Healthy Pantry Initiative

Newsletter

November 2023







Diabetes Awareness Month

Diabetes is a chronic condition that affects how your body converts food into energy. Our bodies use glucose as it's main energy source, fueling our cells, muscles, and even brain. when glucose enters the blood, it needs a carrier, or the hormone insulin, from the pancreas, to bring it into the cells for use. When you have diabetes, your body either cannot produce any insulin, or it produces a lesser and ineffective amount. There are two types of diabetes: Type 1 and Type 2. Type 1 diabetes is thought to be an autoimmune reaction, causing your body to destroy the cells that make insulin. Type 2 diabetes develops through lifestyle, genetic, and dietary conditions.

Both types can be managed with insulin therapy/injections and oral medications, when required.

Managing Diabetes

- Healthy and informed food choices
- Moving your body with daily exercise
- Maintaining healthy weight
- Taking medication as prescribed
- Treatment options
 - Insulin therapy & insulin pumps
 - Glucose monitors and testing
 - Oral medications
 - Lifestyle changes

Produce Spotlight VOCACO

Selection: Choose avocados that give in to gentle but firm pressure. when ripe they are a darker color, but feeling will tell you best.

Nutrition: Healthy fat in avocado can provide protective benefits against heart disease and insulin resistance

Storage: Ready-to-eat can stay in the refrigerator to slow down browning. Low humidity gives 2-3

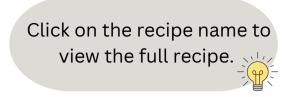
days refrigerated



How to Prepare

- 1. Ensure ripeness by pressing into avocado and indenting. Remove bottom nub and note flesh color.
- 2. Cut avocado lengthwise around the pit and twist to release one side.
- 3. Use knife or pit remover to remove pit of avocado.
- 4. slice or scoop avocado from skin and use as topping, spread, or as an ingredient.

Recipes



Fresh Cranberry Sauce

- 1 cup orange juice
- 1/2 cup honey
- 12 ounces fresh cranberries
- 1 apple(s), diced
- 1 teaspoon vanilla extract
- 3 whole cloves (optional)
- 1/4 teaspoon ground cinnamon





Roasted Brussels Sprouts

- 3 cups Brussels sprouts
- ½ Tablespoon vegetable oil
- Salt
- Black pepper
- ½ teaspoon garlic powder
- ½ teaspoon lemon juice
- 2-3 Tablespoons Parmesan cheese
- Nonstick spray

Easy Chicken Pot Pie

• 1 2/3 cups frozen mixed vegetables (thawed)

- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup
- 1 cup baking mix, reduced-fat

(example: Bisquick)

- 1/2 cup milk
- 1 egg



Please complete the 2023-2024
Fiscal Year Civil Rights Training
and submit the completion form to
your Nutrition Educator as soon as
possible!



United States Department of Agriculture

Civil Rights Training

Supplemental Nutrition
Assistance Program - Education
(SNAP-Ed)

Civil Rights Division
USDA, Food and Nutrition Service



Interested in joining the PA HPI Insight Group?

Email your nutrition educator!

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