

NUTRITION To Go

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*This issue was written by Amanda Benedict
and edited by Samantha Van Dyke. RDN*

Loaves & Fishes



FOOD PANTRY

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>



The Power of Breakfast!

You've heard that breakfast is the most important meal of the day. Do you know why? Research has shown that eating breakfast can help improve your metabolism, lower stress levels, give you more energy throughout the day and help you pay attention. It also helps you eat nutritiously and lowers your risk of type 2 diabetes and heart disease.

There can be many roadblocks in our lives to starting the day with a healthy, satisfying breakfast. Read on for recipes and ideas to help you make breakfast part of your day!

La Importancia del Desayuno

Has escuchado que el desayuno es lo más importante comida del día. ¿Sabes por qué? La investigación ha demostrado que desayunar puede ayudar a reducir el estrés, mejorar su metabolismo, darte más energía a lo largo del día y ayudarte a prestar atención. También te ayuda a comer nutritivamente y reduce el riesgo de diabetes tipo 2 y enfermedades cardíacas.



Sigue leyendo para conocer recetas e ideas que te ayudarán a incluir el desayuno en tu día.

5 Minute Breakfast Ideas

Don't have time to make breakfast? You can grab these easy breakfasts in 5 minutes or less. Combine protein and fiber to keep you full and energized for your day:



- 1) An instant oatmeal packet made with low-fat milk or water & topped with peanut butter and a handful of fruit.
- 2) Whole wheat toast with nut butter and bananas
- 3) Greek yogurt with whole grain cereal and berries.
- 4) A microwaved egg topped with salsa and cheese.
- 5) High fiber cereal with any kind of milk or yogurt
- 6) A handful of nuts and fruit
- 7) A protein shake and fruit
- 8) A cheese stick, wheat crackers, and fruit
- 9) Hardboiled egg and whole wheat toast
- 10) Leftovers from lunch or dinner!

Desayuno en 5 Minutos

¿No tienes tiempo para preparar el desayuno? Puede prepara estos desayunos fáciles en 5 minutos o menos. Combina proteínas y fibra para mantenerte lleno y con energía durante el día:

- 1) Un paquete de avena instantánea hecho con leche baja en grasa o agua y cubierto con mantequilla de maní y un puñado de fruta.
- 2) Tostada integral con mantequilla de nueces y banana
- 3) Yogur griego con cereales integrales y frutos rojos.
- 4) Un huevo al microondas cubierto con salsa y queso.
- 5) Cereal rico en fibra con cualquier tipo de leche o yogur
- 6) Un puñado de frutos secos y fruta
- 7) Un batido de proteínas y fruta
- 8) Un palito de queso, galletas de trigo y fruta
- 9) Huevo duro y tostadas integrales
- 10) ¡Sobras del almuerzo o la cena!

2-minute Microwave Eggs

Ingredients:

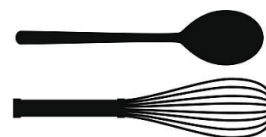
2 eggs, whisked
pinch of salt
1 tablespoon of any kind of milk
oil or cooking spray

Add any of the following mix-ins:

- Cheese
- Salsa
- cooked bacon or sausage
- chopped lunchmeat
- leftover cooked veggies
- spinach
- herbs and spices

Instructions:

- 1) Generously grease a microwave-safe mug with oil or cooking spray. In the mug, stir eggs, milk, salt, and mix-ins thoroughly. Microwave on high for 30-second intervals, mixing in between, 3 times for a total of 1 minute and 30 seconds.
- 2) You may add 30 seconds if you like your eggs very well done.
- 3) Let the eggs sit for a minute in the microwave after cooking
- 4) ENJOY!



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Fridays 4/5, 4/26,
1:00-2:15pm

Registration required.
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FOOD PANTRY
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Saturdays, 10:00 am - 12:00 pm

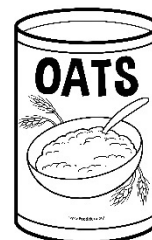
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Overnight Oats Made Your Way!

Ingredients:

1/2 cup of any kinds of oats
1/2 cup of any kind of milk
1/4 cup of yogurt or 1/4 cup more milk
1-2 tsp sugar, maple syrup, honey, no calorie sweetener
1 tsp seeds, chia or flax (optional)
1/2 tsp vanilla
Pinch of salt



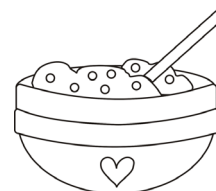
Instructions:

Stir ingredients together. Place in a storage container with a lid in the refrigerator overnight or at least 4 hours. When you are ready to eat, stir and add toppings such as nut butter, nuts, fruit, dried coconut, chocolate chips, etc... the sky is the limit!

Avena Hecha La Noche Anterior (Sin Cocinar!)

Ingredientes:

1/2 taza de cualquier tipo de avena
1/2 taza de cualquier tipo de leche
1/4 taza de yogur o 1/4 taza más de leche
1-2 cucharaditas de azúcar, jarabe de arce, miel,
u edulcorante sin calorías
1 cucharadita de semillas de chía o lino (opcional)
1/2 cucharadita de vainilla
Pizca de sal



Instrucciones:

Mezcle los ingredientes. Coloque en un recipiente con tapa en el refrigerador durante la noche o al menos 4 horas. Cuando esté listo para comer, revuelva y agregue ingredientes como mantequilla de nueces, nueces, frutas, moras, coco seco, chispas de chocolate, etc. ¡El cielo es el límite!