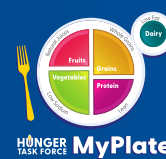


NUTRITION EDUCATION QUARTERLY

A Seasonal Publication of
Hunger Task Force



**HUNGER
TASK FORCE**
FREE & LOCAL

FALL • 2025



MAKE EVERY MEAL COUNT

Stretch Your Budget with Meal Planning & Smart Shopping

Cooking at home doesn't have to be complicated or expensive. With a little planning and smart shopping, you can stretch your budget, cut down on food waste and enjoy healthy, delicious meals every day. Whether you're feeding a family, cooking for one, or somewhere in between, a few simple steps can make the process easier and more enjoyable. From creating a weekly meal plan to making a thoughtful grocery list, small changes can have a big impact on your wallet and your well-being.

Make a Plan

Having a meal plan keeps you organized, cuts down on food waste and helps you stick to a budget.

Check your kitchen. See what's already in your pantry, fridge and freezer.

Write down your meals. Plan your breakfasts, lunches and dinners for the whole week.

Think ahead. Choose recipes you want to try, consider how much time you have to cook and don't forget about leftovers! Batch cooking can save time later in the week.

Make a List

A list keeps you on track and on budget. Fill in the gaps between what you have and what you need.

Organize your list by category. Grouping items like produce, dairy and grains makes your trip quicker and more efficient.

Use FoodShare benefits wisely. Maximize your FoodShare benefits by buying nutritious staples and planning balanced meals.

Check weekly sales and store coupons. Plan your meals around discounts and deals.

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

NUTRITION NUGGET

KEEP IT **FRESH**, **SAFE** and **SIMPLE**!

Cooking at home doesn't have to be complicated or expensive. With a little planning and smart shopping, you can save money, reduce food waste and enjoy nutritious meals all week long. One of the best ways to save money is to plan your meals around fresh, seasonal produce. Vegetables and Fruits that are in season often cost less, taste better and offer a wide variety of nutrients.



FREEZE berries, corn or greens to enjoy later.



ENJOY produce in soups or stir-fry before it spoils.



BLEND overripe or frozen fruit into smoothies.

STAYING HEALTHY STARTS WITH CLEAN HANDS

Cold and flu season is here, but you can fight back with soap and water!

Good nutrition and staying active help, but washing your hands is the easiest and most powerful way to stop germs. Just 20 seconds (or singing two rounds of the Happy Birthday song) can protect you and your family.

Wet hands with clean water.



Lather with soap—palms, back of hands, between fingers and under your nails.



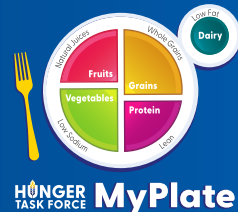
Rinse and dry with a clean towel.

No sink nearby? Use hand sanitizer with at least 60% alcohol—but only when soap and water aren't an option. Sanitizer doesn't remove dirt or some harmful substances like handwashing can. Let's stay well, stay strong and head into this season with a clean slate!



MYPLATE MINUTE

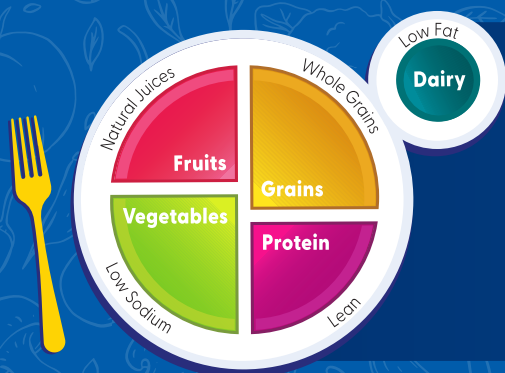
The **Hunger Task Force MyPlate** model includes preferred food items from all five food groups: **protein**, **fruits**, **vegetables**, **grains** and **dairy**.



THE TRUTH ABOUT HEALTHY FATS

Did you know that your body needs fat to function every day? Healthy fats protect your heart and your brain. There are different kinds of fats to know, check them out below:

- **Unsaturated fats** are found in plants and fish and can lower your risk of heart disease and help your body absorb key vitamins. Focus on adding these to your diet daily! These include:
 - Monounsaturated fats** are found in olive oil, nuts, seeds and avocados.
 - Polyunsaturated fats** are found in salmon, tuna, flaxseeds and walnuts.
- **Saturated fats** are found in fatty meats, butter and most dairy. These are okay in small amounts.
- **Trans fats** are found in many fried or packaged foods. Try to avoid this type of fat completely.



MYPLATE AND HEALTHY FATS

Find healthy, unsaturated fats in three MyPlate food groups!

PROTEINS

Salmon, tuna, grass-fed beef, nuts and seeds.

VEGETABLES

Avocados, olives, olive oil and soybeans.

GRAINS

Whole-wheat products, oats and flaxseed.

FALL GRANOLA BITES

Fuel your day with these fiber-filled energy bites! With flavors of pumpkin, apple and cinnamon, it's the perfect fall treat to keep you full and focused.

Ingredients:

- ½ cup quick oats
- ¼ cup peanut butter or nut butter of choice
- ¼ cup pumpkin puree
- ½ medium red apple, peeled and finely diced
- ½ tsp cinnamon

Instructions:

Spread the diced apple on a lined baking sheet and bake at 300° F for 15-20 minutes. Let cool.

Stir together the oats, peanut butter, pumpkin puree, baked apple and cinnamon until sticky.

Roll into small balls. Chill and store in fridge for about 10 minutes.



*MyPlate Recipe

01. Cooking Up One-Pot-Wonders

Hunger Task Force, in partnership with the Southwest Suburban Health Department, recently hosted *One-Pot-Wonders* in West Allis, a nutrition class designed specifically for older adults cooking for one or two. The program highlighted budget-friendly meals that can be made in just one pot or pan, reducing cleanup while boosting flavor and nutrition. Participants learned how simple swaps and seasonal ingredients can make healthy home cooking both practical and delicious.

01.

02. Garden to Plate Program at The Farm

Over the summer, nearly 40 students from local summer programs participated in our Summer Garden to Plate Program at the Farm. From refining their kitchen skills while preparing Meatball Gumbo to harvesting over 300 pounds of produce from the school garden, students engaged in a fully hands-on experience. Students learned how to grow, harvest, and prepare MyPlate-friendly foods and gained knowledge that connects healthy eating to where food comes from.

02.

03. SNAP-Ed Interns Support Nutrition Education This Summer

Hunger Task Force was grateful to host SNAP-Ed interns Megan McCarty and Anastasia McClain this summer in support of community nutrition education. Megan returned for her second year, bringing energy and passion to cooking classes, food sampling and online education resources. Anastasia, beginning her studies in community nutrition, shared her skills in cooking demonstrations and classroom support, leaving a lasting impact on families across Milwaukee.

03.



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!



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

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.