

Food for Thought

March 2018

Go Further with Food

National Nutrition Month® is celebrated each year in March. This year's theme, "Go Further with Food," is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference.

Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.



Key Messages for this month include:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.

Black Bean Sliders

2 cans no salt added black beans, drained and rinsed
½ cup finely chopped red onion
1 egg, beaten
¼ teaspoon pepper

2 carrots, finely chopped
½ cup seasoned breadcrumbs
2 teaspoons chili powder



Directions

1. Place 1½ cups of the black beans into a large bowl and mash well using a potato masher. Add in the remaining black beans and the rest of the ingredients and mix very well.
2. Scoop ¼ cup out at a time and form into a patty. Repeat for the remaining patties.
3. Heat a non-stick skillet over medium heat. Spray the skillet with either cooking spray or a teaspoon of oil. Place the patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side.
4. Remove from skillet and enjoy as is, or on slider buns with various toppings.

March 2018

North Idaho Eat Smart Idaho Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! 			1 <u>Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00	2 <u>Choosing to Move More Throughout the Day</u> @ Moscow Hope Center – 1212 W. Pullman Rd – Moscow – 4:10 to 5:10
5 <u>Plan: Know What's for Dinner</u> @ Heritage Health – 1090 W. Park Pl.– CDA – 10:00 to 11:00	6	7	8 <u>Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00 <u>Shop for Value, Check the Facts</u> @ Latah Recovery Center – 531 S. Main – Moscow – 5:00 to 6:00	9
12	13 <u>Nutrition Demo</u> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 11:00 to 1:00	14	15 <u>Nutrition Demo</u> @ Moscow Food Bank – 110 N. Polk – Moscow – 2:00 to 4:00 <u>Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00	16
19	20	21	22 <u>Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00	23
26	27	28	29 <u>Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:30 to 4:00	30

Sources: www.eatright.org; retrieved 02/26/18

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Panhandle	446-1680
Clearwater, Latah or Nez Perce	883-2267
Idaho or Lewis	983-2667



To contact the Eat Smart Idaho Coordinator:

Kali Gardiner, RD, LD
 Phone: 446-1680
 E-mail – kalig@uidaho.edu
 Web: www.eatsmartidaho.org

This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP), the Idaho Department of Health & Welfare Food Stamp Program and University of Idaho.

SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number.

The USDA, Idaho Department of Health & Welfare and University of Idaho is an equal opportunity providers and employers.