

SUMMER 2021

NUTRITION EDUCATION QUARTERLY

A Hunger Task Force Publication

We don't just feed people in our community, we help them on their health journey too! Hunger Task Force provides a robust Nutrition Education Program and is committed to providing tools to sustain a healthy lifestyle. We focus on providing resources that promote healthy eating, cooking skills, budget-friendly shopping tips and ways to fit in physical activity!

Get Fresh Produce on a Budget

- 1) **Farmers Markets** are one of the best places to buy fresh and local produce!
- 2) The Hunger Task Force **Mobile Market** is another way to access fresh and healthy foods – and it might be right in your neighborhood! To see the schedule, visit www.hungertaskforce.org/mobilemarket
- 3) **Growing your own garden** is a fun and rewarding way to lower your food costs and encourage healthier eating. You don't have to live on a farm or have a raised bed garden to grow your own fruits and vegetables. Try a container garden on a deck or patio, or even in your kitchen! Plants that are easy to grow year-round include basil, carrots, chives, cucumbers, strawberries and tomatoes.

Here's how to start!

1. Fill your container 2/3 to 3/4 full with potting soil.
2. Plant your seeds into the soil, using 3-4 seeds for each plant.
3. Lightly water your plant until the soil is damp.
4. Place the container in a sunny spot.

What's in season
in Wisconsin

June: sweet peas, spinach, tomatoes, raspberries
July: broccoli, carrots, arugula, melons
August: beans, summer squash, peppers, apples, pears

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What is SNAP Ed?

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



FRIENDS,

FREE MEALS

AND

FUN!

TEXT 'FOOD' TO 877-877
TO FIND FREE SUMMER MEALS NEAR YOU

Text "FOOD" or "COMIDA"
to 877-777 to find the nearest
summer meal site!

Summer
Meals for
Kids!

ZUCCHINI COLESLAW

Prep Time: 25 minutes
Serving Size: 1 cup
Number of Servings: 8

INGREDIENTS

- 2 small zucchini
- 1 medium carrot
- ¼ medium head cabbage
- 3 medium radishes
- 2 green onions
- ½ cup reduced fat mayonnaise
- ½ cup mild salsa

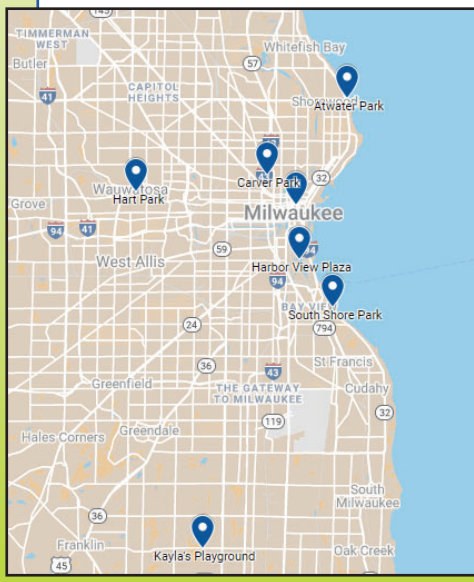
DIRECTIONS

1. Using a box grater or peeler, shred zucchini and carrot into a large bowl.
2. Next, shred cabbage by removing outer leaves, cutting out the core, slicing in two halves, and cutting through the cabbage diagonally in small slices. Rinse slices in a colander and pat dry with paper towel. Add to zucchini mixture.
3. Thinly slice the radishes and green onions and add to bowl.
4. Add mayonnaise and salsa. Stir well to combine.
5. Cover and refrigerate. Stir to combine prior to serving.

JUMP AROUND & GET ACTIVE

KIDS' ACTIVITY

Playgrounds provide a safe environment for play, but they also provide a fun means of exercise that children need for health and physical fitness. Get your child up and moving this summer at these playgrounds in Milwaukee County:



- Kayla's Park
- Cathedral Square Park
- Atwater Park
- Carver Park
- Hart Park
- South Shore Park
- Harbor View Plaza

ADULT ACTIVITY

Regular physical activity is a key component to being healthy, but it doesn't have to mean a big time commitment or a gym membership. Here are some tips to help you add some movement into your life:

- Choose activities you ENJOY!
- Make activity part of your daily routine and try to schedule it for the same time each day.
- Skip the elevator and take the stairs!
- Grab a buddy! Keep accountable by checking in with a friend to stay on track.
- Even short bursts of movement matter! Take a 10 minute break several times a day. Have an impromptu dance party, grab some hand weights, walk in place or take a quick turn around the block - it all adds up!



KIDS' CORNER: FARM-TO-SCHOOL FUN!

Hunger Task Force's Farm-to-School program was fully virtual for the 2020-21 school year. A huge component of the program is the hands-on learning that happens at the Hunger Task Force Farm, where students learn kitchen basics—like how to hold a knife—and how to care for a garden. After all field trips were cancelled, we delivered herb kits and meal kits directly to the students!

We are welcoming student and family groups back to The Farm this summer! You'll learn about The Farm, hike through the oak savanna and do a little bit of cooking. Interested in visiting the Farm? Send us an email at nutrition@hungertaskforce.org



KIDS' RECIPE - FRUITY PARFAIT CUPS!

THIS EASY TO MAKE AND REFRESHING SNACK OFFERS A HEALTHY DOSE OF FIBER AND FRUIT. USE GREEK YOGURT FOR ADDED PROTEIN.

INGREDIENTS:

- 2 CUPS WHOLE GRAIN GRANOLA (TRY FOR NO ADDED SUGARS)
- 2 CUPS VANILLA YOGURT (OR YOGURT SUBSTITUTE OF CHOICE)
- 1 CUP OF STRAWBERRIES
- 1 CUP OF BLUEBERRIES
- 1 CUP SLICED BANANAS

DIRECTIONS: INGREDIENTS WILL BE SPLIT AMONG 4 DISHES. IN EACH DISH, ADD A LAYER OF GRANOLA, YOGURT AND FRUIT. REPEAT UNTIL ALL INGREDIENTS ARE USED. BEST WHEN SERVED IMMEDIATELY TO KEEP GRANOLA CRUNCHY!

The MyPlate Minute Fruits and Veggies!

Make half your plate fruits and vegetables! Fruits and veggies are naturally low in fat and calories and have no cholesterol. They provide fiber and essential nutrients for your body.

DID YOU KNOW?

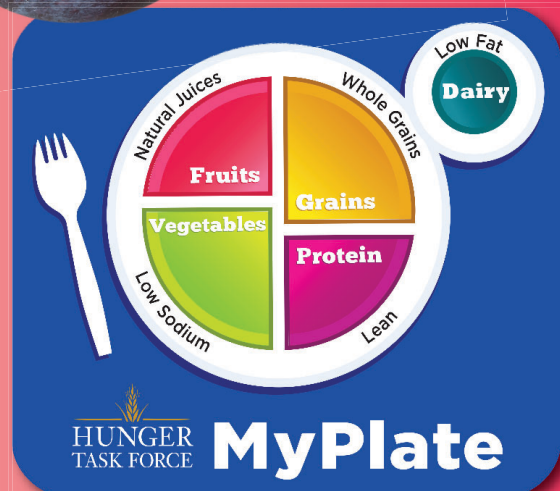
Fresh produce is wonderful any time of the year, but frozen and canned fruits and veggies are healthy options, too. Check the label to make sure it's low in sodium or free of added sugars.

TIPS TO GET YOUR FRUITS & VEGGIES IN

- Prep it! Before you put your produce away, wash and cut everything up. That way it's ready to grab and go or toss into your favorite recipes.
- Freeze it! Many fruits and vegetables freeze well. Use them to add to smoothies, oatmeal, soups or stews.
- Try it! Use seasonal produce and try a fruit or vegetable you've never used before. Talk to a farmer at the local market, do a quick internet search or email nutrition@hungertaskforce.org for recipe ideas or tips!
- Get creative. Think about fruits you can add to oatmeal, yogurt, cereal or even salads. Try a variety of veggies in soups, on salads or homemade pizza.

Just for Fun!
Q:
What kind of fruit
can fix your sink?

A:
A PLUM-er!





Get Involved!

Nutrition Tips & Tricks

Do you have questions about anything nutrition related? Maybe you'd like some tools to help get your family more involved in cooking, healthy snack ideas, recipe tips, grocery shopping tips or how to stay active. Our Community Network Dietitian and Child Nutrition Educator can help! Whether you want to attend a scheduled virtual class or set up a time to talk, e-mail us for more information at nutrition@hungertaskforce.org!

Summer Fun at The Farm

Interested in visiting The Farm? This summer, The Farm will be open to families (up to 6 individuals) where we will take a tour of The Farm, hike through the Oak Savanna and get the chance to cook up a recipe from the our Healthy Kids Cookbook. Send us an email at nutrition@hungertaskforce.org to sign up for this FREE experience!



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

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.