



## Estimating Portion Sizes

Most of us know what foods provide nutrients to our bodies and what foods are more of a treat. Many people have a hard time deciding how much of a food they should eat or when to stop eating. Portion control and moderation are important concepts for anyone trying to maintain or lose weight.

Here are some tips and tricks to figure out better portions for yourself:

- Learn how to estimate serving sizes
  - 1 cup = the average adult's fist
  - 1 serving of meat = 3 oz = size of an adult's palm
  - 1 tsp = the tip of a finger (knuckle to tip)
  - 1 tbsp = the tip of a thumb (knuckle to tip)
- Using a smaller plate or bowl and smaller serving utensils will subconsciously help you to take and eat a smaller portion
- Avoid eating directly out of the bag or box. If you have a craving for chips, try putting some in a bowl and limiting yourself to that amount rather than absent-mindedly sticking your hand into the bag again and again.
- Aim for having about half of your plate be fruits or vegetables at every meal
- Listen to your hunger cues. Just because you have food left on your plate doesn't mean you need to eat it.

## Food Safety Tips



The time around Halloween often means more shared snacks and candy. If your child has food allergies, make sure you talk with them about what is safe and what to do if they aren't sure if a food is safe.



## Apply for SNAP

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, want to apply, or want support on your existing case.

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



## Fall Harvest Salad

### Ingredients

- 1 small red onion diced
- 1 butternut squash peeled, seeded and cut into ¼-inch chunks
- 1 tbsp. olive oil
- 2 cups farro regular or quick-cooking
- 1/4 cup dried cranberries
- 1 small apple cored and diced
- 1/2 cup walnuts toasted and chopped
- 1/2 cup parsley chopped
- 3 tbsp olive oil
- 1.5 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tsp honey
- 1/4 tsp salt
- 1/4 tsp pepper

### Directions

1. Preheat oven to 400°F. Place butternut squash and red onion on a baking sheet and toss with olive oil, salt and pepper. Roast for 20 minutes or until tender.
2. While butternut squash roasts, cook farro according to package directions. Drain if any excess water remains.
3. Prepare dressing in a large bowl: whisk together olive oil, apple cider vinegar, Dijon mustard, honey, salt and pepper.
4. Combine warm farro with dressing and toss together in a large bowl. Add squash and onions, dried cranberries, apple, walnuts, and parsley.
5. Serve room temperature or cold.

*Makes 8 servings*



**OCTOBER 2022**

**National Apple Month**

**National Pasta Month**

**National Seafood Month**

**National Nut Day**

October 22

**National Pumpkin Day**

October 26

**National Oatmeal Day**

October 29