

Eat Well. Be Well.



November 2011

PRACTICAL NUTRITION INFORMATION FROM THE LOWCOUNTRY FOOD BANK

FEATURE OF THE MONTH

Lowcountry Food Bank Champions

Are you aware there are champions among us? Each one of our agencies are champions!

Through providing access to food, these agencies are helping to protect, heal, and strengthen the bodies and lives of our community. Make sure to thank the dedicated people who run the food pantries, soup kitchens, and mass food distributions for their passion and support of the mission of the Lowcountry Food Bank.

In addition, the agencies that are involved with the Commodity Supplemental Food Program (CSFP) are not only delivering over 2050 boxes of food, these groups are also providing nutrition education. Access to food is important but education allows for people to use that food to move forward stronger.

RECIPE CORNER

Baked Pork Chops & Apples

Serves 6

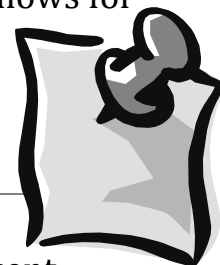
Ingredients:

- 6 lean pork chops
- 3 apples peeled, cored, and sliced
- 1 pkg shake and bake bread crumbs
- 2 tablespoons melted butter
- 1/3 cup dried cranberries
- 1/3 cup chopped walnuts
- 1/3 cup sugar
- 1/2 tsp cinnamon
- 2 tablespoon flour

Directions:

1. Preheat oven to 425 degrees.
2. Mix apples, cinnamon, sugar, and flour in large bowl and spread in greased baking dish.
3. Wash each pork chop, coat in bread crumbs, and place over apple mixture.
4. Sprinkle cranberries, walnuts, and melted butter over dish
5. Cover and bake for 35 minutes.

How To's of Nutrition Education



- **Displays**
Bulletin boards are a great way to present nutrition information, tips, recipes, and resources.
- **Handouts**
This newsletter is a great example. You can get even more online at fns.usda.gov or Clemson.edu/extension.
- **Classes**
Clemson extension or other nutrition professionals from the community present classes on topics such as meal planning and label reading.
- **Demonstrations**
Most people learn by seeing and doing. Show people how to prepare healthy foods, how to properly portion meals, or how to use food labels.
- **Resources**
Know what is available in the community or on the web for nutrition education.

PRODUCE OF THE MONTH
Pumpkin

November 2011

What are the benefits?

- Rich in vitamins A, C, and B6, fiber, folate, and potassium
- Helps regulate inflammation and blood sugar
- Lowers risk of chronic heart problems and lung cancer

How can they be used?

- Select:
 - Small, firm, heavy, and dull (not shiny)
 - Can of pureed pumpkin (not pie filling)
- Store:
 - One to six months whole
 - Several days cut up in a covered container
- Prepare:
 - Cut in half and scoop out the seeds. Lay cut side down on a plate, add a few tablespoons of water to the plate, and microwave for 20-30 minutes, until soft.
- Serve:
 - Mix pureed pumpkin and cinnamon with yogurt or oatmeal.
 - Mash pumpkin with cauliflower instead of potatoes.
 - Roast the seeds. Clean and rinse seeds. Spread on a baking sheet with spray oil and seasonings. Roast at 300 degrees shaking the pan every few minutes until golden.



**GROCERY
TIPS & TRICKS**

**Sodium in Canned
Food**

- Stock up on canned foods that are “reduced sodium” or “no salt added” when they are on sale.
- If low salt foods are more expensive, buy regular and *rinse* the food to get rid of over half of the sodium.

Agency Recipe Corner

Next month’s feature will be **SWEET POTATOES**. Send in your favorite recipes to be considered for the recipe corner.

Savory Fall Chili

Serves 6

Ingredients:

1 tablespoon canola oil	2 cans beans, rinsed
1 cup chopped onion	2 cups pumpkin puree
1 cup chopped bell pepper	2 tablespoons chili powder
1/8 teaspoon garlic powder	1/2 teaspoon black pepper
3 cups diced skinless chicken breast	1/2 tsp cumin
2 (15 ounce) cans no salt added diced tomatoes	

Directions:

1. In a large skillet, heat the oil over medium heat and saute onions, peppers, and garlic until tender.
2. Stir in the chicken, cooking thoroughly.
3. Mix in tomatoes, pumpkin, and spices and reduce heat to low. Cover and simmer 20 minutes.

** You may need more spices like cinnamon or cayenne pepper and a splash of orange juice OR chicken broth if it’s too thick

**What is a Lowcountry Food
Bank “Healthy Food”?**

Healthy foods are **fruits, vegetables, fish, lean meat and poultry, low-fat dairy, whole grains** and foods with limited fat or sugar.

How are recipes designed?

Our recipes are designed with you in mind. The recipes:

- Use ingredients common in lowcountry kitchens.
- Are tasty and easy to prepare.
- Meet our criteria for healthy foods.
- Keep in mind the need for cooking on a budget.

We appreciate your comments and suggestions. They will help us understand your concerns and interests to improve “Eat Well, Be Well.”

Call 747-8146 x 122 or email dmitchel@lcfbank.org.

IF YOU NEED FOOD ASSISTANCE, PLEASE CALL (843) 747-8146.

The Lowcountry Food Bank is a sub-recipient of USDA commodities. The USDA is an equal opportunity provider and employer.