

# The GrapeVine

January 2020

## Nutrition Addition for the New Year

Start the year off right by doing some healthy math. Focus on foods to add into your diet, rather than what you need to subtract. You may already know that it's important to eat more fruits and vegetables, but what else can you add into your diet for a healthier lifestyle in 2020? Strive for a diet rich in the following:

- ✓ **Fruits!** Fruits may be fresh, canned, frozen or dried. Fruits are an excellent source of potassium and vitamin C.
- ✓ **Vegetables!** There are 5 vegetable subgroups – dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas and other vegetables. Try them raw or cooked, fresh, frozen, canned or dried.
- ✓ **Plants!** Plants can be fruits, veggies and even protein sources. Add nuts and legumes such as beans into your diet.
- ✓ **Whole grains!** Aim to make at least half of your grains, whole grains. Look for the words “100% whole grain” or “100% whole wheat on the food label. Try new grains such as brown rice, quinoa and oats.
- ✓ **Fish!** Select seafood, such as tuna or salmon, as your protein choice twice per week for a healthy dose of omega 3 fatty acids.
- ✓ **Water!** Choose water over sugary drinks. Sugary beverages such as soda and sports drinks contain a lot of added sugar, which provide extra calories and lack the nutrients we need.



## Start A Healthy Gossip

Add children into the health and wellness equation by starting conversations about nutrition and exercise this month. Try asking some of the questions below:

- What fruits and vegetables are in season this month? Which ones are you excited to try?
- Can you think of a way to add vegetables to breakfast?

## Upcoming Events

### Agency Food Safety & Orientation Meeting

**Friday, January 22<sup>nd</sup>**  
11:00 am – 2:00 pm  
Mattituck Presbyterian Church  
12605 Main Road, Mattituck





**Island Harvest**  
A FOOD BANK FOR LONG ISLAND

40 Marcus Blvd, Hauppauge, N.Y. 11788 • (631) 873-4775  
15 Grumman Rd W, Ste 1450, Bethpage, NY 11714 • (516) 294-8528

[www.islandharvest.org](http://www.islandharvest.org)



### Exploring Food Together

This toolkit has simple activities that adults can use to help children learn about new foods and start building the skills to make healthy food choices.

[http://cookingmatters.org/sites/default/files/EFT\\_English.pdf](http://cookingmatters.org/sites/default/files/EFT_English.pdf)



### Winter Activities to Keep Children Active

Keep the kids (and yourself) active this winter with ideas for indoor and outdoor movement and play, no matter how frightful the weather gets.

<https://raisingchildren.net.au/toddlers/nutrition-fitness/physical-activity/winter-activities>

### Veggie Egg Muffins



#### Ingredients:

- 3 cups mixed vegetables (such as broccoli, mushrooms, peppers, spinach, etc.)
- 1 teaspoon oil
- 12 large eggs
- 1 small onion, chopped
- 1 cup low-fat cheddar cheese
- Salt and pepper to taste

#### Directions:

1. Preheat oven to 350°F.
2. Chop vegetables and onion. Cook in 1 teaspoon oil, until tender.
3. Lightly grease a muffin tin (try using a spray vegetable or olive oil).
4. Divide the vegetables and cheese evenly over 12 wells.
5. In a large bowl beat eggs and combine with salt and pepper to taste.
6. Pour eggs evenly over each well. Bake 22-25 minutes or until set.
7. Remove cup. Serve warm or let cool completely and refrigerate.

*Plan ahead! Store extra cups in the freezer for quick and easy meals for busy mornings!*