

HELLO HAWTHORNE ELEMENTARY STUDENTS & FAMILIES!

Today students got to taste test a delicious lime green smoothie called the Popeye Power Smoothie! We hope they enjoyed it and are excited about trying new foods in the future. The recipe is found below.

My name is Érica Rubino and I am a Registered Dietitian and owner of Nutrition-Focused Health! Along with Bridget from the Community Food and Agriculture Coalition (CFAC), we had the privilege of talking with the students of Hawthorne today about healthy eating and sustainable agriculture. As a dietitian, my job is to help people make changes in their eating habits. I have worked with kiddos and their parents/guardians helping navigate picky eating behaviors and general healthy eating. If you are interested in learning about nutrition, please visit www.nutritionfocusedhealth.com

The Community Food and Agriculture Coalition (CFAC) is a non-profit organization that works with Montana communities to identify local solutions to hunger and economic injustice through the following program areas: Food Access, Beginning Farmer Rancher, and Land Conservation. CFAC's Food Access (FA) program specializes in creating community driven solutions to food and nutrition insecurity by collaborating with local service providers to incentivize the consumption of locally grown fruits and vegetables. CFAC works to strengthen the local food economy through the Double SNAP Dollars (DSD), Senior Farmers Market Nutrition (SFMNP) program, and The Montana Produce prescription Collaborative (MTPRx).

Our focus is to find solutions to increasing consumption of produce and health outcomes of the local community. As part of a project funded through the USDA, CFAC identified a mobile market as a viable solution that can help to improve nutrition incentive redemption rates and better meet the needs of the Missoula community. CFAC aims to engage community members through a series of nutrition education events hosted and led by various Missoula organizations. We aim to find out if a mobile market is a viable solution to improve access to fresh fruits and vegetables, nutrition incentive programming, and nutrition education.

Each event aims to engage the local community and leverage the skills of our partners to access community needs. Visit <https://cfacmontana.org/> to learn more.

Click here to fill out the [Popeye Power Smoothie Taste Test Survey](#)



NUTRITION TIPS & RECIPE

Snacks are often thought of as a candy bars, chips, or baked goods that are easy to grab. Whenever able, think about snacks as a food that serves the purpose of keeping our hunger at bay until our next meal, like an after-school snack! To accomplish this, we want to think about proteins and fiber together.

Proteins take longer to digest in our bodies and as a result, keep us full longer. Examples of high protein foods include: nuts/seeds, cheese, yogurt, beans/lentils, eggs, tofu, chicken, turkey, fish (fresh/canned/frozen), lean beef, pork, and game meats.

Fiber is a type of carbohydrate that our bodies cannot break down. They slow down our digestion and thus keep us satisfied for longer. Fiber is found in plant-based foods such as fruits, vegetables, whole grains, beans/lentils, and nuts/seeds.

Popeye Power Smoothie

The original and modified version of the recipe are found below. Photo and recipe can be found here: <https://foodhero.org/recipes/popeye-power-smoothie>

Serving size: 1 cup

Makes: approximately 4 cups

Ingredients for *modified version (less sugar)*:

- 1 cup **canned pineapple** with juice
- 1 cup **plain Greek yogurt**
- 1 **banana**, peeled
- 2 cups fresh **spinach** leaves
- Crushed **ice** (as much as you'd like)

Ingredients for *original version*:

- 1 cup **orange juice**
- ½ cup **pineapple juice**
- ½ cup low-fat **plain** or vanilla yogurt
- 1 **banana**, peeled and sliced
- 2 cups fresh **spinach leaves**
- 2 cups **crushed ice**



Directions:

1. Choose which smoothie version you want to make
2. Combine all ingredients in a blender.
3. Blend until completely smooth and serve!