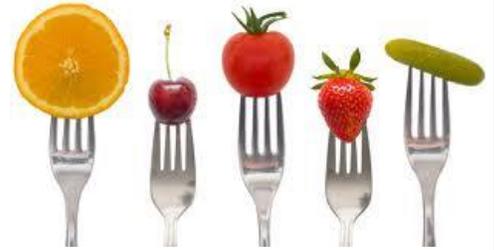


Food for Thought

March 2019

March is National Nutrition Month®

The National Nutrition Month® campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.



Key Messages include:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Registered Dietitian Nutritionists (RDN) provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Apple Cinnamon Bars

4 apple (medium)

1/2 teaspoon cinnamon

1/2 cup shortening

1 cup flour

1/2 cup brown sugar

1/2 teaspoon baking soda

1 cup oats (uncooked)

1. Preheat the oven to 350°.
2. Stir flour, salt, baking soda, cinnamon, brown sugar, and oats together in a mixing bowl.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares. It will fall apart easily.



March 2019

North Idaho Eat Smart Idaho Schedule

| Tuesday | Wednesday | Thursday | Friday | |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</p> | <p>6 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00</p> | <p>7 <u>Shop: Get the Best for Less Demo @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00 <u>Plan: Know What’s for Dinner @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 11:00 to 12:00 <u>Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00</p> |  | |
| <p>12</p> | <p>13 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00</p> | <p>14 <u>Shop for Value, Check the Facts Demo @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00 <u>Shop: Get the Best for Less @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 11:00 to 12:00 <u>Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00</p> | | <p>15 <u>Nutrition Demo @ Area Agency on Aging</u> – 2120 N. Lakewood Dr. Ste. B – CDA – 9:30 to 12:30 <u>Nutrient Knowledge @ Juliaetta Food Pantry</u> – 614 Main St. – Juliaetta – 1:00 to 3:00 <u>Shop for Value, Check the Facts @ Juliaetta Community Center</u> – 614 Main St. – Juliaetta – 3:30 to 5:00</p> |
| <p>19 <u>Nutrient Knowledge Demo @ Deary Food Bank</u> – 405 Main St. – Deary – 1:00 to 3:00</p> | <p>20 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00 <u>Nutrient Knowledge Demo @ Troy Food Bank</u> – 106 E. 6th St. – Troy – 4:00 to 7:00</p> | <p>21 <u>Nutrition Demo @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00 <u>Shop for Value, Check the Facts @ Christ the King Food Bank</u> – 1700 E. Pennsylvania Ave – CDA – 11:00 to 12:00 <u>Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00</p> | | <p>22</p> |
| <p>26 <u>Whole Grains Demo @ CAP Food Bank</u> – 124 New 6th St. – Lewiston – 1:00 to 3:00</p> | <p>27 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00</p> | <p>28 <u>Whole Grains Demo @ Potlatch Food Bank</u> – 510 Pine St. – Potlatch – 10:00 to 12:00</p> | | <p>29</p> |

Sources: www.eatright.org; <https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyEatingonaBudgetCookbook.pdf> retrieved 02/26/19

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



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