

Nutrition Packet

FEBRUARY





Acorn Squash with Wild Rice Stuffing

INGREDIENTS*

- ½ cup **wild rice**
- 2 squash for stuffing – acorn, carnival, or sweet dumpling squash will work well
- **Vegetable oil**
- Salt and pepper
- ½ pound **ground bison**
- 1 small **onion**, chopped
- 1-2 ribs **celery**, chopped
- ½ teaspoon rubbed sage OR 4 fresh sage leaves, minced
- ½ teaspoon garlic powder OR 2-4 cloves fresh garlic, minced
- ½ teaspoon oregano OR Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 - 4 oz. can mushrooms, drained (optional, but delicious)
- ½ cup **dried fruit and nut mix** OR ¼ cup **dried cherries** and ¼ cup mixed nuts

Source: LTBB Odawak FDIPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDIPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the wild rice: rinse wild rice in water, drain and add to 3 cups water in medium-sized pan. Bring to a boil, and reduce heat to maintain a gentle simmer. Cover and cook until rice is tender, about 30-45 minutes. Drain excess liquid.
3. While rice is cooking, prepare the squash: preheat oven to 375°F. Wash the outside of the squash, and slice in half. Scoop out seeds and discard.
4. Brush cut sides of squash with vegetable oil and sprinkle with salt and pepper. Place squash in baking dish cut side up, and cover loosely with aluminum foil. Roast squash until tender when poked with a fork or paring knife, about 30 to 50 minutes, remove from oven.
5. While the squash is roasting, prepare filling by sautéing ground bison with chopped onion, celery and spices until meat is cooked through and vegetables are soft. Add mushrooms, cooked wild rice, and dried fruit and nut mix. Stir gently until well mixed. Taste and adjust for spices.
6. Divide the filling between the squash halves, use a spoon to fill the squash bowls and mound the filling on top.
7. Cover the pan with the foil and return to oven until hot through, about 15-20 minutes. If you have a food thermometer, 165°F is perfect.
8. Serve immediately and offer salt and pepper.

NOTES AND IDEAS:

- Squash may be stuffed with a variety of meats, legumes, grains, vegetables, nuts and spices.
- Some people like to drizzle a bit of maple syrup over the top for serving.

LINKS:

YouTube: <https://youtu.be/P7RupSQ7Mzo>

Instagram: https://www.instagram.com/tv/CLMs5yYBQMK/?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/watch/?v=2771910639743610>

Download: https://itcmi-my.sharepoint.com/personal/mwillettc_itcmi_org/_layouts/15/download.aspx?UniqueId=4c1c91bf%2D22c3%2D470b%2Dba4a%2D88664729a974

How Ya' Bean? Soup (Serves 6 to 8 people)

INGREDIENTS*

- 1-pound **dry Great Northern beans**
- 2 Tablespoons **vegetable oil**
- 1 cup **celery**, chopped
- 1 cup **onion**, chopped
- 1 ½ cups **carrots**, sliced
- 8 cups water
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon garlic powder
OR 2 cloves of garlic, minced
- ½ to 1 teaspoon salt

Adapted from: Recipes Wrapped with Love, 2011 The Chickasaw Nation Food Distribution Program

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Sort and remove broken beans and dirt clumps and rinse dried beans. Cover beans with water and soak overnight or for at least 8 hours. Drain and rinse well with cool water. Place in large saucepan.
3. Sauté the onions and celery in the oil until soft. Add to beans.
4. Add carrots, water and spices to beans. Cover and bring to a boil.
5. Reduce heat and simmer for 1 ½ - 2 hours or until beans are tender. Stir once in a while during cooking. Add additional water if needed.
6. Taste and adjust seasonings, adding additional salt and pepper, if desired.

NOTES AND IDEAS:

- This soup would be delicious with pieces of chopped ham, sausage or chicken added.
- A can of drained **hominy** could also be added.
- If a can of **diced tomatoes** is added; add after the beans have softened and cooked.



Grocery Shopping

When you plan ahead and shop wisely, you can buy plenty of healthy foods without breaking the bank.

GET ORGANIZED

Planning for each trip to the grocery store is half the battle. Before hitting the market, keep these tips in mind:

- Plan your meals on a weekly or monthly basis. Use a calendar to stay organized, and set a reasonable weekly or monthly food budget.
- Look through your refrigerator, freezer, and pantry to see what you already have and what you need. Then create a shopping list based on recipes you like and the foods you have on hand.
- Plan a meatless meal 1 or 2 nights a week. Tofu, eggs, beans, and nuts are healthy protein foods that are good for your wallet, too.
- Look for discount markets and membership warehouses in your area. You may find deals at membership warehouses, but warehouse prices are not always the lowest. Warehouse stores may also tempt you to buy more than you need. Buy food you know you will use, or split bulk items with a friend.
- Buy a coupon organizer and use it to file coupons. Throw out coupons when they expire. Download coupons and use a store loyalty card to get the best prices on food you buy regularly.
- Check out grocery store fliers and websites for weekly sales. Plan meals and snacks around items that are on sale. Try not to get sidetracked by items you don't need.
- Take reusable grocery bags with you each time you shop. Some stores offer discounts when you re-use bags.



COMPARING UNIT PRICES

Here are shelf tags for two package sizes (16 and 32 ounces) of the same food. The larger package costs more. But its unit price (in this case, the price per ounce) is lower. This makes the larger package a better deal if you will use the entire contents.



Grocery Shopping (continued)

AT THE MARKET

Supermarkets may seem designed to make you overspend, but there are ways to stay on budget. It may take a bit more time, but advance planning and careful shopping can help you save:

- Skip items that are easy to make at home, such as soup, pasta sauce, and salad dressing. Spend money on convenience items like mustard and bread.
- Pay attention to the unit price, which appears on the shelf tag next to the item's price. Compare the unit prices of similar products or different sizes of the same product to find the cheapest option. This can help you find the better bargain.
- Instead of foods packaged in single servings, buy larger containers. When you get home, divide foods like raisins, nuts, applesauce, crackers, and whole wheat pretzels into your own small containers or bags.
- Buy a block of cheese instead of shredded or sliced cheese. You save money by grating or slicing cheese at home.
- Skip meats that are cubed, pounded, or seasoned before they are sold. Instead, choose plain cuts of lean meat, poultry, and fish for big savings. When meats, fish, or poultry are on sale, buy extra. When you get home, divide the packages into smaller portions and freeze for future use.
- Prepare produce at home to save money. Pre-cut or peeled fruits and vegetables tend to be quite expensive.
- Buy dried herbs instead of fresh, especially when fresh herbs are not in season. Dry herbs will work in most recipes calling for fresh, but use smaller amounts.

Stocking A Heart-Healthy Kitchen

When you have a choice of heart-healthy foods in your kitchen, meal planning and healthy eating become much easier. This handout offers lists of nutritious foods that you may want to keep on hand. These foods can help you eat heart-healthy and may reduce your risk of heart disease.

FRUITS AND VEGETABLES

- Fresh, seasonal fruits and vegetables
- Frozen fruits and vegetables (without added sauces or syrups)
- Dried fruit (keep portions small, such as a small handful)
- Canned fruit packed in water or light syrup
- Lower-sodium canned vegetables (look for reduced sodium or “no added salt” on labels)
- Potatoes, sweet potatoes
- **TIP:** Keep fresh, whole-washed fruits in a bowl on your kitchen counter or table as a reminder to eat a healthy snack. Also, move fruits and vegetables from the produce drawer to a place in your refrigerator where they are easily seen and accessible.

LEANER CUTS OF MEAT AND POULTRY

- Beef: eye of round, top round, sirloin; 90% (or higher) lean ground beef
- Pork: tenderloin, sirloin, top loin
- Veal: shoulder, ground veal, cutlets, sirloin
- Lamb: leg shank, loin
- Skinless chicken or turkey
- Bison
- Wild game, such as venison or skinless pheasant or duck

FRESH OR FROZEN FISH

- Salmon
- Herring
- Albacore tuna
- Sardines
- Mackerel
- Trout

WHOLE GRAINS

- 100% whole grain breads and pitas
- Rolled or steel cut oats
- Whole grain cereals
- Whole grain crackers (trans fat free and low sodium)
- Whole grain pasta
- Brown and wild rice
- Corn and whole wheat tortillas
- Bulgur (cracked wheat), quinoa, whole grain barley, millet



CONDIMENTS AND SPREADS

- Ketchup
- Mustard
- Barbeque sauce
- Reduced-sodium soy sauce
- Hummus
- Reduced-fat or light mayonnaise

TIP

Canned beans are usually high in sodium (salt). Look for cans labeled “low sodium” or “no salt added,” or cook with dried beans instead. Draining and rinsing canned beans and vegetables will also help to reduce the amount of sodium.



OILS

- Olive oil
- Nut oils, such as peanut or walnut
- Canola oil
- Safflower oil
- Soybean oil
- Liquid or soft tub margarines
- Reduced-fat, lower calorie salad dressings
- Nonfat cooking spray

NUTS AND SEEDS

- Ground flaxseed
- Unsalted nuts, such as walnuts, almonds, and peanuts
- Peanut butter, almond butter, other nut butters

LEGUMES

- Edamame (soy beans)
- Tofu
- Lentils
- Peas
- Black beans
- Pinto beans
- Navy beans and other white beans
- Garbanzo beans (chickpeas)

HERBS, SPICES, AND OTHER SEASONINGS

- Basil, bay leaves, dill, rosemary, thyme, and other herbs
- Allspice, cinnamon, cumin, ginger, nutmeg, paprika, red or black pepper, and other spices
- Garlic and onion powders (salt-free)
- Fresh or dried chili peppers
- Italian seasoning, herbes de Provence, and other salt-free seasoning mixes

DAIRY AND EGGS

- Low-fat (1%) or nonfat (skim) milk
- Low-fat or nonfat yogurt
- Low- and reduced-fat cheese, such as part-skim mozzarella, farmer’s cheese, or string cheese
- Low-fat or nonfat cottage cheese and sour cream
- Eggs and egg substitutes

OTHER KITCHEN STAPLES

- Reduced-sodium soups
- Reduced-sodium prepared meals
- Plain popcorn or light microwave popcorn
- Reduced-sodium chicken, beef, or vegetable broth
- Various vinegars, such as balsamic, apple cider, and red wine
- Foods enriched with plant stanols and sterols, such as enriched margarine, orange juice, or yogurt

Makwa Giizis – Bear Moon

13TH MOON – FEBRUARY*

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Makwa Giizis	Mah-kwah Gee-zis	Bear Moon
Ashi niswi	Uh-shih-niss-way	Thirteen
Mashkodesimin	Mush-koe-day-sih-min	Bean
Zaagigi	Zah-gih-gih	Sprout

*In the White Earth Indian Community, the 13th Moon is called Bear Moon. What is the name for the 13th Moon in your community? Who would you ask to find out?

BEAN IS OUR RELATIVE

BEAN NUTRITION INFO:

- Tiny nutrient powerhouses
- High in fiber
- Cardiovascular-boosting potassium
- B vitamins
- Folic Acid
- Low-fat source of protein
- Cholesterol free
- Provides a complete protein when paired with corn



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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Activity

A seed is a napping child. Here is how you grow your own bean sprouts at home in a jar without soil. This can be done anytime of the year.

MATERIALS NEEDED:

1 canning jar (quart size works great but a smaller one is fine), mesh sprouting lid or cheesecloth, a rubber band, and 1 table-spoon of dried beans (can be one type or a mix, for ex. Mung, kidney, broccoli, lentil)

TIME NEEDED:

About 5-7 days minimum

METHOD:

for a visual example, go online and see the short video, at <https://www.itcni.org/13-moons-curriculum/>

1. Place dried beans in canning jar with enough water to cover all the beans
2. Cover with the mesh lid or make a cloth lid with a cut piece of cheesecloth held on with a rubber band
3. Let sit overnight in a warm place to soften the seed coat on the seed
4. With mesh or cloth lid on, pour off the water
5. Pour clean tap water into jar and pour back off, to rinse the seed
6. Place jar upside, at a slant, in a bowl. This will drain excess water and keep seeds from remaining too wet
7. Cover with cloth to keep seed warm and dark
8. Morning and evening, rinse seed with tap water. The seed is alive, actively feeding and releasing waste. Rinsing removes the waste and prevents rotting or spoiling from bacteria. Rinsing also refreshes the clean water supply for healthy growth
9. The seed types used will sprout at different times. The seeds will all sprout to their own call. Location in the jar will also affect their sprouting.
10. Allow seeds to sprout until some develop green seed leaves
11. The variation in sprouting will provide a good example for this lesson on how seeds become plants

