

# The GrapeVine

March 2021

## March is National Nutrition Month!

Initiated in 1973, National Nutrition Month is an annual celebration created by the Academy of Nutrition and Dietetics (AND). This year's theme is "Personalize your Plate". The advice is to focus on healthy foods while customizing your plate to include choices that reflect personal and cultural preferences as well as budgetary considerations. Below is a summary of AND National Nutrition Month key messages to help individuals achieve that balance.



- **Week #1: Eat a variety of nutritious foods every day.**
  - Choose foods from each of the five food groups—each group provides different key nutrients. Customize your plate by choosing traditional whole and minimally processed foods that align with your family's cultural preferences.

- **Week #2: Plan your meals each week.**
  - Prepare a basic menu with your week's meals and use that menu to make a grocery list. If you are pressed for time, start by just making a menu/grocery list for dinner meals. Sticking to the list is a powerful tool to support healthy eating.
- **Week #3: Learn skills to create tasty meals.**
  - Cooking more meals at home is one of the most impactful changes one can make to improve diet quality. See the AND site highlighted in this month's *Nutrition Resource Center* for videos on basic meal prep and cooking skills.
- **Week #4: Speak with a Nutritionist.**
  - Registered Dietitian Nutritionists (RDNs) are nutrition experts who can help you "personalize" your plate. Ask your healthcare provider if they can provide a referral or go to [eatright.org](http://eatright.org) and select "Find an Expert" to locate RDNs in your area.



## Upcoming Events

### **Zoom Orientation/Food Safety & Nutrition**

March 17<sup>th</sup>, 10:30 am – 12:30 pm

Please contact Karen LaSorsa or Elizabeth Notarbartolo at 631-873-4775 to register.



### **Senior (60+) Food Distributions:**

Please call for income eligibility requirements at: 631-873-4775.

**When:** Tuesdays: 2:00 pm-4:00 pm  
and Fridays: 9:00 am-11:00 am

**Where:** Island Harvest Food Bank  
40 Marcus Blvd., Hauppauge

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## NUTRITION RESOURCE CENTER

### Cooking with the Academy of Nutrition and Dietetics

**(AND):** The AND has expert information on diet, nutrition, and wellness. The link below provides access to short videos on eating healthy on a budget, setting weight loss goals, basic meal prep tips and much more!  
<https://www.eatright.org/videos>



**Celebrating National Nutrition Month:** Eatright.org is the Academy of Nutrition and Dietetics website. The link below will provide you with ways that everyone—schools, workplaces, communities, and individuals--can participate and benefit from this year's National Nutrition Month.

[40 Great Ways to Get Involved in National Nutrition Month](#)



## Simple Banana Pancake

### Ingredients: (about 3-4 pancakes)

- 1 ripe banana, mashed
- 1 large egg
- 1 tsp. baking powder
- ½ cup whole grain flour
- 2–4 tbsp. milk or milk substitute
- 1 tbsp. vegetable oil
- 2 tbsp. chopped walnuts/pecans (optional)



### Directions:

- In a medium bowl, mash ripe banana with a fork until no solid pieces remain, then mix in the egg
- In a small bowl, add flour and baking powder, mix well
- Add flour mixture to banana mixture, stir well
- Add milk/milk substitute, stir until batter is a smooth consistency then stir in nuts (optional)
- Lightly coat a pan with vegetable oil, heat oil on medium
- Add about 1/3 cup batter to hot oil and cook about 3-4 minutes or until batter starts to bubble and pancake begins to lightly brown at the edges--flip and cook until golden brown on other side; reduce heat if pancake is cooking too fast

## Berry Pancake Syrup

### Ingredients:

- ¼ cup fresh or frozen berries—blueberries and strawberries both work well
- 2 tsp. maple syrup

### Directions:

- In a small bowl, mash berries then stir in syrup
- Serve as a topping for pancakes or French toast

### Tips & Facts:

- Bananas are an excellent source of fiber, vitamin B6 and potassium.
- Don't like bananas? Leave them out and make the recipe with additional milk/milk substitute, to desired batter consistency, then top with berry syrup.
- Substitute cooked butternut squash for banana for a savory pancake.