

**Hunger Task Force doesn't just feed people in our community—we help along their health journeys, too!**

Hunger Task Force offers a robust Nutrition Education Program that is committed to providing useful tools to sustain a healthy lifestyle.

We work to share helpful resources that promote healthy eating, cooking skills, budget-friendly shopping and ways to fit physical activity in your day!



# NUTRITION EDUCATION QUARTERLY

A Seasonal Publication of  
HUNGER TASK FORCE

SPRING • 2023



## HUNGER TASK FORCE WELCOMES NEW DIETITIAN

With a passion for healthy eating and cooking, Erin Breggeman joins Hunger Task Force as the Community Dietitian. A Wisconsin native, Erin is a graduate of UW-Stevens Point with a degree in Dietetics and completed her dietetic internship at Viterbo University before teaching nutrition education through a SNAP-Ed grant for the University of Missouri. Erin is a registered dietitian, credentials that require a 4-year degree and 1,200 hours of supervised practice.

As the Community Dietitian, Erin provides expert direction on healthy eating and strategies for implementing the MyPlate model to local pantries, meal sites and shelters. Erin serves as the technical expert on nutrition content for Hunger Task Force and the Hunger Relief Federation, developing and teaching culturally-appropriate recipes to accompany the commodities, food donations and farm produce Hunger Task Force distributes.



## EXTRA FOODSHARE PAYMENTS STARTED DURING COVID HAVE ENDED

FoodShare is a federal program and Wisconsin's first line of defense against hunger. During the COVID pandemic, every household on FoodShare received two monthly payments. The first monthly payment was the household's "Regular FoodShare Amount," and the second monthly payment was the extra COVID FoodShare payment. Starting March 2023, COVID payments have ended, and FoodShare recipients will now only receive one monthly payment.

You can apply for FoodShare, manage your case, check your balance and submit documents online at [access.wisconsin.gov](https://access.wisconsin.gov), by calling 877-415-5164 or logging into the ACCESS mobile app.

**REMINDER:** Unused FoodShare rolls over each month. Change the PIN on your EBT card regularly to protect your benefits.

HUNGER TASK FORCE IS MILWAUKEE'S ONLY **FREE & LOCAL** FOOD BANK.

# NUTRITION NUGGET

## PROTEIN SOURCES: Animal-Based vs. Plant-Based Protein

Both lean, animal-based proteins and plant-based proteins can play a role in a healthy diet. Use this equation to calculate their daily protein requirements:

**Body weight in pounds x 0.4 = daily protein requirements in grams.**

People who choose not to consume animal-based foods can still eat a healthy and balanced diet that provides enough protein each day. Whether you consume animal-based protein foods regularly or not, be sure to change up your protein food choices to get a wide variety of nutrients!

### Animal-Based Protein

- Can be high in healthy fats (unsaturated fats)
- High in Vitamin D
- Easier to digest & absorb



### Both Animal + Plant Protein

- Provide key nutrients
- Help build muscle
- Support healthy immune system
- Provide Vitamins B & E, iron, magnesium and zinc



### Plant-Based Protein

- High in fiber
- Low in saturated fat
- High in Vitamin B-9 (folate)
- Budget-friendly
- Low environmental impact



## SPRING PHYSICAL ACTIVITY TIP: **START SMALL!**

Struggling to start or maintain a spring physical activity routine? Our tip – **start small.**

If you're having trouble beginning an exercise plan or following through, you're not alone. You already know there are many great reasons to exercise—from improving energy, mood, sleep and health to reducing anxiety, stress and depression. Some physical activity is better than none. You can start slowly and build up from there.

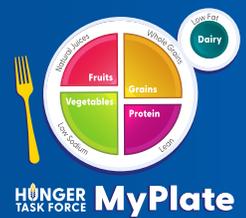
Create a list of the activities you would like to do, such as walking, aerobics, tennis, wheelchair basketball or taking a class at a senior center or community park. To increase your activity level, add an activity that sounds fun and try it out. You are more likely to stay active if you choose activities you enjoy.

Start by moving for ten minutes a day. Every few weeks, add five to ten minutes until you are active at least 30 minutes most days. Give this strategy a try the next time you find yourself struggling to start a physical activity routine. You might be surprised at how something so small and simple can make such a big impact over time!



# MYPLATE MINUTE

The **Hunger Task Force MyPlate** model includes preferred food items from all five food groups: **protein**, **fruits**, **vegetables**, **grains** and **dairy**.



## CHOOSING HEALTHY PROTEINS

Most foods can successfully fit the MyPlate framework, though some are better consumed in smaller amounts. There are dozens of delicious and nutritious protein choices that you can eat regularly, and others that are best enjoyed occasionally.

**Emphasize plant-based proteins in your diet.** Plant-based proteins, like beans, peas, lentils, nuts and seeds are excellent sources of protein that tend to cost less than animal-based sources. Try using plant-based protein foods for meatless meals and snacks a few times a week to increase your fiber intake and decrease your saturated fat intake.

**Enjoy lean, animal-based protein regularly.** Lean animal-based proteins like fish, chicken, turkey and eggs provide plenty of protein and key nutrients with low amounts of saturated fat. Try using ground turkey or chicken in your favorite recipes that call for ground beef to get a protein-rich meal that's also lower in fat.

**Enjoy red meats in limited amounts.** Red meats, like beef and lamb, also provide lots of protein and key nutrients, but they contain higher amounts of saturated fat. Limit your red meat consumption to two 3 oz. servings per week. When shopping for red meats, look for those that are 90% lean or higher.

### QUICK & EASY MEAL BEEF AND BROCCOLI



Scan the QR for  
online recipe &  
step-by-step  
recipe video!



*This recipe is full of lean, animal-based protein, fiber and several key vitamins and minerals to keep you feeling healthy!*

#### DIRECTIONS

- Brown beef with ginger and garlic powder in a skillet over medium-high heat.
- In a bowl, mix brown sugar, soy sauce, cornstarch, oil, pepper flakes and water.
- Add sauce to beef and cook for 5 min. Add broccoli and cook until tender.
- Serve beef and broccoli over cooked brown rice or other whole grain of choice.

#### INGREDIENTS

- 3/4 pound lean ground beef
- 1/4 tsp ground ginger
- 3/4 tsp garlic powder
- 4 Tbsp packed brown sugar
- 3/4 cup low-sodium soy sauce
- 2 Tbsp sesame oil or olive oil
- 2 Tbsp cornstarch
- 1/2 cup water or broth
- 3/4 tsp red pepper flakes
- 4 cups chopped broccoli
- 3 cups cooked brown rice



01.

### 01. Leaders in Local Nutrition Education

Previously the SNAP-Ed Intern, Hunger Task Force welcomes Pasua Chang back to our Nutrition Team. As Pausa works to complete her Integrated Master of Science Degree in Nutrition and Dietetics this spring at Mount Mary Univeristy, she is helping Hunger Task Force establish a plan to support local districts in offering more cultrually-appropriate school meals. This summer, Pasua will be managing a multi-week program with students from the Hmong American Peace Academy (HAPA) and will be teaching nutrition education, promoting physical activity and leading cultrually-appropriate recipes with students.



02.

### 02. Make Every Meal a MyPlate Meal

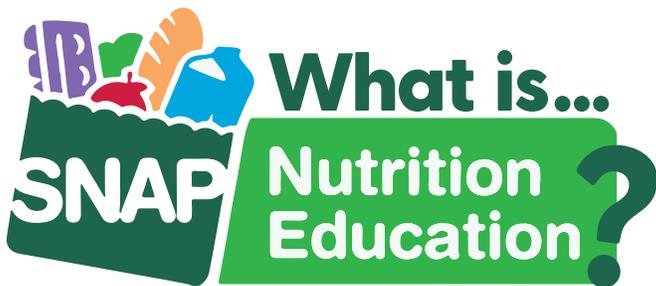
Hunger Task Force is committed to offering healthy food options to our network of pantries, meal programs and shelters. Our Community Dietitian also provides our partners with quarterly updates about the Hunger Task Force MyPlate Model and in-the-kitchen opportunities to test out healthy recipes and seasonal produce.



03.

### 03. Cookin' Up New Healthy Recipes

Hunger Task Force is getting ready to print a new edition of our "Healthy Families Cookbook"—available later this summer—and has been testing out recipes in the McCarty Education Kitchen. Previously the Healthy Kids Cookbook, this reimaged resource will contain two dozen quick, nurtitious and budget-friendly recipes for the whole family!



The federally funded **SNAP-Ed Program** provides education opportunities to support healthy lifestyles for people who receive or are eligible for FoodShare. These educational tools strive to help people make healthier choices to live healthier and better lives with dignity.



This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1.888.947.6583 or visit <https://access.wisconsin.gov>. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

## WANT MORE RECIPES & NUTRITION TIPS?

Our team is here to help you! For more information about recipes using pantry and Stockbox items, learning opportunities (label reading, shopping on a budget, etc.), planning a visit to The Farm or setting up a cooking class in our McCarty Education Kitchen, contact Hunger Task Force.

Email us: [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org)

## FOLLOW US!



HUNGER TASK FORCE IS MILWAUKEE'S ONLY **FREE & LOCAL** FOOD BANK.