

COMMUNITY NOURISHMENT

A CDPD RYAN WHITE DAILY TABLE NUTRITION PROGRAM NEWSLETTER



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Set Nutrition Goals for 2022

Many of us use the New Year as a time to reset our goals and start the year healthy. While our intentions are good, sometimes we may be overly ambitious with our goals just to see them fizzle out by the end of January.

When setting nutrition goals, make them small and then build on them to achieve the most success. For example, instead of changing your entire meal plan to meet your health goals, start by making small changes to your diet and then build on those.

One small change could be starting your day with a balanced breakfast. Eating a balanced breakfast has been shown to have a significant difference on a person's overall health by increasing energy levels, improving concentration, and promoting healthier body mass index (BMI), better weight management and reduced risks of heart diseases and type 2 diabetes.

No matter what type of morning person you are, here are some suggestions to help start your day with a balanced breakfast and to turn your New Year's resolution into a permanent, healthy lifestyle choice:

Morning person

PLENTY OF TIME TO MAKE BREAKFAST

- Steel-cut oatmeal or porridge with seasonal fruit and spices
- Eggs scrambled with chopped veggies, whole-grain toast, and fruit

- Frozen whole-grain waffles or pancakes topped with fruit, nuts, and a dollop of yogurt

- Breakfast tacos with scrambled eggs, beans, salsa, cheese, avocado

I need to hit that snooze button QUICK BREAKFAST

- Plain yogurt with fresh or thawed frozen fruit topped with granola or a whole-grain cereal

- Breakfast sandwich on a toasted whole-grain English muffin with a slice of turkey or ham, low-fat cheese, and a piece of fruit

- Whole-grain cereal with fresh fruit
- Quick smoothie with fresh or frozen fruit, low-fat yogurt or milk, a handful of oats, nuts, or a scoop of peanut butter

No time to make breakfast GOTTA RUN

- Overnight Oats layered with your choice of flavors: fruits, nuts, chocolate chips, peanut butter, coconut flakes, flax seeds — ready when you are!

- Whole-grain bagel with low-fat cream cheese, cucumber, tomato slices, and/or red pepper slices

- Whole-grain tortilla wrap with peanut butter or low-fat cream cheese and banana slices, blueberries, or strawberries. Make this the night before so it's ready to go in the morning!

- Grab a piece of fruit, a bag of trail mix with dried fruits, nuts, and dried whole-grain cereal

RECIPE



Black Bean Breakfast Bowl

INGREDIENTS

- 1 Tbsp olive oil
- 2 beaten eggs
- ½ (15oz) can black beans, drained and rinsed
- ½ Avocado, sliced
- 2 Tbsp salsa

DIRECTIONS

1. Heat olive oil in a small frying pan over medium heat. Add eggs, stirring until eggs are set.
2. Place black beans in a microwave-safe bowl. Heat on high until beans are warmed, about 1 minute.
3. Top bowl of warmed beans with scrambled eggs, sliced avocado, and salsa. Enjoy!

HEALTHY TIPS AVOCADOS ARE RICH IN SEVERAL NUTRIENTS

INCLUDING VITAMINS C, E, AND B6 THAT ARE ESSENTIAL FOR THE HEALTH OF OUR IMMUNE SYSTEM. BY HAVING HALF OF AN AVOCADO, YOU WILL BE GETTING 30% OF YOUR DAILY NEEDS FOR B6, WHICH HELPS TO PROTECT OUR IMMUNE SYSTEM.

DAILY TABLE GROCERY LIST

- ❑ BLACK BEANS (\$4.99/can)
- ❑ OLIVE OIL (\$4.99/ 25.5 fl oz)
- ❑ EGGS (\$1.79/dz – large brown)
- ❑ SALSA (\$1.99-2.99/16oz)
- ❑ AVOCADO (\$1.29 each)

FOOD SAFETY

Celebrate National Soup Month!

January is National Soup Month! This month is a perfect time to make a large pot of soup to warm you up. Freeze leftovers for a quick, satisfying meal during the busy week.

Keep in mind that soups require special cooling and storage procedures. We want to cool hot soups that will be kept in the refrigerator quickly to decrease the chances of harmful bacteria growing and to keep the soup safe for us to eat. If you are freezing your soup, make sure the soup is cooled before freezing. If the soup is not properly cooled, large ice crystals can form affecting the quality and texture of your soup.

To help ensure the integrity and safety of your soup, follow these guidelines for proper cooking, holding, cooling and storing of your soup:

- Cooking temperature of soup should be at least **165°F**, up to a boiling temperature **212°F**.
- When cooling soup, cool to **70°F** within two hours.
- Place cooled container of soup (shallow container best) on the top shelf of the refrigerator. Keep uncovered until cooled to **40°F**.
- Plan to eat refrigerated soup within **3-4 days**, or freeze it
- When reheating soup, heat until steaming hot all the way through and temperature reaches at least **165°F**.

GRAB-AND-GO

Daily Table has Prepared Meals

Short on time? Daily Table has a great selection of quick, nutritious, and affordable prepared foods! Grab a few prepared meals or items during your next visit for a quick and easy meal.

Here is a sample of some recent items made in-house:

- ❑ ROASTED CHICKEN WITH BROWN RICE AND VEGGIES: \$1.99 per meal
- ❑ BBQ CHICKEN WITH COLLARDS AND BROCCOLI SLAW: \$3.99 per meal
- ❑ RAVIOLI WITH BUTTERNUT SQUASH SAUCE: \$2.99 each
- ❑ HALF QUICHE: \$2.99 each
- ❑ CHICKEN SRIRACHA RANCH WRAP: \$3.29 each
- ❑ CHICKEN SOUP WITH RICE: \$2.99 each
- ❑ GARDEN SALAD WITH JERK FISH: \$3.49 each

RECIPE



Quinoa, Corn, and Black Bean Soup

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 large yellow onion, finely chopped
- 2 celery sticks, finely chopped
- 2 carrots, peeled, finely chopped
- 2 garlic cloves, crushed
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 tbsp chipotle in adobo sauce
- 3 tomatoes, finely chopped
- 1/3 cup quinoa, rinsed
- 1 15-oz can black beans, rinsed, drained
- 2 cups low-sodium chicken or vegetable stock
- 1 large zucchini, thinly sliced
- 1 cup corn kernels
- 1 tbsp fresh lime juice, plus extra lime wedges, to serve
- 1/4 cup chopped fresh cilantro leaves, plus extra sprigs to serve

HEALTHY TIPS

QUINOA IS RICH IN FIBER AND PROTEIN – BOTH ARE NUTRIENTS THAT HELP TO KEEP YOU FEELING FULL!

DAILY TABLE GROCERY LIST

- ❑ YELLOW ONIONS (\$1.59/lb)
- ❑ CELERY (\$.99/each)
- ❑ CARROTS (\$.69/lb)
- ❑ GARLIC (\$.45/each)
- ❑ TOMATOES (\$1.69/lb)
- ❑ QUINOA (\$2.99/12oz)
- ❑ BLACK BEANS (\$.99/can)
- ❑ CHICKEN BROTH (\$1.69/32oz)
- ❑ CORN (\$1.49/bag)
- ❑ CILANTRO (\$.69/bunch)

DIRECTIONS

1. Heat oil in a large saucepan over medium heat. Cook onion, celery, and carrot, stirring for 5 minutes or until softened.
2. Add garlic, paprika, cumin and chipotle. Cook, stirring for 1 minute or until aromatic. Add tomato. Cook, stirring occasionally, for 2-3 minutes or until it starts to break down.
3. Add quinoa, black beans, stock and 500ml (2 cups) water. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 15 minutes or until quinoa is tender.
4. Add zucchini and corn. Simmer for 5 minutes or until vegetables are tender. Stir in lime juice and cilantro. Serve with extra lime wedges and extra cilantro sprigs.



637 WASHINGTON ST.,
DORCHESTER, MA 02124
617-825-9660 | CODMAN.ORG



637 WASHINGTON ST.,
DORCHESTER, MA 02124
617-822-8350 | CODMAN.ORG/XCLINIC

DAILY TABLE

450 WASHINGTON ST., DORCHESTER, MA 02124 | ORDER ONLINE: DAILYTABLE.ORG
Mon – Sat: 9am – 8pm | Sun: 11am – 7pm

Daily Table offers customers wholesome and nutritious foods at a fraction of regular grocery store prices making it easy for customers to make healthy food choices rather than food choices based on price. Customers can find everyday essentials as well as delicious, freshly prepared soups, sandwiches, salads, lunches, and dinners made in-house, keeping nutrition and health in mind.

Every day essential offered at Daily Table: Fruits/Vegetables, Dairy/Eggs, Bakery, Deli, Fresh Prepared Foods, Meat, Poultry, Seafood, Pantry & Dry Goods, Frozen Foods, Snacks, Beverages