




Bunker Hill Community College

# *March Newsletter*

## **Feeling Lucky!**

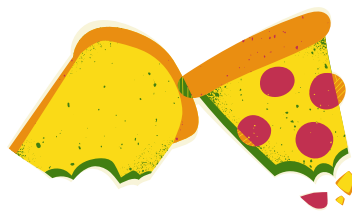
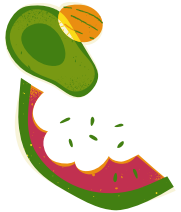
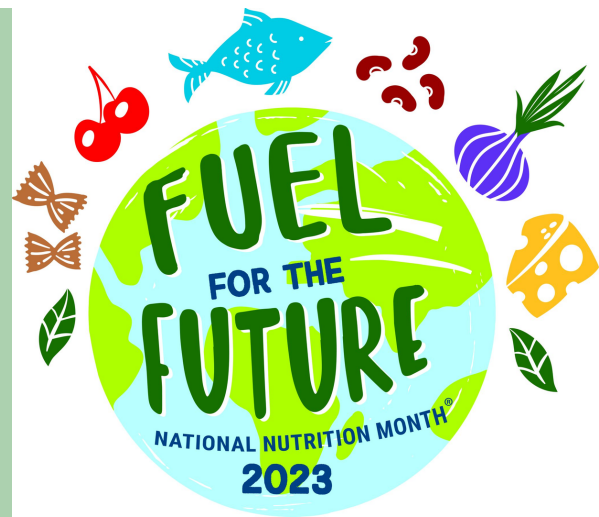


Happy March Bunker Hill Community College students, faculty, and staff. We hope you are enjoying the DISH Newsletter and can't wait for you to see what this edition has in store for you!

### **In This Edition:**

- National Nutrition Month
- Decreasing Food Waste
- Meeting Nutritional Needs with Food Pantry Items: Protein
- National Food Days in March
- DISH Dish of the Month- Spanish Rice and Beans
- Seasonal Produce
- Why Eat Local Produce
- Healthy Incentives Program (HIP) Participants in the Boston Area
- DISH Info

March is National Nutrition Month! This is a great opportunity to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is Fuel for the Future. Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. There are so many ways to celebrate this month. You could commit to trying one new fruit or vegetable per week, practice repurposing leftovers, eat meals with family and friends without distractions like phones or tv, or try to decrease the amount of food waste you produce. For resources and more ideas about how to celebrate National Nutrition Month visit [eatright.org](https://eatright.org).



Curious about how to reduce your food waste? There are so many little changes you can make in the kitchen to lessen the amount of food waste you produce. Start by taking inventory of what you have. Take note of everything in your pantry, refrigerator, and freezer before you go to the store or place your grocery order with the DISH Pantry to help prevent over buying. Creating a meal plan will help with knowing exactly what you need for the week. Properly storing leftovers in appropriate containers in the refrigerator or freezer can help avoid spoilage. Repurposing leftovers that would otherwise be tossed is also a great way to help reduce waste. Try using food scraps in creative ways. For example, veggie scraps like onion skins, carrot tops, broccoli stems, potato skin, and corn cobs can be boiled with a few cups of water and some seasoning to create a delicious broth!

# Meeting Nutritional Needs with Food Pantry Items: Protein

Although it may seem challenging to meet all of your nutritional needs using only food pantry items, it is possible! Protein is utilized by the body to help build and repair the body's tissue. Although specific protein requirements vary from person to person based on activity level and other factors, adults generally need at least 45-55 grams per day

## DISH Protein Sources

	Grams Per Serving	Points
Canned Tuna	23	.5
Kidney Beans	8	1
Soy Milk	8	1
Peanut Butter	7	2
Black Beans	6	1
Vegetarian Beans	6	1
Garbanzo Beans	5	1
Falafel	5	2



march 2023

March National Food Days

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	National Cold Cuts Day 3	4
National Cheese Doodle Day 5	6	National Cereal Day 7	8	National Meatball Day 9	10	11
12	National Chicken Noodle Soup Day 13	14	15	National Artichoke Day 16	17	National Sloppy Joe Day 18
19	20	National Crunchy Taco Day 21	22	23	National Chocolate Covered Raisin Day 24	25
National Spinach Day 26	27	28	National Chiffon Cake Day 29	30	National Clam Day 31	

# DISH Dish of the Month

## Spanish Rice and Beans



**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Total Time:** 50 minutes

**Serves:** 6 people

## Ingredients

\*= current DISH Pantry item

- 2 tbsp oil\*
- 1 medium onion, diced\*
- 3 tsp minced garlic\*
- 1 1/2 tsp paprika\*
- 1 1/4 tsp salt
- 2 tsp chili powder\*
- 1 tsp dried oregano\*
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 2 cups long-grain white rice\*
- 1 can fire-roasted diced tomatoes
- 2 cans kidney beans, drained and rinsed\*
- 3 cups chicken broth

## Preparation

1. Heat oil in a large covered skillet over medium heat
2. Add onion and cook for 5 minutes
3. Add garlic, paprika, salt, chili powder, oregano, black pepper, and cayenne; cook 2 minutes, stirring often
4. Stir in rice; cook 2 minutes, until slightly translucent
5. Stir in tomatoes, beans, and broth
6. Bring mixture to a boil, reduce to medium-low, and simmer, covered, until liquid is absorbed and rice is tender, about 25 mins

## Tips

- This recipe equates to 8 points at the DISH Pantry
- This recipe can be made in one pot
- This recipe can be eaten on its own or paired with additional protein like chicken or shrimp
- Visit our Instagram page @bhccdish to watch this recipe being made

Recipe adapted from Dishing out Health





# March Seasonal Produce



**Artichoke**



**Beets**



**Cabbage**

**Radishes**



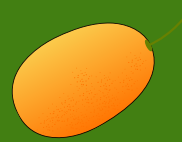
**Spring  
Onion**



**Clementine**



**Persimmon**



**Kumquat**



**Tangerine**

## Why Eat Local Produce?

Eating locally grown food you support your local farmers and helps grow your local economy. Buying locally is more sustainable because it also cuts transport energy costs and reduces food waste. Farm markets are great places to find new foods to try. Although it may seem more expensive to buy local, many farmers markets accept Supplemental Nutrition Assistance Program (SNAP) benefits and even use the Healthy Incentives Program (HIP) meaning you can earn an instant, dollar-for-dollar match on your EBT card when you buy fresh fruits and vegetables at certain locations.

## Healthy Incentives Program (HIP) Participants in the Boston Area

- **Boston Public Farmer's Market**  
100 Hanover St. Boston MA 02108
- **Boston South Station/Dewey Square Farmers' Market**  
Summer St & Atlantic Ave-Dewey Square Boston MA 02110
- **Boston/Copley Square Farmers' Market**  
206 Clarendon St-Along St. James Ave., Dartmouth St. & Boylston St. Boston MA 02116
- **Brighton Farmers' Market**  
30 Chestnut Hill Ave.-Brighton Common Boston MA 02135
- **Cambridge/Central Square Farmers' Market**  
Norfolk St & Bishop Allen Dr-Parking lot #5 Cambridge MA 02139
- **Charlestown Farmers' Market**  
Main St & Austin St-Thompson Square Boston MA 02129



Walk-in Hours: B101D Monday - Thursday 11:00am -3:00 pm

**\*NEW\*** G Building Health Center Lounge Monday - Thursday 3:00 pm - 7:00 pm

Visit <https://www.bhcc.edu/dishfoodpantry/> for more information and to register for the DISH

Email [dish@bhcc.edu](mailto:dish@bhcc.edu) with any questions

### **I Heart the DISH Project**

This project is meant to advertise for the pantry in a passive way, as well as reduce stigma surrounding basic needs insecurity. Our office has small, write-in stickers that can be easily placed on a desk or door. For more information, or to receive a set of stickers for your office/staff, please email our pantry graduate intern, Emelia Zukowski, at [emelia.zukowski@bhcc.edu](mailto:emelia.zukowski@bhcc.edu).

---

## **Refrigerated lockers are coming to the Chelsea Campus!**

Coming soon DISH users will have the option to pick up their DISH Pantry orders from the Chelsea Campus as well as the Charlestown Campus. The Chelsea Campus refrigerated lockers are located in the student lounge on the fourth floor

---

### **New Resource Alert**

The DISH Website has been updated and now includes a Nutrition & Cooking Resources tab. This will house previous editions of the DISH Newsletter, cooking videos, helpful websites, and additional nutrition resources. Check it out at [www.bhcc.edu/dishfoodpantry/](http://www.bhcc.edu/dishfoodpantry/)

### **Introducing DISH Spice Groups**

DISH users will now be able to order spices in groups! The groups include: Mexican inspired, Asian inspired, Italian inspired, Middle East inspired, South Asian inspired, and African inspired. Be sure to check out the DISH Spice Group Recipe Book for recipe ideas of how to use these spices!

