



# “Nourish” Newsletter

## October 2017

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Dear NutriPacks families,

Welcome to the 2017-18 school year! In each monthly newsletter you will find tips to help you stretch your food dollars, recipes, meal planning ideas, food safety tips, MyPlate monthly messages, and fun activities for the kids. We look forward to serving you this school year! Look for more nutrition tips and recipes posts on our Facebook page: CSDS NutriPacks

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## What is CSDS NutriPacks?

CSDS NutriPacks is a direct food distribution program for elementary school students within Central Dauphin School District (CSDS). The CSDS NutriPacks Program gives food to CSDS families with need when the free/reduced price lunch program is not available to them. The food gives our students needed meals over the weekends so that they come back to school on Monday morning ready to learn. The CSDS NutriPacks Program is NOT a government program.

CSDS NutriPacks is currently serving hundreds of families. Families receive a backpack filled with food every week during the school year (October – June) at no charge. The NutriPacks Program is 100% run by volunteers and NutriPacks is funded solely through grants, donations from individuals and community groups, and through fundraisers.



## MyPlate Monthly Message

**Fill ½ of your plate with fruits and veggies.**

Fall is filled with fabulous vegetables! Choose red, orange, and dark green veggies, like tomatoes, sweet potatoes and collard greens. Canned and frozen vegetables provide as much nutrition as fresh, and are a budget minded alternative to fresh varieties. Canned and dried fruits store well in the pantry. Stock up on canned and frozen fruits and vegetables when on sale. Compare generic brands with store and national brands to determine your best buy. Remember, always compare the unit price. Unit price tells you the price per amount, ex. \$1.49/pint.



## Food Safety

[www.fightbac.org](http://www.fightbac.org)

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**:

- Making 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 touching garbage.

**Always wash hands BEFORE, DURING, AND AFTER preparing food!**



## Kids Korner

### Apple Crunch Day

### October 24, 2017



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Celebrate by eating apples all day long.

### Tips to help your kids eat fruit and vegetables

- Peel and grate, carrots, zucchini, or sweet potatoes; chop kale or swiss chard and add to casseroles, chili, soups, meatloaf, quick breads, and more.
- Cook and mash cauliflower, turnips or parsnips and add it to mashed potatoes.
- Add canned pumpkin to spaghetti sauce.
- Serve vegetables in fun shapes. Cut cucumber or turnip slices, with a cookie cutter. Slice celery lengthwise to make an "octopus." Serve with hummus or ranch dressing.
- Make veggie faces on their plates; peas for eyes, green beans for hair, broccoli for a nose, red pepper slices for a mouth and carrots for teeth. Fun!

<http://www.fruitsandveggiesmorematters.org>

- Apple cider for breakfast;
- Applesauce for lunch;
- Apple slices & cheese OR dried apple chips for a snack;
- Baked apples, apple crisp, or apple cobbler for dinner;
- Make it a family fun day and visit an orchard.

### Feed Your Funny Bone



Why did the man stare at the can of orange juice?



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*Because it said 'concentrate.'*

<http://www.cookingwithkids.com/fun/jokes>

## Recipe Connection

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

### Three Sisters Soup

6 Servings

\$1.80 per serving

This is actually a Native American recipe and the three "sisters" refer to corn, beans and squash!

#### Ingredients:

6 cups fat-free, low-sodium chicken or vegetable stock  
 16 oz. canned, low-sodium yellow corn or hominy, drained, rinsed  
 16 oz. canned, low-sodium kidney beans (drained, rinsed)  
 1 small onion (chopped)  
 1 rib celery (chopped)  
 15 oz. canned, cooked pumpkin  
 (Tip: Be careful, do not get pumpkin pie filling!)  
 5 fresh sage leaves OR 1/2 tsp. dried sage  
 1/2 tsp. curry powder

#### Directions:

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery.
3. Boil for 10 minutes.
4. Add sage leaves, curry and pumpkin and simmer on medium-low heat for 20 minutes.

Recipe copyright © 2016 American Heart Association. For more simple, quick and affordable recipes, visit <http://heart.org/simplecooking>

### Penne with Eggplant

Yield: 4 servings

\$1.23 per serving

#### Ingredients:

8 ounces whole wheat penne or ziti (half of a 16-ounce package)  
 1½ tsp canola or olive oil  
 3 cups cubed eggplant (about 1 small)  
 ½ cup finely chopped onion  
 2 garlic cloves, minced or 1 tsp garlic powder  
 1/8 tsp salt  
 1/8 tsp crushed red pepper  
 1½ cups pasta sauce  
 3 Tbsp. finely chopped fresh basil or 1 Tbsp. dried basil (optional)  
 ½ cup + ¼ cup shredded part-skim mozzarella cheese, keep in separate dishes.

#### Directions:

1. Cook pasta according to package directions, omitting salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper, and pasta sauce (and basil, if using). Bring to a simmer.
5. Reduce heat, and cook for 5 minutes. Remove from heat.
6. Toss eggplant mixture with pasta. Sprinkle with ½ cup cheese and toss gently.
7. Top evenly with remaining ¼ cup cheese.
8. Serve immediately.

Source: [www.cookinglight.com](http://www.cookinglight.com)

[http://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/2014/06/PennewithEggplant\\_JFCS\\_10.18.13.pdf](http://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/2014/06/PennewithEggplant_JFCS_10.18.13.pdf)



