



Dear NutriPacks families,

Happy Spring! Get outside and enjoy the warmer weather; take a walk; plant vegetables. Enjoy!

Meal delivery services are popping up all over and can be helpful in putting a healthy meal on the table when time is tight.

Did you know you can DIY these meals to save money?

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***STRETCH* Your Food**

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Planning Ahead



Planning ahead is key to saving money on food. Follow these easy steps to plan your meals and save money.

- Look at what you already have in the cabinets, refrigerator and freezer. Use these items first.
- Plan meals around the time you have and activities each day of the week.
- Create menus your family likes. MyPlate is a great resource for meal planning. Include all food groups in your meals. Try this menu planner tool:
https://choosemyplate-prod.azureedge.net/sites/default/files/budget/grocery_gameplan_interactive.pdf
- Look at store ads for sales and specials.
- Use your menu planning to make a shopping list.
- Use paper and ecoupons for items on your list.
<http://www.choosemyplate.gov/healthy-eating-on-budget.html>

Freezer Meals

Meal delivery services are popping up all over and can be helpful in putting a healthy meal on the table when time is tight. However, keep your budget in mind and make your own pre-prepared meals - “Freezer meals.” You can DIY – Do It Yourself. You need:

- A recipe
- Foods on the recipe
- Gallon size freezer bags or containers
- A block of time to put the meals together
- A freezer to store the meals

Freezer meals allow you to put foods and flavorings needed for a meal into one freezer bag to be cooked at a later time. Freezer meal recipes can be found online at these sites and more:

- www.Allrecipes.com
- www.tasetofhome.com
- www.pinterest.com
- www.cookinglight.com

Freezer meals can be made easily by cooking twice as much of your weeknight meal, and freezing half of it to use later. Freezer meals can also be put together during a “Power Hour.” Make sure you have all needed ingredients before getting started and follow food safety steps while preparing meals. Give it a try!



Food Safety

Keeping your food safe begins with these 4 core practices:

1. **Clean** - Wash hands and food preparation surfaces correctly and often.
2. **Separate** – Keep raw meat, eggs seafood and poultry away from fruits and vegetables and other cooked foods.
3. **Cook** – Cook foods to the recommended temperature to kill any bacteria that may cause sickness.
4. **Chill** – Refrigerate cooked foods right away to slow down bacteria growth.



How long should you wash your hands to get rid of bacteria?

- a. 10 seconds
- b. 15 seconds
- c. 20 seconds
- d. 30 seconds

The answer: **c. 20 seconds**

It takes 20 seconds to sing the Happy Birthday Song twice. So sing while you wash your hands!

Wash your hands with *warm water and soap* to wash away the germs that cause sickness.

Always wash hands **BEFORE**:

- Preparing food; tending to a sick person; treating a cut or scrape; and eating food.

Always wash hands **AFTER**:

- Touching raw meat; using the bathroom; changing diapers or helping a child with the toilet; touching pets; sneezing, coughing or blowing your nose; tending to a sick person; and handling garbage.

Always wash hands BEFORE, DURING, AND AFTER preparing food.

Kids Korner

Be Active

Get outside and play this spring!

X D P O A W D A N C E T D V H	R U N
V P T J J F S Y T R N V A H I	J U M P
W D R X U S Q U H V V H C S A	B I C Y C L E
Y Z A A M Q P P D U V M H J S	H O P S C O T C H
T R Y I P D E S Z R O X O U W	S W I M
E U V W R Q Q G E Z O R P M I	D A N C E
F N P M O V E M O R E I S P M	P L A Y B A L L
W G L H P Z B A O R L S C W U	J U M P R O P E
C K A D E O Y K V E E X O F S	W A L K
Y M Y E H P U E P L Z A T V I	M O V E M O R E
F L B Y R H C D N S Z C C X D	
J Q A P W B I C Y C L E H D E	
W P L K Q D P I H F U X P S D	
W A L K Q F A I Y P G V L Z V	
K C B Q F I D Y N A E H P V C	

Feed Your Funny Bone

Can you solve this riddle?

Q: How many bananas can you eat on an empty stomach?



A: Just 1! After you eat 1 your stomach is no longer empty.

Do you need more help with feeding your family?

The Cupboard at Calvary

This food pantry is run by the United Methodist Church and serves any family in financial need from zip codes 17109, 17111 and 17112. A photo ID with current address must be presented at time of food distribution. Families can get food help 2 times each month.

Find out more at:

<http://calvaryunitedmethodist.org/the-cupboard-at-calvary/> or call 717-545-0021.

Recipe Connection

Cornbread Chile Pie Freezer meal Serves: 4-6

Ingredients:

- 1 lb. ground beef (or ground turkey)
- 1- 14 oz. can diced tomatoes
- 1 -14 oz. can tomato puree
- 1 -14 oz. kidney beans
- ½ cup water
- 1 T. chili powder
- 1 tsp. cumin
- ½ tsp. oregano
- ½ tsp. red pepper flakes
- 1 tsp. salt and 1 tsp. ground black pepper
- 1 box cornbread

To Prepare:

1. Use a permanent marker to label your freezer bag with recipe title and date, and cooking directions.
2. Cook ground beef in a skillet until brown; drain excess fat, allow to cool completely.
3. Combine all of the ingredients with the beef in a 1 gallon freezer safe bag.
4. Stir to combine or knead bag to mix all ingredients well.
5. Press bag flat to remove air. Seal and lay flat in freezer.

To Cook:

1. Thaw freezer bag completely overnight in refrigerator.
2. Pour chili into a deep oven safe pot.
3. Heat on stove top for 20 minutes on medium low.
4. Make cornbread according to package directions.
5. Spread mixture on top of chili and bake in oven according to your cornbread package directions

Lasagna Soup with Meatballs Freezer Meal Serves: 6

Ingredients:

- 24oz jar of pasta sauce
- 15 oz. can cannellini beans, drained and rinsed
- 1 box frozen or 1 can spinach
- 1 pound frozen turkey, or beef meatballs
- 4 cups of chicken broth (not needed until day of cooking.)
- 3 uncooked lasagna noodles, broken into small pieces (not needed until day of cooking.)
- Parmesan cheese (not needed until day of cooking.)
- Garlic bread (not needed until day of cooking.)
- 1 gallon sized plastic freezer bag

To Prepare:

1. Use a permanent marker to label your freezer bag with recipe title and date, and cooking directions.
2. Combine all ingredients (except chicken broth and lasagna noodles) in gallon sized plastic freezer bag.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer.

To Cook:

1. Thaw freezer bag in refrigerator overnight.
2. Add contents of freezer bag to stock pot.
3. Add broth to stock pot.
4. Cook on low until broth simmers.
5. Add noodles and cook for additional 10-15 minutes until noodles are cooked.
6. Top with freshly parmesan cheese. Serve with garlic bread.

