

What's Cooking, Dublin? November, 2020

Food Focus: Let's Get Cooking

- Homemade foods are typically **lower in calories, fat, sugar, salt, and price** than premade convenience foods or take-out.
- Cooking from scratch means you can make foods **more nutritious** by adjusting the ingredients
- **Salt** is used often in cooking because it **enhances the flavor** of other ingredients—but don't overdo it! Most Americans eat WAY too much salt
- The best dishes **balance the 5 major taste categories**: sweet, salty, sour, bitter, and umami/savory
- Many fruit and veggie ingredients are available in **fresh, frozen, and canned** varieties. Frozen can be more convenient than fresh and allow us to enjoy produce that's out of season.

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Visit our website for more information on nutrition:
<http://dublinschools.nutrislice.com>

Dublin Food Pantry

Though most of us love Thanksgiving, it can be a stressful time for our neighbors who struggle to put food on the table. Though Dublin has one of the lowest poverty rates in the state, **over 50% of Dublin's food**

insecure families are above the income threshold for government assistance (feedingamerica.org). These families rely on programs like the Dublin Food Pantry to put nutritious food on the table, especially families with children, elderly loved ones, and special dietary needs like diabetes.

The Dublin Food Pantry's needs have increased dramatically with the pandemic, and **they need your help** this holiday season. Donations may be dropped off **Monday-Friday from 7:30am-6pm** on the lower level of the Dublin Community Church (81 W Bridge Street). The Dublin Food Pantry is an incredibly low overhead community pantry, and the majority of monetary donations are used to purchase food and supplies. It also has a 501(c)(3) charitable organization status, meaning **donations may be tax deductible**.

In addition to nonperishable foods, the Dublin Food Pantry needs:

- Baby items (diapers, wipes, baby powder, formula, etc.)
- Shampoo, conditioner, soaps, deodorant, and razors
- Feminine products
- Disinfecting supplies
- Laundry detergent
- Condiments and baking supplies



DUBLIN
FOOD PANTRY

Around the District: Virtual Discovery Kitchen



HAPPY HALLOWEEN Can you SEE the Benefits of Vitamin A?

We all love pumpkin in the time of year, but did you know that pumpkins are a great source of vitamin A? Read and enjoy vegetables like carrots are high in vitamin A, which is why the USDA recommends that you eat 2 1/2 cups per week, depending on age.

Why is vitamin A so important? Here are some of the benefits:

1. Good for our eyes: Our eyes need vitamin A to see color and to see in the dark.
2. Good for our skin: Vitamin A is also needed to build, repair, and maintain many of our body's tissues. From our skin on the outside to our organs on the inside.
3. Good for our immune system: Vitamin A is necessary for

HAPPY HALLOWEEN Pumpkin Spice Breakfast Bars

Ingredients:

- 1 1/2-cup pumpkin puree
- 1/2-cup maple syrup
- 1 large egg
- 2 1/2-cups oat flour
- 1/2-cup brown sugar
- 1/2-cup coconut oil
- 1/2-cup vanilla extract
- 1/2-cup ground flaxseed
- 1 tsp salt

Directions:

1. Preheat oven to 350°F. Grease a 9x9-inch pan with cooking spray.

2. In a large bowl, whisk together pumpkin puree, maple syrup, egg, and coconut oil. Add oat flour, brown sugar, flaxseed, and salt. Mix until well combined.

3. Spread the mixture into the prepared pan. Bake for 25-30 minutes. Allow to cool and serve at room temperature. Store in an airtight container—serves 12.

We're so sad that we couldn't see you in the cafés, but we were able to bring October's Discovery Kitchen to you! On Friday, October 30th, each bagged lunch received a **free pumpkin bar sample** to celebrate Halloween. Each lunch also came with an **educational handout** focusing on vitamin A and a **recipe card** to make pumpkin bars at home. We're also excited to debut a Discovery Kitchen at Home video series, with this month's video featuring a **cooking demo from Chef PJ Singh** and **nutrition education from registered dietitian Ann Fisher**.

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serve.

Lower-Calorie, Lower-Sodium Stuffing

Ingredients:

- 15 slices whole-grain bread
- 2 Tbsp olive oil
- ½ cup celery, chopped
- ½ cup white onion, chopped
- ½ cup carrots, chopped
- 2 cups red. sodium chicken broth
- 1 tsp sage, dried
- ½ tsp. salt
- ½ tsp thyme, dried
- ¼ tsp black pepper

These small recipe changes cut out over 65% total fat, 90% saturated fat, and 35% total calories than the original recipe. Preheat oven to 350°F. Coat a casserole dish with cooking spray and set aside. On a large sheet, place bread slices in a single layer and bake 15-20 minutes, turning each slice until firm and light brown. Remove and cut into ½-inch cubes. Heat olive oil over medium heat, add celery, onion, and carrot, and cook 6-8 minutes, stirring frequently until tender. Stir in broth, sage, salt, thyme, and pepper; heat to boiling. Remove from heat, stir in bread cubes, and spoon mixture into casserole dish. Cover with foil, and bakes for 30 minutes. Remove foil and bake another 15-20 minutes until light golden brown. Serves 12.

Nutrition per serving: 120 calories, 18 g carbohydrates, 4 g protein, 4 g fat, 0.5 g sat + trans-fat, 0 mg cholesterol, 380 mg sodium <https://www.bettycrocker.com/recipes/skinny-stuffing/67d87686-5717-4162-9d48-3f0f0693d616>



happy.

Thanksgiving Fun Facts

- Traditionally, **settlers gave thanks** through prayer, fasting, and self-reflection. Luckily for us, they chose to celebrate a particularly abundant harvest with the **Wampanoag Native Americans** with a 3-day feast that we remember every year on Thanksgiving.
- The average American Thanksgiving meal is **3000 calories**
- Americans eat an average **736 million pounds of turkey** on Thanksgiving, which is the weight of the Empire State Building
- About **50 million pumpkin pies** are eaten each Thanksgiving. If there are 8 slices per pie, that means we serve 400 million slices each year. That's **1.25 slices per person in the United States.**



healthy.

Riverbox Public Art & Wellness Challenge



Dublin Arts Council has collaborated with 20 local artists to create new pieces for a **Riverbox Art and Wellness Challenge** hidden in Dublin Parks. Each Riverbox contains a **unique artist-made stamp, journal, and environmental information** to help visitors connect to Dublin's scenic places. Journey around Dublin to discover the original artwork hidden in this collection and explore how art can nurture personal and community well-being.

To complete the challenge, download a booklet from dublinarts.org to complete as you explore the parks. Connect to nature by using the activity prompts, and **record your sketches, notes, and journal entries** in the booklet. Once completed, return your activity booklet to the Dublin Arts Council (7125 Riverside Drive) to earn a **special prize!**

