

Food for Thought

May 2018

Why Plant a Garden?

You don't need a huge yard to experience the benefits of gardening. Container gardens are great for small spaces, and are perfect for balconies, patios, or places where you can't plant in the ground. You'll be amazed by how much food you can grow in just a couple of pots! Starting a garden of your own whether it be in the ground or in containers has so many benefits.



- 1. Gardening promotes a healthy lifestyle.** Digging, planting, and harvesting vegetables are all great ways to get kids active. Even young children can help by watering plants with a small watering can, or digging or raking soil with child-sized tools. Gardening also teaches important lessons about nutrition and where our food comes from — and even kids who don't like veggies often get excited about eating the ones they've grown themselves!
- 2. Gardening brings families together.** With hectic schedules and busy lives, it's more important than ever to make time for family activities. Kids, parents, grandparents and friends can all work together in the garden — there are things for everyone, young and old, to do and learn. A garden is a great way to continue or even start family traditions; children can learn to plant seeds from parents or grandparents, older kids can teach younger ones, and you might even be surprised when your child points out an insect that you wouldn't have noticed!
- 3. Gardening is educational.** A garden isn't just a place to grow tasty fruits and veggies — it's also a hands-on classroom. In the garden, kids learn about plants, insects, nature and science, as well as curiosity, teamwork, and problem-solving. A plant needs care and attention to thrive — if you neglect it, it will wilt and die. Fortunately, though, plants are resilient and will usually spring back with a good watering. Children learn important lessons about responsibility from tending a garden... and a harvest of delicious fruits and veggies is the best reward!
- 4. Gardening is economical.** Plant starts and seeds are inexpensive, and garden beds can be built with recycled materials. With a bit of work, your garden will produce delicious fruits and vegetables, saving you money *and* trips to the grocery store! Many people don't know that food stamps can be used to purchase food producing seeds and plants.



Strawberry & Kale Smoothie

1 cup strawberries
1 ripe banana, frozen
3-4 ice cubes

1/2 cup kale
1 cup low-fat yogurt
1/4 cup fat-free milk or 100% juice



- 1.** In the jar of a blender, add the kale, then the strawberries and yogurt.
- 2.** Slice banana and add to blender.
- 3.** Add ice and milk, and blend until smooth. You may want to add half the milk and then check the consistency, adding more if needed.

May 2018 North Idaho Eat Smart Idaho Nutrition Event Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
1	<u>2</u> <u>Choosing to Move More Throughout the Day @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 11:00</u>	<u>3</u> <u>Choosing More Fruits & Veggies Nutrition Demo @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</u>	<u>4</u> <u>Family Celebration Event @ St. Maries Head Start – 1230 Main Ave. – St. Maries – 3:00 to 5:00</u>	5
<u>8</u> <u>Borah Spring Fling @ Borah Elementary – 632 E. Borah Ave. – CDA – 3:30 to 5:30</u>	<u>9</u> <u>Choosing More Fruits & Veggies @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 11:00</u>	<u>10</u> <u>Make Half Your Grains Whole Nutrition Demo @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</u>	<u>11</u> <u>Fix it Safe @ Moscow Hope Center – 1212 W. Pullman Rd – CDA – 4:10 to 5:10</u>	12
15	<u>16</u> <u>Fix it Safe @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 11:00</u>	<u>17</u> <u>Choose Low-Fat Dairy Nutrition Demo @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</u>	18	<u>19</u> <u>Think Your Drink Demo Featuring Moscow Food Co-op's Blender Bike @ Moscow Farmer's Market – Moscow – 9:00 to 12:00</u>
22	<u>23</u> <u>Plan: Know What's for Dinner @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 11:00</u>	<u>24</u> <u>Choosing More Fruits & Veggies Nutrition Demo @ Potlatch Food Bank – 510 Pine St. – Potlatch – 10:00 to 12:00</u> <u>Looking at Added Sugar Nutrition Demo @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</u>	25	26
29	<u>30</u> <u>Shop: Get the Best for Less @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 11:00</u>	<u>31</u> <u>Think Your Drink Nutrition Demo @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</u>		

Eat Smart Idaho classes can help you eat well for less, contact your local Nutrition Advisor:

Benewah, Kootenai & Shoshone Counties
 Bonner & Boundary
 Latah
 Clearwater or Nez Perce
 Idaho or Lewis

446-1680
 263-8511
 883-2267
 799-3096
 983-2667



To contact the Eat Smart Idaho Coordinator: **Kali Gardiner, RD, LD** Phone: 446-1680
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Sources: http://ucanr.edu/sites/Nutrition_BEST/Gardening/ Retrieved 4/25/18

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