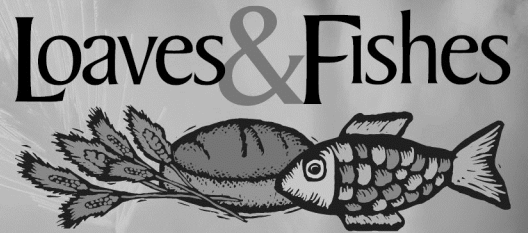


NUTRITION To Go



FOOD PANTRY

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

Did you know? Now you can visit the pantry two times per month to pick up food.

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

SNAP = Extra Food Money

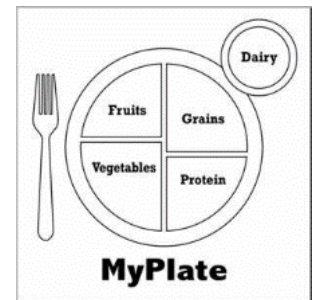
SNAP stands for Supplemental Nutrition Assistance Program. It can provide you with extra money to spend on food, allowing you to purchase healthier and more nutritious food for your family. You receive the extra money in the form of a debit card called EBT (Electronic Benefits Transfer).

SNAP can be used almost anywhere you shop including most grocery stores and corner stores, Ix Park Farmer's Market and the Greene Farmer's Market. You'll save 2.5% on the groceries you buy because you won't be charged taxes on anything you purchase.

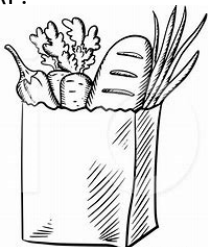
SNAP can help you serve a healthy plate for each meal. But, in 2018, 1 in 4 Virginians who were eligible for SNAP were not enrolled. Did you know that you may be eligible for SNAP even if you own your home, are a student or are not a citizen?

Visit <https://www.dss.virginia.gov/benefit/snap.cgi> to check your eligibility and learn how to apply.

In order to apply, you will need documents verifying your identity, address, any income and any monthly expenses for rent, utilities, etc. You may also need statements for any bank accounts you may have.



Scan here and click "SNAP EBT Savings" to find out which stores near you accept SNAP. Escanee aquí para averiguar qué tiendas cerca de usted aceptan SNAP.



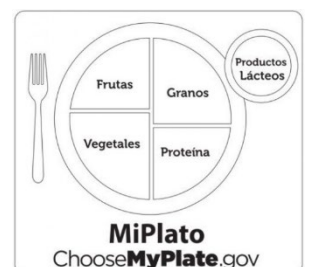
SNAP = Dinero para comida

SNAP es el Programa de Asistencia Nutricional Suplementaria. Puede proporcionarle dinero extra para gastar en alimentos, lo que le permite comprar alimentos más saludables y nutritivos para su familia. Usted recibe el dinero extra en forma de una tarjeta de débito llamada EBT (Transferencia Electrónica de Beneficios).

SNAP se puede usar en casi cualquier lugar donde compre, incluidos muchos mercados latinos. Ahorrará un 2.5% en los comestibles que compre porque no se le cobrarán impuestos cuando usa los beneficios de SNAP.

SNAP te puede ayudar a servir un plato saludable para cada comida. Pero, en 2018, 1 de cada 4 virginianos que eran elegibles para SNAP no estaban inscritos. ¿Sabía que puede ser elegible para SNAP incluso si es dueño de su casa, es estudiante o no es ciudadano? Visite <https://commonhelp.virginia.gov/> para verificar su elegibilidad y presentar una solicitud.

Para aplicar, necesitará documentos que verifiquen su identidad, dirección, cualquier ingreso y cualquier gasto mensual de alquiler, etc. También es posible que necesite estados de cuenta para cualquier cuenta bancaria que pueda tener.



Using your SNAP dollars to eat healthy

Here are some ideas for using your food budget and your SNAP dollars to support a healthy diet:

- Plan meals and use a grocery list
 - o Keeping in mind what food you already have, and anything that might need to be used up before going bad, plan what you will eat for the week/month.
 - o Create a shopping list using your meal plan - and stick to it!
- Eat less meat
 - o Instead get more protein from eggs, beans, peanut butter and inexpensive nuts (peanuts and walnuts)
- Save on fruits and veggies
 - o Buy fruits and vegetables that are in season. These are usually less expensive!
 - o Try purchasing frozen vegetables, which are less expensive and have similar nutrition content to fresh.
 - o Try frozen or canned fruit (without syrup) which has similar nutritional value to fresh.
- Buy in bulk. If you have storage and freezer space, buy foods in large packages to save money per serving.

We believe your nutrition is worth investing in! We are glad to help you provide healthy food for your family. Ask our nutritionists, Samantha and Monica, if you need any recipes, information or guidance on how your household can achieve a healthy diet! Email nutritionist@cvilleloaves.org

Create Your Grocery Game Plan



Scan for a handy meal plan template to print out!
Busque un planificador de comidas para imprimir

Loaves & Fishes



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\$ Double Dollars \$ Doble Dinero \$

You can DOUBLE your SNAP dollars at the Ix Park and Greene Farmer's Markets. Visit the EBT booth, swipe your card and receive double tokens to spend at the market!

¡Puede DUPLICAR sus dólares SNAP en los Mercados Agricultores de Ix Park y Greene!
¡Visite el stand de EBT, deslice su tarjeta y recípe fichas dobles para gastar en el mercado!



Happy Valentines Day!



Apple Tuna Salad Sandwiches

Makes: 3 servings

Ingredients

1 can (6.5 oz) tuna, packed in water, drained
1 apple, chopped
1/4 cup plain yogurt, or plain greek yogurt
1 tsp brown mustard
6 slices whole wheat bread
3 lettuce leaves

Instructions

Put the canned tuna, apple, yogurt, and mustard in a medium bowl. Stir well to mix. Assemble 3 sandwiches with 1/2 cup tuna mixture and a lettuce leaf in each. Enjoy!