

August

# SNAC News

Wyoming State Nutrition Action Coalition

## Mango Salsa

### Recipe

Serves 8

### Ingredients:

3 tomatoes, chopped  
1/2 onion, diced  
1 mango, chopped  
2 tablespoons fresh cilantro, chopped  
Salt and lemon juice to taste

### Directions:

Mix all ingredients together in a bowl. Toss well to blend and allow to chill before serving.

### Variation:

Add 1 16-ounce can black beans, rinsed and drained to the above recipe. Black beans add fiber. Enjoy with your favorite vegetables, corn chips, or whole-wheat crackers.

Cent\$ible Nutrition  
Program Cookbook,  
Adapted from the 2005  
Northeast Valley Health  
Corp. WIC Program  
Cookbook, Let's Cook Fruits  
and Vegetables

## Mango and Tango!

### Shopping Tips

#### When to Buy

Mangoes can be purchased year around. The best time is March through September.



#### How to Select

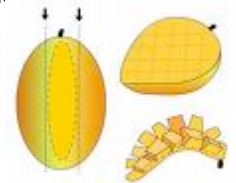
Choose slightly firm mangoes with sweet aroma. Avoid sap on skin. A ripe mango will have a full, fruity aroma and will be slightly soft to the touch, yielding to gentle pressure.

#### How to Store

Ripen a mango at room temperature. Once ripened, the mango can be refrigerated for up to a few days or frozen for several weeks. Refrigerate peeled, cut mangos.

#### How to cut a mango

Cut 2 strips lengthwise about 1/3 of the mango, and cut around the seed. Place the slice on a cutting board and slice lengthwise and crosswise. Fold the skin in and slice the mango off from the skin.



### Nutrition Benefits

One mango contains just 140 calories and is a good source of vitamins A and C, potassium, magnesium and fiber. The abundance of nutrients and low calories make mangoes a healthy snack or addition to many foods.

Remember to make half of your plate fruits and vegetables!

Source: [www.health.arizona.edu/health\\_topics/nutrition/farmers\\_market/Mango%20handout.pdf](http://www.health.arizona.edu/health_topics/nutrition/farmers_market/Mango%20handout.pdf)

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.

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## Activity Ideas: Learn to Tango

**What you will need:** Snappy tango music and room to move.

1. On the first beat, walk forward slowly with your left foot.
2. On the second beat, step forward slowly with your right foot so that it moves past your left.
3. On the third beat, step forward quickly with your left foot, then immediately slide your right foot quickly to the right side and shift your weight to that foot.
4. On the fourth beat, bring your left foot slowly to your right, leaving your left leg slightly bent as your feet come together, keeping your weight on your right foot.
5. Now, shift your weight to your left foot, do a right forward rock step: While making a half-turn clockwise, step forward quickly on your right foot, and then quickly shift your weight back to your left foot. With your right foot, slowly step forward to complete the half turn.
6. Bring your feet together, bring your left foot up next to your right, and repeat the steps.

Source: [http://www.ehow.com/how\\_4304\\_tango.html](http://www.ehow.com/how_4304_tango.html)

## Conversation Starters about Mangos

A mango tree can grow as tall as 100 feet

Mangos are distantly related to the cashew and the pistachio

India is the largest mango producer in the world

India has over 500 varieties of mangoes

Over 60% of the mangoes sold in the United States are imported from Mexico

Mango is known as the king of fruit

More fresh mangoes are eaten every day than any other fruit in the world

<http://www.mango.org/media/67505/fun%20facts.pdf>

<http://www.sundiafruit.com/SundiaFruits/Sundia-Mango/Funfacts.php>

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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