

## Healthy Plate, Healthy Community

A very important goal of the Antigo Community Food Pantry (ACFP) is to positively impact the health of the community. All programs at the ACFP including Weekend Backpack, Emergency Food Packages, and the biweekly Pantry distributions focus on offering healthy food to recipients.

The ACFP operates under the federal MyPlate guidelines ([www.choosemyplate.gov](http://www.choosemyplate.gov)) along with a nutrition policy as it seeks to educate individuals and support community health. Providing learning opportunities that encourage individuals to make healthy choices appropriate for their specific circumstances is a key component of the ACFP mission. ACFP's nutritional education approach is a long-term commitment that is expected to evolve over time, and hopes, ultimately, to go beyond filling bellies to nourishing healthy, productive lives.

Education efforts are delivered to all interested individuals involved with ACFP in many different ways. Beth Meyer, UW-Extension Nutrition Educator, presents demonstrations during distributions on how to prepare healthy dishes using ingredients available at the Pantry. This week individuals at the Pantry will be able to watch as Meyer creates a blender salsa. Best of all, everyone gets to sample the wonderful recipes.

ACFP puts out a monthly newsletter offering healthy recipes and tips for healthy living. Nutrition-related literature is available at each distribution, and newsletters from UW-Extension containing healthy eating ideas go home in back packs through the WEB program. ACFP's Facebook page is filled with healthy food suggestions. Check it out!

In the near future, funds supporting the purchase of a "smart" TV will allow the ACFP to display nutritional tips to clients who are waiting to shop. To facilitate these educational opportunities, ACFP is currently seeking a volunteer to coordinate its educational efforts. Please contact the Pantry if you are interested (715-623-1103).

In June, education focused on portion size. An article shared by Meyer tells the sad truth of how portion sizes have increased over the last 20 years. A cheeseburger twenty years ago contained 333 calories. Today's average cheeseburger is much larger and comes along with 590 calories. The average pizza slice has increased by over 350 calories. During July, the educational focus is on the benefits of exercise and drinking healthy beverages.

As well as striving to provide educational materials on healthy eating, the ACFP also tries to encourage cooking from scratch. In this fast-paced society, some of the "old-fashioned" techniques of preparing food have been lost. ACFP recently offered handouts on measuring accurately, adjusting a recipe carefully, and substituting wisely. For instance, one small clove of garlic is equivalent to 1/8 teaspoon of garlic powder.

As a learning community, ACFP relies on community partners for educational resources and often uses UWEX Food Sense materials. Recently, clients received a Food Sense handout on eating healthy during the summer that reminded individuals to choose lean meats for grilling, to add fruits and veggies to the grill, and to pack healthy snacks like fruit, veggies, and whole grain bars for road trips.

This Food Sense recipe for a refreshing summer salad was recently distributed at the ACFP. It is provided in the spirit of sharing knowledge and in support of the vision of “Healthy Plate - Healthy Community.” Enjoy!

### **ZESTY WHOLE GRAIN SALAD**

#### **INGREDIENTS**

2 c. whole grain (brown rice, quinoa)	2 apples, chopped
2 tablespoons oil (canola or vegetable)	1/2 c. nuts, chopped (pecans, walnuts)
1/4 c. apple cider vinegar	1/2 c. dried fruit (cranberries, cherries, raisins)
1 tablespoon honey	1 bunch kale (about 6 cups) or a 10-ounce
Salt and pepper to taste	package of spinach (torn into bite-size pieces)

#### **INSTRUCTIONS**

- Cook whole grain according to package directions. Cool.
- Whisk together oil, vinegar, honey, salt, and pepper in a large bowl.
- Stir apples, nuts, dried fruit, and whole grain into dressing.
- Toss greens with other ingredients.