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 AT THE FARM

During the school year, the Hunger Task Force Child Nutrition Educator travels to local Milwaukee Public Schools teaching nutrition education to SNAP-eligible students. As a part of the program, students will take regular field trips to the Hunger Task Force Farm—located in Franklin, Wisconsin—where they gain valuable, hands-on experience working in the school garden and demonstration kitchen. At The Farm, students learn how gardening and healthy eating go hand-in-hand.

Vegetables that are grown in the school garden, such as broccoli, zucchini and carrots, are used by visiting students to make recipes like Broccoli Mac & Cheese and Zucchini Bread. During field trips, students are also encouraged to live active lifestyles. They get the unique opportunity to hike The Farm through the oak savanna and utilize the playground that is equipped with exercise equipment.

NEED HELP WITH YOUR FOODSHARE BENEFITS? WE CAN HELP YOU.

FoodShare helps people with limited budgets buy the food they need to maintain healthy lives. Hunger Task Force has a team of 15 FoodShare Advocates that connect people to food benefits through one-on-one support in a language they can understand. We strive to make sure everyone who qualifies for nutrition assistance gets the help they need. Stop by one of our two resource centers for assistance.

TWO LOCATIONS. NO APPOINTMENT NEEDED!

ALICIA’S PLACE:
4144 N. 56th Street
(414) 988-6501
5077 0800 1234 5678
MARY SMITH

ROBLES CENTER:
723 W. Mitchell Street
(414) 238-6484

HUNGER TASK FORCE IS MILWAUKEE’S ONLY FREE & LOCAL FOOD BANK.
LABEL READING – Size up Servings

The nutrition facts label can tell you a lot about the foods you choose, if you know what to look for! A great place to start is by looking at the serving size. The information listed on the label is usually based on one serving of the food. Packages can – and often do – contain more than one serving.

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you consume.

Example: 2 Servings = Calories + Nutrients x2

Learn more at www.fda.gov/NewNutritionFactsLabel

TYPES OF ACTIVITY

Physical activity is an important part of a healthy lifestyle. There are four main types of activity, and each one plays an important role in your overall health. Mix it up! Try to fit all four types into your week to ensure you have a well-balanced routine.

Aerobic: Aerobic activities include activities that work larger muscles, especially your heart. This includes brisk walking or running, dancing, yard work, swimming, biking or playing sports.

Strength: Muscle-strengthening exercises help to build strong muscles. Push-ups, pull-ups, resistance band exercises and weight lifting are all ways to help with this. Everyone should aim to do some muscle-strengthening activities at least twice a week.

Balance: Balance activities are important to help people prevent falls. Falls can be caused by muscle weakness, unsteadiness, the environment or other objects.

Flexibility: Flexibility exercises help keep your muscles loose and help to prevent injuries and falls. Try stretches, yoga or Tai Chi.

Whatever exercises you choose, have fun and stick with activities you enjoy! Just 30 minutes a day can have a big impact on your health and well-being.
• Combine peanut butter, honey, and cinnamon in a large bowl
• Mix to combine
• Add the nonfat dry milk and crushed whole grain cereal or rolled oats
• Mix again until a thick dough forms
• Roll heaping tablespoons of dough between your palms to form balls
• Place finished balls onto a plate or tray
• Freeze for 30 minutes – serve and enjoy!
• Freeze leftovers for a convenient on-the-go snack
01. Visit to House of Peace
As food pantries begin to welcome clients back inside, our Community Network Dietitian is able to provide SNAP-Ed nutrition outreach and food samples to clients. Last month, at House of Peace, guests learned about label reading, general MyPlate guidance and different ways to use dried fruit, such as adding it to oatmeal and salads or making a DIY trail mix.

02. Buddy Program
Recently, our Child Nutrition Educator provided nutritious snacks and a MyPlate lesson to children in the Milwaukee Muslim Women’s Coalition Buddy Program. The program pairs Afghan youth refugees with American students their age. Through the Buddy Program, Afghan children learn about topics ranging from navigating their new school to types of healthy foods, all while making new friends!

03. Seedlings at The Farm
Farmers at the Hunger Task Force Farm are getting a head start on the growing season using starter trays to grow seedlings that will soon be transplanted into the School Garden at The Farm. Throughout the growing season and into the harvest, students have opportunities to seed, transplant, weed and harvest in the garden.

What is... SNAP Nutrition Education?
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 healthier and better lives with dignity.

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.), to plan a visit to The Farm or to set up a cooking class in our Community Education Kitchen, contact Hunger Task Force.

Email us: nutrition@hungertaskforce.org

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