



Valentine's Day and American Heart Month

February is American Heart Month

Here are some ways to keep you and your Valentine heart-healthy.

Eat lots of fruits, vegetables, and whole grains. Choose lean cuts of meat and limit salt and sugar.

Find some healthy desserts recipes for Valentine's Day on the American Heart Association website.

Do moderate exercise like brisk walks for 20 minutes every day.

Adults should get 7-9 hours of sleep a night. Proper rest is important for heart health.

Visit the American Heart Association for more information about heart health and American Heart Month.

www.heart.org

Getting Your Vegetables in Winter

Frozen vegetables: Picked when it is ripe and jam-packed with vitamins, the freezing process saves the nutrients so you can get the health benefits all year long. Frozen vegetables can be added to soups and casseroles.

Canned vegetables: Look for reduced-sodium canned vegetables or rinse off regular canned items to reduce your salt intake. Canned vegetables are great to add to casseroles and to use as a tasty side dish.

Root vegetables: Locally grown and stored root vegetables like potatoes, carrots, parsnips, and sweet potatoes are great ways to continue to eat local produce. Vegetables eaten closer to when they were picked also have more vitamins and minerals!

Colorful diets: One way to know you are eating lots of vegetables is if your plate has lots of colors. Meals with red, orange, green, and purple vegetables are a great way to get in lots of variety and flavors!

Upcoming Distributions

Call or text your local office

- Bay City: 989-894-9060
- Big Rapids: 231-660-0271
- Farwell: 989-386-3805
- Gladwin: 989-426-2801
- Shelby: 231-923-3066
- Midland: 989-832-7377
- Muskegon: 231-557-7622
- Reed City: 231-791-7078

Residents of Clinton, Eaton, & Ottawa Counties should call 989-229-0849.

Residents of Gratiot, Ionia, Isabella, & Montcalm Counties should call 616-754-9315

For a complete list of distributions, call 989-229-0849.

Spotlight on Supplemental Security Income (SSI)

SSI helps older adults with limited income meet basic needs like food, clothing, and shelter. If you are 65 or older and meet income and resource limits, you may qualify—even if you already receive Social Security.

To apply or learn more, call your local Social Security office or visit www.ssa.gov/ssi

NUTRITION NEWS

Michigan Agriculture Spotlight: Beef

Michigan has over one million heads of cattle in the state. They are raised in 82 of the 83 counties across the state. Beef exports from Michigan bring in 104 million dollars every year!

Beef is an excellent source of protein and iron. Extra lean cuts of beef are a great way to eat beef with less fat. 96% lean and 4% fat ground beef, sirloin tip steak, and bottom round steak cuts are heart-healthy approved by the American Heart Association.

Eating one 3-ounce serving of lean beef can meet half of your recommended daily value of protein.

Michigan Ag Council www.michigangrown.org

Hearty Vegetable Beef Soup

Ingredients

- 3/4 can chicken broth, low sodium
- 1/2 cup water
- 2 cups mixed vegetables
- 1 can diced tomatoes
- 4 ounces beef (cooked and diced)
- 1 teaspoon thyme leaves (crushed)
- 1 dash black pepper
- 1/4 teaspoon salt
- 1 bay leaf
- 1 1/4 cups pasta (uncooked)

Directions

1. Heat broth and water.
2. Add vegetables, meat, and seasonings.
3. Bring to boil.
4. Reduce heat and boil gently, uncovered, for 15 minutes.
5. Add noodles. Cook until noodles are tender, for about 10 minutes
6. Remove bay leaf. Serve.

Green Bean and Rice Casserole Appetizer

Ingredients

- 1/2 cup onion, chopped
- 2 teaspoons vegetable oil
- 1/2 cup rice, uncooked
- 1 can low-sodium green beans, drained
- 1 can low-sodium diced tomatoes
- 1 cup water

Directions

1. In a medium-sized pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water and bring them to a boil.
3. Cover the pot with a lid and cook over low heat for 10 minutes.
4. When rice is cooked, serve.

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

The contents of the USDA food boxes are intended for consumption only by the program recipient and no other person(s). USDA foods are specifically chosen to supplement the nutritional needs of the population served by this program.