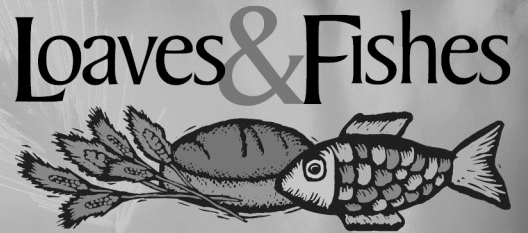


NUTRITION To Go



FOOD PANTRY

Volume 4 ♦ Issue 5 ♦ June-July 2023

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



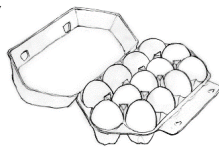
Egg Basics

Nutrition: Eggs are a wonderful choice for a healthy diet. One egg has about 6g of protein. Eggs are also rich in Vitamin A, B vitamins, selenium, phosphorus, and choline. They also contain vitamins D, E, calcium, and zinc. Eating 1-3 eggs regularly can help improve cholesterol.

Handling: Salmonella from hens can be passed onto the shell of the eggs. Always wash your hands after handling raw eggs and eggshells.

Storage: Eggs found at most stores are pre-washed and must be kept refrigerated to prevent spoilage. Freshly collected eggs with unwashed shells can be kept in the pantry or on the counter (these should be washed before use).

Date stamps: Date stamps on eggs are not required by law. They are often provided on eggs as a guide for quality. Eggs that are past their date are generally good for another 3-5 weeks. You can always test your eggs before using them by into a separate bowl before adding to the recipe. If the egg is bad, your nose will tell you!



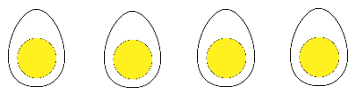
Conceptos básicos del huevo

Nutrición: Los huevos son una opción maravillosa para una dieta saludable. Un huevo tiene aproximadamente 6 g de proteína. Los huevos son ricos en vitamina A, vitaminas B, selenio y fósforo. También contienen vitaminas D, E, calcio y zinc. Comer 1-3 huevos regularmente puede ayudar a mejorar el colesterol.

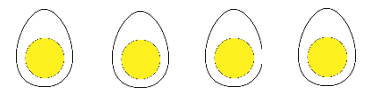
Manipulación: La salmonela se puede pasar de las gallinas a la cáscara de los huevos. Siempre lávese las manos después de manipular huevos crudos y cáscaras de huevo.

Almacenamiento: Los huevos que se encuentran en la mayoría de las tiendas están prelavados y deben mantenerse refrigerados para evitar el deterioro. Los huevos no lavados de la granja se pueden guardar en la despensa o en el mostrador. (Lavar antes de usarlos.)

Sellos de fecha: Los sellos de fecha en los huevos no son requeridos por la ley. A menudo se proporcionan en los huevos como una guía de calidad. Los huevos que han pasado su fecha son generalmente buenos por otras 3-5 semanas. Siempre puede probar sus huevos antes de usarlos rompiéndolos en un tazón separado antes de agregarlos a la receta. Si el huevo es malo, ¡tu nariz te lo dirá!



Easy-Peel Perfect Hard-Boiled Eggs



Hard boiled eggs are an easy, quick snack - cut up and put in your salad greens, eat with toast, or make an egg salad. Get that perfect hard-boiled egg that you can peel in a few seconds!

Use "older" eggs. Fresh eggs will not peel as easily. Boil water in a pot (enough to cover the eggs completely.) Once boiling, gently lower 6 eggs into the water. Cover and boil for 12 minutes. Once cooked, remove eggs to the bowl of cold water. Let stand for 2 minutes, then peel and enjoy!

Hazelnuts Galore!



You'll receive a one-pound bag of hazelnuts in your brown bags this month! Hazelnuts have lots of heart-healthy fats, including omega-3s. They also have protein and plenty of fiber. This makes them a wonderful snack in small portions. Here are some tips for using your hazelnuts:

- Store raw or roasted nuts in the refrigerator or freezer. Don't store in the pantry where they spoil easily!
- Roast hazelnuts to bring out the warm and nutty flavor and remove the papery skin. (To remove the skin, just rub nuts inside a kitchen towel after roasting.)
- Use roasted hazelnuts as a topping for salad or sweet potato, add into your pasta salad or eat with granola and/or yogurt and fruit.
- Sweet tooth? Try your hand at homemade chocolate-hazelnut spread. Check out our Facebook page, Cville.Loaves.and.Fishes, for the recipe and "Like" our page!

We are closed Tuesday, July 4th: no grocery pickup.
Estamos cerrados el martes 4 de julio: no hay recogida de alimentos.

"Toad in a Hole" Eggs

You'll need one small skillet, two eggs, two slices of bread, butter or oil, salt and pepper to make "Toad in a Hole" eggs.

1. Melt 1 tsp butter or mild vegetable oil.
2. Using a cookie cutter or a small glass, cut out a circle in the center of each slice of bread to make the "hole"
3. Place bread in the pan and cook the bread for 2 minutes. Flip the bread over, crack an egg and pour into the hole. Season the egg with salt and pepper to taste.
4. Cook for 2 more minutes, then flip and cook until the egg is set. Serve immediately.

(You can also toast the bread circles and eat with fruit spread!)

Loaves & Fishes



FOOD PANTRY
Neighbors Nourishing Neighbors

2050 Lambs Road
Charlottesville, VA 22901
434-996-7868

Giving out Free Groceries
Tuesdays 3:00-7:00pm (by
appointment)

Wednesdays 2:00-4:00 pm

Thursdays 6:30-8:30 pm

Saturdays, 10:00 am - 12:00 pm
CLOSED JULY 4th

www.cvilleloaves.org

info@cvilleloaves.org

Twitter: @Cville_Loaves

Facebook: Cville.Loaves.and.Fishes

Instagram: loavesfishes4288

YouTube: CvilleLoaves

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



Kids in the Kitchen Niños Cocineros



Calling all kids chefs! Try this simple and yummy egg recipe. No stove needed! Make sure to wash your hands before and after handling raw eggs!

Microwave Eggs

Beat 2 eggs in a microwave-safe mug. Add a tablespoon of milk or water and a pinch of salt. (Optional: add finely chopped onions or a tablespoon of shredded cheese.)

Whisk together. Microwave for 30 seconds and stir. Microwave for 30 seconds more and stir. Microwave for a final 30 seconds. Stir. If runny, cook for 15 seconds more. Stir and serve!

Huevos en el Microondas

Batir 2 huevos en una taza apta para microondas. Agregue una cucharada de leche o agua y una pizca de sal. (Opcional: agregue cebollas finamente picadas o una cucharada de queso rallado).

Batir juntos. Pon en el microondas durante 30 segundos y revuelva. Ponlo durante 30 segundos más y revuelva. 30 segundos por la última vez. Remover. Si gotea, cocine durante 15 segundos más. ¡Revuelva y sirva!