

Just Say Yes

To Fruits & Vegetables

01 Raw vs. Cooked Vegetables
Don't worry about it! You can't go wrong with veggies.

02 Exercise - Can't Live Without It!
Learn how you can exercise at home with these great physical activity handouts.

EAT WELL. LIVE WELL.

SUMMER
IS HERE!



Summer Newsletter 2017

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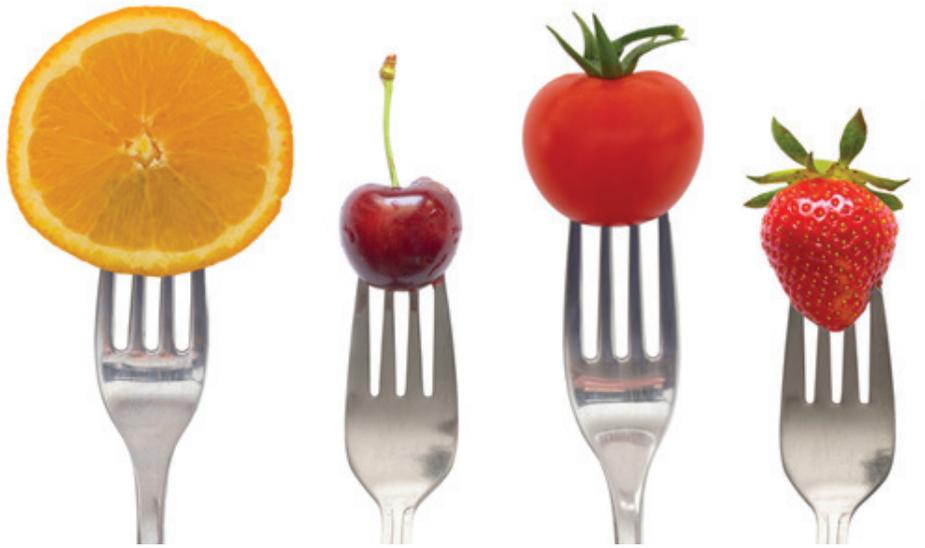
DOES COOKING VEGETABLES "KILL OFF" NUTRIENTS?



Vegetables have health benefits whether you eat them cooked or raw

There are many ways to enjoy the health benefits of vegetables. While some vitamins may be lost when vegetables are cooked, certain nutrients may be easier for your body to absorb after the vegetables are cooked. As an example, cooking carrots can reduce their levels of vitamin C, while increasing their available beta-carotene.

In general, there is no need to worry about cooking your vegetables and missing out on their nutritive value. If you would like to improve your overall health, just eat more veggies of different colors, choose the ones you like and eat them roasted, steamed, grilled or baked - whatever your preference. Try to eat at least 3 servings of vegetables a day!



Here are some tips:

Steaming

This cooking method is fast and easy, and generally maximizes a vegetable's nutrient content since, for the most part it does not lose nutrients when steamed. Steam broccoli florets with sliced carrots and garlic for an easy, delicious side dish.

Roasting

Since this method does not involve adding water, the vitamin and mineral content of the vegetables are well maintained.

According to studies, roasting maintains most of the vitamins, especially the B vitamins, in various types of vegetables.

Roast peppers, onions, and garlic with a little olive oil to make a colorful side dish; use the leftovers to add a delicious smoky flavor to a stew or soup!

Fermenting For Digestive Health

Fermenting vegetables is a terrific way to obtain natural probiotics. Probiotics not only improve digestion, but they also reduce flatulence! Here is a recipe to make homemade sauerkraut with cabbage and salt -

<http://nourishedkitchen.com/homemade-sauerkraut/>

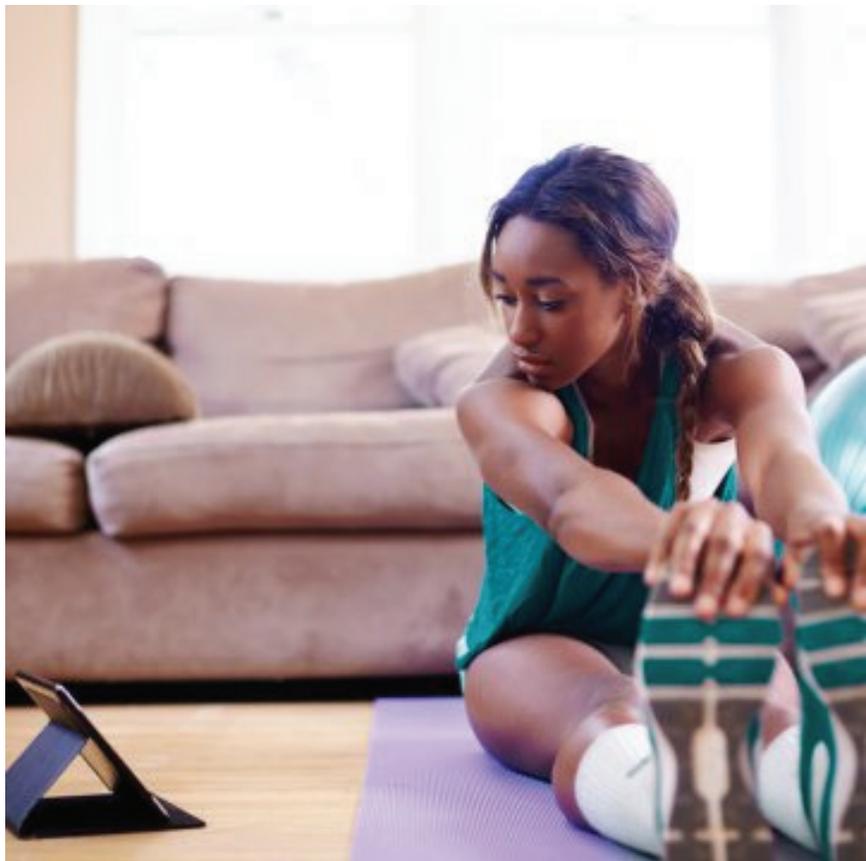


EXERCISE - CAN'T LIVE WITHOUT IT!

Health experts say, "If exercise were a pill, everyone would want to take it."

Most scientists agree about the amazing benefits of exercise, from helping you think faster and improving your mood, to easing joint pain and giving you more energy. Physical activity not only aids in the prevention of many cancers, it also decreases the risk of heart disease, dementia, diabetes, obesity, and osteoporosis. It is recommended to get at least 150 minutes of moderate exercise each week (30 minutes, 5 days a week)—more is even better!

Provide your clients with these physical activity handouts so they can exercise right in their homes:



Warm up, cool down, and stretch:

https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P04_WarmupCooldownAndStretch.pdf

Strength Training:

https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P32_SampleStrengthActivityPlanForBeginners.pdf

Exercise on a budget:

https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P07_ExerciseOnABudget.pdf

Warm weather exercise guidelines:

https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P18_WarmWeatherExerciseGuidelines.pdf

HEALTHY PANTRY INITIATIVE

Are you looking to increase the distribution and accessibility of healthy food items at your food pantry?

In January of 2017, ten food pantries in our network implemented the Healthy Pantry Initiative (HPI).

The goal of the HPI is to promote healthier food options e.g., dried beans, brown rice and seasonal vegetables, by using “nudges,” a conventional marketing technique that attempts to make food more appealing and easier to access.

Some of the nudges used included:

- Product placement - brown rice was moved from the bottom shelf to the middle shelf making it easier for clients to select.
- Recipe cards - various brown rice recipe cards were placed in a recipe holder next to the brown rice.
- Shelf tags - signs were placed to help clients identify brown rice on the shelf, in addition to posters and small signs stating the health benefits of consuming brown rice. Signage was also displayed near shopping carts and on the wall of the pantry waiting area.
- Other HPI strategies included tasting demos and educating the pantry staff about the benefits of consuming the foods being “nudged”.



Here are examples of HPI implemented at different sites:



WHAT IS IN SEASON?

With the change in season, switch up the fruits and vegetables you eat! Here is a list of what's in season this summer:



June - July - August

Vegetables

Beets
Bell Peppers
Butter Lettuce
Chayote Squash
Chinese Long Beans
Corn
Cucumbers
Eggplant
Endive
Garlic
Green Beans
Green Soybeans (Edamame)
Jalapeno Peppers
Lima Beans

Lettuce
Okra
Peas
Radishes
Shallots
Sugar Snap Peas
Summer Squash
Tomatoes
Winged Beans
Yukon Gold Potatoes
Zucchini

Fruits

Apples
Blueberries

Cantaloupes
Cherries
Melons
Nectarines
Peaches
Pears
Plums & Pluots
Raspberries
Strawberries

This is a handout you can share with your clients.

SUMMER LENTIL SALAD

Lentils provide great nutrition; they are high in fiber, low in fat and are a good source of protein. They are easy to cook and do not need soaking. They are a perfect legume to try this summer. Enjoy this delicious Summer Lentil Salad recipe on top of brown rice or by itself.

Photo by Kitchen-Confidante.com

Get the recipe here: <http://kitchenconfidante.com/summer-lentil-salad-recipe>