



Wyandotte K-State Research and Extension

In March

DOTTE EATS

During National Nutrition Month



Monthly Superfood Feature Frozen Fruits & Veggies

When not in season, buying fresh fruits and vegetables can be more expensive. An alternative to the produce section, is the frozen aisle. We often overlook or forget about frozen fruits and veggies, but during March we are going to focus on maintaining a nutritious diet by utilizing more frozen foods.

March is **National Nutrition Month** and
National Frozen Food Month



Bacteria live everywhere, on our hands, in our homes, and, on the surfaces of the raw,

healthy foods that we prepare for ourselves and our families. We may not be able to see them, bacteria are capable of making us very sick if we don't take the proper precautions while making food. Thankfully, we can follow food safety tips to reduce the risk of foodborne illness. It's as easy as following these core four **Fight BAC!**[®] practices for food safety:

Clean

- Hands with soap/water (20 sec)
- Cooking surfaces.

Separate

- Raw meat, eggs from other foods in grocery cart, bags, fridge
- 1 cutting board for meat another for produce

Cook

- Follow temperature guidelines for cooking meat & use a meat thermometer
- Heat leftovers to 165° F

Chill

- Do not thaw frozen @ room temp
- Freeze or refrigerate food before they have been out 2 hours

For More information about food safety, scan the QR code below



National Nutrition Month[®] Celebrating 50 Years!

By Lori Wuellner
(Source: Academy of Nutrition and Dietetics)

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. For resources, ways to celebrate and weekly themes go to the Academy of Nutrition and Dietetics at <https://www.eatright.org/national-nutrition-month-2023>

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

Superfood Fast Facts

Frozen fruits and vegetables are consumers nutrient powerhouse besides being nutritious, affordable, and convenient.

When researchers compared fresh and frozen foods, they found they had similar nutrients. However, after five days, the fresh produce lost vitamin content, especially vitamins A and C and folate. Choose wisely. When purchasing frozen vegetables and fruit is get the item only, nothing else. You can add seasonings your family likes. Economical. Frozen vegetables and fruit have less waste, because its ready when you need it. (Barring any power outages.) Also, it is available when produce is not in season. Convenient. Frozen produce can be cooked from frozen state on the stove or microwave in a hurry.

Freezing pauses the nature's freshness and nutrition is at its best.
By Janice McMahon

Health Benefits of Physical Activity

FOR CHILDREN

Academic Performance

Improves attention and memory



Brain Health

Reduces risk of depression

Muscular Fitness

Builds strong muscles and endurance



Heart and Lung Health

Improves blood pressure and aerobic fitness

Cardiometabolic Health

Helps maintain normal blood sugar levels



Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

Bone Strength

Strengthens bones



Healthy Weight

Helps regulate body weight and reduce body fat





Superfood Recipe:

American Heart Association's Sweet Potato Shepherd's Pie

Makes 4 Servings 352 Calories Per Serving \$3.94 Per Serving

DIRECTIONS

1. Sanitize your work station and wash your hands with soap and warm water for at least 20 seconds.
2. Preheat the oven to 400° F.
3. Wash and peel sweet potatoes. Chop into 1-inch pieces.
4. Add to a large pot and cover with water. Bring to a boil over high heat. Cook until potatoes are very tender, about 12 to 15 minutes. Drain in a colander.
5. Return sweet potatoes to pot. Add milk, cinnamon, or nutmeg. Mash with a fork or potato masher until smooth.
6. Spray large pan with cooking spray. Add chopped onion and bell pepper and cook over medium-high heat until softened, about 5 minutes. Add meat and thyme, cooking until done, about 5 more minutes.
7. Add vegetables, beef broth, and cornstarch, stirring to combine. Cook a few minutes until sauce has thickened. Remove from heat.
8. Add beef mixture into an 8- or 9-inch baking dish. Spread the sweet potatoes evenly on top of the beef and vegetables. Cook in oven until entirely heated, about 15 minutes.

INGREDIENTS

- 1 pound sweet potatoes
- 1/2 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg (optional)
- non-stick Cooking spray
- 1 pound extra-lean, fat-free, ground turkey (95%-99% lean)
- 1/2 teaspoon dried thyme or basil
- 14.4 ounce bag of frozen pepper stir-fry mix
- 16 ounce frozen vegetable medley (like green beans, corn, and peas) or whatever is on sale, thawed
- 1 cup low-sodium beef broth
- 2 teaspoons cornstarch

Nutrition Facts

Calories	352
Total Fat	6.5 g
Saturated Fat	2.5 g
Trans Fat	0.5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	63 mg
Sodium	196 mg
Total Carbohydrate	46 g
Dietary Fiber	9 g
Sugars	14 g
Protein	31 g

