

NUTRITION NEWS BIT

THE PRINCETON CLUB

Food Banks Seek Healthier Donations

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Local food banks accept food donations and distribute them to hunger relief charities, which in turn serve people in need, free of charge. Typical items found in a food bank box include boxed macaroni and cheese, juice, and white rice, for instance. The cheapest foods with the best shelf life often make up the bulk of the box. Unfortunately, these foods are not always the most nutritious choices. Here are some healthier food donation tips:

- Fruit is a good source of vitamins, and should be packed in its own juice instead of syrup. Apple sauce can be purchased unsweetened. Juice should be 100% juice; it's even better unsweetened to avoid excess sugar. Some juices are fortified with Calcium.
- Vegetables are full of antioxidants. No Added Salt canned vegetables offer less sodium than the regular canned version.
- Soup is complimentary

for the cold/flu season, and can make for a complete meal. There are low-sodium options.

- Peanut butter is a well-liked source of monounsaturated fat. Seek brands containing few ingredients—just peanuts and salt. With nut allergies being a concern for some children, you might also consider sunflower butter (SunButter) as an alternative.

- Beans are a fiber-rich, vegetarian-friendly protein. If you purchase them unflavored and in a bag, they won't contribute added sugar or sodium.

- Oatmeal is a better choice over sugar-laden or corn flake-type cereals. It contributes potentially cholesterol-lowering fiber to the diet.

- Dry milk can not only be consumed as a drink, but also added to cereal and mashed potatoes for added calcium and protein. Unopened shelf-stable almond or soy milk are suitable non-dairy considerations.

- Long grain white rice is typically enriched with some of the iron and B vitamins lost during processing, but the fiber is not put back. Brown rice, on the other hand, offers the fiber. You might also consider similar alternatives such as quinoa.

- Canned tuna and chicken are lean sources of satiating protein.

- Snacks are important, too. Ideas include low sugar granola and trail mix, high fiber breakfast bars, and unsalted nuts.

- Foods often forgotten include salsa and heart-healthy olive oil. Saltless seasonings like herbs and spices add flavor to meals and are nutrient powerhouses.

Sources:

http://1027kord.com/10-things-food-banks-need-but-wont-ask-for/?trackback=fbshare_top

http://tucson.com/analysis-of-a-typical-food-box/article_3c99ab80-4730-11d1-bb6a-001cc4e03286.html

<http://www.feedingamerica.org/about-us/how-we-work/food-bank-network/?referrer=https://www.google.com/>

<https://www.hungertaskforce.org/what-we-do/myplate/>

About our nutrition expert:

Kelly has had a passion for wellness since earning her Tae Kwon Do black belt at age 15. It is her dream to assist others in achieving health outcomes by emphasizing the partnership that is nutrition and physical activity. Kelly is a Registered Dietitian with a Mount Mary College Dietetics major. She is AFAA certified in Group Exercise.

Kelly offers one-on-one personal consultations.

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FREE Presentations

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