



October

SNAC News

Wyoming Nutrition Action Coalition

Hearty Green Leaf Salad

Ingredients:

3 cups romaine lettuce, washed and chopped
1/2 cup baby carrots, chopped
2 tomatoes, diced
1/2 cup white beans, canned, rinsed and drained
3 tablespoons sunflower seeds
1/2 cup fat-free herb vinaigrette dressing

Directions:

Combine first four ingredients in a medium bowl and mix well.

Top with sunflower seeds and dressing.

Makes 4 Servings

Source:
<http://allrecipes.com/Recipe/heartly-green-leaf-salad/detail.aspx>

No Leaves Left Behind

Shopping Tips



When to Buy:

The summer and fall are the best seasons to buy greens, however most varieties are available year round.

How to Select:

Select small, tender leafy vegetables for good taste. See that the leaves are clean and don't have any marks on them. The best choices of leafy vegetables will have good odor.

How to Store:

Wrap them in a paper towel to absorb excess moisture from the leaves. If they are too moist they tend to rot very quickly. Clean just before using them for cooking. After wrapping in the paper towel put them in plastic bags and keep them in your fridge. Remember to remove any rotten leaves from the bunch before storing. Also, store different varieties in separate bags.

Sources: <http://storingfresh.com/storing-leafy-greens/>
<http://www.botqhomeneeds.com/about/how-to-buy-fresh-leafy-vegetables>
<http://www.thecitycook.com/cooking/articles/season/000075>

Nutrition Benefits

Leafy vegetables are rich in fiber. Greens are a good source of various minerals like magnesium, calcium, and iron, and vitamins such as vitamin A, C, K, E, B and folate.

Remember to make half your plate fruits and vegetables.

Source:
<https://www.webmd.com/food-recipes/features/4-healthy-reasons-eat-salad-today>

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent\$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs. 2012

Activity Ideas: Rake a Pile of Leaves



What you will need: A yard full of leaves, a rake, clothing that covers your limbs, friends to join in on the fun, and lots of energy!

What to do: Scope out a place in the yard that is free of sharp objects or uneven ground. Rake the leaves into one large pile. Continue this until your pile is the size you want or until there are no more leaves available to rake. Take turns running through into the pile with your friends, re-raking the leaves as needed.

When you are done playing in the pile, fill up trash bags with the leaves. If available, use orange trash bags and decorate them like pumpkins.

Comments: Adding Leaves to Your Diet

- Add to your morning smoothie.
- Add a couple of handfuls to soups.
- Make fresh green juices (mix in an apple or lemon for better flavor).
- When making a salad, use a variety of different greens.
- Add greens to omelets (kale and spinach are good choices).
- Bring along raw greens for snacking.
- Shift proportions on your plate: increase the size of the greens portion to half your plate and decrease the size of the meat/fish portion.
- Kale, collards, turnip greens, Swiss chard, spinach, mustard greens, broccoli, red and green leaf romaine lettuce, cabbage, iceberg lettuce, arugula, and dandelion greens are some of the top sources of green leafy vegetables.

For more information call:
Supplemental Nutrition Assistance Program 800-457-3659
Wyoming Department of Education Nutrition Programs 307-777-6263
University of Wyoming Cent\$ible Nutrition Program 877-219-4646
Wyoming Department of Health Women Infant and Children (WIC) 800-994-4769