

COMMUNITY NOURISHMENT

A CDPD RYAN WHITE DAILY TABLE NUTRITION PROGRAM NEWSLETTER



ISSUE No. 5
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National Nutrition Month

As we close the month of March and National Nutrition Month, Codman's Nutrition Department would like to remind you that every month is a good month for exploring new and exciting dietary choices! We hope we can foster your exploration into Nutrition, teach you something new, and provide some healthful and fun tips through Codman's own monthly newsletter, Community Nourishment! Now, let's have some fun and see how well you know your breakfast nutrition facts!

GO ONLINE!
WANT MORE COMMUNITY NOURISHMENT? READ BACK ISSUES OF OUR NEWSLETTER AT **CODMAN.ORG**. CLICK ON NUTRITION UNDER THE HEALTH + WELLNESS RESOURCES DROPDOWN. THEN CLICK ON HEALTHY RECIPES.

QUIZ

The 'Most Important Meal' of the Day — How Well Do You Know It?

Breakfast describes itself by name, the meal which "breaks" your "fast." We are fasting while we sleep during the night, which means that our bodies must rely on their own reserves for energy. When we wake up, we need to eat something, so we don't deplete these stores! The following quiz will test your knowledge on the meal we need most.



1. Which of the following breakfast foods can lower your cholesterol:

- A. Boiled eggs
- B. Oatmeal
- C. White toast
- D. Orange juice

2. Which breakfast item contains omega-3, and is the best source of high-quality protein?

- E. Wheat toast
- F. Oatmeal
- G. Eggs
- H. Orange juice

3. Which breakfast item digests the most slowly, giving you energy for longer periods of time?

- I. White toast
- J. Corn Flakes
- K. Oranges
- L. Wheat toast

4. Which breakfast item contains protein, to keep you feeling fuller longer?

- M. White toast with butter
- N. Orange slices
- O. Turkey sausage, and egg breakfast sandwich
- P. Dry wheat toast

5. You can improve the balance of your breakfast by adding the following to this meal:

- Q. Chia seeds, oats, chickpeas
- R. Donuts
- S. Cornflakes, 1% milk
- T. Bacon

QUIZ ANSWERS

1. B, OATMEAL. THIS ORDINARY BREAKFAST ITEM CONTAINS PLENTY OF SOLUBLE FIBER, WHICH REDUCES YOUR "BAD" LDL CHOLESTEROL. SOLUBLE FIBER REDUCES THE ABSORPTION OF CHOLESTEROL INTO YOUR BLOODSTREAM.

2. G, EGGS. EGGS CONTAIN OMEGA-3 AND OMEGA-6, ESSENTIAL FATTY ACIDS WHICH PLAY A ROLE IN INFLAMMATION, AND ARE A HIGH-QUALITY PROTEIN SOURCE. THIS IS BECAUSE THEY CONTAIN ALL THE ESSENTIAL AMINO ACIDS—THE BUILDING BLOCKS OF

PROTEINS IN THE BODY—WHICH IS IMPORTANT IN KEEPING YOU SATIATED UNTIL LUNCH TIME.

3. L, WHEAT TOAST. WHOLE WHEAT WILL BE BURNED MORE SLOWLY THAN WHITE BREAD. YOUR BLOOD SUGAR WILL BE KEPT MORE STABLE WITHOUT

YOUR ENERGY DIPPING AND LEADING TO HUNGER SHORTLY AFTER BREAKFAST.

4. O, TURKEY SAUSAGE, EGG BREAKFAST SANDWICH. LEAN MEATS CONTAIN VERY GOOD PROTEIN THAT HELP TO KEEP US FULL AND SATISFIED. TRY TO

INCORPORATE THEM INTO YOUR FIRST MEAL OF THE DAY.

5. Q, CHIA SEEDS, OATS, CHICKPEAS. THESE INGREDIENTS CONTAIN PROTEIN, FIBER, HEALTHY FATS, AND MORE COMPLEX CARBS TO ALLOW YOU TO GET THROUGH THE DAY.

FOOD SAFETY

3 Food Safety Tips for Meal Prepping

1. Organize Your Fridge, Freezer, and Pantry

- Organize your fridge at least once per month.
- Before putting fresh groceries away, clean any spills and read all the use-by dates to prevent food from spoiling.
- Clean out the refrigerator drawers, especially where fruits and vegetables are stored. Many microorganisms thrive in those drawers and can make their way onto your food.
- Before putting new groceries away, bring any items to the front that need to be prioritized for their use-by date.
- Raw meat, poultry and fish must be stored in sealed containers to prevent them from touching or dripping onto other foods. All raw foods should be stored on the bottom shelf so that they do not drip on anything.

2. Label Containers

- Label all your meal prep containers, try using a piece of tape and a marker. Labeling containers help to keep track of what needs to be used first.
- All meal prepped foods that are washed, sliced, or cooked are considered “ready-to-eat” foods. All ready-to-eat foods must be consumed within 5-7 days, held at 41°F or lower. Held any longer and there could be a chance that bacteria has had the opportunity to grow.
- Ready-to-eat foods must be stored at



the top of the fridge, away from raw foods so that harmful bacteria cannot transfer from the raw food to the ready-to-eat food.

- Raw meats or seafood must be stored in the refrigerator and must be cooked within two days from the date they are purchased.

3. Thaw Food Safely

- Frozen proteins like beef, chicken, and fish should be thawed properly. Do not leave these foods at room temperature to thaw overnight because bacteria can multiply to levels that can make you sick.
- Thaw meat and fish in the fridge overnight. If there are a lot of frozen foods to be thawed, it may take 2 to 3 days to thaw out.
- Store the foods being thawed below ready-to-eat foods like fruits and vegetables so that they don't drip on ready-to-eat foods while they thaw.
- After thawing, foods must be cooked to a safe internal temperature before consumed.

MEAL PREP

Overnight Oats

BASE INGREDIENTS

- ½ cup rolled oats
- ½ cup milk of your choice
- ½ Tbsp chia or flax seeds

DIRECTIONS

1. Place the rolled oats and chia seeds in an 8oz glass jar or container and stir with a spoon.
2. Add the milk and mix well.
3. Cover the container with a lid or wrap and place in the fridge for at least 2 hours or overnight.
4. The next day, open the container and add your desired toppings (see options below).

Pick your favorite flavors!

DELICIOUS BERRY

- 1 Tsp honey
- ½ cup mixed berries

For this berry version, make sure to add honey to the base recipe the night before.

The next day, add the berries on top. If you want to eat this warm, microwave oats in jar for 1 min, then add the berries.

COFFEE & WALNUT

- 1 Tsp instant coffee
- 1 Tsp maple syrup
- 5 walnuts, chopped
- 2 Tbsp low-fat greek yogurt

Add the instant coffee with the rolled oats and chia seeds and mix well, before adding the maple syrup and the liquid.

Instead of instant coffee, you can add a shot of espresso and a bit less milk.

The next day, top with greek yogurt and walnuts.

APPLE PIE

- 1 Tsp cinnamon
- 1 Tbsp maple syrup
- 1 apple, small and diced
- 5 pecans, chopped

Add the cinnamon with the rolled oats and chia seeds and mix well, before adding the maple syrup and milk of your choice.

If you plan to warm this up and would like more of an apple pie taste, add the apples on top of the oats as soon as you take them out of the fridge.

Warm oats and apples in the microwave for 45-60 sec.

PEANUT BUTTER

- 2 Tbsp peanut butter
- 1 Tbsp walnuts (or other nuts)
- Fresh fruit, optional (bananas, raspberries, blueberries)

Mix the base recipe. The next day, top with peanut butter and nuts.



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DAILY TABLE

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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