

## IN THIS ISSUE

Bulgur Wheat Salad	2
What Can You Do With ....?	3
Broccoli and Raisin Salad	3
Health Awareness	4

## FOOD SAFETY TIP

When packing foods for day trips, pack in a well insulated cooler with plenty of room for ice packs. Place cooler in the back seat of an air-conditioned car, not the hot trunk. Do not let perishable foods sit out of the cooler for more than 2 hours. If 90 degrees or above, food should not be left out longer than one hour.

## Springtime Day Trips & Healthy Snacks On-The-Go!

This past year has been challenging for everyone and staying indoors can have an impact on our physical and mental health. Now that spring is here and the weather is starting to warm up a bit we can spend more time outside! Start by planning some outdoor day trip activities such as going for walks, hiking in parks, riding bikes, visiting outdoor historical sites and outdoor sport activities. In addition to going outside and staying active we are going to want to pack and fuel up with some healthy and nutritious snacks that will keep you full so you can enjoy the day.



When packing snacks on the go you want to keep food safety in mind. Here are a few simple food safety tips that can help to prevent food-borne illnesses when packing and transporting your foods for your next day trip.

- Wash hands before handling food, bring hand sanitizer in case running water is not available
- Rinse and dry fresh fruits and vegetables before packing
- Use ice, ice packs or frozen gel packs to keep cold food cold
- Pack food in clean, tightly sealed containers
- Pack a cooler  $\frac{3}{4}$  of the way full with food and  $\frac{1}{4}$  with ice packs. Food should already be cool before packing in the cooler.
- Place ice for beverages in a separate, sealed bag. Do not use loose ice in the cooler for beverages.

Here are some on-the-go snack ideas and tips for your next day trip:

- Hard boiled eggs and wheat crackers
- Tuna salad and wheat crackers
- No bake peanut butter bites
- Peanut butter and fruit sandwiches
- Avocado wraps
- Sliced apples and peanut/nut butter
- Hummus and veggies
- Roasted chickpeas
- Homemade trail mix
- Don't forget to stay hydrated - pack water in reusable containers

# Bulgur Wheat Salad



## Ingredients

1 cup bulgur wheat  
 1 ½ cups boiling water  
 Juice from 1 lemon  
 1 tbsp oil  
 ½ teaspoon salt  
 1 apple, diced  
 ¼ cup raisins  
 1 celery stalk, diced  
 ½ cup walnuts  
 ½ cup chopped parsley (about ½ bunch)  
 ½ teaspoon ground pepper

## Directions

1. Place bulgur wheat in a large bowl. Pour in boiling water and add lemon juice, oil and salt. Stir and cover with plastic wrap. Let stand at room temperature for 30 minutes.
2. Fluff bulgur wheat with a fork.
3. Add apples, raisins, celery, walnuts, parsley and pepper to bulgur wheat. Mix well. Taste and adjust seasonings with salt and pepper if necessary.
4. Optional: add ½ teaspoon cinnamon

**Note:** Any dried fruit can be substituted for the raisins. To serve as a main dish add fish or chicken with salad greens. Couscous can be used instead of bulgur.

*Makes 8 servings*

## Nutrition Facts

Bulgur Wheat Salad  
Amount Per Serving

Calories 200

Calories from Fat 36

	% Daily Value*
<b>Total Fat</b> 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 313mg	13%
<b>Potassium</b> 320mg	9%
<b>Total Carbohydrates</b> 39g	13%
Dietary Fiber 6g	24%
Sugars 8g	
<b>Protein</b> 5g	10%
Vitamin A	4%
Vitamin C	17%
Vitamin D	0%
Calcium	4%
Iron	9%

**LOOKING FOR RECIPE INSPIRATION?**

**Check out Click 'N Cook®, our online recipe database at [Clickncook.org](http://Clickncook.org)**



# What Can You Do With ... Raisins?

Raisins are grapes that have been dried, concentrating their nutrients and sugars. This makes raisins both a nutrient and calorie dense product.

*Choosing:* Look for raisins that are soft and moist looking. Avoid dried, hard raisins.

*Storing:* Store raisins in an airtight container or a resealable plastic bag. This helps to protect raisins from clumping and drying out.

*Preparing:* Raisins can be eaten directly from the packaging.

*Uses:* Raisins can be used in salads, as a topping for oatmeal or yogurt or as an added sweetener in sauces and baked goods. Raisins are also good on their own as a snack, just use in moderation if concerned about sugar content.

*Nutrition:* Raisins are naturally fat-free, cholesterol-free, providing iron and potassium as well as a good source of fiber making them a good snack choice.



## Broccoli and Raisin Salad

### Ingredients

1 cup broccoli, chopped  
 ½ red onion, chopped  
 ¼ cup raisins  
 1 cup small tomato chopped  
 ⅔ cup greek yogurt  
 1 tbsp apple cider vinegar  
 salt and pepper to taste  
 ¼ cup sunflower seeds



### Directions

1. Mix broccoli, red onion, raisins and tomato in a medium bowl.
2. In a small bowl, mix together yogurt and vinegar. Add to broccoli mixture and mix until everything is evenly coated. Add salt and pepper to taste.
3. Cover bowl and refrigerate for about one hour. Sprinkle with sunflower seeds before serving.

# What are Health Awareness Weeks?

According to the US Department of Health and Human Services, health weeks are selected to highlight awareness about important health topics to improve the Nation's health. The topic must be prevention related and support a Healthy People 2020 topic or an area recommended by the US Preventative Task Force.



National Health  
Observances

April has two Health Weeks, National Public Health Week and Every Kid Healthy Week. National Public Health Week raises awareness around public health and prevention in communities across the US. Every Kid Healthy Week raises awareness around school efforts to improve health and wellness through nutrition, physical activity and learning. One way to practice these health weeks is through physical activity and nutrition. Try picking a week in April and making your own healthy week using these tips:

Sunday: Be active! Go for a walk, ride a bike, throw a ball with your friends or family  
Monday: Make a healthy change, such as adding more veggies to your day  
Tuesday: Set a goal to drink plenty of water throughout the day  
Wednesday: Add a 20 minute walk into your day  
Thursday: Have a healthy breakfast to start your day  
Friday: Plan a meal to make with your friends or family  
Saturday: Get outside! Have a picnic with friends, family, neighbors

## April 2021

70 South Bay Avenue  
Boston, MA 02118  
Phone: 617-427-5200  
E-mail: [nutrition@gbfb.org](mailto:nutrition@gbfb.org)  
[www.gbfb.org](http://www.gbfb.org)

Written by:  
Sheri Kimball



**Everyone has a role in ending hunger  
in our community. sm**

**National Public Health Week**  
April 5-11

**Every Kid Healthy Week**  
April 26-31

**International Carrot Day**  
April 4

**National Stop Food Waste Day**  
April 28

**National Raisin Day**  
April 30