

# PATCH Food Program Newsletter



Issue Number 18, November 2018

## Recipe

### Slow Cooker Luau Stew

- 1.5 lb. Luau Leaves, Frozen\*
- 1 Small Onion, chopped
- 2 lb. Beef Chuck Roast
- 1 TB Hawaiian Salt

1. Place the frozen Luau leaves on the bottom of the Slow Cooker

2. Cover the luau leaves with the onions

4. Add the meat and sprinkle salt on top

3. Cook on LOW for 8-10 hours or HIGH for 4-6 hours. The meat should be tender.

\*Do not use fresh luau leaves. By using frozen luau leaves, you do not need to add water. This product can be found in the frozen vegetable section at your local supermarket.

## Let's Sing and Dance

### Turkey Pokey (Hokey Pokey)

You put your right-wing in.

You put your right-wing out.

You put your right wing in, and you shake it all about.

You do the turkey pokey and you turn yourself around.

That's what it's all about.

Additional Verses for Turkey Pokey:

Left wing (left arm)

Drumsticks (legs)

Tail Feathers (bottom)

Turkey Body (whole self)



## Toast Toppers

Try and top your whole grain toast with:

- Peanut Butter + Banana
- Avocado + Scrambled Eggs
- Cottage Cheese + Pineapples
- Refried Beans + Salsa

## Nutrition Detective

Are "organic" Cheetos Puffs better than regular Cheetos Puffs?

Well, not really... and both are not creditable food choices

When a label indicates that the product is "organic," that means that the ingredients used to make that product are not produced with conventional pesticides, fertilizers with synthetic ingredients, sewage sludge,

bioengineering, or ionizing radiation.

If you compare the Nutrition Facts of both products, you will see that the calories and macronutrients (Carbohydrates, Fats, Protein) are the same or similar. For example, the calories for both products are 160 kcals per serving (28 g). Both products contain 16 grams of carbohydrates and 2 grams of protein. The organic Cheetos do 9 grams of total fat while the regular Cheetos have 10 grams of fat.

## What is Organic?

The three organic claim levels include: 100-Percent Organic which means the product is completely organic, Organic which means at least 95 percent of ingredients are organic, Made with Organic Ingredients which means at least 70 percent of the ingredients are organic.

<http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms>

## Food for Thought

Would a Plum-ber be the best fruit to fix a leaky sink?

