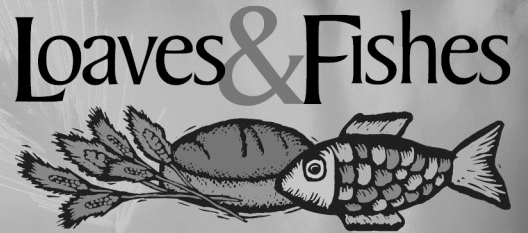


NUTRITION To Go



FOOD PANTRY

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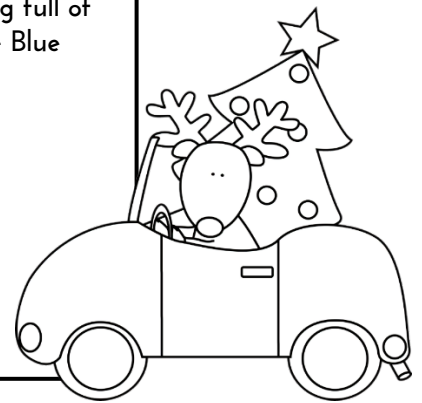
Did you know? Now you can visit the pantry two times per month to pick up food if you need to. ¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida, si lo necesitas.

Get to know the shelf-stable foods in our brown bags

When you pick up groceries from Loaves & Fishes, you will likely receive a brown paper bag full of dry and canned foods. We order these items from the US Department of Agriculture via the Blue Ridge Area Food Bank. The brown bag usually has:

- Pasta or rice
- Oatmeal, grits, or other grain
- 1 canned vegetable
- 1-2 cans soup or broth
- Dried beans, lentils, or peas
- 1 can meat
- Nuts
- Raisins or other dried fruit
- Peanut butter
- Canned fruit

Read on for ideas and tips for making the most of these items in healthful recipes.



Alimentos de despensa en nuestras bolsas marrones

Cuando recoja comestibles de Loaves & Fishes, es probable que reciba una bolsa de papel marrón llena de alimentos secos y enlatados. Estos artículos son proporcionados por el Departamento de Agricultura de los Estados Unidos para que los distribuyamos.

La bolsa marrón usualmente contiene:

- Arroz o pasta
- Avena, sémola, u otra cereal
- 1 vegetal enlatada
- 1-2 latas sopa o caldo
- Frijoles, lentejas o guisantes secos
- 1 carne enlatada
- Nueces
- Pazas u otra fruta seca
- Mantequilla de cacahuete

Siga leyendo para obtener ideas y consejos para aprovechar al máximo estos artículos en recetas saludables.

Preparing dried peas and beans

Beans have lots of protein and fiber and can really give your diet a nutritional boost. Dried beans are also very inexpensive and can be used in a variety of recipes.

Not sure how to prepare them? Follow these simple steps.

Step 1: Sort and rinse

Before preparing dried beans or peas, pour the desired amount into a bowl and sort with your fingers to remove any sediment or rocks which may not have been sorted out during packaging. Rinse the sorted beans in a strainer or submerge in a bowl and then drain.

Step 2: Soak (for lentils and split peas, skip this step!)

Kidney beans, white beans, black eyed peas, black beans, chickpeas, and other long-cooking beans are best when soaked before cooking. Submerge beans completely in water, cover with plastic wrap and place in fridge to soak for at least 4 hours and up to 12 hours. Soaking reduces cooking time, improves taste and texture in your recipe and helps make the beans more digestible (so they don't cause stomach upset). Lentils and split peas do not need to be soaked.

Step 3: Cook

Drain the soaked beans, rinse with cold water and use in your recipe!

Easy Split Pea Soup

- 1/2 bag of split peas
- 1/2 onion, chopped
- 4 cloves garlic, chopped
- 1 tbsp oil
- 2 cans condensed vegetable soup
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp thyme

1. Place split peas in a bowl and move the grains with your hands to check for any pebbles or other foreign objects. Add water to cover split peas, then drain.
2. Sauté onions and garlic in oil over medium-low heat until soft.
3. Add split peas, condensed vegetable soup, 12 cups of water, thyme and salt and pepper.
4. Simmer covered for 45-60 minutes or until peas are soft and swollen. Add more salt if desired.
5. Remove from heat, let cool for 5 minutes and then puree in blender until smooth. Add warm water to desired thickness.
6. Serve immediately with crusty bread or tortilla strips.

Storing walnuts

If you don't plan to use a whole package of walnuts within a few weeks, it's best to store them in an airtight bag in the freezer. This will ensure that walnuts stay fresh longer. If your walnuts begin to smell like rancid oil, used cooking oil, or even paint thinner, they should be discarded!

Almacenamiento de nueces

Si no planea usar todo el paquete de nueces dentro de unas pocas semanas, es mejor almacenarlo en una bolsa hermética en el congelador. Esto asegurará que las nueces se mantengan frescas por más tiempo. Si sus nueces comienzan a oler rancio, ¡deben descartarse!

Update / **Aviso**

Due to supply chain shortages and rising food prices, we have not been able to give out as much meat, milk and eggs as in the past. We supply what is available, but you will notice that the meat, eggs (and sometimes milk) provided per household has been reduced. Debido a la escasez, no tenemos tanta carne, leche y huevos como antes. Brindamos todo lo que tenemos, pero la carne, los huevos (y a veces la leche) asignados por hogar se ha reducido.

Loaves & Fishes



FOOD PANTRY
Neighbors Nourishing Neighbors

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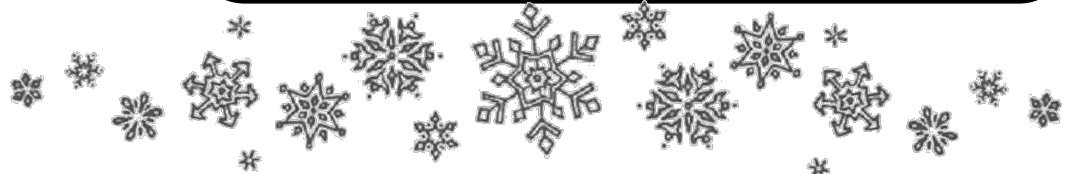
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Support Loaves & Fishes when you shop at Kroger with your Kroger Community Rewards card using code DL975 and select Loaves & Fishes as your charity

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2022 Holiday Hours

We will be closed from Thursday, 11/24 through Saturday, 11/26/22.

We will also be closed from Friday, 12/23/22 through Monday, 1/2/23.

We will reopen on Tuesday 1/3/23.

Horario para las fiestas 2022

Estarémos cerrados del Jueves, 24/11 al Sábado 26/11/22.

Tambien estarémos cerrados del Viernes, 23/12/22 al Lunes 2/1/23.

Abriremos otra vez el 3/1/23.

Oatmeal Raisin Energy Balls

- 1 1/2 cups quick oats
- 3/4 cup creamy peanut butter
- 1/2 cup raisins
- 2 T honey

Mix all ingredients together. Form into small balls. Refrigerate for 30 minutes. Serve.

Bolitas de Avena y Paza

- 1 1/2 taza avena en forma instantánea
- 3/4 taza mantequilla de cacahuete
- 1/2 taza pazas
- 2 cucharada miel

Mezclar todos los ingredientes. Forma en pequeñas bolas. Refrigerar durante 30 minutos. Servir.



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