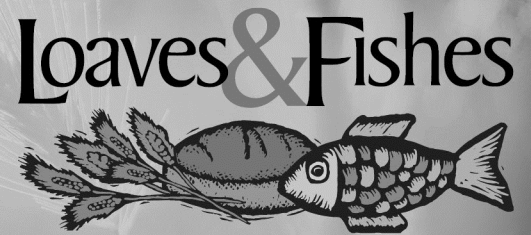


NUTRITION To Go



FOOD PANTRY

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Nutrition To Go is written and edited by Samantha Van Dyke, RD

If you need help with food more than two times a month, visit <https://foodfinder.brafb.org/>
Si necesitas ayuda más de dos veces al mes, por favor visita https://foodfinder.brafb.org



Healthy Snacking



Most of us get hungry between meals, so snacking comes naturally. What we choose to eat affects whether our snacking improves or diminishes our health. So here are "Three Golden Rules for Snacking":

1. Make sure you are actually hungry. Eating doesn't help boredom, thirst, or unhappiness.
2. Focus on natural, less-processed foods, with protein and/or fiber. Stick with natural sugars and save the sweets to eat with a meal.
3. Eat only a handful. The next meal will come sooner than you think.

Written by Jolene H. Bodily, RDN

Merienda Saludable

Es común tener hambre entre comidas, por lo que comer merienda es algo natural. Lo que elegimos comer puede mejorar o disminuir nuestra salud. Así que aquí están las "Tres reglas para merendar":

1. Asegúrese de tener hambre. Comer no ayuda al aburrimiento, la sed o la infelicidad.
2. Concéntrese en alimentos naturales, menos procesados, con proteínas y / o fibra. Deje los dulces para comer con una comida.
3. Come solo un puñado. La próxima comida llegará antes de lo que cree.

The best snacks pair protein + fiber

These snack combinations will help you feel more full while eating healthily:

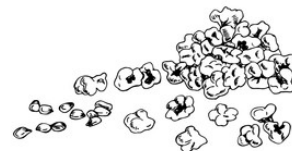
- Plain, unsweetened yogurt with berries or 1/2 a canned peach
- Apple slices dipped in peanut butter
- Carrot spears with white bean dip
- A handful of whole grain crackers with tuna or a cheese slice
- Pepper slices with hummus
- Pecans with dried cranberries
- "Ants on a log": Spread peanut butter on celery sticks and add a row of raisins



Las mejores meriendas combina proteína + fibra

Estas combinaciones de bocadillos lo ayudarán a sentirse más lleno mientras come saludablemente:

- Yogur natural, sin azúcar con bayas o 1/2 melocotón enlatado
- Rodajas de manzana con mantequilla de maní
- Lanzas de zanahoria con salsa de frijoles blancos
- Un puñado de galletas integrales con atún o una rebanada de queso
- Rodajas de pimienta con hummus
- Pecanas con fruta seca
- "Hormigas en un tronco": Pone mantequilla de maní en palitos de apio y agregue una fila de pasas



Building Improvements on the Way!

To better serve you, renovations to add office space and a teaching kitchen to Loaves & Fishes' building will begin in May 2023. During construction, the pantry will remain open for normal operations.

Things we're loving lately...

Double SNAP!

Farmer's Markets are now open!

When you charge any amount on your EBT card at the IX Park, Greene or Waynesboro farmer's markets, you receive double that amount in tokens!

Visit vfm.leapforlocalfood.org/ for more info!



Duplicate tu SNAP!

Estan abiertos los mercados de agricultores!

Cuando cobra cualquier cantidad en su tarjeta EBT en Los Mercados de Agricultores de IX Park, Greene o Waynesboro, justed recibe el doble de esa cantidad en tokens!

¡Visita vfm.leapforlocalfood.org/ para más información!



Scan here to explore!

The Budgetbytes App and Website

Budgetbytes is an online collection of delicious recipes for a tight budget. You can easily find what you are looking for by searching or filtering by course, season, cost or dietary restriction. We love how you can search by ingredient to see all types of recipes that use the item and how you can see a basic how-to instructions for everything from frying an egg to making rice. Use the "Surprise Me" recipe for a fun twist when you want to try something new! Explore online, or better yet, download the app!

Budgetbytes App y Sitio de Web

Budgetbytes es una colección en línea de deliciosas recetas para un presupuesto ajustado. Puede encontrar fácilmente lo que está buscando buscando o filtrando por curso, temporada, costo o restricción dietética. Nos encanta cómo puede buscar por ingrediente para ver todo tipo de recetas que usan el artículo y cómo puede ver instrucciones básicas para todo, desde freír un huevo hasta hacer arroz.

Loaves & Fishes



FOOD PANTRY
Neighbors Nourishing Neighbors

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Giving out Free Groceries
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Support Loaves & Fishes when you shop at Kroger with your Kroger Community Rewards card using code DL975 and select Loaves & Fishes as your charity.

White Bean Dip

Ingredients

- 1 can white beans, drained and rinsed
- 2 tablespoons olive oil or canola oil
- Juice from 1 lemon or lime
- Zest from 1/2 lemon or lime
- 1/8 tsp garlic powder
- 1/2 teaspoon salt
- freshly ground black pepper
- 2 to 4 tablespoons water, if needed

Instructions

1. In a food processor, pulse the beans, olive oil, lemon juice and zest, garlic, salt, and pepper until combined. With the food processor running, slowly add the water and process until smooth.
2. Serve with veggies (carrot spears, pepper slices, etc....)