

FRESH FOOD SHARE

June 2014 | Volume 6 | Number 6



Meet Up and Eat Up-Free Meals for Kids During the Summer

It's getting hot out there, and that means summer can't be too far away. Yet, summertime isn't all lemonade stands and sidewalk chalk.

Many students in Metro Detroit receive most of their meals at school, and the end of classes can mean the loss of a reliable source of food. Thankfully, there is the Summer Food Service Program to fill in for school breakfasts and lunches over the summer months.

Starting June 16th thru August 29th there will be locations across the country and throughout the state where kids 18 and younger can Meet Up and Eat Up for at least one meal a day.

Meet Up and Eat Up is a community space for kids to get tasty meals, hang out with friends, and have fun at no cost.



Children qualify for these free meals simply by being children (18 and under).

To find out the summer meal sites closest to you call the United Way at 211, or text "FoodMI" to 877-877. You can also check out the full map of Summer Food sites at <http://www.mcgi.state.mi.us/schoolnutrition/>.

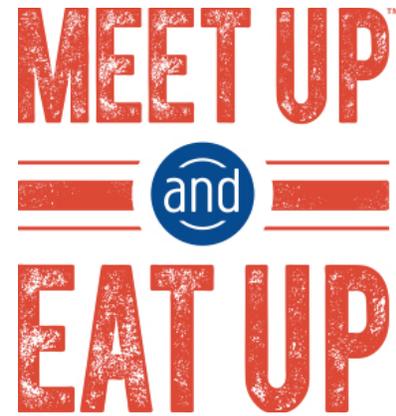
Meet Up and Eat Up sites will also have banners and lawn signs to make them more visible within neighborhoods, so children can easily identify them as places where they can go for a meal.

There are preset meal times, so in order to get a meal you do have show up within the hour that they are being served. Most sites will also have additional programming emphasizing physical activity and healthy eating.

This year, Gleaners is sponsoring 35 mobile sites along pre-set delivery routes in addition to 50 stationary sites around metro Detroit. Each site along the mobile route will serve meals for 20 minutes before the truck moves on to the next site. Certain sites this year are also offering breakfast as well as lunch for children in their communities.

Last summer, Gleaners served 160,966 meals to children in the greater Detroit region through the summer food program. **Let's make it even more successful this year.**

A hungry summer is a long hard summer, so remember to Meet Up and Eat Up!



Your Share This Month

Potatoes
Onions
Lettuce
Collard Greens

Carrots
Swiss Chard
Asparagus
Broccoli

Yellow Squash
Corn
Beets
Celery

Peaches
Pears
Apples

Veggie of the Month: Celery

Oh, celery. Among the greenest and crunchiest eats known to man, celery is also one of the most health beneficial vegetables of the bunch. The plant belongs to the family Apiaceae and its scientific name is **Apium graveolens**.

Dating back to the classical times to Middle Ages celery, in the form of seeds, was used as a medical plant to treat various pains such as toothaches, anxiety, gout, arthritis and even insomnia. Snack-wise, celery lowers cholesterol and reduces high-blood pressure. Celery aids indigestion, thanks to its high water content. Celery as a plant contains a host of antioxidants such as phthalides, flavonoids, polyacetylenes and coumarins; coumarins enhance the activity of certain white blood cells, which effectively helps keep your immune system running strong! **Celery is especially rich in vitamin C**, which also greatly boosts the immune system.

For a twist on a classic, try ants on a log with hummus or cream cheese instead of peanut butter. How about some craisins, other dried fruits, nuts, diced veggies, or spices for updated “ants”?



Celery & Crab Salad

Description: A colorful, refreshing summer salad—the ideal salad for family barbecues and luncheons.

Servings: 8

Ingredients

- 8 C. Water
- 1 pack (8 oz.) imitation crab meat, flaked (or other canned meat)
- 2 stalks Celery, thinly sliced and chopped
- 10 Cherry Tomatoes, halved
- ¼ Onion, chopped
- 1 box of Noodles (rainbow twirl for color)
- ½ Bell Pepper, thinly sliced and chopped
- ½ C. of Italian salad dressing (see newsletter for a recipe)

Optional Ingredients

- 1 tsp. of cooking oil
- Garlic powder, to taste
- Seasoning salt, to taste

Preparation

1. Add ½ the box of noodles and one tsp. of oil to 8 C. water of boiling water for 9-11 mins.
2. If pasta is to be used in a cold salad, rinse with cold water and drain. Sprinkle a dash of seasoning salt and garlic powder onto noodles, stir, and then set aside.
3. Add canned meat into noodles, stir. Add chopped vegetables, stir.
4. Add in tomatoes and lightly stir to prevent from sinking to bottom of dish.
5. Pour Italian dressing into bowl and stir it in.
6. Refrigerate for at least an hour, or until chilled.



Apple, Celery & Walnut Salad

Note: Fuji apples add great red color. For a zesty flavor, substitute the sour cream with low-fat plain yogurt.

Servings: 4

Ingredients

- 2 Apples, diced (1/4 inch)
- ½ C. Lemon Juice
- 2 stalks Celery, diced (1/4 inch)
- ½ C. Walnuts, coarsely chopped
- 1/3 C. raisins
- ¼ C. reduced-calorie Mayonnaise
- ¼ C. low-fat plain Yogurt or low-fat Sour Cream
- Salt
- Pepper

Preparation

1. Combine apples with the lemon juice in a bowl
2. Add celery, walnuts and raisins, then toss
3. In another bowl, combine the mayonnaise and sour cream. Fold into the apple mixture
4. Season to taste with salt and pepper
5. Pack in tightly covered, plastic containers

Recipe adapted from Epicurious



Protein

Scientifically speaking, protein is a nitrogen-containing organic compound found in all living organisms that is essential for life. In other words, proteins are large molecules made up of amino acids that we need to function properly. In fact, these amino acids are needed EVERYWHERE in our body and have numerous functions.

Proteins:

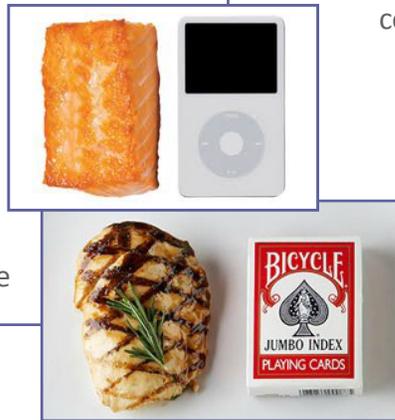
- Are building blocks of body tissues, such as MUSCLE, bone, skin, hair, collagen, and blood
- Act as enzymes to aid in necessary chemical reactions
- Are necessary for proper nerve function
- Act as antibodies to fight off infections
- Promote wound healing

Where do we get protein?

- Meats, poultry, and fish
- Eggs (egg whites)
- Nuts and seeds
- Legumes (dry beans and peas)
- Milk and milk products
- Tofu (and other soy products)
- Grains (whole grains contain the most)
- Some vegetables, such as Brussels sprouts and artichokes

What do serving sizes of protein look like?

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 2 tbsp. peanut butter or hummus = golf ball
- ¼ cup almonds = 23 almonds
- 1.5 oz cheese = 3 stacked dice



How much protein do we need?

Despite protein being a necessary component of our diet, most of us eat more than we actually need. It is rare for a healthy individual who eats a varied diet to not get enough protein. Let's take a look at the Recommended Dietary Allowances for protein:

Recommended Dietary Allowance for Protein	
	Grams of protein needed each day
Children ages 1 - 3	13
Children ages 4 - 8	19
Children ages 9 - 13	34
Girls ages 14 - 18	46
Boys ages 14 - 18	52
Women ages 19 - 70+	46
Men ages 19 - 70+	56

Worried about getting enough protein? Consider this:

- 1 cup of milk has 8 grams of protein
- 3 ounces of meat has about 21 grams of protein
- 1 cup of dry beans has about 16 grams of protein
- 1 cup (8 oz) of yogurt has around 11 grams of protein

Added together, that's 56 grams of protein, and that's not counting other foods that provide smaller amounts!

Low-fat proteins:

Good for your heart & your waistline.

- Bake, broil, roast, or grill lean meats, poultry, and fish instead of frying.
- Serve dry beans or peas as a main dish or as part of a meal often.
- Have nuts or seeds for a snack, on salads, or in main dishes.
- Choose low fat dairy products.

Detroit Community Markets

June is the beginning of farmer's market season in Michigan, which means there are lots of options for stocking up on fresh Michigan produce between Fresh Food Share distributions. The Detroit Community Markets are neighborhood locations where you can buy fresh, affordable, locally produced food. This includes farmer's markets, farm stands, mobile trucks, & your very own Fresh Food Share program!



The markets strive to increase access to healthy foods, improve neighborhoods, support local growers & entrepreneurs, & create public spaces where residents can come together. Many Detroit area farmers markets provide cooking demonstrations & themed days (like back to school and kids day). Check out detroitcommunitymarkets.org for a list of all of the markets in the network, when & where they take place, & what you might expect to find there. "Like" them on facebook for real time updates about events & weather.



Homemade Italian Dressing (for Pasta Salad)

Ingredients

½ C. Oil (olive, vegetable etc.)
 ¼ C. Vinegar (red wine, apple cider etc.)
 2 cloves Garlic, minced
 1 tsp. Basil, dried
 1 tsp. Oregano, dried
 ¼ tsp. Salt
 1/8 tsp. Black Pepper
 ½ tsp. Mustard Seed, ground or 1 Tbsp. Mustard



Preparation

In a jar or container with a tight lid, mix the oil, vinegar, garlic, basil, oregano, mustard, salt, and pepper. Seal jar and shake well. Pour the dressing over the pasta salad, and toss to coat. Keep any extra dressing in a sealed jar in the fridge for up to 3 days (longer if you omit the garlic).

FFS Tips & Quips: Grill Techniques

It's summertime, and the weather is pleasant enough to get outside and fire up the barbeque pit. Don't have a grill?—No sweat. Here are a few techniques to help you enjoy grilled recipes from an oven, and overall tips to enhance your grilling experience.



Converting Grills to Oven: Move your oven rack to the highest position in the oven. Preheat your oven to the highest possible temperature (normally between 500-550 degrees). Preheating allows the oven to grow hot enough to sear the food, like it would if it were on top of hot charcoals. Use a cast-iron skillet or grill pan in the oven while preheating. Prepare your food in the same manner as usual and turn your oven to broil after its preheating time. Cook your food to satisfaction.

Great and Not-so-Great Oils for Grilling:

Vegetable oil and grape seed oils are terrific for grilling due to their high smoke points. On the same token, olive oil is not-so-great for grilling because it burns at a much faster rate, and results in a black cloud of smoke and not-so-great tasting food. A simple rule of thumb to remember when choosing oils: The lighter the color of the oil, the higher its smoke point will be.

2014 DELIVERY SCHEDULE

MONTH	ORDERS DUE (Friday)	Thursday Deliveries	Friday Deliveries
January	10	16	17
February	7	13	14
March	14	20	21
April	18	24	25
May	9	15	16
June	13	19	20
July	11	17	18
August	15	21	22
September	12	18	19
October	10	16	17
November	14	20	21
December	12	18	19

Fresh Food Share Orders Due

Friday, July 11th
 All Day

Fresh Food Share Boxes Delivered

Thursday, July 17th or Friday, July 18th
 All Sites

The Green Ribbon Collaborative is a partnership between Gleaners Community Food Bank, Eastern Market Corporation, The Fair Food Network and The Greening of Detroit, fostering innovation and sustainable solutions to improve the community-based food system of Detroit and Southeastern Michigan through joint action of its member organizations and by working with other key stakeholders on a program or project basis.



To learn more about the Fresh Food Share, contact Ariana Riegel at 313-550-8034 or freshfoodshare@gcfb.org.

