

Cent\$ible Nutrition News

Helping Families Eat Better for Less

Fall 2022

Volume 26 • Number 1



White Chili

Ingredients

- 1 pound ground or diced boneless, skinless turkey or chicken
- 1 medium onion, chopped
- 2 garlic cloves, minced (½ teaspoon powder)
- 4 cups low sodium chicken broth
- 2 small jalapeños, diced (optional)
- 2 teaspoons chili powder
- 6 cups Great Northern beans cooked, or 3 15-ounce cans, drained
- Black pepper to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large saucepan, or electric skillet, brown meat and onions on medium heat. Add garlic when meat is browned, and onions begin to soften.
3. Add 4 cups chicken broth, jalapeño, if desired, and chili powder. Stir. Simmer 10 - 15 minutes.
4. Add beans, black pepper, and additional broth or water, if needed.
5. Heat through. Do not boil.
6. Serve hot. Add toppings, and serve over chips or rice, if desired.

Healthy Celebrations

Whether it's watching football, basketball, or a holiday celebration, it's the season for parties. Getting together to enjoy time with family and friends is an excellent way to connect, socialize, try new dishes, add variety to your diet, and be physically active. Explore the rest of the newsletter for healthy celebration ideas.

2- Healthy Celebration Meals

3- Physical Activity Ideas!

Healthy Celebration Meals

When you are hosting a game day event or holiday, easy, simple, and delicious recipes are a must. Below are some ideas to add a healthy variety to your game day meals.



Plan for Variety

At your next event, choose snacks and dishes that include a variety of foods from all 5 MyPlate food groups. Not only does MyPlate provide a wide range of foods for you and your family to choose from, but it also gives you the opportunity to try new dishes.



Put a Spin on Your Dish

If you're looking for a new snack, try mixing it up. Our white chili recipe in this newsletter is excellent as a main dish or a dip for chips and crackers.



Choose Fruit for a Sweet Alternative

Fruit is an excellent source of fiber and nutrients! Including fruit in desserts is an easy way to get in your recommended servings of fruit! Pocket pies, or a tasty fruit salsa with crackers or sweet chips are excellent dessert options. Looking for a vegetable to highlight? Try a crust-less pumpkin pie. Check our recipes for these recipes and more.



Gather Around the Punch Bowl

Whether you're playing sports, singing on a grand stage, or getting together with friends and family, everyone needs to stay hydrated! Serving up water with frozen fruit and herbs or spices, plain water or unsweetened iced tea or coffee are low-cost options that won't break the bank. Looking for punch? Bubbly water with a splash of 100% fruit juice can be a great choice for a sweet drink without a lot of added sugar.

Let the Games Begin

Watching or being part of a celebration is only half the fun. Make being active part of your celebration! Physical activity doesn't have to be outside- below are some activities you and your family can do during timeouts or halftime!

Coin Toss Workout

- Watching a show or a game as part of your celebration? Who gets to decide the next physical activity during the next break? Flip a coin to find out!

Roll the Dice Workout

- Can't decide on an activity, let the dice decide!
 - For this activity, you need 2 dice and a piece of paper. Make a list from 1-6 of easy workout activities. The first dice you roll chooses the activity; the second dice you roll indicates how many you do! Simple as that.
 - Have a little more time to prepare? Try our DIY Dice Game Workout (https://uwyocnp.org/active_living/have-a-ball/).

“Touchdown” Dance Off

- You're watching a game, and your team scored! Celebrate with a quick dance off and see who has the best moves that rock the party.

Snack Attack Scavenger Hunt

- Oh no! The ingredients for a healthy snack have scattered around the house. Can the family find them before the timer runs out and still have time to make a snack?
- For this activity, pick an easy, simple recipe, like tortilla rollups or black bean and corn salsa available on our website. Hide them around the house and see who can find them before making the snack together as a family.

Cleanup Race

- Your celebration is almost over, but there's still time for some fun! Set a timer for 5 minutes and assign everyone tasks. How much is clean after 5 minutes, and who did the most?

News & Updates

No, we're not going away. Our newsletter's may have moved to quarterly, but we still have so much information we want to share! Stay tuned to your inbox monthly for some quick tips and ideas!

For more information on content mentioned in this newsletter, visit our website at uwyocnp.org/healthy-celebrations.



Join CNP!

Free cookbook, kitchen tools, & cooking classes!

The Cent\$ible Nutrition Program (CNP) is a resource that can help you eat better for less. Through the series of 8 lessons, you can learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollars.

CNP is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and in-person. Find out more at: <https://uwyocnp.org/cnp-qualify/> or call your local CNP educator to learn more about CNP in your county.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.