



Dear NutriPacks families,

The school year and another year of Central Dauphin’s NutriPacks program is quickly coming to a close. This is our final newsletter of the year.. Wow! This school year flew by! Wishing all of you a safe, healthy summer! Enjoy all the fresh foods available this time of year.

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Choose Wisely This Summer

Select *nutrient-dense* foods and beverages in place of nutrient-poor foods this summer. Use labels to make smart choices about what to buy and what to eat.

Nutrient Dense foods and drinks have higher amounts of vitamins and minerals and are lower in added sugar and fat. The *NEW* nutrition label lists the amounts of each vitamin or mineral in the food at the bottom of the label. Compare these numbers to decide which food is more nutrient dense. Higher numbers mean more vitamins and minerals.

Old label

New Label

Nutrition Facts		Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8		8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per serving	
Calories 230	Calories from Fat 72	Calories	230
% Daily Value*		% Daily Value*	
Total Fat 8g	12%	Total Fat 8g	10%
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 160mg	7%	Sodium 160mg	7%
Total Carbohydrate 37g	12%	Total Carbohydrate 37g	13%
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%
Sugars 1g		Total Sugars 12g	
Protein 3g		Includes 10g Added Sugars	20%
Vitamin A	10%	Protein 3g	
Vitamin C	8%	Vitamin D 2mcg	10%
Calcium	20%	Calcium 260mg	20%
Iron	45%	Iron 8mg	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		Potassium 235mg	6%
	Calories: 2,000 2,500	* 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.	
Total Fat	Less than 65g 80g		
Sat Fat	Less than 20g 25g		
Cholesterol	Less than 300mg 300mg		
Sodium	Less than 2,400mg 2,400mg		
Total Carbohydrate	300g 375g		
Dietary Fiber	25g 30g		

Key Changes:

- Serving Sizes will display the amount of food people actually eat. 1 bottle/can of beverage = 1 serving. Calories will reflect the amount in the entire bottle/can.
- “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.

For more information about labels:

www.fda.gov/downloads/Food/LabelingNutrition/UCM511646.pdf

FOOD SAFETY ~ Keep Summer Chill!

Bacteria grow faster in warmer temperatures. Keep the refrigerator at 40° F. or below.

- Keep cold food cold! Use a thermometer to keep your refrigerator below 40°F. Keep the freezer at 0°F.
- Use an insulated cooler bag to transport cold meat, fish, poultry, eggs, dairy foods and frozen food home from the market or grocery store. Refrigerate these foods as soon as you get home from shopping.
- Thaw food in the refrigerator, under cold water, or in the microwave. *Never* thaw food on the counter!
- Marinate food in the refrigerator, not at room temperature.
- Put foods back in the refrigerator after sitting out for **no more than 2 hours**; 1 hour when the temperature is above 90°F.
- Keep “picnic” salads cold, especially if they contain mayonnaise, meats, or cheese. Serve on top of a bowl of ice.
- Refrigerate leftovers in shallow containers. They cool more quickly than deep dishes.
- Use or discard leftovers within 4 days.

http://fightbac.org/storage/documents/coldstoragechart_fnl.pdf

ANSWER THIS: True or False?

A cooler full of food keeps food colder than a cooler half-filled with food.



The answer: TRUE

A full cooler keeps your food colder longer. Pack your cooler full with food and ice or ice packs. Keep your picnic foods safe from food born bacteria.



STRETCH Your Food \$\$\$

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, there are many agencies to help.

- *The Central PA Food Bank*
717-564-1700 www.Centralpafoodbank.org
- *SNAP (food stamps)*
1-800-692-7462 or 1-800-788-5616
- *Summer Food Service Program* – free meals are available to children (18 and younger) at places throughout our communities.
<https://www.summerfoodrocks.org/>
1-866-348-6479
- *WIC*
1-800-wic-wins
- *Church Food Pantries*
http://www.needhelpayingbills.com/html/dauphin_county_food_pantries.html
- *National Hunger Hotline*
1-866 3-HUNGRY

Feed Your Funny Bone

What kind of skin doesn't peel in the sun?



A banana peel!



Kids Korner

At the farmer's market

Unscramble these words to find foods from the farmer's market.

cpehsea
onrc no the bco
oolrlcuf prepsp
ewrsrebista
lbiueseerbr
oauceapl
ucmrcsbeu
reneg bneas
icizchnu
mtoteosa

lnoteewmar
dre eesbt
acbegab
tetucle
egsg
ciclobor
fuwaoreclli
enhyo
esrhb
tpeoaeas
gaasprusa

Watermelon, Cantaloupes, Peaches, Strawberries, Cauliflower, Blueberries, Tomatoes, Eggs, Green beans, Colorful peppers, Cucumbers, Broccoli, Honey, Zucchini, Potatoes, Asparagus, Cabbage, Herbs, Lettuce, Red beets, Corn on the cob



Recipe Connection

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

Homemade Ice Cream

1 serving

Ingredients:

- 1 cup 1% or 2% low-fat milk
- 2 tablespoons sugar
- 1 teaspoon Vanilla
- 3 Cups of Ice cubes
- 1/4 cup rock salt (table salt works, too)
- 1 quart sized zipper freezer bag
- 1 gallon sized zipper freezer bag
- 1-2 Tablespoons Chocolate syrup or fruit juice for flavoring (optional)

Directions:

1. Mix the milk sugar and vanilla and flavoring (if wanted) together in the quart-sized zipper plastic bag. Push out as much air as possible. Seal the bag tightly.
2. Put the ice and salt together in the gallon-sized zipper plastic bag.
3. Put sealed quart-sized bag (the milk mixture) inside the gallon-sized bag of ice and salt. Push out as much air as possible and securely seal the gallon-sized bag.
4. Gently shake the bags for 6-10 minutes, or until the ice cream looks like soft serve ice cream. Remove the inside bag and rinse off the salt. Grab a spoon and enjoy.



Grilled Vegetables

6 servings

Ingredients:

- 2 zucchini, halved lengthwise and cut in 1/4 inch slices
- 1 summer squash (yellow squash), thinly sliced
- 3-4 Tablespoons olive oil
- 1/2 tablespoon salt
- 2 tablespoons ground black pepper
- 2 tablespoons garlic powder
- Aluminum foil
- Charcoal or Gas grill

Directions:

1. Preheat grill for medium-high heat (charcoal grill or gas grill).
2. Place the zucchini, and squash on a large sheet of aluminum foil, and drizzle with 1-2 Tablespoons of olive oil. Season with salt, pepper, and garlic powder to taste. Seal vegetables in the foil.
3. Place the foil pack on the preheated grill, and cook 20 minutes, until vegetables are tender.

