

NUTRITION To Go

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Nutrition To Go is written and edited by Samantha Van Dyke, RDN



FOOD PANTRY

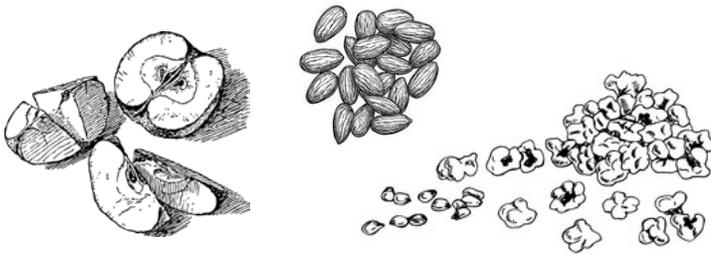
Reminder: Due to COVID, clients can now visit the pantry two times per month to pick up food.
¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para recoger comida.

Healthy Snacking

Most of us get hungry between meals, so snacking comes naturally. What we choose to eat affects whether our snacking improves or diminishes our health. So here are "Three Golden Rules for Snacking":

1. Make sure you are actually hungry. Eating doesn't help boredom, thirst, or unhappiness.
2. Focus on natural, less-processed foods, with protein and/or fiber. Stick with natural sugars and save the sweets to eat with a meal.
3. Eat only a handful. The next meal will come sooner than you think.

Written by Jolene H. Bodily, RDN



Need to eat on the run?

Try these tips:

- Cut up vegetables on weekends to snack on the rest of the week - carrot or celery spears, pepper slices
- Try peanuts, cashews, almonds, or other nuts - serve in a cup or eat from shell to help control portion size
- Enjoy lightly salted popcorn - try a small serving bag or serve in a small bowl
- Grab fresh or dried fruit - apples, pears, bananas or a handful of raisins are all very quick

Merienda Saludable

Es común tener hambre entre comidas, por lo que comer merienda es algo natural. Lo que elegimos comer puede mejorar o disminuir nuestra salud. Así que aquí están las "Tres reglas para merendar":

1. Asegúrese de tener hambre. Comer no ayuda al aburrimiento, la sed o la infelicidad.
2. Concéntrese en alimentos naturales, menos procesados, con proteínas y / o fibra. Deje los dulces para comer con una comida.
3. Come solo un puñado. La próxima comida llegará antes de lo que cree.

Written by Jolene H. Bodily, RDN

Protein + Fiber

These snack combinations will help you feel more full while eating healthily:

- Plain, unsweetened yogurt with berries or 1/2 a canned peach
- Apple slices dipped in peanut butter
- Carrot spears with white bean dip
- A handful of whole grain crackers with tuna or a cheese slice
- Pepper slices with guacamole
- Pecans with dried cranberries
- "Ants on a log": Spread peanut butter on celery sticks and add a row of raisins



Double your SNAP at the Farmer's Markets!

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Ask Samantha:

Are Canned Vegetables and Fruits Healthy?

Yes! You can enjoy canned fruits and vegetables as part of a healthy, inexpensive, and tasty meal! You might hear about how fresh is best, or how canned foods have a lot of sodium. While these are true, there is no reason to be down on all canned foods. Here are some good reasons to cook with canned. Canned foods are:

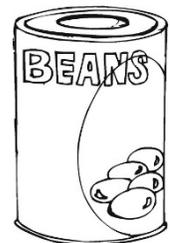
- Less expensive. Canned fruits and vegetables are less expensive than fresh produce and widely available at food pantries. Take advantage of this and stock up.
- Easy to store. Cans stack neatly on top of each other. They do not need to be refrigerated and will not spoil if your power goes out.
- Nutritious, just like fresh and frozen veggies. Canned fruits and vegetables are on par nutritionally with their fresh or frozen counterparts. In fact, for some produce, the nutrition in canned foods is even greater. As an example, canning tomatoes improves the content of B vitamins, vitamin E and carotenoids compared to fresh.

When you cook with canned, remember to RINSE canned foods whenever possible. Open the can, pour contents into a colander and rinse thoroughly with water before using. This will help wash away some of the sodium that is added during canning. You can also select low sodium or "no salt added" canned goods when possible. For canned fruits, look for fruits canned in water or their own juice. Fruit canned in syrup is not as healthy because it has added sugar.

White Bean Dip

Ingredients

- 1 can white beans, drained and rinsed
- 2 tablespoons extra-virgin olive oil
- Juice from 1 lemon or lime
- Zest from 1/2 lemon or lime
- 1/8 tsp garlic powder
- 1/2 teaspoon salt
- freshly ground black pepper
- 2 to 4 tablespoons water, if needed



Instructions

1. In a food processor, pulse the beans, olive oil, lemon juice and zest, garlic, salt, and pepper until combined. With the food processor running, slowly add the water and process until smooth.
2. Serve with veggies (carrot spears, pepper slices, etc....)

You can try this with black beans, also!