

SNAC Newsletter April & May 2022



In This Issue

- May SNAC Dialogue Session
- Youth and Adolescent Physical Activity Grant
- Purdue Nutrition Education Program is Hiring!
- Anti-Racist Toolkit for Farmers Markets
- The Farm Direct Nutrition Incentive Guide Site
- Why Safety and Vehicle Speed Are Incompatible Goals for Street Design
- Request for Comments for a New Information Collection from the Federal Highway Administration
- New CDC Study Reports on Disruptions and Adverse Experiences among Adolescents during the COVID-19 Pandemic
- Mitigating Impact on Waiver Expiration
- Pathways to Population Health Equity: A Guide for State, Local, Tribal and Territorial Public Health Change Agents
- Funding Opportunities
- SNAC Spotlight Double Feature
- Upcoming Events
- Webinars
- April SNAP-Ed Recipe
- May SNAP-Ed Recipe

May Dialogue Session: Family Engagement in Physical Activity

On **Thursday, May 26th at 10am EST**, join partners in learning **how to engage families in community-level physical activity opportunities** and discuss how SNAC could work together to leverage statewide resources and connections to support future programming.

In this session there will be a short, grounding presentation about **how the Purdue Extension Nutrition Education Program (NEP) has partnered with the Floyd Memorial Foundation to engage families in outdoor education and physical activity opportunities**. This short presentation will be **followed by breakout sessions** where participants will discuss successes, challenges, resources, and next steps related to year-round feeding for students. We will then all come together to review how we can leverage shared strengths and resources to promote physical activity in Hoosier communities.

Register for the event [HERE!](#)



eatgathergo.org



Announcements

Youth and Adolescent Physical Activity Grant Now Available!

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) has released the [Youth and Adolescent Physical Activity \(YAPA\) grant application](#). This one-year grant is focused on providing physical activity and physical education opportunities for youth and adolescents, 6-17 years of age (K-12) in the classroom, school, and before or after school program settings. Special consideration will be given to those focusing on health equity and incorporating trauma-informed approaches in their programming. See the application [HERE](#). For more information, view the [Youth and Adolescent Physical Activity \(YAPA\) Grant Information Session recording](#) and view the session slides [here](#). **Deadline to apply: May 20th at 5 p.m.** For questions contact Emma Smythe at esmythe@isdh.in.gov.



Purdue Nutrition Education Program is Hiring!

The Purdue Extension Nutrition Education Program is hiring a Research & Evaluation Specialist to provide program evaluation for statewide SNAP-Ed and EFNEP projects. A Master's degree in evaluation, nutrition sciences, public health or epidemiology is required and the position will be fully remote. More information on the position and how to apply can be found at [HERE!](#)



Is it time to review your school district's wellness policy?

As mandated by the Federal Government, all school districts must have a wellness policy and review it at least once every three years. IDOH, DNPA is offering wellness policy reviews at no cost using the [WellSAT 3.0](#) scoring tool to assess your policy's content and strength, while also highlighting areas for improvement. Please contact Jenna Sperry jsperry@isdh.in.gov or Emma Smythe esmythe@isdh.in.gov for more details

New Resources

Anti-Racist Toolkit for Farmers Markets

Developed by a group of Black food system leaders and experts, the Anti-Racist Farmers Market Toolkit is intended to help market operators put anti-racism concepts into practice and action at their markets. The toolkit development has been supported by the Farmers Market Coalition and is made for farmers markets operators everywhere who are ready to work towards running an anti-racist farmers market.

[Access the Toolkit HERE!](#)

The Farm Direct Nutrition Incentive Guide Site

The Farm Direct Nutrition Incentive Guide Site is a library database with more than 400 searchable resources gathered from across the farm direct nutrition incentives field for every stage of running a nutrition incentive program. These include comprehensive guides for those looking to plan a program at their site and Nutrition Incentives 101 for those new to incentives work.

[Learn more HERE!](#)

Why Safety and Vehicle Speed Are Incompatible Goals for Street Design

Smart Growth America and the National Complete Streets Coalition released a [new 9-minute video](#) breaking down how safety and speed are fundamentally incompatible. Learn why it's completely impossible to prioritize both safety and keeping cars moving quickly outside of limited access roads and what type of design solutions are available to help prioritize safety for people outside of vehicles.

[Watch the video HERE!](#)

Request for Comments for a New Information Collection from the Federal Highway Administration

The FHWA invites public comments about their intention to request the Office of Management and Budget's (OMB) approval for a new information collection system. The FHWA would like to establish a baseline inventory of both the enabling policies and implementation strategies for Complete Streets at the statewide level. Comments are due by June 27, 2022.

[Submit a comment HERE!](#)

Resources

[Community Compass](#)

[Educator Wellness Toolkit](#)

[Food Assistance Availability Map](#)

[Anti-Racist Toolkit for Food Banks](#)

[Indiana Grown for Schools](#)

[Indiana Active Living Guidebook](#)

[Indiana Healthy Worksites Toolkit](#)

[Indiana Safer Routes to School Guidebook](#)

[Indiana Shared Use Toolkit](#)

[Indiana Department of Health Internship Postings](#)

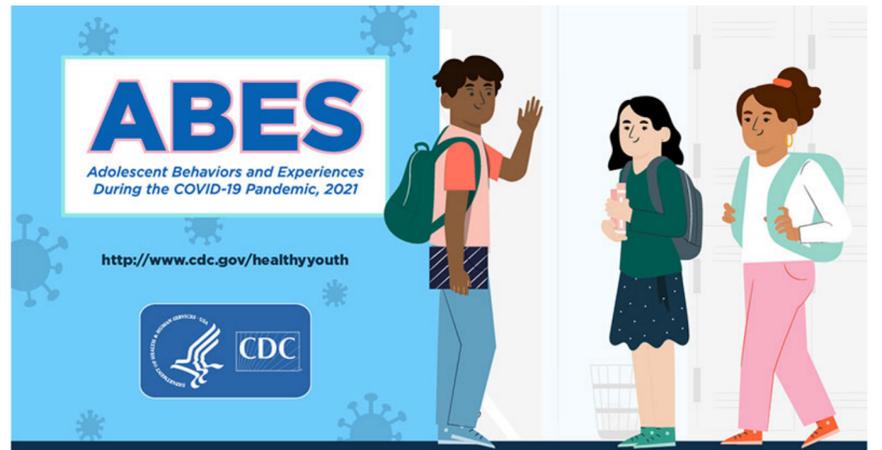
Questions for the DNPA?
Reach us [HERE!](#)

Interested in learning more about the Indiana State Nutrition Action Committee? Fill out [this form](#) to receive our monthly newsletter and receive updates regarding quarterly meetings and activities.

New Resources

New CDC Study Reports on Disruptions and Adverse Experiences among Adolescents during the COVID-19 Pandemic

CDC has released new data from the Adolescent Behaviors and Experiences Survey (ABES) highlighting the impact of the COVID-19 pandemic on our nation's youth. ABES is CDC's first nationally representative survey of public- and private-school high school students that assessed the well-being of U.S. youth during the COVID-19 pandemic. The survey provides results on students' behaviors and experiences during the pandemic, related to hunger and food insecurity, disruptions to student life, perceived racism among high school students, and telemedicine to access healthcare and counseling services. [Results can be found here on the ABES webpage.](http://www.cdc.gov/healthyyouth)



Mitigating Impact on Waiver Expiration

Many waivers were not extended for the 2022-23 school year, however USDA did announce some flexibilities available to states. Beginning on July 1, 2022, states will be able to apply for flexibilities. Find more information, including options for programs that will struggle with the loss of area eligibility waivers [in this USDA policy update](#) from the 2022 National Child Nutrition Conference. In light of the upcoming waiver expirations, No Kid Hungry has updated [a report](#) on leveraging COVID relief funds to mitigate impact. [Access the report here.](#)



Pathways to Population Health Equity: A Guide for State, Local, Tribal and Territorial Public Health Change Agents

A CDC-funded project was awarded to the Association of State and Territorial Health Officials (ASTHO) and created in collaboration with Wellbeing and Equity (WE) in the World. [This guide](#) is a health equity and population health planning and implementation framework designed to support public health leaders to strategically take action to advance equitable health and well-being over the short-, medium-, and long-term. The framework is adaptable to be used in a wide variety of public health environments — from tribal, territorial, local, county, and state health departments, to individual public health change agents and programs. [Learn more HERE!](#)



Center for Science in the Public Interest's (CSPI) Grant Opportunities

Deadline: June 12th, 2022

CSPI seeks to support communities as they explore policy interventions to elicit systemic change and advance a just and equitable food environment. CSPI is focused on identifying long-lasting partnerships and passing policies aimed at increasing the purchasing power for, and access to, nutritious food that meets people's needs, supporting a healthier food environment, and reducing health inequities across demographic groups. Please note that five of the six open opportunities begin with an initial LOI, with just one open opportunity requiring a full application. The deadline to submit initial LOI and application for this round of funding is June 12, 2022. If you have any questions, please contact grants@cspinet.org.

[View the funding announcement here.](#)

Gus Schumacher Nutrition Incentive Program - Produce Prescription Program

Deadline: June 30th, 2022

The National Institute for Food and Agriculture's (NIFA) Gus Schumacher Nutrition Incentive Program - Produce Prescription Program focuses on projects that improve dietary health through increased consumption of fruits and vegetables; reduce individual and household food insecurity; and reduce healthcare use and associated costs. Submissions for grants have now opened. Applications may only be submitted by government agencies and non-profit organizations; however, award recipients may sub-award to organizations not eligible to apply provided such organizations are necessary for the conduct of the project. [Apply here](#), or [read the RFA](#).

Community Health Worker Training Program

Deadline: June 14th, 2022

The U.S. Department of Health and Human Services, Health Resources and Services Administration opened a funding opportunity titled "[Community Health Worker Training Program \(CHWTP\)](#)." The CHWTP is a multiyear program focused on education and on-the-job training to build the pipeline of public health workers. This effort will support training and apprenticeship programs to help more people enter the health workforce and serve the critical role of trusted messengers to connect people to care and support, help ensure patients follow-up on their provider's recommendations and focus on preventive and protective factors that can improve health and well-being.

[Learn more and apply here.](#)

BUILD 4.0

Deadline: June 30th, 2022

The [BUILD Health Challenge \(BUILD\)](#) is looking to support up to 19 innovative community collaboratives from across the U.S. that are ready to put Bold, Upstream, Integrated, Local, Data-Driven plans into action. With a specific focus on strengthening partnerships between community-based organizations, hospitals and health systems, health plans, local health departments, and residents, BUILD awards are designed to support collaborations working to address upstream challenges and drive sustainable improvements in community health. Applications for funding accepted May 3 to June 30, 2022.

[Learn more and apply here.](#)

National Institute of Food and Agriculture Grant

Deadline: July 28th, 2022

The Agriculture and Food Research Initiative Sustainable Agricultural Systems supports approaches that promote transformational changes in the U.S. food and agriculture system. NIFA seeks creative and visionary applications that take a systems approach for projects that are expected to significantly improve the supply of affordable, safe, nutritious, and accessible agricultural products while fostering economic development and rural prosperity in America. [View the funding announcement here.](#)

Trailblazer Planning Grant

Deadline: August 1st, 2022

The Indiana CTSI CHeP Trailblazer Planning Grant supports development of community-university partnerships to improve health, examine social determinants of health (SDoH), or enhance health equity to result in future collaborative research proposals. The award can be used to establish new partnerships or to strengthen/expand existing community-university partnerships to solve critical health problems affecting Hoosiers. This award will not fund research pilot projects; instead, it will fund activities to help develop partnerships between organizations that have potential to later engage in joint research projects to address health, health equity or SDoH. The expected outcome of this award is the development of a future research proposal for opportunities such as the Trailblazer Award. Examples of partnership development activities we are interested in funding include meetings, conferences, travel expenses, and quality improvement assessments. There must be at least one university-based partner and one community-based partner. All partners must currently work in an Indiana-based institution or organization. Awards will be up to \$5,000.

[Learn more and apply here.](#)

Rural Transportation Field Scan Success Stories

Is your rural community working to increase transportation access, improve physical activity, and support economic development? [Smart Growth America](#) is conducting a Rural Transportation Field Scan and is looking for case studies to interview covering stories of successes and challenges for increasing transportation access, improving physical activity, and supporting economic development in rural areas. [Take this survey](#) or email Anushka Thakkar at athakkar@smartgrowthamerica.org if you are interested in telling your story or would like to recommend a community for its amazing work.

Benefits of Complete Streets Tool Case Studies

[Smart Growth America](#) is seeking to partner with up to 5 local communities to develop use case studies of the [Benefits of Complete Streets tool \(BCS tool\)](#) with communities across the country. Are you interested in using the tool to demonstrate the benefits of a planned or potential Complete Streets project in your local community? SGA staff will provide the support you need along the way by guiding you through the use of the tool and working with you to develop a written case study on our website based on the results. Fill out [this interest form](#) and/or direct your questions to Anushka Thakkar at athakkar@smartgrowthamerica.org to get started.

SNAC Spotlight Double Feature

Purdue Nutrition Education Program Advisor: Tracy Cochran

Submitted by Marcia Sweet

NEPA Tracy Cochran does not back down from a challenge. She is convinced she can make a healthier version of her clients' favorites that they will enjoy - and, along the way, persuade them to make other lifestyle changes.

She is so certain that she has started the "Challenge Tracy" campaign.

"I've found that senior centers/senior residents can be very...how shall we say it...divided/set in their ways/isolated, and so forth," Tracy explained. "So, I've started accepting challenges where they give me one of their favorite, not-so-healthy recipes, and I utilize a Purdue-approved recipe to give them a healthier alternative."

One agency challenged her to make hobo beans. The dish calls for, among other ingredients, bacon, brown sugar, and barbecue sauce.

"I chose MyPlate baked beans (utilizing ham instead of bacon - cut fat three-fold! - and added minced peppers just to name a couple things)," Tracy said.

Her seniors loved the new dish. The concept has become so popular that the agency is taking her up on the challenge. If their clients find a recipe healthier than Tracy's, they win a prize donated by the senior center.

"Seniors don't like to be talked at, but like to be talked to and engaged in activities," Tracy said.

Get to know Tracy:

What areas/counties do you serve?

"I work in Noble and Whitley Counties (but I've picked up other agencies when needs arise in LaGrange, Steuben, and DeKalb)."

What age groups do you most often work with?

"I work most often work with adults and older adults (equally)."



What is your favorite part about being a NEPA?

"My favorite part about being a NEPA is, of course, helping others make healthier changes to their diet/exercise plan!"

Do you have a success story you would like to share?

"It involved an older gentleman at a senior housing complex. He made one significant change: he stopped eating cream cheese. He had been eating cream cheese daily 'forever' per his self-report, because he thought it was healthy and counted toward his dairy intake. It was neat to see him learn new things and to be so proactive in making healthy change. He was one that asked a lot of questions and acted really appreciative."

What are some of your personal interests?

"My personal interests are volunteering at church and spending time with family and friends (cards and dominos). I also like to stay active, so working outside and fixing things around the house make me happy. I have been reading more and getting ready to start learning/practicing piano again."

SNAC Spotlight Double Feature

Purdue Nutrition Education Program Advisor: Tiffany Haug

Submitted by Marcia Sweet



Tiffany is one of the Purdue Nutrition Education Programs newest team members. Almost eight months ago, Tiffany brought her concern for people and passion for nutrition and wellness to NEP. In that short period of time, she has impacted the lives of dozens of her students. If you want to bring a NEP Advisor like Tiffany to your agency, please contact us at fnp@purdue.edu.

Get to know Tiffany:

What areas/counties do you serve?

"Vanderburgh and Posey Counties"

What group do you most often work with?

"Since January 2022, I have had the opportunity to work with children, adults, and older adults. As a newer NEPA, I do not want to limit myself to working with just one age group; therefore, I have tried to recruit all ages."

What is your favorite part about being a NEPA?

"My favorite parts about being a NEPA are being able to share my love for food and nutrition with others and hearing the positive feedback from participants. When a child runs up and asks for a hug after a lesson or an older adult (who uses a walker) walks from home in a downpour because they didn't want to miss the lesson – you know you have made an impact in some way and that's a great feeling."

Do you have a success story you would like to share?

"In February 2022, I provided a four-week series to older adults at a local community organization in Vanderburgh County. One of the goals of the curriculum is to increase the intake of fruits and vegetables. To help them achieve this goal, I provided full food demonstrations at each lesson to show participants how to prepare and cook different recipes."

While the participants said they enjoyed all the recipes, two seemed to be crowd favorites – Burrito Soup and Berry and Greens Smoothies. While I was preparing the Burrito Soup, one participant said they did not like black beans but would be willing to try it. She did and could not believe she did not taste the black beans (and even came back for a second helping)! The same thing happened with the Berry and Greens Smoothies – she could not taste the spinach. She continued talking about both recipes the remainder of the series and made sure to share her experience with participants who had missed out."

What are some of your personal interests?

"I enjoy being active and spending time outdoors with my family – hiking, kayaking, and playing sports. One of our goals for this year is to go camping and explore more state parks."



Pictured are a group of Tiffany's students who successfully completed the senior-focused Eat Smart, Live Strong program at the Carver Community Organization in Evansville.

Upcoming Events

Indiana Association of School Nurses Conference 2022

June 15-16th, 2022 @ Noblesville, IN

Join the Indiana Association of School Nurses at their annual conference June 15-16th in Noblesville, IN. This year their theme "Moving Forward with Courage and Compassion" will feature various speakers from the School of Medicine, Riley Hospital for Children, Indiana Department of Education, and the Indiana Hospital Association.

[Learn more and register for the event HERE!](#)



Indiana Rural Health Association 24th Annual Rural Health Conference

June 14-15th, 2022 in French Lick, IN

The Indiana Rural Health Association Annual Conference brings together physicians, nurses, pharmacists, public health professionals, and many other rural health professionals. Practitioners from the field and national experts discuss current topics in public health and rural health.

[Register for the event HERE!](#)



2022 Indiana School Health Network Conference

June 20-21, 2022 @ Indianapolis Marriott East Hotel

This year's theme of Celebrating School Health Successes is especially relevant as schools and communities continue to recover and succeed in our current COVID environment. Visit great exhibits and get the latest news and updates from school health professionals all around the state. Network with your peers and win prizes! Dynamic speakers, subject matter experts, exhibitors and networking opportunities will provide you with valuable information, resources, and inspiration to move your initiatives forward.

[Register for the event HERE!](#)



Upcoming Events

2022 Health Equity Summit: Health Equity in Action June 23-24th, 2022 9am-1pm EST, Online

Join Indiana Public Health Association (IPHA), Health by Design, and the Health Equity Action Team for the [2022 Health Equity Summit: Health Equity in Action](#)! Health equity is everyone's job. This two-day, virtual summit is open to anyone ready to learn or continue their work in addressing structural and institutional inequities. They will discuss how addressing health equity benefits all community members, demonstrate examples of health equity in action from around the state, and highlight opportunities for cross-sector collaboration to advance equity. You'll leave with tangible action steps to continue your learning and advocacy and plenty of resources and connections to support ongoing learning and long-term equity work!

[Register for the event HERE!](#)



Food Justice: Building and Sustaining an Equitable Food System

September 21st, 2022 9am-12pm EST

Join Hoosier Health and Wellness Alliance in a discussion on the challenges and successes communities across Indiana have faced when addressing food access. Explore how nutrition is impacted by health inequities and structural racism, while learning the intricacies of food systems and how you can take next steps toward food resilience in your own community.

[Register for the event HERE!](#)



Contact SNAC

Amy Rupp

SNAP-Ed Coordinator
arupp@isdh.in.gov
317-233-7267

Julia Brunnemer

SNAP-Ed Coordinator
jbrunnemer@isdh.in.gov
317-234-3498

Naima Gardner-Rice

SNAP-Ed and Nutrition
Programs Director
NGardner1@isdh.in.gov
317-234-3496

**NEXT MEETING:
August 3rd @ 1pm**

If you would like to have something featured in the SNAC Monthly Newsletter, please contact:
Amy Rupp at
arupp@isdh.in.gov

Examining Whiteness in the Food System

May 18th, 2022 @ 12pm EST

The Indiana Grown for Schools Network is excited to offer May's webinar entitled Examining Whiteness in the Food System. This webinar focuses on how white dominant cultural narratives play out in food insecurity and food access in the United States. The webinar frames ways in which whiteness impacts the food system, based in an historical context of structural racism. We also presented examples of how whiteness fuels power, decision-making, and investment in food systems.

[Register for the webinar HERE!](#)



Understanding Barriers to Equity within Farmers Markets

May 25th, 2022 @ 12pm EST

During this one hour webinar, Dr. James Farmer will walk us through research and findings pertaining to barriers to achieving equity within farmers markets and how we can begin to address those barriers.

[Register for the event HERE!](#)



Transform Your Pantry with Volunteers

May 18th, 2022 @ 1pm EST

Volunteers are an essential part of the charitable food system. As you incorporate the [More Than Food Framework](#), volunteers can often play a new role at the food pantry. Join the Foodshare Institute for Hunger Research & Solutions to hear from pantries across the country about the inventive ways they have reimaged volunteer roles and engaged their volunteers in their pantry transformations.

[Register for the event HERE!](#)

FOODSHARE

Advancing Continuity of Care through Warm Hand-offs & Care Accountability

May 24th, 2022 @ 1pm EST

[The National Association of County and City Health Officials](#) is hosting a webinar titled "Advancing Continuity of Care through Warm Hand-offs & Care Accountability". This is the fourth webinar of the eight-part series: ["Every Step of the Way through the 1,000 Days: Continuity of Care in Breastfeeding Support Blueprint."](#) This session will discuss implementing a care coordination system from the prenatal stage through weaning and handoff protocols during transitions of lactation care from one provider or setting to another.

[Register for the event HERE!](#)



Mix and Match Skillet Meal

Some believe it's faster and cheaper to drive through a fast-food lane. Not so! This one-skillet meal can be done in less than 30 minutes if you heat it on the stove and the ingredients cost about \$5. Not in a rush? Bake it in the oven and use the 45 minutes it takes to cook to rest, clean, or help the kids with their homework

Makes: 6 servings

Ingredients

- 1 cup uncooked grain
- 2 cups vegetables, fresh, frozen or canned, cut bite-sized
- 1 cup cooked protein, cut bite-sized
- 2 1/2 cups Sauce
- 2 teaspoons seasonings (or more, to taste)
- 3 tablespoons topping

Directions

To make in a skillet:

1. Combine all ingredients except topping in a large skillet.
2. Bring to a boil, stir occasionally, and then reduce heat to low. Cover and simmer until grains are tender, about 15 to 20 minutes, depending on the grain. Stir occasionally and add water if mixture becomes too dry.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.

To bake in an oven:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except topping in a casserole dish. Cover with a lid or aluminum foil and bake until grains are tender, about 45 minutes.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.



Ingredient Ideas:

Grain - try quicker-cooking grains such as bulgur, macaroni, quinoa, white or quick brown rice

Vegetables - try any mixture you have on hand

Protein - try any type of beef, pork, chicken, turkey, seafood, tofu, or beans

Sauce - try one of these:

- Soup: 1 can (10.75 ounces) condensed soup and 1 1/4 cup water or milk
- Soy-ginger: 1 Tablespoon cornstarch, 2 Tablespoons brown sugar, 1/4 cup soy sauce, 1 3/4 cup water or broth, 1 Tablespoon sesame oil (or vegetable oil)
- Broth: 2 Tablespoons flour (or 1 Tablespoon corn starch), 1 Tablespoon melted margarine or butter, 1/2 teaspoon salt and about 2 cups milk or broth to make 2 1/2 cups
- Tomato: 1 1/2 cups canned tomatoes with juice or tomato, enchilada or spaghetti sauce and water or stock to make 2 1/2 cups.

Seasoning - try cumin, garlic powder, oregano, basil, cilantro, hot pepper sauce

Topping - try grated cheese, nuts or seeds, crushed whole grain crackers



Extension - Nutrition
Education Program

 eatgathergo.org



Mezclar y combinar comida de sartén

Algunos creen que es más rápido y más barato conducir por un carril de comida rápida. ¡No tan! Esta comida de una sartén se puede hacer en menos de 30 minutos si la calientas en la estufa y los ingredientes cuestan alrededor de \$5. ¿No tienes prisa? Hornéalo y aprovecha los 45 minutos de cocción para descansar, limpiar o ayudar a los niños con sus deberes

Rinde: 6 porciones

Ingredientes

- 1 taza de grano crudo
- 2 tazas de verduras o enlatadas, cortadas del tamaño de un bocado
- 1 taza de proteína cocida, cortada del tamaño de un bocado
- 2 1/2 tazas de salsa
- 2 cucharaditas de condimentos (o más, al gusto)
- 3 cucharadas de cobertura

Direcciones

Para hacer en una sartén:

1. Combine todos los ingredientes excepto la cobertura en una sartén grande.
2. Lleve a ebullición, revuelva ocasionalmente y luego reduzca el fuego a bajo. Tape y cocine a fuego lento hasta que los granos estén tiernos, alrededor de 15 a 20 minutos, dependiendo del grano. Revuelva ocasionalmente y agregue agua si la mezcla se seca demasiado.
3. Agregue la cobertura antes de servir.
4. Refrigere las sobras dentro de 2 horas.

Para hornear en un horno:

1. Precaliente el horno a 350 grados F.
2. Combine todos los ingredientes excepto la cobertura en una cacerola. Cubra con una tapa o papel de aluminio y hornee hasta que los granos estén tiernos, aproximadamente 45 minutos.
3. Agregue la cobertura antes de servir.
4. Refrigere las sobras dentro de 2 horas.



Ideas de ingredientes:

Grano - pruebe con granos de cocción más rápida, como bulgur, macarrones, quinua, arroz blanco o integral rápido

Verduras - pruebe cualquier mezcla que tenga a mano

Proteína - pruebe cualquier tipo de carne de res, cerdo, pollo, pavo, mariscos, tofu o frijoles

Salsa - pruebe una de estas:

- Sopa: 1 lata (10.75 onzas) de sopa condensada y 1 1/4 taza de agua o leche
- Soy-jengibre: 1 cucharada de maicena, 2 cucharadas de azúcar morena, 1/4 taza de salsa de soya, 1 3/4 taza de agua o caldo, 1 cucharada de aceite de sésamo (o aceite vegetal)
- Caldo: 2 cucharadas de harina (o 1 cucharada de almidón de maíz), 1 cucharada de margarina o mantequilla derretida, 1/2 cucharadita de sal y aproximadamente 2 tazas de leche o caldo para hacer 2 1/2 tazas
- Tomate: 1 1/2 tazas de tomates enlatados con jugo o salsa de tomate, enchilada o espagueti y agua o caldo para hacer 2 1/2 tazas.

Condimento - pruebe con comino, ajo en polvo, orégano, albahaca, cilantro, salsa picante

Cobertura - pruebe queso rallado, nueces o semillas, galletas integrales trituradas



Extension - Nutrition
Education Program

eatgathergo.org



Berry and Greens Smoothies

Nutrition Education Program Advisor Tiffany Haug often gets skeptical looks as she adds spinach to a blender and announces that she is making this smoothie recipe. But it convinces her students every time that greens, which are a great source of fiber and rich in various vitamins and minerals, are worth the gamble!

Makes: 8-8oz. servings

Ingredients

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

Directions

To make in a skillet:

1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.



Tips:

- Add up to 1 cup more of nonfat milk if smoothie is too thick.
- Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.
- Use half of each ingredient to make four servings if this recipe makes too much.
- This is a good recipe to use over-ripe or frozen bananas.



Extension - Nutrition
Education Program

eatgathergo.org



Purdue University is an equal access/equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Batidos de bayas y verduras

La asesora del programa de educación nutricional, Tiffany Haug, a menudo recibe miradas escépticas cuando agrega espinacas a una licuadora y anuncia que está preparando esta receta de batido. ¡Pero convence a sus alumnos cada vez que vale la pena apostar por las verduras, que son una gran fuente de fibra y ricas en varias vitaminas y minerales!

Hace: 8-8oz. porciones

Ingredientes

- 2 plátanos medianos
- 2 envases (6 onzas cada uno) de yogur de vainilla sin grasa
- 3 tazas de verduras de hojas verdes, lavadas (col rizada o espinacas)
- 1 paquete (16 onzas) de bayas congeladas
- 1 taza de leche sin grasa

Direcciones

1. Ponga los plátanos, el yogur y las verduras en la licuadora. Mezclar hasta que esté suave.
2. Agregue las bayas a la licuadora. Mezclar hasta que esté suave.
3. Agregue leche a la licuadora. Mezclar hasta que esté suave.
4. Sirva inmediatamente o congele en porciones individuales



Consejos:

- Agregue hasta 1 taza más de leche descremada si el batido es demasiado espeso.
- Coloque los batidos congelados en el refrigerador durante al menos 12 horas para descongelarlos antes de servirlos. Agite bien para mezclar los ingredientes antes de servir.
- Use la mitad de cada ingrediente para hacer cuatro porciones si esta receta rinde demasiado.
- Esta es una buena receta para usar plátanos demasiado maduros o congelados.



Extension - Nutrition
Education Program

eatgathergo.org



Purdue University is an equal access/equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).