

PATCH Food Program Newsletter

July 2021



Hurricane Shelf Stable Food List

Hurricane season is here. Keep a list of shelf stable foods in your pantry that don't require cooking

- Shelf stable white milk
- Canned fruits/ fruit cups
- Dried fruits
- Canned vegetables
- Canned beans
- Tortilla
- Bread
- Ready-to-eat breakfast cereal
- Crackers
- Peanut butter
- Canned chicken
- Canned Tuna
- Variety of nuts
- Shelf stable firm tofu

Vitamins & Minerals

Use the chart below to help you learn more about what they do and where they are found.

[Interactive Nutrition Facts Label - Vitamins and Minerals Chart \(fda.gov\)](#)

Physical Activity & Brain Function

Physical activity enhances our brain function in the following areas

- Ability to focus attention
- Cognitive flexibility
- Operational memory
- Executive function
- Creative thinking
- Development of speech (language and literacy)

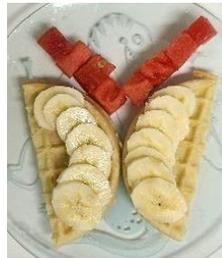
GET CHILDREN MOVING



Cooking with Your Children

Butterfly Waffle

Ingredients:
Whole Grain Waffle
Watermelon
Banana



Provide all the ingredients. Children make their own butterfly for breakfast. Older children may cut their own fruits with supervision.

Grains

Daily Grain Recommendations		
		Total Grains in oz eq
Toddlers	12-23 mos	1¾ to 3 oz-eq
Children	2-4 yrs	3 to 5 oz-eq
	5-8 yrs	4 to 6 oz-eq
Girls	9-13 yrs	5 to 7 oz-eq
	14-18 yrs	6 to 8 oz-eq
Boys	9-13 yrs	5 to 9 oz-eq
	14-18 yrs	6 to 10 oz-eq
Women	19-30 yrs	6 to 8 oz-eq
	31-59 yrs	5 to 7 oz-eq
	60+ yrs	5 to 7 oz-eq
Men	19-30 yrs	8 to 10 oz-eq
	31-59 yrs	7 to 10 oz-eq
	60+ yrs	6 to 9 oz-eq

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grain, provides health benefits. Eat whole grains as part of a healthy diet may reduce risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Grains are important sources of many nutrients, including complex carbohydrates, dietary fiber, several B vitamins and mineral.

Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease. Fiber is also important for proper bowel function.

The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism. They help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.

Iron is used to carry oxygen in the blood. Eating foods rich in vitamin C help improve absorption of iron.

Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Food for Thought

Q: When Potatoes have babies, what are they called?

A: Tater Tots

