



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

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

# The GrapeVine

May 2021

## May is Arthritis Awareness Month

Arthritis is one of the most widespread health conditions and the number one cause of disability in the US. There are several different types of arthritis, but osteoarthritis is the most common. Osteoarthritis occurs when the cartilage cushioning the surface on the ends of bones wears away resulting, in pain, swelling, and stiffness. Arthritis Awareness Month is a time to motivate Americans to get moving and make healthier food choices—both of which help to prevent and manage osteoarthritis.

### Physical Activity & Weight Management

Staying physically active helps joints to stay limber, strengthens the muscles that support joints, and helps with healthy weight maintenance. Excess weight puts added stress on weight-bearing joints such as the hips and knees, which causes the cartilage that cushions and protects our joints to wear down over time. For more information on starting an exercise program, visit [CDC Adding Physical Activity](https://www.cdc.gov/physicalactivity).



### Diet & Foods that help fight inflammation

A healthy diet helps to keep excess weight off and can provide nutrients that aid in fighting inflammation. Research suggests that inflammation may cause and/or worsen a number of chronic diseases, including arthritis. For more information on dietary patterns that support good health, visit [Eatright.org](https://www.eatright.org). Here are some examples of foods to include in a healthy diet plan that may have anti-inflammatory effects:



- **Fish:** Salmon, tuna, sardines, herring, anchovies, scallops and other cold-water fish.
- **Nuts & Seeds:** Walnuts, pine nuts, pistachios, almonds.
- **Fruits & Vegetables:** any berries, cherries, leafy green veggies, broccoli--just about any fruits & vegetable--the darker the color, the more antioxidants which help with inflammation.
- **Beans, Lentils and peas:** Kidney beans, pinto beans, black-eyed peas, any lentils.
- **Whole Grains:** Oatmeal, whole-wheat flour, bulgur, brown rice, quinoa.
- **Olive Oil**

## Upcoming Events

### Zoom Orientation/Food Safety & Nutrition

May 12<sup>th</sup> 12:00 pm – 2:00 pm

Please contact  
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



**The Centers for Disease Control and Prevention's (CDC) Arthritis Program:**

The CDC Arthritis program aims to help people living with arthritis live the fullest life possible, with the ability to perform daily life activities with minimal pain. Visit their website to learn more about living with arthritis, read the latest research and find out about lifestyle management programs that have been shown to improve quality of life for adults with arthritis.

[CDC Arthritis Program](#)



**The Arthritis Foundation:** Provides science-based information about arthritis. Visit their site at the link below to learn more about the different types of arthritis, connecting with others who have arthritis, and healthy living tips, including information on nutrition, recipes and physical activity.

[Arthritis Foundation](#)



## Spring Veggie & Whole Grain Salad

**Ingredients:** (about 4 servings)

- 1 bunch asparagus, trimmed and cut into ½ in. pieces
- 1 cup fresh or frozen peas
- 1 garlic clove, minced
- 1-2 tbsp. vinegar (white, red or balsamic work well)
- 2 tbsp. olive oil
- 2 cups cooked brown rice or quinoa
- 1 cup red onion, finely diced
- ½ cup basil leaves, chopped (optional)
- Salt (optional) and pepper to taste



**Directions:**

1. Finely mince garlic and transfer to a bowl; mix/whisk in vinegar and oil.
2. Cook rice or quinoa according to package directions
3. In a small pot or steamer, with a small amount of water, steam or cook asparagus and peas, until crisp-tender, about 2 minutes. Drain and transfer to bowl with vinaigrette.
4. Add onion and basil, toss to combine, and let stand 30 minutes more before serving.

### Make it a Meal

Add a lean protein to this salad to make it a meal, try:

- Canned salmon, fresh or frozen salmon, sardines, tuna
- Grilled Chicken
- Tofu or tempeh (fermented tofu) or your favorite beans
- Hard boiled or fried egg

**Tips & Facts:**

- Asparagus, peas, onions, garlic and whole grains all have anti-inflammatory properties and contribute positively to an anti-inflammatory eating pattern.