

# September 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

September 2019 Newsletter

## Recipe

### Beef & Noodles

*“This protein-filled dinner makes it easy to put food on the table when you’re short on ingredients.  
Serve it with cooked vegetables from the freezer for a complete meal.”*

Makes: 4 servings, 1 serving = 1/4<sup>th</sup> of the recipe

Recipe source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-noodles>

#### Ingredients

- ¾ pound ground beef, 85% lean
- 1 ½ cups water (can take up to 2 cups water)
- 2 cups egg noodles, uncooked (or any shape pasta)
- 7 servings *Eating Smart Seasoning Mix* (recipe handout provided at pantry sign-in station)
- Salt (optional)



#### Directions

1. Brown ¾ pound ground beef in a large skillet, drain the fat.
2. Add water, egg noodles or pasta, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15-20 minutes or until noodles are tender.
4. Taste; then add a small amount of salt, if needed.
5. Refrigerate leftovers.

***\*For nutritional information pertaining to this recipe, or to view other healthy recipes, check out <https://whatscooking.fns.usda.gov>***

***I hope you will enjoy this recipe for Beef & Noodles! Try using different types of macaroni and adding canned or fresh vegetables to the recipe! Don't forget to pick up your copy of the Eating Smart Seasoning Mix recipe located at your pantry's sign-in station, or substitute the recipe by using your own spices and seasonings!***

***Check out the back of this newsletter for information on MyPlate and Healthy Food Choices!***

# What's on your plate?

*MyPlate can help you to identify ways to know if you are making healthy food choices, such as...*

- **Make half your grains whole**
- **Make half your plate fruits and veggies (at least 5 cups daily)**
- **Serve low fat milk and milk products**
- **Choose a variety of lean protein foods**
- **Choose foods and drinks with little or no added sugar**



Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange and dark-green veggies like tomatoes, sweet potatoes and broccoli in main dishes. Add beans or peas to salad, soups and side dishes or serve as a main dish. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.	Use fruits as snacks, salads and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes, or other types of fruit. Buy fruits that are dried, frozen and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice and pasta. Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient. Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim/drain fat from meat, remove skin from poultry to cut fat.
<b>Eat 2 ½ cups every day</b> <b>What counts as a cup?</b> 1 cup of raw or cooked vegetables, vegetable juice or 2 cups of leafy salad greens.	<b>Eat 2 cups every day</b> <b>What counts as a cup?</b> 1 cup of raw or cooked fruit, or 100% fruit juice and ½ cup of dried fruit.	<b>Eat 6 ounces every day</b> <b>What counts as an ounce?</b> 1 slice of bread, ½ cup of cooked rice, cereal or pasta, 1 ounce of ready-to-eat-cereal.	<b>Get 3 cups every day</b> <b>What counts as a cup?</b> 1 cup of milk, yogurt or fortified soymilk, 1 ½ ounces natural or 2 ounces processed cheese.	<b>Eat 5 ½ ounces every day</b> <b>What counts as an ounce?</b> 1 ounce of lean meat, poultry or fish, 1 egg, 1 Tbsp peanut butter, ½ ounce nuts/seeds, ¼ cup beans/peas.

*For more information on MyPlate, check out [www.choosemyplate.gov](http://www.choosemyplate.gov)*

\*Information provided in this newsletter is taken from the SNAP-Ed funded, New York State Department of Health's, Just Say Yes Curriculum, lesson 2, for the Nutrition Education Program, NEP. 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. at (724) 430-6428 or email [gbilly@fcca.org](mailto:gbilly@fcca.org). This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.