

# The GrapeVine

July 2019

## Quick and Easy Summer Meals

Summer is the season for vacations, barbeques and family fun! At the end of the day it's sometimes difficult to find time to prepare and cook a meal. Here are a few simple tips families can use that support healthy eating during the busy summer months.

- **Check to see what you have on hand:** Before shopping, see what you have on hand, at home, and try to include those ingredients in the week ahead's meals. This will save money on groceries for the coming weeks.
- **Have a plan:** planning is key--make a simple menu, with dinners for the week, then fill in breakfast & lunch staples. Shop based on the menu. Shopping from a set menu saves time, no more last minute trips to the grocery store to make a meal, or, worst yet, unhealthy choices because there's simply nothing else in the house. Menu-based shopping also helps keep you on budget, you know what you need, no more guessing!
- **Plan for leftover "breaks":** make at least one recipe, each week, that can be made in larger quantities and then frozen. Use frozen meals on nights when you are too busy/tired to cook. Check out the USDA site "What's Cooking" at <https://whatscooking.fns.usda.gov/> here you'll find recipes that can be searched by ingredient. Select the simplest recipes that appeal to you and make your own customized "cookbook".
- **Keep it simple:** Think in terms of the MyPlate food guide. First, fill half your plate with fruits and vegetables. A green salad with grapes, mango, or apple slices, red onions and chickpeas, takes care of your fruits & vegetables. Add a turkey burger or black bean burger (lean protein) on a whole grain bun and serve with a glass of low fat milk or milk substitute and you have a healthy simple meal that includes all five food groups.



### Start A Healthy Gossip

It's easy to get children thinking about good nutrition and healthy choices. The questions below will help start a conversation that will spark interest with children about healthy eating.

- Can you name one fruit and one vegetable that's in season in the summer?
- Can you tell me what your favorite summer fruits are; summer vegetables?

## Upcoming Events

### Agency Food Safety

**Monday, July 26<sup>th</sup>**

2:00 pm – 3:30 pm

546 St Johns Place, Riverhead

### Agency Orientation

**Friday, July 19<sup>th</sup>**

1:00 pm – 3:30 pm

Hope Community Ministries

64 Tiber Ave, Dear Park





**Healthy Eating:** This lesson plan is recommended for grade levels K-4. Students learn about making healthier meal choices and where to find both "everyday" and "sometimes" foods. Activities and videos are included to reinforce the message. <https://ny.pbslearningmedia.org/resource/envh10.health.lpk4/healthy-eating/>



**Powerful Plant Proteins:** This lesson plan is recommended for grade levels K-5. The lesson focuses on the benefits of eating lean animal protein and plant-based proteins for children to learn how protein foods not only help grow a healthy body, but also shield us from cancer and other diseases. Students learn which animal foods and plant foods are considered protein sources. They will also learn about the various components these foods have that enable them to grow strong and healthy.

<https://www.aicr.org/assets/docs/pdf/healthykids/plant-proteins-lesson-plan.pdf>

## Zucchini Lasagna



### Ingredients:

- 2 tbsp. olive oil
- 1 small onion, finely chopped
- 1-2 garlic cloves, minced
- 1 lb. lean ground turkey or chicken
- 1 (28-ounce) can low sodium tomatoes
- 1 tbsp. dried oregano
- 1 tbsp. dried basil
- ¼ tsp pepper
- 2-3 medium zucchini
- 1 cup part-skim ricotta cheese



### Directions:

1. Preheat oven to 375°
2. In a large skillet heat oil. Add onion, garlic and cook, stirring until tender, about 8 minutes.
3. Add turkey and cook until browned throughout, about 5 minutes. Add tomatoes and bring mixture to a boil. Reduce heat to medium and simmer until it thickens, about 20 minutes. Stir in oregano, basil and pepper.
4. Slice zucchini lengthwise into thin strips. Put 5 or 6 zucchini slices, overlapping slightly in the bottom of an 8x8 inch baking dish. Top with 1 cup of the sauce. Dot with ¼ cup ricotta. Repeat layers twice or until ingredients are finished.
5. Bake for 50-60 minutes, until lasagna is bubbling and top is brown.