

Check out our Food Shuttle Resources

Visit our Food Shuttle website for more information about ending hunger in the local area: <http://foodshuttle.org/>

Other Open Mobile Markets

Location	Day	Time	Contact #
Zebulon Boys and Girls Club 1320 Shepard School Road, Zebulon	3rd Sat	10:00am - 11:00am	(919) 492-0783
Duke Memorial UMC 504 West Chapel Hill St, Durham	3rd Sat	10:30am - 12:30pm	(919) 536-4201
Edgecombe County Mobile Market 700 East Northern Blvd, Tarboro	4th Wed	11:00am-12:00pm	(252) 567-1746
Episcopal Farmer Worker Ministry 2989 Easy Street, Dunn	1st Sat	10:00am-11:00am	(919) 519-4021
Iglesia Episcopal El Buen Pastor 1852 Liberty St, Durham	1st Sat	10:00am - 11:30am	(919) 682-3301
Lincoln Heights Community 605 Bridge St, Fuquay-Varina	1st Tues	5:00pm - 6:00pm	(919) 236-9715
Martin Street Baptist Church 1001 East Martin St, Raleigh	2nd Sat	10:00am - 11:00am	(919) 833-9756
Praise Temple Multi-Cultural 1426 Wake Forest Rd, Raleigh	4th Sat	10:00am - 11:00am	(919) 833-8513
Temple Baptist Church 1250 S Pollock St, Selma	2nd Thurs	2:00pm - 3:00pm	(919) 604-8983
Wake Forest Baptist Church 107 E. South Ave, Wake Forest	3rd Tues	4:30pm - 6:15pm	(919) 931-0473

References:

MyPlate: www.choosemyplate.gov and <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/get-the-facts>

Hand Portion-size guideline: Eat-Right Ontario, Canada: <https://www.eatrightontario.ca/getmedia/255d8be6-23cd-4adf-9aba-f18310f09e3d/Handy-Servings-Guide-English-for-web-FINAL-October-2015.aspx>

Recipe Adapted from: <http://www.eatingwell.com/recipe/251069/turkey-taco-lettuce-wrap/>



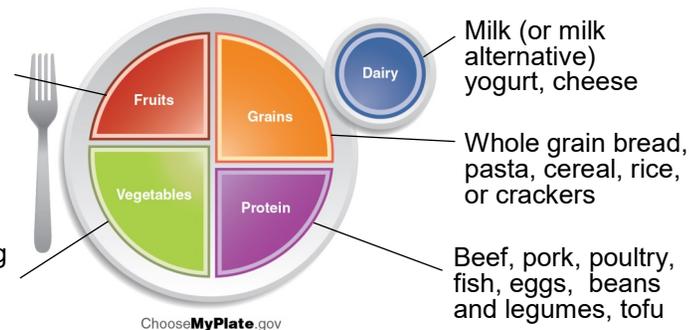
July Food Matters

Balance Your Plate

Understand Serving Sizes and use Portion Control without feeling deprived

Choose fresh or frozen over canned when possible. If choosing canned, avoid those labeled 'in heavy syrup'

Fresh or frozen are best– but if choosing canned be sure to rinse well to keep sodium in check



Having a well-balanced plate is central to healthy living, but it's not always easy to know what and how much to eat. Use MyPlate a guideline for what your plate should look like and fill in the sections with the foods you prefer!

Portion Size Guideline

Use your hand to determine proper portion sizes



Get Active. Stay Active.

When getting active it's important to choose something you enjoy so you'll be more likely to keep at it. Try gardening, going for a walk by yourself or with a friend, dancing, whatever you like. You can even workout while sitting in a chair!

TRY THIS: Marching in place while sitting in a chair is a sneaky way to add in some activity and get the blood flowing. Sit tall and place your hands on either side of your lap and alternate lifting your knees. See how long you can go!





Turkey Taco Lettuce “Boats”

Directions for using this recipe template:

1. Read entire recipe template before beginning
2. Pick one option from each box in the amount listed in **bold** at the top of the box
3. Follow recipe directions in the bottom left-hand corner to prepare your meal
4. See chef’s notes for additional tips. Try as many combinations as you like to find your favorite!

Start with:

Filling: (customize to suit your tastes)

Start With
12-16 Individual
(Pick one or both)
Romaine leaves
Iceberg leaves

Protein
1lb raw
(pick ONE)
<u>Cook and drain off excess fat:</u>
Ground Turkey
Ground Chicken
Ground Beef*
*(see chefs notes)

Beans
1.5 cup (1 can)
(pick one)
<u>Canned or cooked from dry:</u>
Black beans**
Pinto beans**
** (see chefs notes)

Vegetables
1 cup each
(pick two or more)
<u>Finely chopped or shredded:</u>
Carrots
Yellow Corn
Bell pepper
Summer squash
Onion
Tomato

Spices
Add as desired
-2 Tbsp lime juice
-1/4 tsp salt
-1 tsp Chili Powder
-1/2 tsp cumin
-chopped fresh green onion

Materials Needed:



Medium skillet



Cutting board and sharp knife



Colander or slotted spoon

Recipe Directions (serves 6-8, serving size= 2 wraps with 1/4 cup filling each)

1. In a large skillet over medium heat, cook PROTEIN of choice. Once cooked, remove from skillet with slotted spoon and place on a paper-towel lined plate. Pour excess fat into an empty disposable container and allow to cool before discarding.
2. Rinse and pat dry your romaine or iceberg LETTUCE leaves and set aside.
3. In a large mixing bowl add chopped VEGETABLES***, BEANS**, and SPICES and stir to combine. Next add your cooked meat, stirring until the spices are no longer clumpy.*** (see chefs notes)
4. Spoon your mixture into your lettuce leaves, and serve immediately.

Nutrition Information: (per 2 wrap serving)

180 Calories, 5g Fat (1g saturated) 275mg Sodium, 19g Carbohydrate, 5g Fiber, 4g Sugar, 15g Protein

Chef’s Notes

*pick lean meats when possible, OR drain off excess fat by following step 1 in Recipe Directions.

**if using canned beans, be sure to rinse

***you may wish to cook your chopped vegetables slightly– simply sauté in the skillet used for cooking ground meat after removing meat and excess fat.