

“Nourish” Newsletter

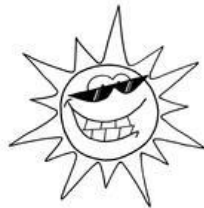
JANUARY 2017

Dear NutriPacks families,

Happy New Year! A new year often brings new goals for better health, more exercise, to save money, and more. Strive to make 2017 your healthiest year yet.

Kathie Novak, MEd, RD, Nutrition Ed. Coordinator

Vitamin D



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Vitamin D is known as the sunshine vitamin. The body uses sunlight from Mother Nature to make vitamin D for our body. However, in the winter there is less sunlight, and we spend more time indoors. It is harder for our bodies to get the right amount of sunshine to make enough Vitamin D during the winter months.

During the winter season it is very important to eat foods rich in vitamin D. Vitamin D is important for growth and development in the body. It plays a big role in the nerve, muscle, and immune systems. Vitamin D helps the body take in calcium. Calcium helps to build bone so bones stay strong. A person who takes in enough vitamin D is likely to have a lower blood pressure and lower risk for type 2 diabetes, heart disease and certain cancers like breast, colon, and skin cancer also. As we get older our bodies need more vitamin D.

Foods high in vitamin D are fatty fish like tuna, salmon and mackerel, egg yolks, beef liver, and mushrooms. All milk has Vitamin D added. Some orange juice, ready-to-eat cereals and yogurt have Vitamin D added. Not all dairy foods, like cheese and ice cream, are good sources of Vitamin D, however. Read the food labels.

Daily Amounts

Below are the amounts we need per day:

Children (0 to 12 months)	400 IU
Children (1 to 18 years)	600 IU
Adults (19 to 69 years)	600 IU
Pregnant and breastfeeding females	600 IU
Adults (70 years and older)	800 IU

Change percentage on the Food Labels to IUs:

- 1.) Look at the percentage;
- 2.) Multiply percentage by 4;
- 3.) This will give the amount of vitamin D (ICU).

Example: 25% Vitamin D x 4 = 100 ICU

www.medlineplus.gov, National Institutes of Health, University of Maryland Medical Center

Thanks to Charlotte Scheid for contributing research for this section.

STRETCH Your Food **\$\$\$ - Avoid Food Waste**

About \$370 per person each year is wasted on food that is thrown away! The most wasted food items are protein foods - meat, fish and poultry, vegetables, and dairy foods.

Cut down on your food waste and save money this year.

1. Start by making a weekly menu. Use what you have in your pantry and refrigerator/freezer first.
2. Make a grocery shopping list before going food shopping. Divide your list into food groups:
 - Meats/Fish/Poultry
 - Dairy/Eggs/Cheese
 - Vegetables & Fruits
 - Grain & Breads
 - Other foods
3. Only buy what you can use within a week and use what you buy.
4. Be aware of food safety. Keep hot foods hot (above 140° F) and cold foods cold below 40° F. Spoiled food is wasted money!
5. Reuse leftovers when possible. Remake leftover chicken into chicken pot pie or chicken salad for sandwiches, Throw bones and meat scraps into boiling water to make a soup.
6. Freeze leftovers if you cannot use them right away.
7. Use vegetable stalks and stems in soup; chop and use in meatloaf or stews; blend overripe fruit into a fruit smoothie.
8. Use milk in cream soups, pudding and custards; yogurt in smoothies and on cereal.



<https://www.choosemyplate.gov/lets-talk-trash>

Kids Korner

Pennsylvania Farm Show

Find these animals and foods grown on farms.

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

ALPACA
 APPLES
 BISON
 BRUSSEL SPROUTS
 CABBAGE
 CARROTS
 CHICKEN
 CORN

COW
 DUCK
 GOAT
 GOOSE
 GREEN BEANS
 HORSE
 OATS
 PIG
 PUMPKINS

RABBIT
 RED BEETS
 SHEEP
 SPINACH
 TOMATOES
 TURKEY
 WHEAT
 ZUCCHINI

CAN YOU FIND YOUR WAY THROUGH THE AMAZING 5 A DAY MAZE



Feed your Funny Bone



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What did Mr. and Mrs. Potato Head name their son?

Answer: "Chip"

Recipe Connection

Tuna Pasta Salad

Serves: 6 (1 cup per person)

Ingredients:

8 ounces dry whole-grain elbow pasta
 1 cup frozen green peas, thawed
 5 ounces canned tuna, packed in water
 ½ cup chopped celery
 ¼ cup balsamic vinaigrette

Directions:

1. Cook pasta in boiling water for 9 minutes or until al dente. Drain.
2. Combine pasta and peas in a large bowl.
3. Drain tuna, and rinse in cold water if desired.
4. Add celery and balsamic vinaigrette.
5. Mix until combined.

<http://blog.foodnetwork.com/healthyeats/2009/10/07/5-ingredients-tuna-pasta-salad/>



Scrambled Eggs and Vegetables

Serves: 4

Ingredients:

1 cup diced onion
 1 cup diced bell pepper
 3 cloves garlic, sliced thinly
 ½ cup sliced mushrooms
 4 large eggs, beaten
 2 Tbsp. canola oil (or other oil)
 ¼ tsp salt
 Black pepper to taste

Directions:

1. Add oil to a hot frying pan and let it heat briefly.
2. Add the onion and the black pepper. Cook, stirring frequently for 3-5 minutes or until the onion softens.
3. Add the bell pepper, cook for 3-5 minutes or until it starts to soften.
4. Add the garlic and the mushrooms. Cook for about 3 minutes, or until the garlic starts to brown.
5. Add the eggs and the salt. Cook, stirring constantly, until the eggs have set. Serve with bread.

<https://www.pittsburghfoodbank.org/resources/recipe-rainbow/?q=#>