

# The GrapeVine

March 2020

## Eat Right Bite by Bite National Nutrition Month

The Academy of Nutrition and Dietetics' National Nutrition Month is celebrated each year during March and focuses on the importance of making informed food choices as well as developing positive eating and physical activity habits. "Eat Right, Bite by Bite" is this year's message. The focus of this year's theme includes:

- ✓ **Healthful foods from all food groups:** Choose fresh or frozen foods low in sodium, fat, and added sugar.
- ✓ **Hydrate healthfully:** Make sure you are getting enough fluid. Water, low-fat milk and milk substitutes are best choices.
- ✓ **Nutrition Facts Label:** Learn to read and understand the nutrition facts label to choose the healthiest food options—to learn how go to [fda.gov](http://fda.gov), and search "how to read food labels".
- ✓ **Practice portion control:** MyPlate provides the number of daily servings of all food groups and sample portion sizes within food groups. Go to [choosemyplate.gov](http://choosemyplate.gov) for more information.
- ✓ **Meal Prep:** Plan your meals each week to incorporate healthy meals into your everyday routine.
- ✓ **Reduce food waste:** Plan meals based on what you already have, get creative with left overs, order smaller food sizes when away from home or ask for to-go containers.
- ✓ **Consult a Registered Dietitian Nutritionist (RDN):** For accurate, up-to-date nutrition information consult an RDN, Go to [eatright.org](http://eatright.org) to find an RDN in your area.



### Start A Healthy Gossip

Engaging children in a conversation about nutrition helps them understand the importance of its impact on overall health. The questions below are good ice breakers to get children involved:

- Why do you think National Nutrition Month is important?
- What is one new fruit or vegetable you would like to try this month to honor National Nutrition Month?

## Upcoming Events

### Orientation Meeting

Monday, March 9<sup>th</sup>  
10:00 am-1:00 pm  
St. Brigid's Church  
75 Post Ave., Westbury

### Orientation Meeting & Food Safety Meeting

Wednesday, March 11<sup>th</sup>  
9:30 am – 12:00 pm  
Island Harvest Food Bank  
40 Marcus Blvd., Hauppauge





## NUTRITION RESOURCE CENTER



### National Nutrition Month Campaign Toolkit

This toolkit provides information and handouts for Smart Shopping, Dining Out, The New Nutrition Facts Labels, 20 Ways to Enjoy More Fruits and Vegetables, Eating Right on a Budget, and much more.

[https://www.eatright.org/food/resources/national-nutrition-month/toolkit?rdType=list\\_redirect&rdProj=nnm\\_redirects&rdInfo=nnm\\_listing\\_page](https://www.eatright.org/food/resources/national-nutrition-month/toolkit?rdType=list_redirect&rdProj=nnm_redirects&rdInfo=nnm_listing_page)



### Kids and Portion Control

Helping kids listen to their bodies and monitor their hunger while teaching correct portion sizes for each food group using helpful visuals.

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/kids-and-portion-control>

## Zucchini Boat Tacos

### Ingredients:

- 4 medium zucchinis, cut in half lengthwise
- ½ cup salsa
- 1 lb lean ground turkey
- 1 tsp garlic powder, salt, and chili powder
- ½ small onion, minced
- 2 tbsp bell pepper, minced
- 4 oz tomato sauce
- ¼ cup water
- ½ cup low-fat shredded cheese



### Directions:

1. Boil large pot of water and preheat oven to 400 F.
2. Brown turkey in a large skillet until no longer pink, add spices and mix well.
3. Hollow out the center of zucchini halves.
4. Chop the scooped out parts and add to skillet with turkey. Add onion, bell pepper, tomato sauce and water. Simmer on low for 20 minutes.
5. Place zucchini halves in boiling water for 1 minute, remove from water.
6. Place zucchini on baking sheet and fill with taco meat, pressing down firmly.
7. Top eat zucchini boat with salsa and shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through.