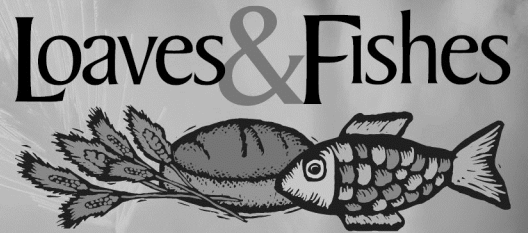


NUTRITION To Go



FOOD PANTRY






Volume 3 ♦ Issue 9 ♦ September 2022

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Did you know? Now you can visit the pantry two times per month to pick up food if you need to. ¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida, si lo necesitas.

Taste the Rainbow of Fruits and Veggies Every Day

“Eating the Rainbow” means eating fruits and vegetables of different colors every day. Plants contain different nutrients that give them their color. So, eating a variety of fruits and veggies in different colors will give you the broadest and best health benefits. Try including at least 2 colors in each meal and before you know it, you’ll be eating the rainbow!

Foods of this color...	Have this nutrient (and others)...	With these benefits...
<u>Red and Pink</u> Strawberries, tomatoes, red pepper, watermelon 	Lycopene and other antioxidants	Supports heart health and healthy brain function
<u>Blue and Purple</u> beets, plums, eggplant, blueberries 	Anthocyanins	Supports healthy brain function and aging
<u>Orange and Yellow</u> Carrots, lemons, peaches, sweet potatoes, pineapples, oranges 	Beta-carotene and other forms of Vitamin A	Supports eye health and heart health and may lower cancer risk
<u>Green</u> broccoli, cucumbers, green beans, honeydew, peas, spinach 	Folate and other B vitamins	Prevents birth defects in pregnancy, supports eye health and heart health, decreases risk of cancer
<u>White and Brown</u> cauliflower, ginger, garlic, onion, mushrooms 	Anthoxanthins and flavonols	Anti-inflammatory and benefits heart health



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Comer el arcoíris diariamente

Comer el arco iris significa comer frutas y verduras de diferentes colores todos los días. Las plantas contienen diferentes nutrientes que les dan su color. Por lo tanto, comer una variedad de frutas y verduras en diferentes colores le dará los beneficios para la salud más amplios y mejores.

Fruit skewers

Choose your favorite fruits (berries, pineapple, kiwi, apples, oranges, etc.) and cut them into equal-size chunks. Thread them onto wooden skewers. Serve with nonfat vanilla yogurt for dipping or a mix of 1/2 cup nonfat plain yogurt with 1 teaspoon honey.

Brochetas de fruta

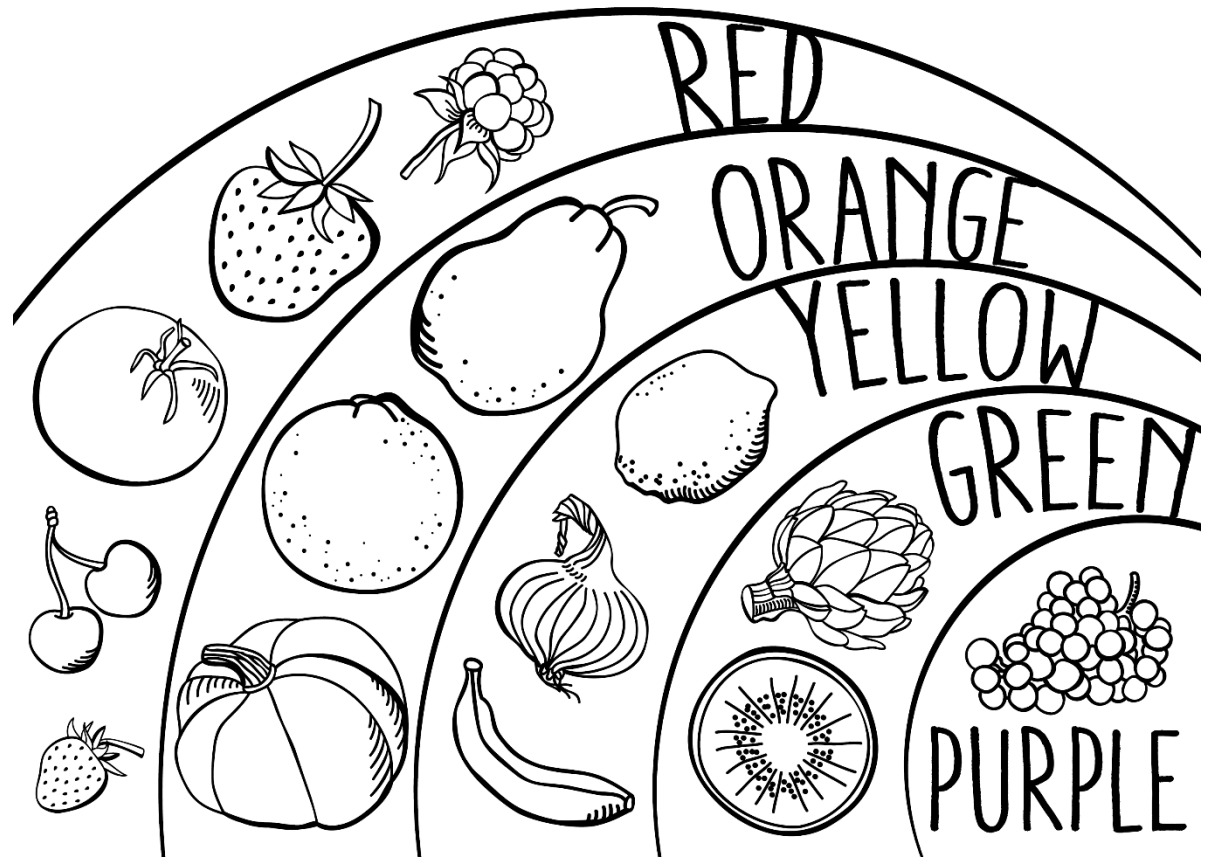
Elija sus frutas favoritas (fresas, arándanos, piña, kiwi, manzanas, naranjas, etc.) y córtelas en trozos de igual tamaño. Enhebrarlos en brochetas de madera. Sirva yogur de vainilla sin grasa para mojar o una mezcla de 1/2 taza de yogur natural con 1 cucharadita de miel.

Hey Kids! Have you tried these fruits and veggies?

Color the rainbow and try to eat all the colors every day!

Hola niños! ¿Ha probado estas frutas y verduras?

Colorea el arco iris y tratar de comer cada color diariamente.



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FOOD PANTRY

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Rainbow Chili

- | | |
|---------------------------------|--|
| 1 zucchini, sliced | 1 can chili beans |
| 1 cup sweet potato | 1 can whole kernel corn |
| 1 red bell pepper | 1T canola oil (or other vegetable oil) |
| 1 onion, diced | 1T chili powder |
| 4 garlic cloves | 1/2 teaspoon dried oregano |
| 1 can crushed or diced tomatoes | 1/4 teaspoon ground black pepper |
| 1 can tomato paste | 1/4 teaspoon cayenne pepper |
| 1 can black beans | |

Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, bell pepper, onions, and garlic. Sauté until tender (about 5 minutes). Add canned ingredients and reduce heat to a simmer. Stir in spices and simmer 45-60 minutes, stirring occasionally, until chili reaches desired consistency.

Sopa Chili Arcoiris

- | | | |
|-------------------|-------------------------|-----------------------------|
| 1 calabaza verde | 1 lata tomate picado | 1C aceite |
| 1 taza batata | 1 lata pasta de tomate | 1C chile en polvo |
| 1 pimienta marron | 1 lata frijoles negros | 1/2 c. orégano |
| 1 cebolla, picada | 1 lata frijoles "chili" | 1/4c. pimienta negra molida |
| 4 clavos de ajo | 1 lata maiz | 1/4c. cayena molida |

Caliente el aceite en una olla grande a fuego medio-alto. Agregue el calabacín, la calabaza amarilla, el pimiento, la cebolla y el ajo. Saltea hasta que esté tierno (unos 5 minutos). Agregue ingredientes enlatados y reduzca el fuego a fuego lento. Agregue las especias y cocine a fuego lento de 45 a 60 minutos, revolviendo ocasionalmente, hasta que el chile alcance la consistencia deseada.