



Sunset of Extra COVID SNAP Benefits

The **last** extra COVID SNAP (also known as SNAP Emergency Allotments) payment is on **Thursday, March 2nd, 2023**. Starting in April, your household will go back to your pre-pandemic amount.

What can SNAP clients do? The next steps are to plan accordingly for the reduction in your benefits.

- Make sure the DTA knows about any medical costs, increases to your housing costs, and child/adult care costs. These expense updates may increase your benefit amount.
- Make sure you take advantage of Healthy Incentives Program (HIP). HIP puts money back on your EBT card when you use SNAP to buy produce from HIP farm vendors. Depending on the household size, you can get from \$40 to \$80 a month.
- Practice budgeting techniques to get the most out of your dollar amount when food shopping. It may be beneficial to utilize your SNAP benefits for more expensive food items, such as animal protein sources like meats. Then, purchase produce items at farmers markets and use HIP to get money back on your card.
- Refer to the January edition of Nutritious Bytes for more information on budgeting and smart food shopping.

Other Food Resources:

- Find local pantries and meal sites near you at gbfb.org/need-food
- Call or text Project Bread's FoodSource Hotline at 1-800-645-8333
- Check eligibility/apply for senior nutrition programs and WIC programs

If you or someone you know needs help applying for SNAP or has questions about maximizing benefits, contact the SNAP Outreach Team at 617-598-5022 or email us at snap@gbfb.org.

Food Safety Tip

With picnic season approaching, it's important to keep cold food cold and hot foods hot. Cold perishable food should be kept in the cooler until serving time. Both hot and cold foods should not sit out for more than 2 hours. Bring a food thermometer to the picnic to make sure the cold foods are kept below 40°F and hot foods above 140°F.



If you need help with food, apply online for WIC today!

The Women, Infants, and Children (WIC) program provides monthly food benefits to pregnant women, postpartum women, and children under the age of 5 years. Apply online or contact your local WIC office for more information.

TO APPLY ONLINE VISIT:
mass.gov/forms/apply-for-wic-online



Nutrition Facts

Baked Eggs & Cheese

Amount Per Serving (1 slice each)

Calories 183	Calories from Fat 108
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 4g	
Cholesterol 285mg	95%
Sodium 255mg	11%
Potassium 172mg	5%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 14g	28%
Vitamin A	10%
Vitamin C	0%
Vitamin D	0%
Calcium	12%
Iron	9%

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

Baked Eggs and Cheese

In just 20 minutes you can create this easy breakfast recipe. Add vegetables and meats of your choice or put it in between two slices of bread for a delicious breakfast sandwich. This recipe is customizable to your liking!

Ingredients

- 1 tablespoon vegetable oil
- 6 eggs
- 1/2 cup milk, non-fat
- 1/2 cup cheddar cheese, low-fat, shredded
- 1 teaspoon garlic powder
- 1 1/2 teaspoons oregano, dried

Directions

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

Makes 4 servings (1 slice each)

LOOKING FOR RECIPE INSPIRATION?

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



What can you do with: Green Cabbage



Choosing: Choose green cabbage heads with compact leaves that are heavy for their size. The stem end should look healthy and trimmed, not dry or split.

Storing: Unwashed cabbage heads should be stored in a plastic bag in the refrigerator for up to 7 days. Once the cabbage head has been cut, put the remainder in a plastic bag and use within 1 to 2 days.

Preparing: Clean cabbage by removing the outer layer of leaves. Rinse the cabbage under cold running water. Avoid washing, slicing, or shredding cabbage in advance.

Cooking: Cabbage can be steamed, baked, boiled, or eaten raw. It can be added to soups, stews, stir fries, salads, or fermented to make kimchi.

Nutrition: One-half cup of cabbage provides about 45% of the daily recommended amount of vitamin C. Cabbage also is a good source of vitamin K and fiber.

Fun Fact: Babe Ruth used to wear a cabbage leaf under his baseball cap during games and it is reported he switched it out for a new leaf halfway through the game!

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

Zucchini Coleslaw



Ingredients

- 2 cups zucchini, shredded
- 2 cups cabbage, shredded
- 1 carrot, shredded
- 2 green onion, sliced
- 1/2 cup radishes, thinly sliced
- 1/3 cup mayonnaise, low-fat
- 1/3 cup salsa, mild

Directions

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.



What Can You Buy with \$23?

The minimum benefit for eligible individuals/households is \$23 per month. While this may seem like a small amount of dollars per month, you can still utilize this benefit to *your* benefit. Here is an example list of foods created by the GBFB SNAP Outreach Team:

1-lb Whole Wheat Pasta	\$1.89
29-oz Canned Tomato Sauce	\$2.69
1 Loaf of Whole Grain Bread	\$2.99
1 Dozen Fresh Eggs	\$4.99
8-oz Bag of Shredded Cheese	\$2.50
1 Can of Beans	\$1.50
10 Ounces Frozen Spinach	\$1.69
16-oz Ground Turkey	\$4.79
Total	\$23.04

*Based off Stop and Shop online shopping website

Meal Ideas: Scrambled eggs and cheese on toast | turkey and bean chilli | pasta with tomato sauce, spinach, and ground turkey

Visit clickncook.org for ideas on how to utilize these ingredients and create recipes at home!



March 2023

National Nutrition Month
National Sauce Month

National Peanut Butter Lovers Day

March 1

National Oreo Day

March 6

National Chicken Noodle Soup Day

March 13

National Ravioli Day

March 20

National Spinach Day

March 26

National Hot Chicken Day

March 30