



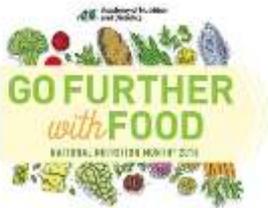
"Nourish" Newsletter

NATIONAL NUTRITION MONTH® ~ MARCH 2018
"GO FURTHER WITH FOOD"

Dear NutriPacks families,

It's National Nutrition Month! Go Further with Food! Teaching your children to pay attention to their food likes and dislikes and to whether they are hungry or full will go a long way to reducing "Food Fights" at the dinner table. Abandon membership in the Clean Plate Club. Promote a healthy relationship with food now and for a lifetime.

Kathie Novak, MEd, RDN, Nutrition Ed. Coordinator



March Further with Good Food!

Go for the GREENS ~ Spring Has Sprung

- Give Vegetables "CENTER STAGE" = Fill ½ of your plate with fruits and veggies at meals and snacks.
- Asparagus, snow peas, snap peas, spinach, mustard greens, kale, radishes, rhubarb, broccoli, Swiss chard, and a wide assortment of herbs and lettuces are spring vegetables and grow best in cool temperatures. They are an economical choice during spring months.

Make at Least ½ of Your Grain Foods Whole Grains

- Whole grains have more B vitamins, iron, and fiber than refined grains. They are made up of the entire grain: the bran, the "germ," and the endosperm.
- Replace ½ of your refined (White) grains with whole grain foods. Read the food labels. Look for the word "whole" in the first ingredient.
- Buy 100% whole-wheat bread in place of white bread; brown rice instead of white rice. Mix whole wheat pasta with your regular spaghetti. Use whole wheat tortillas in place of flour tortillas. Try bulgur wheat, barley, oatmeal, quinoa, and wild rice in your meals. Choose popcorn for a whole grain snack.

Go Lean with Protein

- Protein is important for growth and repair of our bodies, and provides us with many vitamins and minerals. Meat, fish, poultry, eggs, nuts, beans and peas, eggs and soy products all fall into the protein group.
- Most Americans eat plenty of protein rich foods. Remember a 3 oz. portion size is the size of a deck of cards.
- Choose lean cuts of beef ("round" steaks and roasts, "loin" cuts, and shoulder and arm roasts), pork ("loin" cuts and ham); 90% lean ground beef, turkey or chicken. White meat chicken and turkey are leaner than dark meat.
- Limit fried meat, poultry, and seafood to special occasions. Luncheon meats, hot dogs and sausages are not only high in fat, but high in sodium. Use a chicken or turkey breast or roast beef for sandwiches in place of these foods. Add beans, lentils, rice, or pasta to casseroles to "stretch" the meat in the recipe.



NutriPacks Date to Remember

- March 7, 14 (regular NutriPack)
- March 21 (Spring Pack)
- March 28 (NO NutriPack this week)
- April 4, 11, 18 and 25 (regular NutriPack)
- May 2, 9, 16, 23 (Regular NutriPack)
- May 30 (Last NutriPack until October)

Spring Clean Your Refrigerator, Freezer and Food Storage Areas



A Clean refrigerator means less wasted food.

- ✓ Store food properly.
- ✓ Keep your refrigerator at 34 - 40°F to prevent food from spoiling. Keep the freezer at 0°F. Hardware stores and dollar stores carry refrigerator thermometers.
- ✓ Store milk, cheese, yogurt, and other dairy foods in the coldest part of the refrigerator, *not* on the door. Keep them on the same shelf for easy access.
- ✓ Store raw meat on the lowest shelf and separated from cooked foods.
- ✓ Mark one shelf for leftover foods only. This makes it easy to eat these foods, use them in another dishes, or freeze them within 4 days.
- ✓ Wipe up spills as they happen with soap and warm water.
- ✓ Throw away canned foods that are bulging, rusted, or dented.
- ✓ Store canned foods below 75°F.
- ✓ Wipe shelves with a disinfectant wipe.

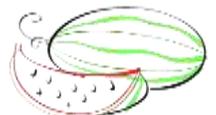
<http://blogs.extension.iastate.edu/foodsavings/files/2013/01/How-to-organize-your-refrigerator.pdf>

Feed your Funny Bone

Why did the farmer plant a seed in his pond?



He was trying to grow a water-melon.



***S T R E T C H* Your Food \$\$\$**

Reducing food waste = money saved

The average family throws away nearly \$600 in food every year.



- ✓ Buy only enough. Menu plan and make a shopping list. Let this video show you how:
<https://spendsmart.extension.iastate.edu/video/plan-a-menu-2/>
- ✓ Refrigerate foods right away after grocery shopping.
- ✓ Keep cold foods cold. Keep a cooler in your car to keep cold foods cold on the way home. Warm temperatures cause food to spoil.
- ✓ Use Produce Right Away - Don't let your produce go bad in the refrigerator or on the counter. Use it within a few days of buying it.
- ✓ Plan to use leftovers. Use leftovers in lunches or use them in a new meal. For example, Monday's menu is Baked Chicken. Use Monday's leftover chicken to make Chicken Pot Pie on Wednesday.
- ✓ Freeze uneaten leftovers within 4 days. Remember to label and date the package to use later.

Kids Korner

Rainbow treasure hunt

Draw a line to match the food to its color of rainbow.

Recipe Connection

Always wash your hands before cooking! Ask for a grown up to help you.

Broccoli Rice Casserole

Makes: 12 servings

Pantry staples and frozen veggies combine to make a hearty, home-made main dish for dinner.

Ingredients

- 1 ½ cups rice
- 3 ½ cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery or cheese soup (10.75 ounce, condensed, reduced sodium)
- 1 ½ cups milk (1%)
- 7 ½ cups broccoli or cauliflower or mixed vegetables (frozen, chopped)
- ½ pound cheese (grated or sliced)
- 3 tablespoons margarine (or butter)

Directions

1. Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Saute onions in margarine (or butter) until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

<https://whatscooking.fns.usda.gov/recipes/>

Baked Oatmeal Muffins

6 servings, serving size = 2 muffins

Ingredients:

- 2 ¼ cups water
- 2 ½ cups oats (quick cooking or old fashioned)
- 2 eggs
- 4 Tablespoons brown sugar, divided
- 2 Tablespoons oil (canola or vegetable)
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon, divided
- ¼ cup nonfat milk
- 1 medium apple, finely chopped
- ¼ cup dried fruit (raisins, cranberries, cherries)
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F
2. Bring water to a boil in a saucepan. Add oats and boil for one minute. Remove from heat and let stand five minutes.
3. Beat eggs, 3 Tbsp. brown sugar, oil, baking powder, 1 tsp. cinnamon, and milk in a mixing bowl with a fork.
4. Stir in oatmeal, apples, and dried fruit.
5. Stir together the remaining 1 Tbsp. brown sugar and 1 tsp. cinnamon in a small bowl.
6. Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.
7. Bake for 30 minutes until the center is set and the top is lightly browned. Let muffins sit for 5 minutes before serving.
8. Store leftovers in an airtight container in the refrigerator or freezer.

<http://www.buyeatlivebetter.org/recipes.cfm?getid=7319>
Thanks to Charlotte Scheid for contributing to this section.