



HEALTHY SUMMERS START HERE! Summer Programs Help Feed You and Your Family

Summer brings warm weather and school breaks, but it can also make it tougher for some families and older adults to afford groceries. The good news – help is available! These nutrition programs help you and your loved ones can enjoy fresh, healthy food all summer long.

Summer EBT: Grocery Money for Your Children

Summer EBT provides certain families with \$120 per child to buy food in the summer. In general, children who are income-eligible are able to be directly certified or are categorically eligible for free or reduced-price (FRP) school meals are eligible for Summer EBT. Benefits can be used wherever FoodShare benefits are accepted. Learn more at www.HungerTaskForce.org/SummerEBT.

Summer Meals: Free Meals for All Kids

Kids and teens (18 and under) can get free, healthy meals and snacks all summer through the Summer Meals Program. Free meals are available at locations across Milwaukee County, including local parks, schools and community centers. For families living in rural areas, take-home (non-congregate) meals may also be an option. Learn more at: www.HungerTaskForce.org/summer-meals.



Farmers' Market Vouchers: Free Coupons for Fresh Produce

Through the Senior Farmers' Market Nutrition Program (SFMNP), eligible seniors can receive \$25 worth of vouchers valid for fresh produce at certain markets and farm stands. Vouchers are available on a first come, first serve basis while supplies last! Learn more at www.HungerTaskForce.org/seniors. WIC families (pregnant women, new mothers, infants and young children) can get WIC Farmers' Market Nutrition Program vouchers for fresh fruits, vegetables and herbs. To apply for WIC vouchers, contact your WIC office.

Bonus Market Match: At many farmers' markets, "Market Match" can double your spending power when you buy fruits and vegetables using your FoodShare (SNAP) benefits! It means even more fresh, healthy food for your family.

NUTRITION NUGGET

PROS & CONS: FRESH, FROZEN, CANNED & DRIED

|  FRESH |  FROZEN |  CANNED |  DRIED |
|---|---|--|---|
| PROS <ul style="list-style-type: none"> • Often has the best flavors and textures • Looks most appealing • Can be purchased directly from vendors at farmers' markets | PROS <ul style="list-style-type: none"> • Often cost less than fresh • Frozen immediately after being picked, so produce may have a higher nutrient content • Already chopped/prepped | PROS <ul style="list-style-type: none"> • Can be stored for months or years without needing a refrigerator or freezer • Already chopped/cooked • Often costs less than fresh or frozen | PROS <ul style="list-style-type: none"> • Convenient option—no prep required • Freeze, air, sun and vacuum-drying techniques can retain more nutrients |
| CONS <ul style="list-style-type: none"> • Can be more expensive • Can spoil quickly • Need to be washed and prepared | CONS <ul style="list-style-type: none"> • Can have a less appealing appearance and texture • Not as practical without a freezer or with little freezer space | CONS <ul style="list-style-type: none"> • Contains sodium for preservation • Often have less appealing texture, appearance and flavor | CONS <ul style="list-style-type: none"> • Watch out for added sugars and preservatives. Choose the option that only has the fruit or vegetable for the ingredient |

MAKING SUMMERTIME SAFE AND FUN!

Staying active all year is important for your health, but summer in the Midwest makes it even more fun to get moving! With longer days, sunshine and warm weather, it's a great time to try new ways to be active outdoors. Just remember to stay safe—wear sunscreen and drink plenty of water to stay hydrated.

Protect your skin. Choose a sunscreen that is no less than 30 SPF to protect against UV rays. Think about all the areas needing protection. Some often forgotten places include: the scalp, top of and behind the ears, eyelids, back of the neck, back of the arms, shoulders, tops of the feet and the back of the legs.

Stay hydrated. Staying hydrated is important throughout the day, not just during physical activity. A simple guideline is to drink half your body weight in ounces of water each day. For example, if you weigh 150 pounds, try to drink at least 75 ounces of water, which is about nine cups. It helps to spread this out by drinking three cups in the morning, three in the afternoon, and three in the evening.

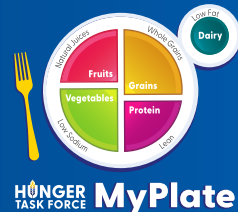
On hot days when you sweat more, you can **make your own simple electrolyte drink** to help your body stay balanced.

8-16 ounces of water + 1 pinch of salt + 1 pinch of sugar + ½ lemon, juiced



MYPLATE MINUTE

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



RETHINK YOUR DRINK & STAY HYDRATED!

Hydration doesn't have to be boring! While drinking plenty of water is a great foundation, there are fun and flavorful ways to boost your fluid intake throughout the day. Check out the creative tips below to keep your body nourished, energized and refreshed!

Infuse your water with flavor. Add slices of fruit like lemon, berries, cucumber or mint to your water for a refreshing burst of flavor. Not only does it make drinking water more enjoyable, but you'll also benefit from a small boost of vitamins and antioxidants.

Enjoy water-rich foods. Snack on hydrating fruits and vegetables such as watermelon, cucumber, oranges and strawberries. These foods can help meet your hydration needs while also providing essential nutrients.



FUEL YOUR BODY WITH FLAVOR & HYDRATION

Stay cool and nourished with this refreshing summer recipe, packed with hydrating fruits like watermelon and cucumber. This salad is high in water content and essential nutrients.

Watermelon and Cucumber Salad with Feta Cheese

Salad Ingredients:

- 4 cups watermelon, cubed
- 2 cups cucumber, sliced
- ¼ cup red onion, thinly sliced
- ¼ cup feta cheese, crumbled*
- 2 Tbsp mint, chopped
- 2 Tbsp basil, chopped

Dressing Ingredients:

- 3 Tbsp lime juice (about 1 lime)
- 1 Tbsp olive oil
- Salt and pepper to taste

**Instead of feta, try cotija, ricotta or halloumi!*





01.

Garden Club Helps Perennial Garden Bloom at The Farm

This year, Hunger Task Force is excited to partner with the Garden Club of Greater Milwaukee to care for the perennial garden at the School Garden at The Farm. This garden is used as an outdoor classroom for local students in the Garden to Plate program and creates a welcoming space for bees and other pollinators that help our fruits and vegetables grow. With the Garden Club's support, the perennial garden will thrive as both a learning space and a home for active pollinators.



02.

02. Hunger Task Force Welcomes New Educator

Leah Kostos, MBA, RDN and LDN, has joined Hunger Task Force as the new Community Nutrition Educator. In this role, she supports the organization's nutrition education efforts by teaching community nutrition classes at Milwaukee County Senior Centers and local organizations, leading cooking classes and distributing food samples at local pantries. Leah brings experience as a registered dietitian in the wellness sector. She holds a bachelor's degree in dietetics and clinical nutrition services and a master's degree in business administration and management.



03.

03. Grow Fresh Food with What You Have at Home

Gardening at home doesn't have to be expensive or take up a lot of space. Creative container gardening is a great way to grow small veggies and fresh herbs, with limited resources. Look around your home. You can turn an empty water bottle, shoe box or soup can into a planter! It's a fun, low-cost way to reuse what you already have and grow fresh food with what you have at home. Did you know SNAP benefits can be used to purchase food seeds?



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



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



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.