



Serving Centre County residents with food needs.

Food Pantries of Centre County



Newsletter—Summer 2018

HOW TO PICK THESE 5 SUMMER FRUITS

Summer is the perfect time to enjoy more fruit. Not only is fruit delicious, but it's also rich in nutrients and fairly low in calories per bite. Plus it's convenient—fruit is a great grab-and-go snack—and can be cheap, especially when you shop in season.

Berries

- **What to shop for:** Bright, plump berries with good, uniform color and dry, clean appearance.
- **How to store:** In the fridge in the container they were sold in for 10-14 days (blueberries) or 1-3 days (others).

Tip: To prevent berries from getting soft and moldy, don't wash them until you're ready to serve.

Watermelon

- **What to shop for:** Fruit with a rind that's slightly dull. A whole melon that's heavy for its size and symmetrical. A cut melon with deep red flesh that's free from white streaks.

- **How to store:** At room temperature (whole), or in the fridge for up to 5 days (cut and in a container).

Tip: The yellower the underside, the riper the watermelon. Seedless watermelons are just as tasty as ones with seeds.

Peaches and Nectarines

- **What to shop for:** Firm fruit with no trace of green in the skin. Should yield to gentle pressure when ripe.
- **How to store:** At room temperature in a closed paper bag until ripe. Then at room temperature for 1-3 days.

Tip: Ripe peaches have a yellowish color with a red blush.

Cherries

- **What to shop for:** Firm, plump fruit with a bright red to black color, smooth, glossy skin, and stems attached.
 - **How to store:** In the fridge for up to 10 days.
- Tips:** To prevent cherries from getting soft and moldy, don't wash them until you're ready to serve.

Apricots

- **What to shop for:** Uniform golden-orange, plump fruit. When ripe they yield to gentle

pressure.

- **How to store:** At room temperature until ripe. Then in the fridge in a plastic bag for 3-5 days.

Tip: Avoid soft, pale, or greenish-yellow fruit.

Worried about pesticides?

If you're worried about pesticides, consider buying organic if a fruit doesn't have a rind or inedible peel.

<http://www.nutritionaction.com>

FROZEN FRUIT SMOOTHIES

Ingredients

- 1 frozen banana, peeled and sliced
- 2 cups frozen or fresh fruit
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice
- 2 to 3 tablespoons honey or to taste

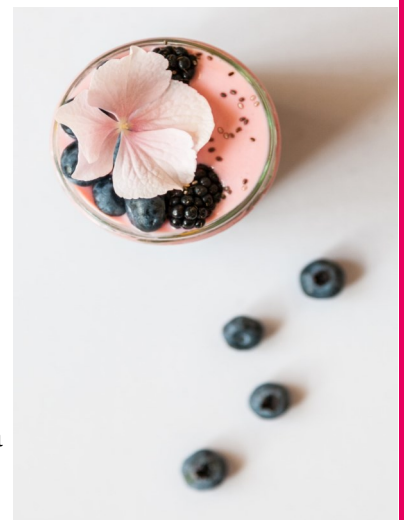
Directions

Put all the ingredients in a blender and process until

smooth. Pour into glasses and serve.

Cooks note: For non-Dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or milk instead of dairy.

- Calories 366 calorie
- Total Fat 7 grams
- Saturated Fat 4 grams
- Cholesterol 20 milligrams
- Sodium 88 milligrams
- Carbohydrates 75 grams
- Dietary Fiber 6 grams
- Protein 8 grams
- Sugar 58 grams



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LOWER-CARB WHOLE FOODS SWAPS

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TORTILLAS

3 tortillas = 36g carbs



STURDY GREENS
LIKE KALE OR CHARD

3 leaves kale = 5g carbs

31g
carbs saved



HAMBURGER BUNS

1 bun = 21g carbs



ROASTED
PORTABELLO MUSHROOMS

2 large caps = 5g carbs

16g
carbs saved



LASAGNA NOODLES

2 sheets noodles = 26g carbs



THINLY SLICED ZUCCHINI

1 medium zucchini = 6g carbs

20g
carbs saved



MASHED POTATOES

1/4 cup potato = 11g carbs



MASHED CAULIFLOWER

1/4 cup cauliflower = 2g carbs

9g
carbs saved



PASTA

1 cup cooked pasta = 43g carbs



SQUASH RIBBONS

1 cup squash = 10g carbs

33g
carbs saved



HASH BROWNS

1/4 cup hash browns = 14g carbs



SPAGHETTI SQUASH

1/4 cup spaghetti squash = 3g carbs

11g
carbs saved



CRACKERS

50g crackers = 33g carbs



SLICED CUCUMBERS
OR APPLES

50g apple slices = 7g carbs

26g
carbs saved



COOKIES

3 chocolate chip cookies = 24g carbs



STRAWBERRIES LIGHTLY
DIPPED IN DARK CHOCOLATE

4 strawberries + 1 tbsp chocolate = 17g carbs

7g
carbs saved



APPLE PIE

slice apple pie = 40g carbs



BAKED APPLES

1 whole baked apple = 26g carbs

14g
carbs saved



POTATO CHIPS

1 oz. potato chips = 16g carbs



PEANUTS

1 oz. peanuts = 6g carbs

10g
carbs saved



BREADCRUMBS

1/2 cup breadcrumbs = 39g carbs



GROUND ALMONDS

1/2 cup ground almonds = 10g carbs

29g
carbs saved



POTATOES IN POTATO SALAD

1/2 cup potatoes = 12g carbs



CHOPPED CAULIFLOWER

1/2 cup cauliflower = 3g carbs

9g
carbs saved



CROUTONS

1 oz. croutons = 21g carbs



ROASTED, SALTED NUTS

1 oz. peanuts = 6g carbs

15g
carbs saved



FRENCH FRIES

16 large french fries = 58g carbs



BAKED ZUCCHINI STICKS

16 baked zucchini sticks = 29g carbs

29g
carbs saved



SODA

12 ounces cola = 39g carbs



SELTZER + LIME + MINT +
SLICED CUCUMBERS

12 ounces seltzer = 0g carbs

39g
carbs saved

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