



Food Pantries of Centre County



Newsletter—Spring 2014

Serving Centre County residents with food needs.

Home Grown Project

Are you interested in growing fresh vegetables to feed your family?

Date: Friday, May 30th

Time: 12—4 p.m.

State College Food Bank

1321 S. Atherton St.

State College, PA

No garden space?

Master Gardener volunteers will help you learn how to grow vegetables in containers. They will have everything you need to grow healthy nutritious vegetables outside your home or in a window.

Choose from the following plants:

- Peppers
- Tomatoes
- Lettuce
- Cabbage
- Broccoli
- Eggplant
- Parsley

First come-first served. Quantities are limited.

Color Your Diet Healthy

The new Dietary Guidelines for Americans tell us to cut back significantly on all the sweeteners in our diet and processed foods and get back to eating more nutritious options like fruits and veggies; whole grains; lean protein sources like seafood, skim and lowfat dairy foods.

GREEN: May help promote healthy vision and reduce cancer risk.

- **Fruits:** avocado, apples, grapes, honeydew, kiwi and lime
- **Vegetables:** artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

ORANGE & YELLOW: Promote healthy vision and immunity, and reduce the risk of some cancers.

- **Fruits:** apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- **Vegetables:** carrots, yellow pepper, yellow corn and sweet potatoes

PURPLE and BLUE: Have anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- **Fruits:** blackberries, blueberries, plums, raisins
- **Vegetables:** eggplant, purple cabbage, purple-fleshed potato

RED: Helps maintain a healthy heart, vision, immunity and may reduce cancer risks.

- **Fruits:** cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- **Vegetables:** beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

TAN and BROWN: May promote heart health and reduce cancer risks.

- **Fruits:** banana, brown pear, dates and white peaches
- **Vegetables:** cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Food Bank of State College Area, Inc. New Location & LOGO



1321 South Atherton Street

State College, PA 16801

Thank you donors!

Eat Red to Protect Your Heart

Once thought to be an “old man’s disease,” this silent killer is to blame for the deaths of almost 1,100 women a day. That’s nearly one per minute, taking the lives of more women than all forms of cancer combined.

However, heart disease doesn’t discriminate based on age or race either, so keep reading, men...

The good news, though, is that cardiovascular disease is **preventable**. And one of the easiest ways to guard your heart is by loading up on whole, nutrient-dense fruits and vegetables. According to the American Heart Association, “vegetables and fiber – and they’re low in calories. Eating a control your weight and blood pressure” -- lar disease.



These five red heart-healthy foods are loaded with antioxidants, potassium and fiber to help fight damage from free radicals (the by-products), control blood pressure and keep your heart pumping strong. Enjoy these quick recipes:

1. **Strawberries.** Strawberries are great for reducing inflammation and lowering the “bad” LDL cholesterol that can cause damage to arteries. They’re also full of free-radical reducing antioxidants like vitamin C. Try it: Mix up a Ravin’ Red Smoothie. Blend 1 cup of low-fat yogurt with ½ cup frozen strawberries, ½ cup frozen raspberries, one frozen banana and enjoy. Even easier? Drizzle melted dark chocolate over whole strawberries.

2. **Tomatoes.** The tomato gets its rich red color from lycopene, a powerful antioxidant that could potentially stave off heart disease and a slew of cancers. The potassium in tomatoes also helps to lower blood pressure. Try it: Enjoy a plate of Red Pasta. Cook whole-wheat spaghetti, then top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

3. **Red bell peppers.** This versatile veggie boasts a number of heart-healthy benefits. It contains capsaicin, flavonoids and vitamin C – nutrients that can prevent blood clot formation, reduce cholesterol and lower your risk for heart attacks and strokes. Try it: Add these Stuffed Bell Peppers to the menu tonight. For one red bell pepper (cored and seeds removed), stuff with ½ cup browned ground turkey, 1 tbsp. parsley, salt and pepper. Bake at 350 degrees for 15 minutes or until pepper is heated through.

4. **Red apples.** Just one apple a day, as the old adage suggests, keeps the doctor away. This year-round fruit provides your heart with disease-fighting soluble fiber as well as antioxidants like vitamin C. Studies have also shown that in addition to preventing heart disease, diets that include apples can also stave off cancer, asthma, and type 2 diabetes. Try it: Heat up your oven for quick and delicious Baked Red Apples. Simply fill one whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350 degrees or until sugar bubbles.

5. **Red cabbage.** In addition to keeping your cholesterol levels low, this perennial vegetable protects against both heart disease and cancer with anthocyanins (which gives the cabbage its red color) as well the antioxidant vitamin C.

