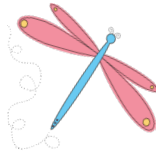




FEEDING FAMILIES FUELING HOPE MONTHLY

March 2021



Thanks for choosing Interfaith Food Ministry for your nutritional needs! The goal of our newsletter is to share distribution news and updates. You will also find recipes, health information, and nutritional content about the food provided at IFM. Please enjoy!



DISTRIBUTION UPDATES

Regular Food Distribution Days are Mon, Wed, Fri
10am-1pm, drive-thru only, rain, snow or shine.

Dates open in March: 1, 3, 5, 8, 10, 12, 15, 17, 19, 22,
24, 26, 29, 31

Easter Food Distribution dates in March are 22, 24, 26,
29, 31 (and April 2)

Saturday, March 13th is Food Access Saturday (every 2nd
Saturday) 10am-12pm with United Way



LOCAL FOOD PRODUCER OF THE MONTH: STARBRIGHT ACRES FAMILY FARM

You can thank Starbright Acres Farm for the yummy beets and scallions that were available in your IFM distributions during the month of March! 'Starbright Acres Farm produces certified organic nutritious, delicious, planet friendly food for our local community,' says Starbright Farm on their website. In addition to CSA (community supported agriculture) boxes, they also have a wide selection of starts, if you feel like growing your own veggies this season. Find out more at starbrightacresfarm.com.

the more you know

Did you know that 1 in 2 Americans has abnormal blood sugar?

A high sugar diet can lead to insulin resistance which leads to high post-meal levels of glucose and then high fasting-blood glucose. This contributes to more belly fat, and inflammation in the body which is a factor in pre-diabetes. Unchecked, these contribute to nonalcoholic fatty liver disease and type 2 diabetes.

A great way to balance your blood sugar is to start the day with protein, fat and fiber. Eggs are a great start to the day, combine them with good fats like olive and coconut oils, or avocados and make sure to get veggies in there for fiber!

When you fill up at meal time you can better resist snacking during the day. If you find you need to snack, be prepared with blood sugar balancing snacks like these:

- Apple and peanut/almond butter or cheese
- Hard boiled egg on a piece of whole grain toast
- String cheese and fruits
- Hummus and cut veggies
- A small handful of nuts and berries



Easter Bags for the Kids!

A big thanks to the joint effort between members of Grass Valley United Methodist Church and the Lake Wildwood Women's Club, to provide Easter Bags to IFM families with kids! The bags will be available during Easter distributions while supplies last.