

NUTRITION To Go

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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>

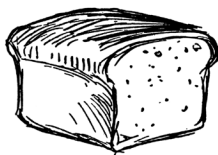


Making Sense of the Organic Label

Many people wonder if organic food is healthier than non-organic food and if it's worth the much higher cost. The organic food label simply means that the food was grown without certain chemicals and pesticides BUT it does not mean it was grown using no pesticides. Some pesticides have been labeled organic and can still be used. Additionally, organic food has not been shown to have a lot more vitamins or minerals than non-organic. Also, organic food costs 2-3 times more than non-organic, which limits the amount of food you can buy.

Rather than focusing on organic or non-organic, let's focus on whole food when possible. Studies have shown that the greatest health benefits come from eating as much unprocessed or minimally processed food as possible. This includes many things that you receive in your cart such as fruit and vegetables, meat, eggs, milk, cheese, and yogurt, beans, rice, and pasta.

What to do with leftovers...

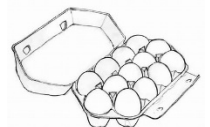


Bread!

Don't throw away your stale bread! Instead consider these ideas...

- 1) Dice up stale bread into cubes and store it in a bag in the freezer. It can be used for croutons, bread pudding, casseroles, strata, and stuffing.
- 2) Stale bread can be ground up in a food processor to make breadcrumbs which can be used in meatloaf, meatballs, or to top mac and cheese.
- 3) Stale bread makes great grilled cheese, French toast, or bruschetta.

Egg Strata (12 servings)



Ingredients:

- 1 loaf stale bread, diced into cubes.
- 1 lb. ground sausage, bacon, lunchmeat, or whatever cooked meat you have.
- 2 cups milk
- 10-12 eggs
- 1/2 tsp salt, 1/4 tsp pepper, 1 tsp mustard
- 2 cups cooked, chopped veggies including peppers, tomatoes, mushrooms, onion, or anything you enjoy.
- 1 1/2 cups shredded cheese.

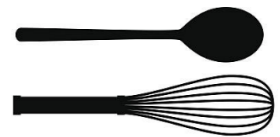
Instructions:

Preheat oven to 375. Grease a 13"x9" inch pan. Arrange bread, meat, and veggies in pan. Whisk eggs, milk, mustard, salt, and pepper in a bowl. Stir in cheese and pour over bread mixture. Bake covered for 30 minutes and uncovered for 15 minutes or until set. Let sit 10-15 minutes before serving.

Qué hacer con las sobras ... Pan í

¡No tires tu pan endurecido! En su lugar, considere estas ideas...

- 1) Comience cortando el pan duro en cubos y guárdelo en una bolsa en el congelador. Se puede utilizar para picatostes, budín de pan, guisos, estratos y rellenos.
- 2) El pan duro también se puede moler en un procesador de alimentos para hacer pan rallado que se puede usar en pastel de carne, albóndigas o para cubrir macarrones con queso.
- 3) El pan duro es excelente para el Sándwich de queso fundido, las tostadas francesas o la bruschetta.



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In your cart this month: Canned Salmon

Salmon is high in good fats & protein!

Pasta with Salmon, Peas, & Parmesan

(serves 6-8)



Ingredients:

- 1-oz. 14.75 oz salmon, drained
- 1 1/2 cup peas, thawed*
- 8 oz pasta, cooked and drained
- 1 1/2 tsp garlic powder
- 3/4 tsp salt, 1/4 tsp pepper
- 1/4 cup lemon juice
- 1/2 cup mayonnaise
- 1 cup milk
- 1/2 cup parmesan
- 1 tsp dried or 2 TB fresh parsley

*If you don't have peas, add any cooked veggie you have!

Instructions:

- Cook pasta in a large pot, according to directions. Add pasta back to pot after draining.
- In a bowl, mix mayonnaise, milk, lemon juice, parmesan cheese, garlic, salt, and pepper. Add to pot and warm but do not boil.
- Mix in salmon and peas, stir until heated.
- Top with parsley. Enjoy hot or cold!

Darle sentido a la etiqueta orgánica

Mucha gente se pregunta si los alimentos orgánicos son más saludables que los no orgánicos y si valen la pena el costo mucho más alto. La etiqueta de alimento orgánico simplemente significa que el alimento fue cultivado sin ciertos químicos y pesticidas, PERO no significa que fue cultivado sin pesticidas. Esto es porque hay algunos pesticidas etiquetados como orgánicos y pueden usarse. Adicionalmente, no se ha demostrado que los alimentos orgánicos tengan más vitaminas o minerales que los no orgánicos. Además, los alimentos orgánicos cuestan entre 2 y 3 veces más que los no orgánicos, lo que limita la cantidad de alimentos que puedes comprar.

En lugar de centrarnos en lo orgánico o lo no orgánico, centrémonos en los alimentos integrales cuando sea posible. Los estudios han demostrado que la mayoría de los beneficios para la salud provienen de comer la mayor cantidad posible de alimentos sin procesar o mínimamente procesados. Esto incluye muchas cosas que recibe en su carrito, como frutas y verduras, carne, huevos, leche, queso y yogur, frijoles, arroz y pasta.