

FALL 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!



Nutrition Education's New Home!

Hunger Task Force has grown since its founding in 1974. We are Milwaukee's only Free & Local food bank and have grown to become Wisconsin's anti-hunger leader. More than 50,000 people each month rely on Hunger Task Force to provide free, healthy food and dignified service.

Recently, Hunger Task Force escalated plans for relocation with the purchase of a new, larger building in West Milwaukee. This building will serve as our future headquarters in 2022. This building will consolidate all staff and food storage under one roof, thereby increasing efficiency and reducing transportation costs. Hunger Task Force's new headquarters will enhance community engagement with new spaces including a Volunteer Welcome Center, a Community Education Kitchen and a Client Services Room.

Most exciting is the Community Education Kitchen, which will be the new home of our Nutrition Education Program. The new space will allow us to equip youth, families, seniors, pantry network coordinators and individuals with the nutrition education they need to live a healthy lifestyle. We are so excited to share the Community Education Kitchen with everyone and look forward to expanding our Nutrition Education programming and providing local families with a community space to learn.



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Fall is a Great Time for
Family Fitness!

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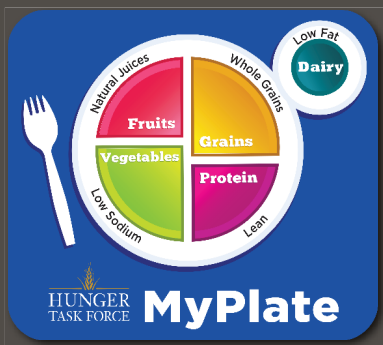
Beans and Peas and Lentils,
Oh My!

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Food for Families: The Tradition
is Back!

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



MyPlate Word Search

FRUIT
VEGETABLES
DAIRY
PLANTBASED
ANIMALBASED
GRAINS
PROTEIN
SERVINGS
WATER
EXERCISE
ENERGY

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



KIDS' CONTEST

Are you raising a future chef? People who cook their own food tend to be healthier and save more money down the road! You can get your child involved in the kitchen by rinsing fruits and vegetables, having them measure out ingredients - your older tweens and teens can even help out by chopping, slicing, dicing and even sautéing. Submit a picture of your child cooking or helping out in the kitchen to nutrition@hungertaskforce.org for a chance to win a \$25 gift card to Hunger Task Force's mobile market!



FALL FITNESS FOR ALL

Alone, with a friend or with the whole family - take advantage of the weather! Take a walk through the fall leaves, visit an apple orchard, go for a bike ride, or take a hike on a trail. These are all perfect ways to enjoy the crisp autumn temperatures.

Is it just too cold to go outside? Don't just turn on the TV and give up! If you're watching your favorite show you can walk in place, do arm curls with hand weights (or soup cans!), or sneak in some lunges. Get the whole family to do sit-ups or push ups during commercial breaks. Adults and children should try to get at least 30 minutes of moderate activity every day to lower the risk of heart disease, diabetes and dementia; and to improve bone health, memory and quality of life!

Be safe! As it gets dark earlier, wear reflective clothing or bright colors. Carry a flashlight and be aware of your surroundings - don't get lost in headphones or your cell phone.





The MyPlate Minute

Make Pulses a Priority!

Did you know? Beans, peas and lentils are called “pulses”. They are the edible seeds of plants in the legume family. Pulses include kidney beans, pinto beans, black beans, black-eyed beans, garbanzo beans, split peas, mung beans and lentils. Because they are high in protein, they can be counted in the vegetable group or they can be considered as a plant-based protein.

Beans, peas and lentils are high in dietary fiber, helping to maintain a healthy digestive system and keeping you feeling full longer. They also provide iron, zinc, folate and potassium. If you fit pulses into your diet on a regular basis, it may help to lower your blood pressure and reduce your risk of heart disease and diabetes.

Whether you make a pot of soup, sprinkle some into your pasta or on a salad, or toss them into your scrambled eggs in the morning – make pulses a priority today!



PEAS: STORAGE & COOKING

Dried split peas are a great staple to have on hand. Unlike dried beans, they do not need to be soaked when you use them. It can be helpful to sort through them to remove any small rocks or seeds, then rinse before cooking. They become creamy as they cook, making a great soup base!

While green and yellow peas are often interchangeable in recipes, green peas have a slightly sweeter flavor than the milder flavor of yellow peas.

- 1 cup dry split peas = 2-2 ½ cups cooked
- Use about 3 cups of water or broth for 1 cup of peas.
- Stored in an airtight container, dried split peas can be kept for 2 years or more.
- Once cooked, split peas can be refrigerated for up to a week or frozen for up to 3 months.



Households often receive multiple bags of lentils and peas when visiting a pantry or receiving their StockBox. Sometimes, families are unsure how to prepare or store these food items. Nicole Weeks, our Registered Dietitian, has put together some tips and recipes to help. This summer, we shared a Bean & Lentil Salad sample with over 1400 seniors receiving StockBox. Participants really enjoyed these recipes and ideas, so we're sharing one with you - a perfect way to celebrate National Split Pea Week, November 14-20!

SCAN TO FIND MORE OF THESE RECIPES
ON OUR NUTRITION WEBSITE!



RECIPE

EASY SPLIT PEA SOUP

Prep Time: 15 minutes | Cook Time: 60 minutes | Number of Servings: 6

This easy recipe uses just a few simple ingredients. Let it simmer on the stove and enjoy a hearty and flavorful meal. Use vegetable broth to keep it vegetarian or add some diced ham or chicken sausage to boost up the protein!

INGREDIENTS

2 medium onions, cut into one-inch pieces
3-4 cloves garlic, minced
2 cups green or yellow dried split peas
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1 teaspoon salt
1 teaspoon black pepper
1/8 teaspoon hot sauce
6 cups chicken broth (or vegetable broth)

DIRECTIONS

1. Heat a large non-stick saucepan over medium-low heat. Cook the onion for about 5 minutes, stirring constantly, until the onion is translucent.
2. Add the garlic. Stir and continue to cook for 1 minute.
3. Stir in the split peas, then add the seasonings, hot sauce and broth.
4. Raise the heat to medium and bring to a boil.
5. Reduce the heat to low. Cover and simmer for about 1 hour, until the soup is fairly thick.
6. Remove the cover and stir well before serving.

HUNGER
TASK FORCE
FREE & LOCAL



FOOD FOR FAMILIES IS BACK!

At Hunger Task Force, the holidays mark the return of one of Milwaukee's greatest traditions: Food For Families.

The annual community food drive, sponsored by Johnson Controls, brings folks together to help their neighbors in need. Our hometown charitable spirit makes Food For Families a proud tradition of generosity.

Last year, because of the COVID-19 pandemic, Hunger Task Force temporarily halted in-person donations of food items in the interest of safety. The first Virtual Food For Families food drive was launched to great success, allowing people to use their computer, tablet or phone to hold virtual food drives and make donations from the comfort of their homes.

This season, Hunger Task Force is once again encouraging folks everywhere to host virtual food drives and make cash gifts to support the purchase and delivery of healthy and nutritious items that will feed hungry families, seniors and children throughout the community during a time of high need. These donations fuel Hunger Task Force's bulk purchasing power, helping us gather healthy MyPlate foods like low-sodium vegetables and fruit in 100% juice to stock local pantries all season long.



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. Want to know more about our program? Visit www.hungertaskforce.org/snap-education-nutrition or e-mail us at nutrition@hungertaskforce.org.

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.