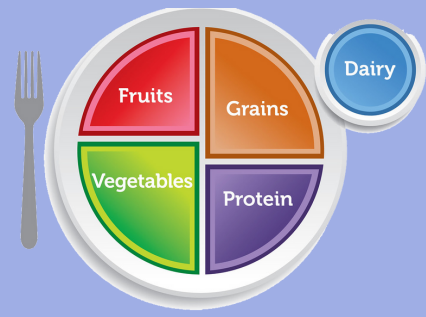




POWER UP

Monthly Minder

OCTOBER 2022

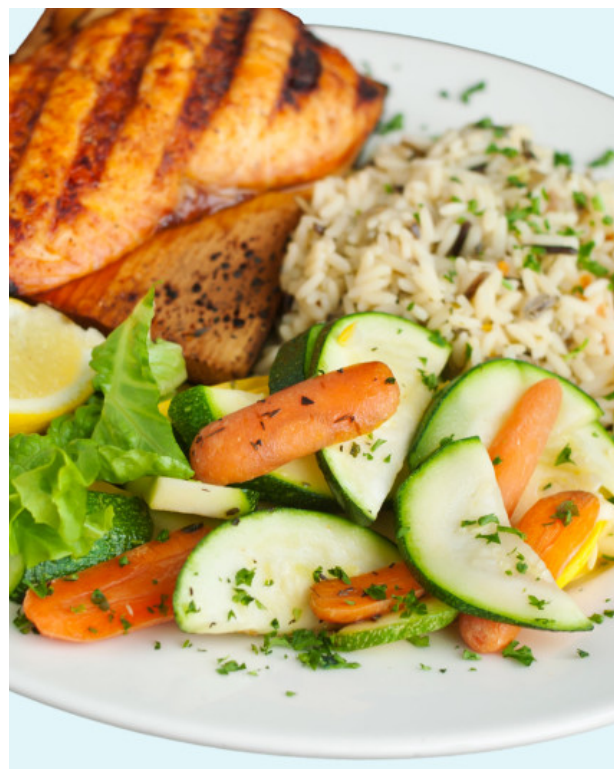


The MyPlate graphic is a circular plate divided into four quadrants: Fruits (red), Grains (orange), Vegetables (green), and Protein (purple). A small blue circle labeled "Dairy" is positioned to the right of the plate. A silver fork is shown to the left of the plate.

Fruits and vegetables are essential to a healthy diet, because they provide vitamins, minerals, fiber, and other nutrients.

MYPLATE METHOD

The plate method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of food. All you need is a 9-inch plate. Model your meals off of the MyPlate graphic. To do this, fill 1/2 of your plate with fruits and vegetables, 1/4 of your plate with starch and 1/4 of your plate with protein.



PA Harvest of the Month

October Feature: Apples

Pennsylvania produces 400 to 500 million pounds of apples per year, ranking 4th in the nation in apple production. About 1/3 of the apple crop is sold fresh, the rest is sold for processing into apple products (applesauce, apple cider, apple pie, apple juice, etc.). Apples are a good source of fiber and vitamin C, and have phytochemicals that protect the cells of your body from damage.



Monthly Recipe

Sweet Potato and Apple Bake

Preheat oven to 350 degrees. Put 2 15-ounce cans of chopped sweet potatoes (drained) into a baking dish. Save 2 Tablespoons of liquid. Add in 2 cups of peeled and chopped apples.

Pour 2 Tablespoons of the sweet potato liquid over the mixture. In a small bowl, mix 2 Tablespoons brown sugar, 1/3 cup chopped nuts (any kind), 2 Tablespoons flour, and 2 Tablespoons melted unsalted butter. Sprinkle on top of the apple mixture. Bake 20-30 minutes.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

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