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**February Reminders**

JFCS will be closed the following day(s) in February.

- Presidents' Day ( February 20th).

**March Pantry Dates**

- March 6th & 7th
- March 13th & 14th

**Ingredient of the Month: KALE**

**If you have not tried kale yet, now may be the time. This super green is packed to the max with nutrition that puts it high on the list of the world's healthiest foods.**

Even spinach cannot come close in comparison to the number of nutrients that kale provides. Including kale in your diet provides nutrients that support healthy skin, hair and bones, as well as healthy digestion and a reduced risk of heart disease. Other possible health benefits of kale include improving blood glucose control in diabetics, lowering the risk of cancer, lowering blood pressure and lowering the risk of developing asthma.

**Kale's nutritional breakdown**

Kale is a leafy green cruciferous vegetable that is chock-full of essential vitamins C and K, vitamin A in the form of beta-carotene, and minerals like copper, potassium, iron, manganese and phosphorus. A cup of chopped fresh kale has only about 8 calories but contains 24 mg of calcium, 79 mg of potassium, and 17 mcg of folate.

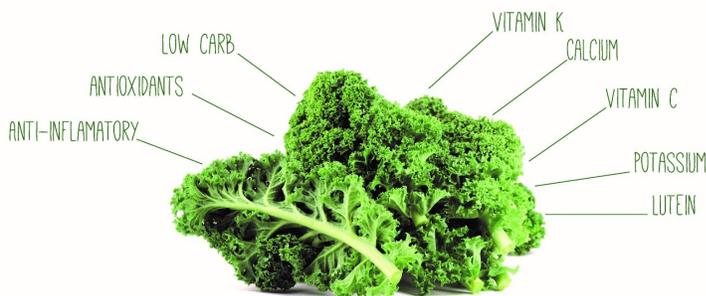
One cup of cooked kale has over 1000% more vitamin C than a cup of cooked spinach and, unlike spinach, kale's oxalate content is very low which means that the calcium and iron in kale are highly absorbable in the human digestive system.

**What to do with kale**

- Sauté fresh garlic and onions in extra-virgin olive oil until soft. Add kale and continue to sauté until desired tenderness.

- Kale chips: Remove the ribs from the kale and toss in extra-virgin olive oil or lightly spray and sprinkle with your choice or a combination of cumin, curry powder, chili powder, roasted red pepper flakes or garlic powder. Bake at 275 degrees Fahrenheit for 15-30 minutes to desired crispness.
- In a food processor or a high-speed blender, add a handful of kale to your favorite smoothie for a nutrient blast without a big change in flavor.
- If using kale raw in salads, it is a good idea to massage the kale (scrunch it briefly in your hands) to begin the breakdown of the cellulose in the leaves, thereby helping to release the nutrients for easier absorption.

**BENEFITS OF KALE**



**PER CALORIE KALE HAS**  
MORE IRON THAN BEEF  
MORE CALCIUM THAN MILK  
10% MORE VITAMIN C THAN SPINACH

## Kale with Stewed Tomatoes and White Beans

4-6 servings



### INGREDIENTS:

- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 2 Tbsp. olive oil
- 8-9 cups chopped kale
- 2 Tbsp. red wine vinegar
- 2 15 oz. cans of stewed tomatoes
- 1 15 oz. can cannellini beans, drained and rinsed
- Salt and pepper to taste

### DIRECTIONS:

Heat oil in a large braising pan over medium heat. Add onions and garlic, saute for 2-3 minutes without burning garlic. Add kale, a little at a time, gently tossing with tongs and letting each batch cook down a bit. Season kale with salt and pepper and add red wine vinegar.

Add stewed tomatoes and beans. Gently toss to combine.

Let cook for 10 minutes until kale is cooked down completely. Taste for seasoning. ENJOY!

Healthy  
Living

## 4 Sweet Treats Under 80 Calories

1. **Chocolate-dipped strawberries**  
2 strawberries dipped in 1 tablespoon Baker's Dark Semi-Sweet Dipping Chocolate (74 Calories)
2. **White hot chocolate** 1/2 tablespoon Ghirardelli Sweet Ground White Chocolate Powder with 1/2 cup skim milk and a dash of cinnamon (68 Calories)
3. **Berries and whipped cream** 10 raspberries with 1/8 cup light whipped topping (54 Calories)
4. **Mini chocolate fondue** 1/3 ounce melted dark chocolate chips with 10 miniature marshmallows (69 Calories)





# Heart-Health Tips

**Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart.**

1. Rather than tempting your beloved with sweets, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade love note.
2. Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.
3. If your kids are having a party at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.
4. Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.
5. Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.
6. Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness.
7. Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
8. Take it slow – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.
9. Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.
10. Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way. These healthy substitutions can help you cut down on saturated fats, trans fats, salt (sodium), and added sugars, while noticing little, if any, difference in taste.



United Way  
of Greater Mercer County

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CALL 2-1-1 FOR MORE INFORMATION



# FREE PROFESSIONALLY PREPARED TAX RETURNS

**FACE-TO-FACE TAX PREPARATION**

*For families making less than \$65,000*

## WHERE



**UNITED WAY OF GREATER MERCER COUNTY**  
3150 Brunswick Pike, Crossroads Corporate Center  
2nd Floor, Ste 230, Lawrenceville, NJ 08648  
*\*Next to Motor Vehicle Inspection Station*

## WHEN



**Walk-In and Appointments (Call 2-1-1)**  
**Mon - 3 PM-7 PM**  
**Thurs - 2 PM-6 PM**  
**No Taxes 2/20**  
**Call 609-896-1912**

## ADDITIONAL LOCATIONS

*\*español*

**Arm In Arm (Formerly Crisis Ministry): 121 East Hanover St., Trenton**  
Walk-Ins, Fri — 9am-3pm

**Boys & Girls Club: 212 Centre St., Trenton**  
Walk-Ins, Mon & Tue — 9am-2pm, No taxes 2/20

**Boys & Girls Club: 1040 Spruce Street., Lawrence**  
Walk-Ins, Wed — 8:30am-1pm

**Catholic Charities: 39 North Clinton Ave., Trenton**  
Walk-Ins, Tue & Thu — 2pm-6pm

**Catholic Charities - El Centro: 327 S. Broad Street, Trenton \***  
By Appointment, Wed — 10am-2pm, 609-394-2056

**Hamilton Public Library — No Phone Calls**  
**1 Justice Samuel A. Alto Way, Hamilton**  
Walk-Ins, Wed & Thu — 9am-12pm

**HomeFront: 1880 Princeton Ave. #3, Lawrence**  
Mon — 9am-1pm, 609-989-9417

**Latin American Legal Defense & Education Fund \***  
**669 Chambers Street, Suite B, Trenton**  
Walk-Ins, Tue — 4pm-6pm  
By Appointment, Saturday — 10am-1pm, 609-688-0881

## FREE TAX PREP

### BRING THE FOLLOWING:

Picture ID; Social Security Cards (or ITINs) and dates of birth for the taxpayer, spouse, children, and any other dependents you are claiming. Note: if you are married filing separately, you'll need your spouse's social security number and need to know whether they itemized on their return; Dates of birth for all taxpayers and dependents; W2 forms; Bring your year-end pay stub; 1099 forms; Unemployment amounts paid and taxes withheld, statement online; Last paystub or end of year pension statements; Year-end retirement account summaries (ex. 5498s) (Balances in IRA accounts at year end); Any other tax forms you received (1098-Ts); ACA healthcare forms 1095-A, 1095-B, or 1095-C and insurance information with months of coverage for each person in the household; Medical expenses- TOTALED. Don't forget eyeglasses or contact lens receipts or medical mileage; Charitable Contributions TOTALED- separate cash contributions (cash, check, credit card) and non-cash contributions (ex: clothing & furniture). Church printout. Receipt for any contribution of \$250 or more; Rent or mortgage interest statement; All property tax information (green card, PTR 1, PTR 2, homestead rebate amount); copy of 2015 income tax return; bank account and routing number. 12/17

**Call 2-1-1 for additional sites, dates and times**

*EITC does not count as income for TANF, Food Stamps, SSI, Medicaid or public housing. Social Security cards are required.*