

Happy New Year!

Are you making a resolution to be healthier in the new year? Make sure you set yourself up for success with these tips.



1. Remember, health goals do not need to be about weight loss. Aiming to be healthier isn't the same as trying to lose weight.
2. Goals that focus on specific behaviors are easier to achieve than a broad goal. Include information on what, how often, and when.
3. Goals don't need to be about limiting or reducing behaviors. Instead of 'I'm going to stop eating candy' you could try 'I'm going to eat an extra piece of fruit each day.'
4. Lifestyle change is easier with support. See if your family, friends, or a coworker want to join in on any of your goals.
5. Mental health is just as important as physical health. Think about goals that might make you feel happier. Reading a book, taking a bath, or meditating are all activities you could try to help improve your health.
6. Go easy on yourself. These goals are for you. If you skip a day (or a week, or a month!) jump back in when and if you want to.

Here are a few example goals that check all these criteria. They are specific, behavior focused, and don't restrict or focus on weight loss.

- I will walk for 30 minutes 5 times a week.
- I'm going to add a nonstarchy vegetable to breakfast three times a week.
- I'm going to meditate for 5 minutes each day.
- I'm going to call my granddaughter every weekend.
- I will start each morning with a hearty breakfast.

Food Safety Tips

The new year is a good reminder to check your fridge for old and unsafe food. Check out the USDA's FoodKeeper App (<https://www.foodsafty.gov/keep-food-safe/foodkeeper-app>) for info on shelf life of opened products.



Apply for SNAP Today

If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, to apply, or for support on your existing case.

CALL:
(617) 598 5022
OR
VISIT:
GBFB.org/SNAP

Chickpea Sloppy Joe Casserole

Makes 10 servings, approx. 1 cup each



Ingredients

- 8 ounces mushrooms
- 3 cloves garlic, peeled
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 2 teaspoons vegetable oil
- 1 pound lean ground turkey
- 1/2 cup ketchup
- 1 teaspoon mustard
- 1/2 teaspoon ground pepper
- 1 cup chickpeas or garbanzo beans, drained and rinsed

Baked Topping

- 2/3 cup flour
- 1 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons butter, room temperature
- 1 large egg, whisked
- 1/2 cup low fat milk

Directions

1. Preheat oven to 400 F. Spray a casserole dish with cooking spray.
2. Blend together mushrooms, garlic, carrots and onion until smooth. Add a little water if it is still chunky, you want the vegetables to become a paste for the sauce.
3. Add oil to a skillet over medium heat and add turkey. Break up ground turkey into smaller pieces and cook until no longer pink. Add in the pureed vegetables, stirring to combine. Mix in the ketchup, mustard, salt and pepper. Cook until warmed through. Stir in chickpeas.
4. Make the topping. In a small mixing bowl, whisk together flour, baking powder, baking soda, and salt. Add butter, egg and whisk until smooth. The batter will be thick.
5. Pour turkey mixture into an even layer on the bottom of prepared casserole dish. Pour baking mix over turkey and smooth out to create a flat top.
6. Bake for 15-20 minutes, until top layer is cooked through and golden brown.
7. Allow to cool for 10 minutes.

Nutrition Facts

Chickpea Sloppy Joe Casserole
Amount Per Serving

| Calories 256 | Calories from Fat 81 |
|--------------------------------|----------------------|
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Polyunsaturated Fat 3g | |
| Monounsaturated Fat 3g | |
| Cholesterol 68mg | 23% |
| Sodium 419mg | 17% |
| Potassium 460mg | 13% |
| Total Carbohydrates 26g | 9% |
| Dietary Fiber 5g | 20% |
| Sugars 7g | |
| Protein 19g | 38% |
| Vitamin A | 35% |
| Vitamin C | 5% |
| Vitamin D | 0% |
| Calcium | 7% |
| Iron | 17% |

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

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Peanut Butter



January 24 is National Peanut Butter Day. There's more to this pantry staple than sandwiches.

- **Choosing:** Look for peanut butter that has minimal ingredients - ideally, just peanuts, but possibly also salt. Avoid peanut butter with added sugars or oils.
- **Storing:** Peanut butter made from just peanuts and salt should be stored in the fridge once opened.
- **Preparing:** Peanut butter needs no preparation! For food safety it is best to avoid eating directly from the jar.
- **Uses:** Peanut butter is versatile and probably best known for its lead role in a peanut butter and jelly sandwich. Peanut butter is a great dip with apples or celery, a protein-packed spread on toast, and is a good start to some sauces and marinades.
- **Nutrition:** Peanut butter is a rich source (20% or more of the Daily Value or DV) of dietary fiber, vitamin E, pantothenic acid, folate, niacin, and vitamin B6.
- **Not So Fun Fact:** The peanut, and therefore peanut butter, causes many of the allergic reactions to food that are seen in young children.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Smoky Peanut Chicken Tacos



Ingredients

| | |
|------------------------------|--|
| 1/2 cup peanut butter | 1 lb skinless boneless chicken breasts |
| 1/4 cup water | 1 tbsp lime juice |
| 2 cloves garlic | 4 tortillas |
| 1 in chipotle chile in adobo | 1 cup red cabbage shredded |
| 3 tbsp adobo sauce | Cilantro |
| 1/2 tsp salt | |

Directions

1. Puree peanut butter, water, garlic, chipotle, adobo sauce and salt until smooth. Pour into 2-quart baking dish. Add chicken, turning to coat.
2. Cover with foil; bake at 400F for 30 minutes or until chicken is cooked (165F internal temp).
3. Slice chicken, then drizzle with lime juice. Serve with tortillas, cilantro, and red cabbage.



January 2022

National Hot Tea Month

National Slow Cooking Month

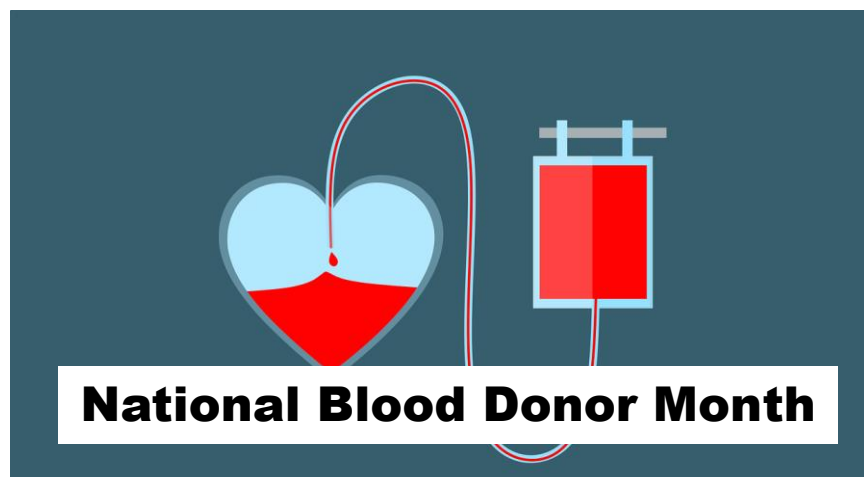
National Oatmeal Month

National Spaghetti Day
January 4

National Milk Day
January 11

National Granola Bar Day
January 21

National Peanut Butter Day
January 24



National Blood Donor Month

January is National Blood Donor Month and the Red Cross is experiencing the worst blood shortage in over a decade.

Blood Donor Month has been celebrated each January for nearly 50 years and happens during one of the most difficult times of the year to maintain a sufficient blood supply for patients. If you've been considering donating blood for the first time or if it has been a little while, now is the time!

Every two seconds, someone in the U.S. needs blood and the need for blood doesn't go away during pandemics. Patients that need blood could be a grandparent receiving an organ transplant, a child battling cancer, an accident victim being taken into the ER, or new mom with a complicated childbirth. Low blood supply levels can force hospitals to delay or defer patients from major surgery.

You can go to <https://www.redcrossblood.org/> to learn more about blood donation and to schedule an appointment to donate.