



NUTRITION bites

Brought to you by the UMass Extension Nutrition Education Program

ISSUE 6

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



Reading food packaging information helps us decide which foods to buy when shopping in the grocery store. We often focus on the Nutrition Facts label and the ingredient list, but product dates also provide important information. Look for this information when shopping.

- **Best By:** For consumers, a suggestion about the date by which the product should be eaten for the best flavor and quality.
- **Use By:** For consumers, the date by which the product should be eaten. It is mostly due to quality, not because the item is unsafe to eat after the use-by date.
- **Sell By:** For retailers, the date by which the product should be sold or removed from the shelf.

Before preparing any foods, wash your hands for at least 20 seconds with soap and warm water. Sanitize the kitchen area and countertops using a sanitizer or hot, soapy water.

RECIPES AND NUTRITION TIPS

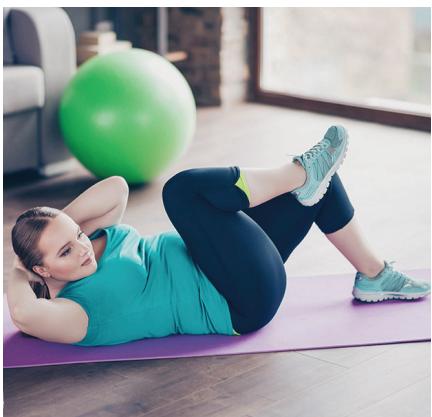


Make this recipe for an easy breakfast or a delicious snack.

The secret ingredient in this nutrient-packed Berry Secret Smoothie recipe is kale. If you do not have kale on hand, spinach is a great alternative. This smoothie provides vitamins A, C, and K. The calcium-rich yogurt will keep your bones and teeth strong and healthy. As with many recipes, you can substitute frozen fruits or vegetables to make your smoothie.

Kids love to help out in the kitchen. Watch this video of a mom and her son making this Berry Secret Smoothie. Think about including your kids when cooking at home.

PHYSICAL ACTIVITY TIPS



Want to challenge yourself to build muscle and feel better overall? Try some strengthening or resistance activities.

Strengthening activities are good for your body. They will help you:

- Build or maintain muscle strength
- Reduce the risk of injury
- Strengthen your bones
- Improve balance

It is recommended that adults get at least 150 minutes (2 hours and 30 minutes) of physical activity per week. Children need at least 60 minutes per day. Strive for at least two days a week of strengthening activities. Examples include push-ups and weight lifting. Try using cans or containers if you don't have hand weights.

Check out these websites for exercise ideas: [YMCA 360 free exercise classes](#) and [21 Chair Exercises: A Comprehensive Visual Guide](#).

Gardening is fun. Try growing mint from scraps.



Have you ever purchased a bunch of fresh mint for iced tea or salsa? Follow these tips to create a steady supply of mint for your recipes.

1. Cut the stem of the plant just below a node (where a leaf grows from the stem).
2. Remove all the leaves on the stem except a few at the top.
3. Stick the stem into a small flowerpot with moist potting soil. Keep the soil moist to encourage the roots to grow from the bottom of the stem.
4. Avoid placing the potted stem in direct sunlight for a week.
5. As the stem and roots grow, new leaves will appear and the stem will become a plant. Eventually, the mint plant may need to be transplanted into a larger pot or put outside into the ground when the weather is warm.

Now you will have a steady supply of mint leaves for cooking.

FOOD ACCESS RESOURCES IN MASSACHUSETTS



Pandemic EBT (P-EBT) provides food support for families with children who receive free and reduced-price school meals.

- Learn about these [benefits](#) and frequently asked questions.
- Find additional resources from [Projectbread.org](#) about SNAP benefits.