

NUTRITION To Go

Loaves & Fishes



FOOD PANTRY

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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>



Tips for Summer Food Preparation



The summer heat can make preparing food uncomfortable but there is often a lot of fresh produce available. Here at Loaves & Fishes we've had an abundance of produce to distribute this summer from local farmers and grocery stores.

The summer can be a good time to try new ways of preparing food that don't heat up the kitchen and are more portable for summer get-togethers or picnics. Consider methods such as microwaving, air frying, using the crockpot, or eating dishes made with raw ingredients.

Microwave: Many people don't know how easy and healthy cooking in the microwave can be. It's not just for heating up coffee or making popcorn. Many vegetables and meats can be cooked in the microwave. Check out this website:
<https://www.bbcgoodfood.com/howto/guide/how-cook-microwave>

Air fry: Air fryers have become very popular and have come down in price in the last few years. They are great for preparing meat and vegetables and can even be used for baking. Air frying your food is a healthier way of enjoying crisp, "fried" food.
<https://www.allrecipes.com/recipes/23070/everyday-cooking/cookware-and-equipment/air-fryer/>

Crockpot: The crockpot is a great way to make food and transport it to gatherings and picnics.
<https://www.foodnetwork.com/recipes/packages/comfort-foods/slow-cooker-meals/easy-slow-cooker-recipes>



Air Fryer Chicken Nuggets

Ingredients:

- 2 pounds boneless, skinless chicken cut into 1-inch chunks.
- 1 cup flour; white, whole wheat, almond, corn, etc.
- 3/4 tsp garlic powder and onion powder
- 1/4 tsp salt
- 1/2 tsp paprika
- 2 eggs



Instructions:

1. Whisk eggs in a bowl and set aside.
2. Combine flour and seasonings and set aside.
3. Dredge chicken in egg and then flour mixture. Repeat with all the chicken.
4. Spray air fryer with cooking spray. Place coated chicken in air fryer and cook at 390 degrees for 14-16 minutes flipping once halfway through.
5. Chicken is fully cooked when it reaches 165 degrees.

Consejos para la preparación de alimentos en verano

El calor del verano puede hacer que la preparación de la comida sea incómoda, pero a menudo hay muchos productos frescos disponibles. Aquí en Loaves & Fishes hemos tenido una gran cantidad de productos para distribuir este verano de los agricultores locales y las tiendas de comestibles.

El verano puede ser un buen momento para probar nuevas formas de preparar alimentos que no calienten la cocina y sean más portátiles para las reuniones familiares de verano o los picnics. Considere métodos como calentar en el microondas, freír al aire, usar la olla de cocción lenta o comer platos hechos con ingredientes crudos.

Microondas: Mucha gente no sabe lo fácil y saludable que puede ser cocinar en el microondas. No es solo para calentar café o hacer palomitas de maíz. Muchas verduras y carnes se pueden cocinar en el microondas. Echa un vistazo a este sitio web: <https://www.bbcgoodfood.com/howto/guide/how-cook-microwave>

Freidoras: Las freidoras de aire se han vuelto muy populares y han bajado de precio en los últimos años. Son excelentes para preparar carne y verduras e incluso se pueden usar para hornear.
<https://www.allrecipes.com/recipes/23070/everyday-cooking/cookware-and-equipment/air-fryer/>

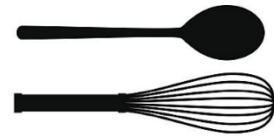
Olla de cocción: La olla de cocción lenta es una excelente manera de preparar alimentos y transportarlos a reuniones y picnics.
<https://www.foodnetwork.com/recipes/packages/comfort-foods/slow-cooker-meals/easy-slow-cooker-recipes>

Food Safety in the Summer

Food safety can be an issue in the summer due to the warm temperatures and people traveling with food to picnic, parks, or the pool. If food is left in the heat too long harmful bacteria can grow and if eaten, can make you sick.

To prevent illness from food that hasn't been stored properly, consider these tips:

1. Wash your hands for at least 20 seconds in warm, soapy water before handling food.
2. Wash produce in warm water before eating. Even organic food must be washed to get rid of bacteria.
3. Keep food at safe temperatures: 40 degrees or colder in the refrigerator. If in a cooler, use lots of ice packs and try to keep it at 40 degrees. If cooked or prepared food has been in the heat, discard after 2 hours.
4. Thaw food in the microwave, refrigerator, or under running water; never on the counter for multiple hours.
5. Clean surfaces such as cutting boards or counters between preparing different types of food.



Cooking Classes with Grocery Pick-up

Clases de Cocina con Recogida de Comestibles

Fridays 11am-1pm

Registration required.

Email lfcookingclasses@gmail.com

Scan here to check out our cooking videos on social media!

Escanea para ver nuestros videos de cocinar!



Loaves & Fishes



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www.cvillefoodpantry.org
<mailto:info@cvilleloaves.org>
Facebook: [Cville.Loaves.and.Fishes](#)
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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.

You can use your **SNAP/EBT** benefits at the IX Park Farmer's Market (522 2nd St) and The City Market (100 Water St) for a discount or double your dollars on **FRESH PRODUCE!**

Check out www.virginiafreshmatch.org for more information!

Microwave Loaded Potatoes

Ingredients:

- 1 potato washed and scrubbed
- 1 TB oil
- salt to taste

Topping options: Bacon, cheese, sour cream, butter, onions, canned beans, and cooked or raw veggies

Instructions:

1. Poke holes in the potato with a fork, then rub with oil and salt.
2. Microwave on high for 7-9 minutes or until soft.
3. Let potato sit for 3 minutes and then slice and add toppings.

Seguridad alimentaria en verano

La seguridad alimentaria puede ser un problema en el verano debido a las temperaturas cálidas y a las personas que viajan con comida para ir de picnic, parques o la piscina. Si los alimentos se dejan en el calor demasiado tiempo, pueden crecer bacterias dañinas y, si se comen, pueden enfermarse.

Para prevenir enfermedades causadas por alimentos que no se han almacenado correctamente, tenga en cuenta estos consejos:

1. Lávese las manos durante al menos 20 segundos con agua tibia y jabón antes de entregar alimentos.
2. Lave las frutas y verduras con agua tibia antes de comerlas. Incluso los alimentos orgánicos deben lavarse para eliminar las bacterias.
3. Mantenga los alimentos a temperaturas seguras: 40 grados o menos en el refrigerador. Si está en una hielera, use muchas bolsas de hielo y trate de mantenerlo a 40 grados. Si los alimentos cocidos o preparados han estado en el calor, deséchelos después de 2 horas.
4. Descongele los alimentos en el microondas, refrigerador o bajo agua corriente; nunca en el mostrador durante varias horas.