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 into your day!

**MOBILE MARKET’S HISTORY IN MILWAUKEE’S NEAR WEST SIDE**

College Court Apartments, located at 3334 W. Highland Blvd., holds a special distinction as the longest-standing stop for the Hunger Task Force’s Mobile Market, a vital resource for residents seeking access to fresh and affordable food.

On the second Monday of each month, the Hunger Task Force Mobile Market visits this Near West Side community for 90-minutes starting at 1:30 PM. It’s a convenient way for residents to stock up on fresh, affordable groceries.

All are welcome. Shoppers enjoy a 50% discount on all sales! FoodShare is accepted, removing any barriers to stocking up on healthy essentials. The Mobile Market boasts a diverse selection of fruits, vegetables, nutritious dairy products and protein-rich meats. Residents can also find a variety of pantry staples to make well-rounded meals for the whole family.

To learn more about the Mobile Market and find a stop near you, visit [www.HungerTaskForce.org/mobile-market](http://www.HungerTaskForce.org/mobile-market).

**SUMMER EBT: PROVIDING EXTRA GROCERY BENEFITS FOR WISCONSIN FAMILIES**

Summer EBT or “Sun Bucks,” formerly known as Pandemic EBT, is now a permanent summer program providing food assistance to children who rely on school meals. Children enrolled in the National School Lunch Program (free or reduced-price) are eligible, with automatic enrollment for those already receiving FoodShare. Families can apply if unsure of eligibility. Eligible families will receive an EBT card loaded with $40 per child per month, totaling $120 for the summer. This program works alongside Summer Nutrition Programs to offer both food and enrichment activities, so children have access to essential support throughout summer and return to school prepared to learn.

Learn more about Summer EBT or apply today at [www.HungerTaskForce.org](http://www.HungerTaskForce.org).
The sun is shining, the weather is warming up and it’s time to bring physical activity outdoors! No matter your age, when you add activity to your day, your mental and physical health are being cared for. Hunger Task Force wants to help your family keep moving. Be one of the first 25 households to scan the QR code and register to receive a personalized package to encourage you and your family’s physical activity!

Offer ends on July 31, 2024.

NUTRITION NUGGET

LABEL READING – Sugars

Too much sugar can be unhealthy for some people, and the information about the types of sugar can be confusing. Some sugars occur naturally, and some are added to the products we buy. Knowing how to spot the difference on the nutrition facts label can help you make healthier choices.

**Total Sugars** include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits. This also includes any added sugars that may be present in the product.

**Added Sugars** refer to sugars that are added during the processing of foods, such as foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

The Dietary Guidelines for Americans recommends that we limit calories from added sugars to less than 10 percent of the total calories per day. For example, for a 2,000 calorie daily diet this would be 200 calories or 50 grams of added sugars per day. The main sources of added sugars are sweetened beverages, baked goods, desserts and sweets.

Learn more at: [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)

**SPRING INTO ACTION: COMMIT TO DAILY ACTIVITY**

A food item can be considered low-sugar if it has less than 6 grams of sugar per serving.

This is a general guideline, and some people may choose to limit their intake of added sugars even further.

**Total Fat**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>14mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>57g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>10g</td>
<td>2%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td>4%</td>
</tr>
</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of a food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

BAKING WITH FRUITS & VEGGIES

Sneak in some extra nutrients by substituting fruits and vegetables in your favorite baked goods! From applesauce in muffins to zucchini in brownies, these healthy swaps add vitamins, fiber and moisture without sacrificing taste. Spice up your baking routine and boost the nutritional value of your treats by trying these clever substitutions!

In a large bowl, whisk together flour, baking soda, salt, cinnamon, ginger, nutmeg and cloves.

In a separate bowl, combine pumpkin, zucchini, honey, oil, egg and vanilla until well combined and smooth. Whisk in almond milk.

Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips, reserving a few for sprinkling on top.

Bake for 20 minutes or until a toothpick comes out clean. Remove pan from oven and allow muffins to cool in pan before transferring to wire rack to finish cooling.

ENJOY!
01. Child Nutrition Educator Returns to the Classroom
Hunger Task Force is re-introducing in-person classroom visits through the SNAP-Ed program, bringing hands-on nutrition education back to local schools. This initiative targets low-income students, aiming to combat food insecurity and equip them with knowledge and practical skills to make healthy choices. Students will participate in engaging activities that foster a deeper understanding of healthy eating on a budget.

02. Hunger Task Force Donates 33,251 lbs. of Food to Milwaukee's Unique Diabetic-Friendly Pantry
The Ebenezer COGIC Pantry has been a part of the Hunger Task Force food pantry network since 2012. In 2023, the diabetic-friendly food pantry received 33,251 pounds of food from Hunger Task Force, valued at $60,528. Recognizing that food is medicine, the pantry utilizes the "choice model," that encourages pantry guests to select the culturally appropriate, healthy foods that meet their individual or family needs with support from a registered nurse.

03. Seeding Continues at the Hunger Task Force Farm!
Before volunteers join us at the Hunger Task Force Farm this spring, our farmers are busy preparing trays that will later be transplanted in the fields and hoop houses. This month at The Farm, 13,568 cabbage seeds were seeded into hand-packed trays of nutrient rich soil before receiving a topping of coconut coir – a sustainable alternative to peat moss to keep the seeds moist as they germinate in the greenhouse!

What is...Nutrition Education?
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.

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

FOLLOW US!