

Inside this issue:

- Spring into New Pantry* |
- Balanced Shopping* |
- What's Cooking in Gale's Kitchen* 2
- What's on Your Balanced Plate?* 3
- Change up Your Protein Sources* 4

Spring into a New Pantry!

Spring is often associated with new beginnings, fresh starts, and re-starts! Here at the Ohel Avraham Pantry, we have been working during the cold months to be able to make changes that will be beginning to take shape this April.

After reflecting on some of the current practices in the pantry and talking to our families who use the pantry regularly, we were able to identify several

places that we hoped we could improve. Families let us know what kinds of foods and other items they most look forward to seeing in the pantry, and open with feedback about places for improvement.

We hope you like what you see and experience, and we look forward to hearing your thoughts



Spring blossoms are in full bloom in Mercer County!

and constructive feedback through our consumer satisfaction survey!

Balanced Shopping Sized to Your Family

As part of a larger pantry effort to support healthy eating, we have traded in the “pantry cards” for a “pantry points” system.

Although they work in a similar way, the new pantry points approach is tailored more specifically to your family size and composition (i.e., the age group of people in your home) and supports your efforts to eat a balanced diet.

The US Department of Agriculture has recently released new recommendations of servings of different types of foods for optimal nutrition and



healthy weight that vary depending on a person's age, and we have taken those recommendations to inform the pantry points your family can use while visiting the Ohel Avraham Pantry.

Pantry points are divided between grains, vegeta-

bles, fruits, protein, dairy and extras (sandwich condiments, salad dressings, spices, herbs, etc.) to encourage a balanced plate and lifestyle.

When you come into the pantry, we'll be able to figure out the pantry points that reflect your

unique family and then you are free to begin using your points as you choose from each food group or we can help get you started.

Unlike most grocery stores, our pantry doesn't “charge” more items for whole grains, low salt, no sugar added, or organic foods. You can use your points as you'd like for your family—as you know best the preferences and health goals of your family. The first month may take a bit more time to shop while we adjust to the points, but it shouldn't take long to get the hang of things!

What's Cooking in Gale's Kitchen?

Fresh, Healthy, Simple and Delicious Meals from Gale Cohen, RD, CDE

The new MyPlate recommendations from the USDA focus on increasing fruits and veggies and on getting protein from a variety of low fat sources, and this month Gale's showing us three ways to do just that!

Roasted Butternut Squash

A fix it and forget it recipe—after a few minutes of prep, throw this in the oven while you finish whatever else you have going!



Image from Lisa's Dinner Time Dish

Ingredients:

- 1 whole butternut squash, peeled, seeded and cut into a medium dice
- 1-2 Tbsp olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 450 degrees
- Toss squash in a large bowl with oil; season with salt and pepper
- Arrange in a single layer on a baking sheet (may need 2 sheets, depending on size)
- Roast 15-20 minutes in center rack of oven, until tender

BBQ Flavored Turkey Meatloaf

Gale promises you won't miss the "meat" in this turkey-loaf!

Ingredients:

- 1 pound ground turkey
- ½ cup plain bread crumbs
- 1 medium onion, finely chopped
- ½ cup bar-b-q sauce plus ¼ cup for topping (I use Sticky Fingers brand, but use your favorite)
- 2 Tbsp Worcestershire sauce
- 1 egg
- ¼ tsp each – salt and ground pepper

Instructions:

- Preheat oven to 350 degrees
- Mix all ingredients well in a large mixing bowl
- Put mixture into loaf pan (9x5)
- Spread ¼ cup bar-b-q sauce on top and bake 1 hour
- Let sit for 5-10 minutes before slicing

Tasty Turkey Burgers

Avoid the salt, fat, and long lines at the burger joint on the block with these tasty burgers!

Ingredients:

- 1 pound ground turkey
- 1 cup oatmeal, uncooked (quick or Old-Fashioned)
- ¾ cup finely chopped onion
- ¾ cup finely chopped green or red bell pepper
- ¼ cup ketchup
- 2 cloves garlic, minced

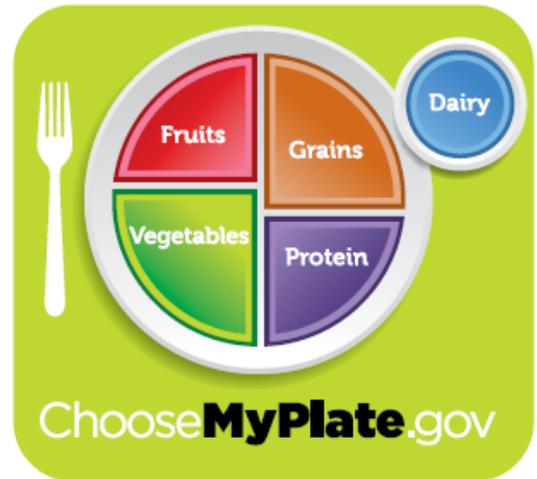
Instructions:

- Combine all ingredients in a large bowl and mix well
- Shape into 4 burgers
- Grill or broil burgers, about 15-18 minutes, turning once

Daily Recommendations from ChooseMyPlate.gov

Check out the table below to see how to fill your plate for a balanced diet— your nutritional needs vary depending on your age and gender.

Have questions about just what an ounce or a cup serving is? Ask Gale or consult ChooseMyPlate.gov for several examples and other tips to help you with portion sizes!



ChooseMyPlate Daily Nutritional Recommendations

Person	Grains (Oz)	Veggies (Cups)	Fruit (Cups)	Protein (Oz)	Dairy (Cups)
Children 2-3	3.0	1.0	1.0	2.0	2.0
Children 4-8	5.0	1.5	1.0	4.0	2.5
Girls 9-13	5.0	2.0	1.5	5.0	3.0
Girls 14-18	6.0	2.5	1.5	5.0	3.0
Boys 9-13	6.0	2.5	1.5	5.0	3.0
Boys 14-18	7.0	4.0	2.0	6.5	3.0
Women 19-30	6.0	2.5	2.0	5.5	3.0
Women 31-50	6.0	2.5	1.5	5.0	3.0
Women 51+	5.0	2.0	1.5	5.0	3.0
Men 19-30	8.0	3.0	2.0	6.5	3.0
Men 31-50	7.0	3.0	2.0	6.0	3.0
Men 51+	6.0	2.5	2.0	5.5	3.0

Healthy Living Back Page



United States Department of Agriculture

10 tips
Nutrition Education Series

vary your protein routine



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.