are making an impact across our emergency food network, now featured in 19 pantries and the Mobile Market. By sharing creative recipes and practical tips for pantry staples, the racks are inspiring families to explore new ways to enjoy the foods they receive. Access our full recipe archive online to explore healthy sides, sweet treats and meals that are budget-friendly. www.HungerTaskForce.org/recipes



Voices Against Hunger

HUNGER TASK FORCE

Want to make a difference for you and others in our community? Join Voices Against Hunger and help ensure everyone has enough to eat. By joining, you'll learn about hunger issues and how to share your thoughts with those who make decisions. Let's work together to create a hunger-free future.

www.HungerTaskForce.org/voices



SCAN QR with the camera app on your mobile phone to learn more or sign up!



Putting Healthy Food
Within Reach

USDA

Supplemental
Nutrition
Assistance
Program

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.