

August Newsletter and Recipe for the Nutrition Education Program, NEP

Brought to you by Fayette County Community Action Agency, Inc. and the Nutrition Education Program, NEP

August 2018 Newsletter

Recipe

Southwest Fruit Salsa

“Canned fruit that is lower in sugar is the main ingredient in this recipe and can sweeten a spicy salsa”

Makes: 6 servings; 1 serving= ¼ cup

Recipe source: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/southwest-fruit-salsa>

Ingredients

- 1 can mixed fruit (drained, about 15 ounces)
- ½ cup onion (chopped)
- 2 tablespoons lime juice
- ¼ cup green pepper or jalapeno pepper (chopped)
- 1/8 teaspoon black pepper



Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat or pork.

Nutrition information for Southwest Fruit Salsa: Calories 50, Total Fat 0 g, Saturated Fat 0 g, Cholesterol N/A, Sodium 5 mg, Total Carbohydrates 12 g, Dietary Fiber 1 g, Total Sugars 9 g, Added Sugars Included N/A, Protein 1 g, Vitamin D N/A, Calcium 8 mg, Iron N/A, Potassium N/A

Check out the back of this newsletter for ideas and information on helpful ways to commit to eating more fruits and vegetables and participate in more physical activity!

My Commitment

Listed below are examples of different ways you can commit to eating more fruits and vegetables and gain more physical exercise weekly...

Fruits and Vegetables

1. Shop with a friend or neighbor.
2. Use community van service.
3. Talk with my health care provider.
4. Buy fruits and vegetables that don't require cutting or chopping.
5. Buy frozen or canned fruits and vegetables.
6. Be sure that each meal has at least one fruit or vegetable.
7. Cook vegetables longer so they are softer and easier to eat.
8. Make an appointment to see my dentist.
9. Other _____



Physical Activity

1. Find an exercise buddy.
2. Park the car farther from the store or office.
3. Dance around the house!
4. Invest in a good pair of supportive shoes.
5. Talk with my health care provider.
6. Call the community center or senior center to ask about classes.
7. Sign-up for a low cost exercise class.
8. Step up my pace when I have to walk somewhere.
9. Other _____

I hope the information provided will help you to **commit** to eating more fruits, vegetables and physical activity! Good luck on setting and committing your goals and please remember to contact me for help, further information or to set up a one-on-one session to discuss nutrition!

Information provided on My Commitment is taken from the USDA Food and Nutrition Service's *Eat Smart, Live Strong* Curriculum, lesson 2, for the Nutrition Education Program, NEP. I hope you enjoyed and found the information in this newsletter valuable. For more information and a schedule of nutrition education classes, please contact Gretchen Billy, Project Manager for the Nutrition Education Program, NEP, at Fayette County Community Action Agency, Inc. (724) 430-6428 or gbilly@fcaa.org

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