



## TAKING CONTROL OF OUR FOOD UNDERSTANDING *FOOD SOVEREIGNTY*

Hunger Task Force believes that everyone has a right to healthy food obtained with dignity. But it's not just about having enough to eat. We also need to have control over our food. **This is called food sovereignty.**

Food sovereignty empowers communities to choose the foods they grow, how they are cultivated and how they are shared. It's about:



**Making Our Own Choices:** *Communities should be able to choose the foods that are important to them and their culture.*



**Taking Care of the Earth:** *Growing food should be done in a way that protects our environment.*



**Fair Access for Everyone:** *Everyone should be able to get the healthy food they need.*

### WHAT IS THE FARM BILL?

The **Farm Bill** is a federal law that decides how much money goes to programs that help you get the food you need. The Farm Bill authorizes funding for programs like SNAP (FoodShare), which helps you buy groceries, and Stockbox. This law usually gets updated every five years; the current one ends in 2025. If Congress doesn't pass a new Farm Bill by then, or if they don't give enough money to these programs, it could mean less help for you and your family. That could lead to more people going hungry, especially children and older adults. The Farm Bill supports initiatives to improve rural areas and helps farmers. It's important that Congress keeps these critical programs strong, so everyone has enough healthy food to eat.



SCAN TO  
LEARN MORE

Food sovereignty empowers communities to shape their own food systems, ensuring that food production and distribution align with their values, dietary needs and cultural traditions.

For Indigenous communities, food sovereignty is deeply connected to cultural identity and historical practices. Traditional food systems, which often include resources like wild rice, fisheries and maple syrup, have been integral to these communities for generations. However, historical disruptions, such as losing their land and the suppression of traditional practices, have significantly impacted their access to these vital food sources.

Food sovereignty supports bringing back old ways of growing and finding food, helping farmers and food makers from these communities and pushing for rules that protect their right to get these foods.

By understanding and supporting food sovereignty, we acknowledge that true food security is not just about having enough healthy food, but also about having the power to determine what that food is, how it's produced and how it's shared.

# NUTRITION NUGGET

## MINDFUL CHOICES FOR A HEALTHIER YOU

Making healthy choices doesn't have to be overwhelming. By adopting a Healthy Eating Pattern, you can nourish your body, feel more energized and improve your overall well-being one step at a time.

### MINDFUL EATING TIPS:

**Slow Down:** Take your time, enjoy the flavors and recognize when you're full.

**Plan Ahead:** Keep nutritious snacks like fruit, nuts or yogurt on hand.

**Portion Wisely:** Use smaller plates to help manage portion sizes.

### What is a Healthy Eating Pattern?

A healthy eating pattern includes:



**A variety of fruits and vegetables;**



**Whole grains like brown rice and whole wheat bread;**



**Lean proteins such as beans, poultry and fish;**



**Low-fat dairy or dairy alternatives;**



**Limited added sugars, sodium and saturated fats.**

**The key is balance and consistency**—small, mindful choices add up over time. By making mindful food choices along with adding movement to your day, you can build a healthier lifestyle that lasts. Start small and celebrate every step toward a healthier you!

## STEP INTO A HEALTHIER SPRING

*Add More Steps to Your Daily Routine & Make Every Step Count!*



**Incorporating regular physical activity into your daily routine is essential for maintaining good health;** walking is one of the simplest and most effective ways to do so. Walking offers numerous benefits, including improved cardiovascular health, enhanced mental well-being and increased energy levels. Engaging in regular walks can help reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers. Additionally, walking can improve mood, reduce stress and enhance overall quality of life.

### Ways to Incorporate More Steps into Your Day

Finding creative ways to add steps to your daily routine can help improve your health. Here are some suggestions:



**Take the Stairs**



**Park Farther Away**



**Walk with Friends or Family**



**Set Reminders to Take Short Walks**

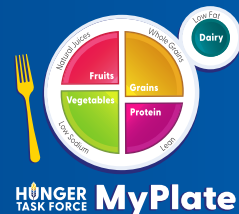


**Explore Local Trails**



# MYPLATE MINUTE

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



## GROWING YOUR OWN LETTUCE

Growing your own lettuce is a simple and rewarding way to add fresh, healthy greens to your meals. Lettuce is a great choice for beginner gardeners, as it grows quickly and can be planted throughout the season.

**Start Early, Grow Often:** Lettuce thrives in cooler temperatures, making it ideal for early spring planting. You can extend your harvest by planting new seeds every few weeks.

**Container Gardening:** A well-draining container is perfect for growing lettuce. Even a recycled milk jug, cut in half and with drainage holes added, can be a suitable option.

**Planting and Care:** Fill your container with potting soil and sow lettuce seeds about 4 inches apart. Place the container in a location that receives full sunlight. Avoid planting during periods of intense heat, as this can cause the lettuce to be bitter-tasting.

**Harvesting:** Snip the outer leaves about an inch from the base of the plant for a continuous harvest. The inner leaves will continue to grow. Alternatively, harvest the entire head by pulling the plant up by its roots. Wash the lettuce thoroughly in cold water before eating.



## WRAP IT UP WITH LETTUCE WRAPS

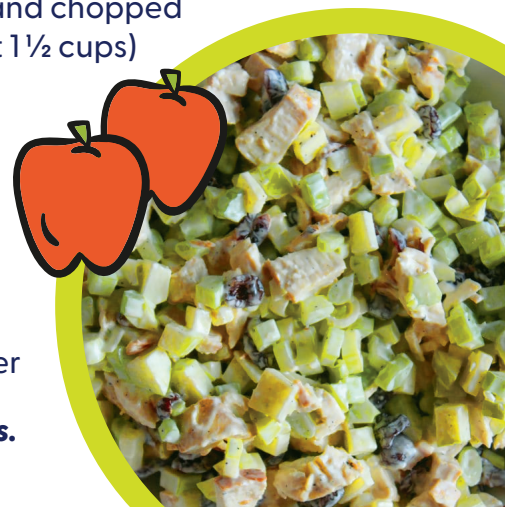
Take any sandwich recipe, such as our Apple Chicken Salad Sandwich, and make it into a lettuce boat or wrap to add crunch! Eating lunch wrapped in fresh lettuce maximizes nutrients and is a low-calorie option!



### Apple Chicken Salad

- 3 cups chicken, cooked and chopped
- 1 apple, chopped (about 1½ cups)
- ½ cup diced red onion
- 2 stalks celery, chopped
- ¼ cup raisins
- ⅓ cup mayonnaise
- ⅓ cup plain yogurt
- 2 Tbsp mustard
- ½ teaspoon salt
- ½ teaspoon black pepper

**\*Combine all ingredients.**







01.

## 01. Garden to Plate Returns to Classrooms This Spring

Hunger Task Force is reigniting its Garden to Plate Program for Spring 2025, bringing hands-on gardening and nutrition education to five local schools – including eight classrooms and nearly 240 students! This initiative empowers children to learn about growing food, making every meal a MyPlate meal and other healthy choices.



02.

## 02. Clinton & Bernice Rose Senior Center Receives \$4 Million for Improvements from Governor Evers

Great news for Milwaukee's senior community! The Clinton & Bernice Rose Senior Center has been awarded \$4 million from Governor Tony Evers for much-needed improvements. This investment will enhance the center's facilities, ensuring a safer, more comfortable and engaging space for older adults.

The Center has long been a vital resource for seniors, offering meal programs, fitness classes and social activities to help older adults stay active and connected. The funding will support updates to the building, improved accessibility, and expanded programs that promote health, wellness and social connection. This also includes a tele-medicine room, multi-purpose space, kitchen, dining room and a computer lab with 12 desktop computers.



03.

## 03. Southside Community Resource Center Opens on Mitchell St.

Hunger Task Force has moved our Southside Community Resource Center to a brand-new, expanded location at **802 W. Historic Mitchell Street**. With double the space, we're making it easier than ever for families, seniors and individuals to access FoodShare assistance and essential resources.



## Voices Against Hunger HUNGER TASK FORCE

**Want to make a difference for you and others in our community?** Join Voices Against Hunger and help ensure everyone has enough to eat. By joining, you'll learn about hunger issues and how to share your thoughts with those who make decisions. Let's work together to create a hunger-free future.

[www.HungerTaskForce.org/voices](http://www.HungerTaskForce.org/voices)



**SCAN QR** with the camera app on your mobile phone to learn more or sign up!



**USDA**

**Supplemental  
Nutrition  
Assistance  
Program**

Putting Healthy Food  
Within Reach

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.