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**FOOD SAFETY TIP**

If you're worried you won't be able to eat all of your leftovers before they go bad try freezing them. Freezing food at 0F or below (not 32F) keeps food safe indefinitely.



**Getting Nutrients that May be Lacking**

The US Dietary Guidelines for Americans gives advice on healthy eating patterns. They also look at nutrients that people don't eat enough of to try to help people get more. The four lines at the bottom of the nutrition facts panel show nutrients that Americans don't get enough of. Currently, these are vitamin D, calcium, iron, and potassium.

Not sure if you're getting enough? Here are a few ways to get each important nutrient.

**Vitamin D and Calcium**

Calcium and vitamin D are important for building healthy bones and for nerve function. Calcium also plays a role in heart health. Dairy products, like milk, yogurt and cheese are good sources of calcium. Sardines, canned salmon and some types of leafy, green vegetables are also good sources. Your body makes it's own vitamin D when sunlight hits unprotected skin.

Food sources of vitamin D include fatty fish and fortified foods and beverages like milk, soymilk, yogurt, and some breakfast cereals.

**Iron**

Iron is a nutrient of concern particularly for young children and women. Iron is important for growth and development and it helps transport oxygen throughout the body. Iron is found in meats, seafood, poultry, iron-fortified cereals and breads. Iron is also found in instant oatmeal, white beans, lentils, spinach, tofu, kidney beans, tomato, beef and baked potato but iron from vegetables is harder to absorb than iron found in animal products.

**Potassium**

Potassium plays a role in muscle movement, managing blood pressure, and heart and nerve function. Potassium is found in vegetables, fruits and dairy. Good choices include sweet and white potatoes, white beans, kidney beans, plain yogurt, apricots, cooked lentils, acorn squash, and raisins.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Chicken Kale Soup

February 4th is National Homemade Soup Day. Soup can seem intimidating, but this soup is a great one for beginners and confident cooks alike. Plus, it's a good source of potassium, calcium, and iron.

## Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 medium carrot, chopped
- 1 teaspoon thyme, dried
- 2 cloves garlic, minced
- 4 cups chicken broth (or vegetable broth)
- 1 15-ounce can diced tomatoes
- 1 cup cooked skinless chicken, cubed
- 1 cup rice, brown, cooked
- 2 cups kale, chopped

## Directions:


1. Heat oil in a medium saucepan over medium high heat.
2. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
3. Add thyme and garlic. Sauté for one more minute.
4. Add water or broth, tomatoes with their juice, cooked rice, chicken and kale.
5. Simmer for 5-10 minutes until heated through and serve warm.

Note: You can use leftover chicken, rotisserie chicken, or canned chicken.

*Makes 4 servings*

Nutrition Facts	
Chicken Kale Soup	
Amount Per Serving (1 1/2 cups each)	
Calories 333	Calories from Fat 81
	% Daily Value*
<b>Total Fat</b> 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 26mg	9%
<b>Sodium</b> 218mg	9%
<b>Potassium</b> 632mg	18%
<b>Total Carbohydrates</b> 52g	17%
Dietary Fiber 5g	20%
Sugars 6g	
<b>Protein</b> 13g	26%
<b>Vitamin A</b>	52%
<b>Vitamin C</b>	66%
<b>Vitamin D</b>	6%
<b>Calcium</b>	12%
<b>Iron</b>	11%

\* Percent Daily Values are based on a 2000 calorie diet.

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# What Can You Do With ... Sweet Potatoes?

**Shopping:** Choose sweet potatoes that are firm, not wrinkled, and tapered at both ends. Sweet potatoes can be orange, white, or purple.

**Storing:** Store in a cool, dry place for 1-2 weeks. Once cooked, cool thoroughly and store in the fridge for up to 7 days.

**Preparation:** Scrub the outside of sweet potatoes and remove eyes and dark spots. You can leave the skin on.

**Cooking:** You can use sweet potatoes in the same ways you can use a standard potato. Options include roasting, microwaving, boiling, mashed, or baked and stuffed like pictured.

**Nutrition:** Sweet potatoes are a great source of Vitamin A, which is good for healthy eyes and skin. Sweet potatoes also contain a variety of other vitamins and minerals including vitamin C, B6, potassium, manganese, thiamin, and niacin.

**Fun Fact:** Sweet potatoes are not yams. To confuse things even more, many yams found in US grocery stores are not true yams either. Yams have bumpy, tough brown skin and starchy, not sweet flesh. Sweet potatoes have smooth, brownish-red skin and sweet flesh. Sweet potatoes started being called yams when farmers in Louisiana adopted the term 'yam' to distinguish their produce from that of other states back in the 1930s.



## Oven Baked Sweet Potato Fries

### Ingredients:

- 3 sweet potatoes, cut into 1/4 inch wedges
- 3 tablespoons olive oil
- 3/4 teaspoon black pepper
- Salt to taste

### Directions:

1. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
2. Spread in a single layer on a baking sheet.
3. Bake at 425°F until tender and golden brown, about 20 minutes, turning once to brown evenly.



*Makes 6 servings*

*Recipe adapted from What's Cooking? USDA Mixing Bowl*

# American Heart Month

Heart disease is the leading cause of death for men and women in the United States. 1 in 4 deaths are caused by heart disease.

According to healthfinder.gov, we can use American Heart Month as an opportunity to raise awareness about heart disease and how people can prevent it.

Here are a few of their ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt or going for a quick after dinner walk.
- Motivate school administrators to make physical activity a part of the school day. This can help students start good habits early.
- Celebrate National Wear Red Day to raise awareness about women and heart disease.
- Host a 20-minute group walk around your office at lunchtime.



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**Everyone has a role in ending hunger  
in our community. <sup>SM</sup>**

**JOIN US ON**



## February 2020

### National Canned Food Month

**Crêpe Day**  
February 2

**National Homemade Soup Day**  
February 4

**National Almond Day**  
February 16

**National Strawberry Day**  
February 27