



## Smart Snacking

Have you found yourself reaching for a snack to eat? We all have before!

Snacks may get a bad reputation for commonly referring to high-calorie foods like chips, desserts, soda. However, snacks are any food that is eaten in between a main meal and there can be many positives to snacking. Let's look at a few.

Snacks...

- Provide a boost in energy if several hours have passed between meals.
- Help your body recover after exercising.
- Provide extra nutrients when choosing certain snacks.
- Can help maintain adequate nutrition if unable to eat full meals.

The Dietary Guidelines for Americans 2020-2025 includes recommendations for nutrient-dense snacks. More satisfying snacks include protein and fiber. Think of pairing your carbohydrate source (fruits, vegetables, popcorn, crackers) with a protein source (yogurt, nuts, cheese, hummus). You can also think of pairing tastes like crunchy with creamy or sweet with savory.

So how can you reap the benefits of snacking? Plan your snacks similarly to how you plan your meals. Whether you are at work, in school, at home, or on the go, snacking can help you achieve your nutritious goals. Make sure to have fun with it!

## Food Safety Tip

There is a safe way to store your leftovers. The most important step is not letting leftovers stay out at room temperature for longer than two hours. When storing leftovers, distribute the food into smaller, airtight containers and allow the food to adequately cool before putting it away in the fridge.



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](http://GBFB.org/SNAP)



## Crunchy Granola

| Nutrition Facts                   |                      |
|-----------------------------------|----------------------|
| Crunchy Granola                   |                      |
| Amount Per Serving (1/4 cup each) |                      |
| Calories 125                      | Calories from Fat 54 |
|                                   | % Daily Value*       |
| Total Fat 6g                      | 9%                   |
| Saturated Fat 0g                  | 0%                   |
| Trans Fat 0g                      |                      |
| Polyunsaturated Fat 2g            |                      |
| Monounsaturated Fat 3g            |                      |
| Cholesterol 0mg                   | 0%                   |
| Sodium 45mg                       | 2%                   |
| Potassium 151mg                   | 4%                   |
| Total Carbohydrates 17g           | 6%                   |
| Dietary Fiber 2g                  | 8%                   |
| Sugars 7g                         |                      |
| Protein 3g                        | 6%                   |
| Vitamin A                         | 0%                   |
| Vitamin C                         | 0%                   |
| Vitamin D                         | 0%                   |
| Calcium                           | 3%                   |
| Iron                              | 5%                   |

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

Consider pairing this delicious snack with yogurt, fruit, or milk of your choice. It can also be eaten on its own!

### Ingredients

- 3 tablespoons brown sugar, packed
- 3 tablespoons honey
- 1 1/4 teaspoons vegetable oil
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 2 cups rolled oats
- 1 cup almonds
- 2/3 cup raisins

### Directions

1. In a 1-quart saucepan, combine sugar, honey, oil, cinnamon and vanilla. Stir over low heat until sugar dissolves.
2. Remove from heat and mix in oats. Spread over the bottom of a lightly oiled baking sheet.
3. Bake at 350°F for 10 minutes.
4. Sprinkle almonds over the top and bake another 10 minutes until almonds are golden brown.
5. Cool completely. Mix with raisins in a bowl and store in an airtight container.

Makes **16** servings

### LOOKING FOR RECIPE INSPIRATION?

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



## What can you do with:

### Apples



**Choosing:** Choose apples that are firm and lack mealiness or softness. Apples should be free of bruises, decay, or insect damage.

**Storing:** Apples can be stored in the fridge for 4-6 weeks. Apples ripen 6-10 times faster at room temperature than if they were refrigerated.

**Preparing:** Wash apples by rinsing in cool water just before eating. If cutting raw apples to be eaten later, the cut surface may darken when exposed to air. Protect cut apples by mixing with lemon or orange juice.

**Uses:** Apples can be eaten as is. They can also be made into applesauce, baked goods, in salads, and more!

**Nutrition:** Apples are a good source of fiber. One medium-sized apple contains 4 grams of fiber when eaten with the skin. Fiber helps with digestion and steady blood sugar levels.

**Fun Fact:** The saying, “An apple a day keeps the doctor away.” comes from an old English adage, “To eat an apple before going to bed will make the doctor beg his bread.”

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

### Our Favorite Applesauce



#### Ingredients

- 6 medium apples, washed, cored and diced
- 1 cup water (or more as needed)
- 1 teaspoon ground cinnamon

#### Directions

1. Put all the ingredients in the pot and put it on the stove. Turn the heat to high and cook until it just comes to a boil (you'll hear it first but may have to look at the sides of the pot to see the bubbles).
2. Lower the heat to low, cover the pot, and cook until the apples are falling apart tender, 30 to 45 minutes, stirring every few minutes to make sure the apples aren't sticking. If the mixture seems dry at any point, add another 1/4 cup water. Set the cooked apples aside to cool a bit, about 10 minutes.
3. Mash the apples using the potato masher or fork, then set aside to cool until just warm. Serve right away, or transfer to an airtight container and refrigerate until cold, or up to 1 week.





## Kids in the Kitchen

Engaging children in the kitchen can motivate them to try new foods, be more comfortable with cooking, and spend time together as a family. Here are some ways to involve younger and older children into the kitchen.

### Younger Children:

- Pick at least one new fruit or vegetable when shopping.
- Wash the produce or rinse canned beans.
- Measure dried pasta, beans, vegetables, or rice.
- Stir ingredients.
- Mash potatoes with a masher or fork.
- Add pre-measured ingredients to a recipe.

### Older Children:

- Peel and slice carrots, cucumbers, or potatoes.
- Flip pancakes.
- Form meatballs or cookie dough balls.
- Thread food onto skewers.
- Make a side dinner dish or snack.
- Make their own meal like a pizza.

Want some ideas for family-friendly recipes? Check out Click 'N Cook's collaboration with ChopChop Family on [clickncook.org](http://clickncook.org).



## September 2023

**National Chicken Month**

**National Mushroom Month**

**National Cheese Pizza Day**  
September 5

**National "I Love Food" Day**  
September 9

**National Peanut Day**  
September 13

**National Guacamole Day**  
September 16

**National Ice Cream Cone Day**  
September 22

**National Chocolate Milk Day**  
September 27

**National Coffee Day**  
September 29