



“Nourish” Newsletter

May 2017



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Dear NutriPacks families,

Here we are at the end of another school year! Where did the time go? Did you know your child can be fed during the summer through the summer food service program? Check out the links below to find a site near you.

Wishing all of you a safe, healthy summer! Enjoy all the fresh foods available this time of year.

Kathie Novak, MEd, RDN, LDN, Nutrition Ed. Coordinator

STRETCH Your Food



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Canning and Freezing

Summer is the best time to can and freeze fresh fruits and vegetables to be used during the cold months. Canning and freezing can save you money. Many fruits and vegetable from the garden and Farmers' Markets freeze nicely.

You will need a freezer in good working order. Freezer bags and containers that seal tightly and will not leak. A permanent marker to document the date the food was frozen.

Fruits: Fruit should be ripe and firm, not mushy. Wash, trim and cut fruits before freezing. Fruits can be frozen without added sugar. Add Ascorbic Acid powder (Vitamin C) to frozen fruit to prevent browning. Ask for it at the grocery store or pharmacy and follow the directions of the package.

Vegetables: Vegetables can also be frozen easily. Choose vegetables that are firm and recently picked. Wash, trim and cut them as desired. Blanche your veggies before placing them in your freezing containers. Blanching is cooking in boiling water or steam for a few minutes, then quickly cooling them in an ice water bath.

You can find information about freezing fruits and vegetables at these website:
<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/pnw214.pdf> and
<http://www.eatright.org/resource/homefoodsafety/four-steps/refrigerate/blanch-before-you-freeze>

Label your freezer bags/containers with the name of the food and the date you froze them. Remember to ALWAYS thaw foods in the refrigerator and rotate your food in the freezer. Use the oldest foods first.



Coming Soon

To a Grocery Shelf near you

A New Food Label is coming your way! The new food label will be easier to read. All labels will change by the end of July 2018.

You may start seeing them this summer. Use labels to make smart decisions about what to buy and eat.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	Calories 230
% Daily Value*	
Total Fat 5g	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 235mg	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.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

New Features:

- Bolder typing to see calories and serving sizes better.
- 1 bottle/can of beverage = 1 serving. Calories will reflect the amount in the entire bottle/can.
- Total amounts (mg or mcg) of Vitamin D, calcium, iron and potassium will be listed, not just percents. Vitamin A and Vitamin C won't be listed on the label.
- "Added Sugars" will tell you how much sugar has been added to the food during processing. Remember some sugar happens naturally in food, like in fruits and in milk/dairy.
- The types of fat (Saturated, Trans Fat and Total Fat) in the food will be clear.
- Serving Sizes will display the amount of food people actually eat.
- Some other vitamin and mineral guidelines are changing.



Summer Food Service Program

Summer shouldn't be a hungry time just because school ends. If you are struggling to stretch your food budget this summer, free, nutrition meals are available to children (18 and younger) at places throughout our communities. The sources below will help you locate these locations.

Please call to confirm if the site is an OPEN site.

1. Call 211
2. Text "FOOD" or "COMIDA" to 877877
3. Call 1-866-3HUNGRY or 1-866-3HAMBRE
4. Go online to: www.Fns.usda.gov/summerFOODRocks
5. Download this APP: Your Funny Bone www.RangeApp.org

Feed Your Funny Bone

How does the man in the moon eat his food?



In satellite dishes.

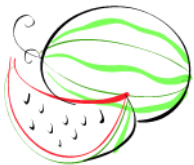
Kids Korner

Cultivate a Healthy Summer

Search across, up, down, and backward for these foods found in the garden!

ASPARAGUS
 BLUEBERRIES
 CABBAGE
 CARROTS
 CORN
 GREEN BEANS
 KALE
 LETTUCE
 POTATOES
 SNAPPEAS
 STRAWBERRIES
 WATERMELON

BELL PEPPERS
 BROCCOLI
 CANTALOUPE
 CAULIFLOWER
 CUCUMBERS
 HERBS
 LEEKS
 ONIONS
 RED BEETS
 SPINACH
 TOMATOES
 ZUCCHINI



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

Recipe Connection

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

Purple Power Bean Wrap

Serves 6

Ingredients:

- 1 tsp Lemon zest (make zest from juiced lemon)
- 2 Tbsp Fresh lemon, juiced
- 2 cups canned low-sodium great northern beans, drained, rinsed
- ½ cup Fresh avocado, peeled, pitted, puréed
- 1 Tbsp Fresh garlic, minced
- 2 ¼ tsp extra virgin olive oil
- ½ tsp Chili powder
- ½ tsp Salt
- 1 ½ cups Fresh purple cabbage, finely shredded
- 6 Whole-wheat tortillas, 10"
- 3 cups Fresh romaine lettuce, shredded

Directions

1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
2. Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
3. Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
4. You may cover and refrigerate at 40 °F for no more than 2 hours to avoid browning of avocado.
5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately.

<https://www.fns.usda.gov/sites/default/files/tn/purplewrap-homes.pdf>