



Antioxidant August

You may have heard of vitamins like vitamin C, vitamin E, and beta-carotene. What do these vitamins all have in common? They are the most familiar vitamins that contain antioxidant properties.

Better known as “antioxidants”, they help fight against free radicals, which are molecules that can damage cells and lead to chronic diseases. Antioxidants can be found in many foods and work best in combination with other nutrients.

Here are some nutrients with antioxidant activity and some foods they are found in:

Vitamin C: Broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, leafy greens, kale, lemon, orange, strawberries, sweet potatoes, tomatoes, and all bell peppers

Vitamin E: Almonds, avocado, leafy greens, peanuts, red peppers, spinach, and sunflower seeds

Carotenoids: Apricots, asparagus, watermelon, carrots, pumpkin, beets, collard greens, tomatoes

Selenium: Brazil nuts, fish, shellfish, beef, poultry, barley, brown rice

Zinc: Beef, poultry, shrimp, sesame seeds, chickpeas, lentils, cashews, fortified cereals

This list is not exhaustive; however, it can be a great starting point for including these foods in your everyday eating. In fact, you may find that you are already eating some of these foods and reaping the benefits of antioxidants. Start by noting which foods you are regularly eating and challenge yourself this month to try a new food from the list above.

A balanced diet that includes regular consumption of a variety of fruits, vegetables, whole grains, legumes, and lean protein can enhance and offer some of the health benefits from antioxidants!

Food Safety Tip

Be sure to clean your fresh produce before eating, cutting, or cooking. This can be quickly done by washing or scrubbing the produce under running water. Be sure to refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them. Pre-cut produce should be refrigerated immediately and not left out at room temperature.



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.

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



Nutrition Facts

Baked Sweet Potato Casserole
Amount Per Serving (1/2 cup each)

Calories 83

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Potassium 368mg	11%
Total Carbohydrates 18g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	4%
Vitamin A	283%
Vitamin C	24%
Vitamin D	0%
Calcium	4%
Iron	8%

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

Baked Sweet Potato Casserole

Ingredients

- 1 1/2 teaspoons brown sugar
- 2 tablespoons milk, low fat
- 1 teaspoon cinnamon, ground
- 1/4 cup quick oats, uncooked
- 1 14.5-ounce can sweet potatoes, low sodium, drained, chopped

Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot.

Makes 6 servings

LOOKING FOR RECIPE INSPIRATION?

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



What can you do with:

Green Peppers



Choosing: Green peppers can be available fresh, frozen, or canned. When selecting fresh green peppers, choose firm, brightly colored peppers with tight skin that are heavy for their size.

Storing: Fresh green peppers can be refrigerated in a plastic bag for up to 5 days.

Preparing: Wash and cut peppers in half. Remove the stems, seeds, and white membrane. Green peppers can be cut into strips, rings or diced depending on use.

Uses: Green peppers can be served raw, grilled, stuffed, or roasted.

Nutrition: Green peppers are high in vitamin C, which helps boost iron absorption, protects our skin from UV sunlight, and is involved with our immune system by stimulating white blood cells.

Fun Fact: Despite the name, green peppers are unrelated to the spice pepper plant used to make black pepper!

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

Corn and Pepper Cups



Ingredients

- 5 green peppers, cut in half lengthwise
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 3 cups rice, brown, cooked
- 1 10.5-ounce can diced tomatoes with chiles, undrained
- 12 ounces corn, frozen, thawed and drained
- 1/2 cup cheddar cheese, shredded

Directions

1. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
2. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes.
3. Combine rice, tomatoes, corn and onion mixture. Mix well.
4. Spoon rice mixture into pepper halves. Place on baking sheets coated with cooking spray.
5. Bake at 350°F for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350°F for 5 minutes until cheese melts.



Prepping School Lunches

With the new school year fast approaching, this can be a great time to start thinking about school lunches! Here are three tips to be mindful of and help you with packing school lunches:

Planning:

Planning takes the most time out of prepping, but the more you do it, the easier it will be. Start by thinking of what everyone will eat for the week, see if you have any of the ingredients already at home, and make a list for food shopping. Be sure to stick to the list!

Preparation:

The easiest way to make sure you are safely preparing food in your kitchen is by washing your hands frequently and cleaning anything that comes in contact with the food. Prep any food that will be ready-to-eat first like fruits, vegetables, or deli meats and then prep foods that need to be cooked.

Packing:

When packing the food, use an insulated lunch bag and make sure there are two cold sources with the ready-to-eat foods such as frozen water bottles or freezer packs. This will ensure that the food will be kept safely cold (at 40 degrees Fahrenheit or below) until lunch time!



August 2023

National Peach Month

National Sandwich Month

National Watermelon Day
August 3

National Rice Pudding Day
August 9

National Panini Day
August 11

National Creamsicle Day
August 14

National "Eat a Peach" Day
August 22

National Cherry Popsicle Day
August 26

National Burger Day
August 27