

SERVING SENIORS
IN OUR COMMUNITY
WITH NEWS THEY
CAN USE...

The Healthy Plate

CSFP NEWSLETTER

APRIL 2012

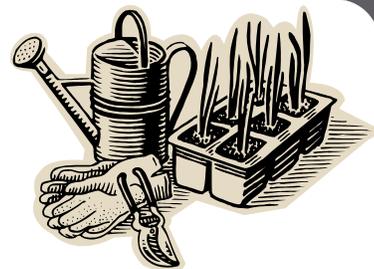
THIS MONTH'S TOPICS

- Gardening
- Raisins
- April Sudoku
- Recipe

Get going on that garden!

When the weather begins to warm up during spring time, its time to replace the snow shovels with garden shovels! Starting a home garden can sound like a bit of a challenge, especially for those who haven't tried to grow their own fruits, vegetables, and herbs before. Also, many people living in urban areas of the state have little or no yard space to work with. But with a little work and only a few dollars, there are plenty of plants that can be grown as long as they

receive plenty of sunlight and water. A good place to start is at the local hardware store. If you don't have a lot of yard space, consider buying a few flower pots or a window box, along with some potting soil to plant your seeds in. Most hardware stores also offer packets of seeds that can be transferred to your garden. Each packet contains anywhere from 10-50 seeds, and can cost about a dollar. You can purchase seed packets at grocery stores with your SNAP/EBT card.



This is a great way to save money on your food budget because each plant can produce several pounds of nutrient rich fruits and vegetables if they are properly cared for! Before starting to plant the seeds, carefully read the directions found on the packet. Each plant is unique in the amount of water, sunlight, and space it needs to grow well. Good luck, and happy gardening!



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This Month in Food: Raisins

April 30th is officially National Raisin Day, and a chance to celebrate an often forgotten member of the fruit group. Unlike fresh fruit, only 1/4 of a cup of raisins (or any other dried fruit) is needed to equal one serving! Raisins are one of the best sources of

antioxidants around, but they also contain lots of fiber for proper digestion, and potassium to help reduce blood pressure. They are also chock full of natural sugar which is a great source of energy, but those who are diabetic may want limit their raisin portions to



only one or two tablespoons at a time. Raisins can be easily packed for a quick snack, but they can also be used to add flavor and color to hot oatmeal, a fresh salad, or homemade trail mix.

For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.

April Sudoku

Source: www.dailysudoku.com 3/6/12

7				4				
	8		3			7	4	
	4	2	8			5	1	
	9		2	3		8		
				1				
		6		5	8		7	
	3	5			4	2	8	
	7	4			2		3	
				8				7



7	6	4	3	8	5	1	9	2
5	3	9	2	6	1	4	7	8
1	8	2	4	9	7	5	3	6
9	7	1	8	5	4	6	2	3
2	6	3	7	1	9	8	5	4
4	5	8	6	3	2	7	6	1
3	5	1	9	7	8	2	4	6
6	4	7	1	2	3	9	8	5
8	2	9	5	4	6	3	1	7

Carrot-Raisin Salad

This refreshing side dish is as nutritious as it is easy to make... Serves 4

Ingredients:

- 4 medium carrots
- 1/2 cup raisins
- 1/4 cup plain, low-fat yogurt
- 2 tablespoon orange juice



Preparation:

1. Wash, peel, and shred the carrots into a large mixing bowl.
2. Add the remaining ingredients and toss to combine.
3. Refrigerate for at least 20 minutes and serve.

Nutritional Information:

Calories:	100
Carbohydrate:	24 g
Fiber:	3 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	1 mg
Protein:	2 g
Sodium:	68 mg

Adapted from: http://www.fnec.cornell.edu/Our_Programs/FMNP/Recipes/

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.