

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

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SCHOOL MEALS: NOURISHING MINDS AND BODIES

For many children, school meals are the only constant source of nutritious food they receive each day. These meals are fundamental, fueling their physical and intellectual growth and influencing their ability to learn, focus and succeed. Regrettably, childhood hunger remains a significant problem in our state. It can have a devastating impact on health, well-being and academic performance. School meals serve as a lifeline for these children.

The Community Eligibility Provision (CEP) is a simplified way to serve all students breakfast and lunch at no charge. CEP is a reimbursement option for eligible schools and districts participating in both the National School Lunch Program and School Breakfast Program that wish to offer free school meals to all children in high poverty schools without collecting free or reduced price meal applications.

Hunger Task Force advocates for CEP in Wisconsin, working to guarantee all children have access to the healthy food they need to thrive. Join the movement! Together, we can create a future where no child in Wisconsin goes hungry. Learn more at www.HungerTaskForce.org/school-meals.



SERVING UP HEALTHY BREAKFAST FOR LOCAL KIDS

Occurring during **National School Breakfast Week (March 4-8, 2024)**, the Wisconsin School Breakfast Challenge is an incentive program designed to increase fun, nutrition, and participation in the School Breakfast Program throughout the state. The challenge encourages schools to implement creative strategies to promote the benefits of eating a healthy breakfast at school. Hunger Task Force engages with students, school staff, parents and community members to create a fun and inviting breakfast environment. By working together, schools can help ensure that all students have access to a nutritious breakfast, which can lead to improved academic performance, reduced absenteeism and better health. Learn more at: www.HungerTaskForce.org/school-breakfast/



HUNGERTASK FORCE IS MILWAUKEE'S ONLY FREE & LOCAL FOOD BANK.

NUTRITION NUGGET

It can be difficult to make it to the grocery store in the winter months. This is especially true as our bodies age and have a harder time tolerating cold weather conditions. Below are tips to extend the shelf life of your fresh food and decrease winter grocery store trips.



Pick produce that has a naturally longer shelf life. Some staples are carrots, onion, cabbage, garlic, potatoes, squash and frozen veggies.



Keep carrots stored in water. Water helps prevent this root vegetable from drying out.



Wash your berries with one part vinegar and three parts water. Vinegar helps disinfect the produce to avoid mold while the water keeps the berry's original flavor. Make sure to rinse and dry thoroughly afterwards.



Cover and store leafy greens. Cover with a dry paper towel and keep greens sealed in a plastic bag/container. Greens are less likely to turn soggy and brown when moisture is absorbed by the towel. Sealing stops additional moisture from entering.



Keep your produce in a crisper drawer. Crisper drawers in fridges are designed to control airflow and moisture. Try to keep your fruits and vegetables stored separately from one another. If you have one crisper drawer, use it for leafy greens and store other produce, such as apples, peaches and melon, somewhere else in the fridge.



Keep your tomatoes out of the fridge and store them stem side down. Storing tomatoes stem-side down lengthens shelf life as the stems are the last part of the fruit to ripen. Keeping tomatoes at room temperature preserves their texture and flavor.



FEB | AMERICAN HEART MONTH

2♥24 | *A Time to Focus on Cardiovascular Health for All Ages*

February is American Heart Month, a time to raise awareness about cardiovascular health and encourage healthy lifestyle choices for all ages. Below are simple steps you can take to keep your heart healthy and strong during heart month and beyond:

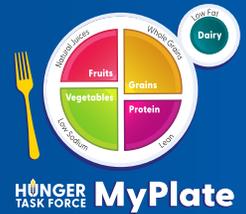
For families with children, promote physical activity and healthy eating habits. Encourage outdoor play, family walks and nutritious meals that are low in processed foods and added sugars. Make it a family affair by cooking together and trying new recipes from our Hunger Task Force Healthy Families Cookbook that incorporates heart-healthy ingredients like fruits, veggies and whole grains.

For seniors, prioritize regular check-ups with a doctor to monitor your heart health and manage any underlying conditions. Stay active by engaging in low-impact exercises like walking, yoga and swimming. Make mindful food choices by opting for lean proteins, fiber-rich carbohydrates and healthy fats. Remember, it's always the right time to take charge of your heart health. Small changes can make a big impact in maintaining a healthy heart for years to come.



MYPLATE MINUTE

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



MYPLATE FOR THE NEW YEAR

As the calendar turns to a new year, diverse cultures around the world raise a toast to fresh beginnings and celebrate with unique traditions. While dishes vary greatly – from American ham and collard greens to Japanese soba noodles and tempura – they all share a common ground: the MyPlate model. By incorporating protein, vegetables, fruits, dairy and grains into their New Year's feasts, cultures can honor their heritage with healthy and delicious meals that nourish both body and spirit. Whether it's a bowl of Korean japchae with colorful vegetables and flavorful broth, or a platter of Italian lentil soup and roasted vegetables, MyPlate allows for cultural expression while promoting balanced and nutritious dining during this festive time.

QUICK & EASY MEAL VEGAN JAPCHAE



Japchae is a popular Korean noodle stir fry made with sweet potato glass noodles, vegetables and mushrooms.

- 1 package sweet potato noodles (glass noodles)
- 2 teaspoons sesame oil
- 1 tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 medium onion, thinly sliced into half-moons
- 6 shiitake mushrooms, thinly sliced into strips
- ½ red bell pepper, thinly sliced into strips
- 1 medium carrot, julienned
- ½ pound baby spinach, roughly chopped
- 3 stalks scallions, chopped
- 1 tablespoon sesame seeds (optional)

Japchae Sauce

- 3 teaspoons low-sodium soy sauce
- 2 teaspoons sugar
- 1 tablespoon sesame oil

TRY THIS RECIPE VARIATION!

Incorporate more protein by adding beef strips, chicken or tofu. Cook protein on the side, then stir into wok or skillet after vegetables become tender.

DIRECTIONS

Cook noodles according to package directions. Drain and rinse noodles under cold water. If the noodles are long, cut them into halves or thirds.

Drizzle 2 teaspoons of sesame oil over the noodles and toss. Set it aside.

Combine ingredients for Japchae sauce and mix until sugar dissolves. Set it aside.

In a wok or deep skillet over high heat, add oil, garlic and onion. Cook for 2 minutes, or until onions are translucent.

Add mushrooms, bell pepper and carrot and cook for 3-4 minutes until vegetables are tender but still have a soft crunch.

Add in the noodles and spinach. Toss well.

Stir in the Japchae sauce, making sure to coat the noodles and vegetables evenly.

Top with scallions and sesame seeds. Serve and enjoy!



01. Hunger Task Force Welcomes USDA to MKE

Cindy Long, USDA's Food & Nutrition Services Administrator, toured Hunger Task Force, discussed federal nutrition programs, participated in a cultural food demonstration in the McCarty Education Kitchen and honored Wisconsin leaders for their work in feeding children. The visit supported the Biden-Harris Administration's commitment to healthy school meals, including efforts to increase access and improve nutrition.

01.



02. These Pickles are a Pretty Big Dill

At the Hunger Task Force Farm, volunteers harvested the final succession of cucumbers from the School Garden and used them to make several different pickle recipes for local school groups. Students tested several recipes, learned about different spices and herbs that can be used to flavor pickles and discovered a new, delicious way to eat fresh produce.

02.



03. Cooking Class Inspires Mini Chefs-In-Training

In partnership with the West Allis Health Department, Hunger Task Force welcomed local families to the McCarty Education Kitchen for a kid-friendly cooking class with Chef Johnny Clark. Participants prepared and sampled a delicious and versatile hash recipe. Families also received a Hunger Task Force Healthy Families Cookbook, kitchen tools and ingredients needed to recreate this easy, nutritious dish at home.

03.



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

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