



Nutrition Bites is a weekly newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together to provide information to help our community maintain the safety of us all.

STAYING SAFE



Storing food properly keeps us safe and preserves the flavors of fruits and vegetables. Follow these storage recommendations to keep your food safe and fresh.

- **Refrigerate:** Grapes, apples, berries, cherries, broccoli, carrots, celery, leafy greens, green beans, cauliflower, and asparagus should be stored in the refrigerator at 40° F or lower to keep them fresh. Any produce that has been cut up needs to be refrigerated to prevent foodborne illness.
- **On the counter (room temperature):** Melons, tomatoes, and winter squash should be kept on the counter and away from direct light to stay fresh. Potatoes, onions, and sweet potatoes should also be stored at room temperature but in a dark place such as a pantry or cupboard.
- **Ripen on the counter and then refrigerate:** Avocados, nectarines, peaches, pears, and plums should be kept on the counter at room temperature to ensure best flavor. They will ripen and become sweeter. When ripe, move them into the refrigerator where they will stay fresh for a few days.

Keep your storage areas clean and wipe up spills regularly to remove bacteria.

RECIPES AND NUTRITION TIPS



Looking for a delicious summer treat?

Try this [No-Bake Peach Crisp](#) recipe to satisfy your sweet tooth. Peaches provide nutrients such as vitamin C, vitamin A, and fiber. This is a stovetop recipe, so you don't need to heat up your kitchen using the oven to make it. You can also use any fresh, frozen, or canned fruit. If anyone in your family is allergic to nuts, leave the walnuts and nutmeg out – it will still taste great!

If you enjoyed the No-Bake Peach Crisp, watch this [video](#) for a delicious Apple Crisp recipe. This easy baking project does involve using your oven. If you do not have apples on hand, you can substitute another fresh fruit.

PHYSICAL ACTIVITY TIPS



Yoga helps calm your mind and body, releases physical tension, and reduces stress.

Yoga is a fun family activity that can help relieve tension before bedtime. Try some of these exercises.

Tree Pose: Stand tall with your feet together. Bring your hands together at the center of your chest. Shift your weight onto your right foot. Bend your left knee and rest your left foot on your opposite leg above your ankle. For a challenge, try placing your foot on your right thigh above your right knee and balance. Hold for at least 10 seconds and then switch legs. Do two sets.

Side-Bending Mountain Pose: Stand tall with your hands above your head, inhale, and lengthen your spine. Exhale and bend to one side. Count to 10. Inhale and go back to the starting position. Exhale and bend to the other side. Count to 10 and return to the starting position. Do two sets.

Sun Breath: Stand tall, inhale, and slowly stretch your arms out to the sides and then overhead, with your palms facing each other. Close your eyes and exhale.

Check out the website <https://www.yogajournal.com/poses> for more yoga poses.

FOOD ACCESS RESOURCES IN MASSACHUSETTS



Support community-supported agriculture (CSA) and farmers' markets near you.

Summer is the best time to get the freshest produce from local farmer's markets and CSAs. A CSA share is a way for consumers to create a relationship with a farm and receive a weekly basket of fresh produce.

Locate a farmers' market or CSA near you.

Visit <https://massnrc.org/farmlocator/map.aspx> and enter your address or zip code in the search bar to locate a farm or CSA.

Start a garden with the assistance of SNAP!

If the locations where you redeem SNAP benefits sell food-producing plants or seeds, you can use your benefits to purchase those items. Learn more about this program at <https://www.snapgardens.org/snap-participant/>.

Learn basic vegetable gardening skills and get the most out of your garden at home! Visit the *Watch Your Garden Grow* website developed by the University of Illinois at <https://web.extension.illinois.edu/veggies/basics.cfm>.

What is in season in Massachusetts now?

Check out the SNAP-Ed Seasonal Produce Guide and learn when fruits and vegetables are in season and cost less. Find recipes, nutrition information, and how to cook with different produce at <https://snaped.fns.usda.gov/seasonal-produce-guide>.

USDA's National Hunger Hotline: 1-866-3-HUNGRY or 1-877-8-HAMBRE (Monday through Friday (7 a.m. to 10 p.m. ET)