



## March is National Nutrition Month!

This year's National Nutrition Month theme is "Beyond the Table"-- a call to look beyond the table to support personal health and the health of our environment. Here are some ideas for looking "beyond the table" for your health and the health of the planet.

### Minimize Food Waste

Americans waste about 80 million tons of food every year—throwing away over \$444 billion worth of food annually! Food that is wasted represents lost money and/or lost opportunity to help feed families in need but it also impacts our environment. According to environmental experts, food loss and waste significantly contribute to climate change. If food ends up in landfills, it generates methane gas as it rots, methane is an even more potent greenhouse gas than carbon dioxide (CO<sub>2</sub>). Here are a few tips for minimizing food waste:



- Plan meals for the week and always shop with a list. This minimizes impulse purchases of foods that may spoil before they can be used.
- Make the best of leftovers and overripe produce. If you are not going to use leftovers in 2-3 days, freeze them. Most foods will keep in the freezer for weeks! Use frozen vegetables in soups, stews, or chilis. Frozen fruits go well in smoothies, yogurt, on hot cereals or in baked goods.
  - Learn about composting. Composting is nature's way of recycling, and it is one powerful, individual action to take to address climate change, and build healthy soil. See this month's Nutrition Resource Center feature "Composting 101" to learn more.



### Whenever Possible...Eat Seasonally and Locally

Buying locally grown and seasonal foods, when possible, supports your health and the health of our environment. Local, seasonal foods tend to have better pricing and higher nutritional value, as there tends to be less time between harvesting and consuming.

## Upcoming Events

### Orientation/Food Safety & Nutrition

**When:** March 27<sup>th</sup> at 10:00am-12:00pm

**Where:** Contact Sierra Puwalski or Caleb Miller at 631-873-4775 for information or to register.

### Senior (60+) Food Distributions

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

### Nutrition Workshops

**Topic:** National Nutrition Month

**When:** March 5<sup>th</sup> at 1:00 pm

**Where:** Island Harvest  
126 Spagnoli Rd., Melville



## Consider Planting a Vegetable Garden

Why? Planting a vegetable garden positively impacts both physical and mental health! Here are some tips for getting started.

- Vegetables need light to thrive. Ideally, your garden location should provide at least 8 hours of direct sun per day, for most vegetables.
- Healthy plants come from healthy soil. You can do a simple soil test to see what kind of soil you have. Check with an expert at a gardening center for tips on testing, and improving, soil, if need be.
- Finally, consider starting small. If you are pressed for time or a first-time gardener, try a container garden, a raised-bed garden, or even a simple herb garden to start.
  - Need help getting started? Contact our farmer at: [Cassidy@islandharvest.org](mailto:Cassidy@islandharvest.org) for gardening tips, workshops and/or information on hands-on experience at the Island Harvest Farm.





## NUTRITION & HEALTH RESOURCE CENTER

### Composting 101

This site provides a comprehensive composting guide. Included are step-by-step instructions on how to create a backyard compost and information on why composting is beneficial. Also included are links to sites with additional information on the subject. Learn more here: [Composting](#)



### Cook Once, Serve Twice

This site provides information on meal and menu planning using leftovers. It also provides information on food safety for leftovers and recipes that feature common leftover foods. Learn more here:

[Leftovers](#)



### Frittata

Frittatas are a one pan meal and a great way to utilize leftover veggies and/or grains.



#### Ingredients (makes about 8 servings):

- 8 eggs, large
  - ½ cup low-fat milk
  - ¼ teaspoon ground black pepper
  - ¾ cup low-fat cheddar cheese or feta cheese
  - 1-2 tablespoon olive oil
  - 2 cloves garlic, minced
  - 1/2 small red onion, thinly sliced
  - 1 cup sweet potato, cleaned and chopped (substitute leftover potatoes, pasta or rice)
  - 1 cup cherry or grape tomatoes, halved
  - ½ cup zucchini, sliced\*
  - ½ cup red bell pepper, chopped\*
- \*Substitute leftover veggies of any kind

#### Directions:

1. Preheat oven to 375°F
2. Whisk together eggs, milk, and pepper in a med. size bowl, then mix in about ½ of the cheese, saving the rest for topping.
3. Heat olive oil in a deep, 10- to 12-inch wide oven-safe skillet over medium heat.
4. Add the garlic and cook, stirring, for about 30–45 seconds; don't let it turn brown.
5. Add red onion, sweet potato, and tomatoes to the pan and cook for 5 minutes or until they begin to soften. Add the zucchini and red peppers, and season with pepper. Cook for another 8 minutes, stirring occasionally.
6. Pour the egg-and-cheese mixture over the vegetables and cook for 5 minutes until the egg starts to set around the edges. Sprinkle the remaining ¼ cup cheese on top.
7. Move the pan to the center rack of preheated oven and bake for about 25 to 30 minutes, or until eggs are firmly set.
8. Remove from oven and let cool for 10 minutes before slicing/serving.