

# NUTRITION To Go

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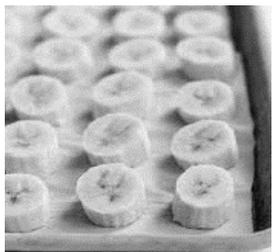
FOOD PANTRY

## Storage Guidelines

As the weather heats up, produce and bread will spoil more rapidly. Here are some guidelines for ways to make sure you prolong the use of the food you bring home:

### In the pantry and on the counter

- Onions can make potatoes sprout. Keep them apart.
- Bananas and apples can make other fruits ripen. Separate them.
- Remove as much air as possible from plastic bags and containers before freezing food. Vacuum seal if you can or wrap foods tightly.
- Before you put food in the freezer, label, and date the containers.
- The freezer is ideal for storing nuts, bread, butter, meat, fish, poultry, and blocks of hard cheese.
- You can freeze milk. Just shake the thawed milk if the fat has separated.
- Blanch vegetables before freezing to preserve their flavor. Visit this handy website for details:  
<https://extension.psu.edu/freezing-vegetables>



- Peel and slice ripe bananas before freezing. Toss frozen chunks in a smoothie, or immerse the plastic bag in water to thaw to use in cooking or baking (banana bread or muffins!).
- Freeze berries or chopped peppers on a tray so they don't stick together. Then

transfer them to an airtight container or bag.

- Chop peaches, melon, mangoes, pineapple, and other fruit before freezing.
- Freeze lightly beaten eggs in an airtight container. Thaw in the fridge and use for scrambled eggs or cooking.
- Pack ice-cube trays half full with fresh herbs like oregano, thyme, and basil, then top with olive oil. Transfer the frozen cubes to an airtight container or bag.

Go to [savethefood.com/storage](https://savethefood.com/storage) for more tips. Nutrition Action Health letter 4/2020

## Ask Monica

**Q:** What do you do with food that is spoiled or that you can't use at Loaves and Fishes?

**A:** If the food is spoiled or a package is opened, we put it in one of the "pig buckets" destined for local pig farmers

We "re-gift" restaurant-sized items to other non-profits like The Haven and the Salvation Army who use them in meal preparation.

## Did you Know?

Fruits that continue to ripen after harvest:



Apples, apricots, avocados, bananas, cantaloupe, kiwi, mango, nectarine, peach, pear, plantain, plum

To accelerate ripening, place fruit in a paper or cotton bag—check daily. Refrigerate ripe produce.

Fruits that do not continue to ripen:

Pineapple, watermelon, citrus, berries, cucumbers, grapes, cherries, peppers, summer squash.



They just spoil, so please refrigerate.

**NOTE:** Please wash all produce before using!

## Produce Spotlight: Lemons



"If Life (or Loaves & Fishes) gives you lemons.....Make lemonade, or a vinaigrette, deodorize your microwave or garbage can, concoct a marinade (tenderizes meats),

whiten your clothes, prevent your apples or avocados from browning, freeze the zest, make buttermilk, freeze slices to add to your summer drink!"

Besides being a great flavor enhancer, lemons offer many health benefits. Here are just a few of them:

- Lemons are high in Vitamin C which helps boost your immune system
- Lemons may help reduce strokes and blood pressure
- Lemons promote iron absorption, and
- Lemons improve your complexion.

See this website for more information:

<https://www.medicalnewstoday.com/articles/283476#benefits>

## Jokes



Q: What did the lettuce say to the celery?

A: Quit stalking me!

Q: What did the father tomato say to the baby tomato while out for a walk?

A: Ketchup!

[Healthykids.com.au](http://Healthykids.com.au)

## Loaves & Fishes



FOOD PANTRY  
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## Abundance of Bread?

1. Freeze it
2. Make Breadcrumbs or Croutons\*
3. Prepare French Toast or French Toast Casserole\*\* or Egg Strata
4. Try French Bread Pizza, check out this recipe: <https://thepennywisemama.com/best-french-bread-pizza-recipe/>

### Crouton Recipe\*

#### Ingredients

- 6 cups cubed day-old bread
- 3 T olive oil (or other oil)
- 1/2 tsp garlic powder
- 1/2 tsp salt

#### Preparation

Preheat the oven to 400°F. Toss croutons with olive oil, garlic powder and salt to coat evenly, then spread in a single layer on a baking sheet. Toast crouton for 15 minutes, checking after 8 minutes. Rotate pan and stir as needed. Bake until croutons are golden brown and crunchy on the outside, with just a tiny bit of chew on the inside. Use immediately or keep in an airtight container for up to 2 days, or freeze.



### French Toast Casserole\*\*

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#### Ingredients

- 5 cups bread cubes
- 4 eggs
- 1 1/2 cups milk
- 1/4 cup white sugar, divided
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon margarine, softened
- 1 teaspoon ground cinnamon

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly butter an 8x8 inch baking pan. Line bottom of pan with bread cubes. In a large bowl, beat together eggs, milk, 2 tablespoons sugar, salt and vanilla. pour egg mixture over bread. Dot with margarine; let stand for 10 minutes.

Combine remaining 2 tablespoons sugar with 1 teaspoon cinnamon and sprinkle over the top. Bake in preheated oven about 45 to 50 minutes, until top is golden.