

SeedCorps Spotlight

March 2022 Edition

National Nutrition Month

National Nutrition Month is an annual campaign where everyone is invited to learn about making informed food choices and developing healthy eating habits.



The Academy of Nutrition and Dietetics declared the 2022 theme: World of Flavors! Here are a few ways you can celebrate during the month of March and all year long!

Create tasty foods at home.

#NationalNutritionMonth

eat right. Academy of Nutrition and Dietetics

CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH 2022

Try new flavors and foods from around the world!

#NationalNutritionMonth

eat right. Academy of Nutrition and Dietetics

CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH 2022

Eat a variety of nutritious foods from all food groups.

#NationalNutritionMonth

eat right. Academy of Nutrition and Dietetics

CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH 2022

Plan healthful meals and snacks for the week.

#NationalNutritionMonth

eat right. Academy of Nutrition and Dietetics

CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH 2022

National Nutrition Month

Together the Health and Wellness Initiative, Communications Team, and SeedCorps Nutrition Education Member collaborated to celebrate National Nutrition Month and highlight the importance of making informed food choices.



Since this year the theme is Celebrating a World of Flavors and focused on tasty ways to nourish ourselves, a recipe contest for all Staff and SeedCorps members was created to embrace diversity in Roadrunner Food Bank!

Recipe Winners:

Staff Winner: Kourtney Munoz- **Falafel**

CID Regional Manager



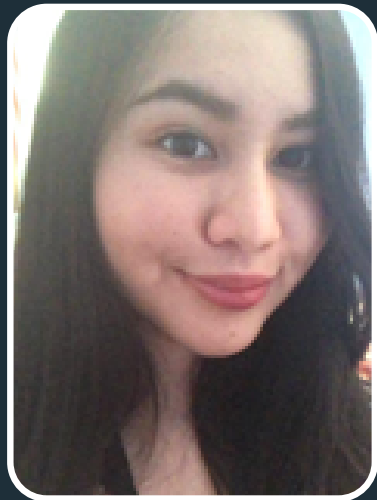
SeedCorp Winner: David Chavez - **Lentil Soup**

Response Team- SeedCorp



Member Spotlight

Cynthia Perez Gil



Cynthia is our Nutrition Education member in Albuquerque and has been in service since September! A fun fact about Cynthia is one thing on her bucket list is to hug a duck. Talk to Cynthia about her favorite season - summer!

Here are some projects she's working on!

- Started a nutrition collaboration with NMSU to create recipe videos as well as plan the HFC Summer Cooking Classes.
- Created a monthly calendar with recipes for each month, plus dedicated messages for some national food holidays like National Spaghetti Day and National Bean Day!

What drew you to become a Nutrition Education Member with SeedCorps?

[At UNM] I knew I wanted to do something related to healthcare. One of the classes I had to take was Human Nutrition. I took it with a professor that was really passionate about it and I just really liked the concepts and the ideas. I really liked the chemistry there is in food interactions and how nutrients can impact your health and your body. Additionally, I learned how health conditions are more common in minorities and in the future I want to help them control those chronic conditions. . [After] I graduated, I knew that I needed more experience, so I thought the nutrition team in SeedCorps would be a great opportunity for me and, at the same time, [I could] bring in ideas and new perspectives to the team. Also it looked kind of fun to just be around be people who were passionate not only about nutrition but also serving others and helping their community. And now that I'm a member I've gotten to know a lot about food bank logistics and I think I've actually gained a lot more information not only about nutrition but also problems in our community and the process behind serving people.

What is something that you would like people to know about you?

I am kind of shy so it's hard for me to initiate a conversation, but I don't want people to think that because I'm shy or because English is my second language that I won't be a good person to converse with. I also like hiking and I enjoy being in nature. One of my favorite spots to be is a beach. I know we don't have one here in New Mexico, so that's sad, but I really like any form of water like lakes, rivers, oceans. I find them relaxing and empowering.

If you could have dinner with three people, living or dead, who would they be?

Robert Pattison. He was my crush in elementary school. I really liked *Twilight*. I know it's not a good movie, but I do like it, and now that he has a new movie, *The Batman*, he is relevant again. The second one would be a court jester from the medieval era. I [would] like having them tell me how it was like living [then]. My last answer would be Patrick from *SpongeBob*. I just think he's funny and he's my favorite character.

AmeriCorps Week!

March 13th-19th, 2022

We asked a few of our SeedCorps members what their favorite part of service is...



"During a Food Mobile distribution, an individual came up to me and recognized me from last month's distribution. She was very thankful for the food and wanted to say how much help this food is for her and her family. Getting to see her every month and check up on each other is really meaningful to me, and I am glad she feels comfortable enough to make that connection." -Mary Rose

Ocampo (SeedCorps Community Outreach Member in Santa Fe)



"I really like the Mobile Food Pantries, I have rarely done anything that has made me feel like I was positively impacting the world." -

Haley Erwin (SeedCorps Community Outreach Member in Las Cruces)



"One thing I love about serving with AmeriCorps is that you are seeing both immediate and long-term improvements in people's quality of life. An immediate one with Roadrunner Food Bank is that every time you build a box of food you know that it is going to feed someone who is food insecure. There are more long-term improvements as well like hearing that someone was able to find a job or helping to collect data so that we as an organization can address the needs of a community in a more tailored way." -Amber Rivera (SeedCorps Community Outreach Member in Albuquerque)

Recipe of the Month

Dad's Lentil Soup

Dad's Lentil Soup

Makes 8 Servings



Nutrition Facts/Datos de Nutrición

Serving size/Tamaño por Ración	1 cup
Amount per serving/Cantidad por Ración	190
Calories/Calorías	
Total Fat/Grasa Total	3g
Saturated Fat/Grasa Saturada	0g
Trans Fat/Grasa Trans	0g
Cholesterol/Colesterol	0 mg
Sodium/Sodio	600 mg
Total Carbohydrate/Carbohidrato Total	35 mg
Dietary Fiber/Fibra Dietética	7g
Total Sugars/Azúcares en Total	2g
Protein/Proteína	11g
Potassium/Potasio	N/A

Ingredients	Directions
<ul style="list-style-type: none"> • 1 1/2 cups dry black (or any other color) lentils, rinsed • 1 medium yellow onion, chopped • 3 garlic cloves, chopped • 1 tsp dried marjoram • 1 Tbsp oil • 8 cups water or chicken/vegetable stock • 1 bay leaf • 2 medium carrots, chopped • 2 medium potatoes • 2 tsp salt • 1/2 tsp pepper • 1 Tbsp low sodium tomato paste • 1 Tbsp balsamic vinegar 	<ol style="list-style-type: none"> 1. In a medium pot, sauté garlic, onions and marjoram in oil until translucent 2. Add water, bay leaf, lentils, carrots and simmer for 20 minutes 3. Add potatoes and simmer for 15 minutes (or until potatoes are done) 4. Remove from heat and discard bay leaf 5. Using a strainer remove carrots and potatoes and set aside 6. Add tomato paste, balsamic vinegar, salt and pepper 7. Blend the lentils with previous ingredients until smooth 8. Spoon off and discard foam from the blending 9. Add back the potatoes and onions, return to simmer for a bit. 10. Enjoy!



Sopa de Lentejas de Papá

Hace 8 porciones



Nutrition Facts/Datos de Nutrición

Serving size/Tamaño por Ración	1 taza
Amount per serving/Cantidad por Ración	190
Calories/Calorías	
Total Fat/Grasa Total	3g
Saturated Fat/Grasa Saturada	0g
Trans Fat/Grasa Trans	0g
Cholesterol/Colesterol	0 mg
Sodium/Sodio	600 mg
Total Carbohydrate/Carbohidrato Total	35 mg
Dietary Fiber/Fibra Dietética	7g
Total Sugars/Azúcares en Total	2g
Protein/Proteína	11g
Potassium/Potasio	N/A

Ingredientes	Direcciones
<ul style="list-style-type: none"> • 1 1/2 tazas de lentejas negras secas (o de cualquier otro color), enjuagadas • 1 cebolla amarilla mediana, picada • 3 dientes de ajo, picados • 1 cucharadita de mejorana seca • 1 cucharada de aceite • 8 tazas de agua o caldo de pollo/vegetales • 1 hoja de laurel • 2 zanahorias medianas, picadas • 2 papas medianas • 2 cucharaditas de sal • 1/2 cucharadita de pimienta • 1 cucharada de pasta de tomate baja en sodio • 1 cucharada de vinagre balsámico 	<ol style="list-style-type: none"> 1. En una olla mediana, saltee el ajo, la cebolla y la mejorana en aceite hasta que estén transparentes. 2. Agregue agua, laurel, lentejas, zanahorias y cocine a fuego lento durante 20 minutos. 3. Agregue las papas y cocine a fuego lento durante 15 minutos (o hasta que las papas estén listas) 4. Retire del fuego y deseche la hoja de laurel. 5. Usando un colador, retire las zanahorias y las papas y guarde a un lado. 6. Agregue la pasta de tomate, el vinagre balsámico, la sal y la pimienta a la olla con lentejas. 7. Mezcle las lentejas con los ingredientes previos hasta que quede suave. 8. Retire con una cuchara y deseche la espuma de la mezcla. 9. Vuelva a agregar las papas y las cebollas, y vuelva a hervir a fuego lento hasta que los ingredientes se integren. 10. ¡Disfrútel!

