



# Cook Wise. Eat Wise. Live Wise.

A monthly nutrition and wellness newsletter brought to you by University Housing and Dining.

March 2021

National Nutrition Month Edition

## Dietitian's Dish

### Peachy Pita Pockets

**Yields: 4**

*Sandwiches are a versatile option when you need to prepare food without electricity. Try swapping out peanut butter or sunflower seed butter instead of almond butter, replace pita with sandwich bread or tortillas and canned fruit can replace fresh – you can use any fruits you like.*

#### Ingredients

- 2 medium, whole grain pita pockets
- ¼ cup almond butter
- ½ apple, washed, cored, thinly sliced
- 1 small banana, peeled, thinly sliced
- ½ peach, washed, thinly sliced

#### Directions

1. Cut pitas in half to make four pockets.
2. Carefully open each pocket and spread a thin layer of almond butter on the inside walls.
3. Fill the pocket with a combination of sliced fruit then serve at room temperature.

**Recipe Source:** SNAPforCT.org

Have a tasty recipe to share? Submit your recipe to [dietitian@austin.utexas.edu](mailto:dietitian@austin.utexas.edu) for a chance to get featured in our next edition.

## What's the Tea?



### Weathering the Storm: How to Prepare an Emergency Food Supply

March is National Nutrition Month®, an annual campaign created by the Academy of Nutrition and Dietetics to encourage healthy eating habits. While making nutritious food choices is important for good health, in some situations, like the winter storm we experienced last month, what matters most is having **enough** food to eat and **safe** water to drink. So this National Nutrition Month, we want to focus on tips and resources for preparing, handling and recovering from emergency situations that can impact your food environment.

Severe weather and natural disasters often come with little warning and can result in loss of water and electricity or even the inability to leave home. These disruptions to what and how we eat can cause stress and anxiety. Being prepared with an emergency supply of the right non-perishable food items can help you weather the storm with less stress. Aim for a supply of food that has a long storage life and requires little or no cooking, water or refrigeration. Also try to avoid foods that very salty or spicy, as these foods increase the need for drinking water, which may be in short supply during an emergency situation. Good choices for an emergency food supply include ready-to-eat canned soup; canned beans or chili; pickles and high acid condiments like mayonnaise, mustard and ketchup; nuts and trail mix; canned meats like tuna, salmon, chicken or turkey; nut and seed butters; applesauce; canned fruit; canned vegetables; beef jerky; instant oatmeal; ready-to-eat cereal; and shelf-stable juices and milk.

A natural disaster and severe weather can easily disrupt the food supply at any time, so plan to have at least a three day supply of food on hand. Store your emergency food supply in a cool, dry and dark place. The best temperature is between 40° to 70° F. Be sure to make a list of everything in your stockpile and check expiration dates every six to twelve months to keep things fresh. Don't forget to have the right tools on hand to prepare food. Cooking utensils, knives, forks, spoons, paper plates, cups, towels, a manual can opener, and heavy-duty aluminum foil are all useful to safely and conveniently prepare food if you find yourself out of electricity, gas or water.

Your emergency stockpile is an easy choice for safe food but if the electricity goes out how do you know which items in your refrigerator and freezer are safe to eat? If you have an appliance thermometer in your refrigerator and freezer, you can monitor the temperatures to ensure that the freezer temperature is at or below 0° F and the refrigerator is at or below 40° F. If you don't have a thermometer in the freezer or refrigerator, you must check each package of food to determine its safety. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.

Knowing how to safely handle food and water in the immediate few days after the disaster can reduce stress, worry and inconvenience. Visit [this website](#) to learn more about how to keep food safe before, during and after emergency situations.



## Ask the Expert



**Q:**

After the winter storm we experienced last month, the City of Austin issued a boil water notice. What do I need to do to make sure my water is safe to drink and cook with when this happens?

**A:**

By boiling tap water vigorously for at least two minutes\* prior to using for drinking or cooking, it removes harmful bacteria in the water that can cause illness. It is important to remember when boiling water that the timer starts when the water begins to bubble. After boiling for at least two minutes\*, wait for the water to cool before using or storing it.

*\*At elevations above 6,500 feet, boil water for at least three minutes.*

A water boil notice is usually provided when something has disrupted the water supply to make it unsafe to drink. This can happen for different reasons. Always follow the guidance of your local water provider, health advisor or other officials for the steps to take for safe water usage.

Click [here](#) to learn more.

Submit your nutrition-related questions to [dietitian@austin.utexas.edu](mailto:dietitian@austin.utexas.edu) and our experts may answer you in a future edition.

## Nourishing Noms



### Feature Food: Almond Butter

Peanut butter is a classic pantry staple, but almond butter has been gaining in popularity. Both nut butters have a similar consistency and flavor profiles, so they can be used interchangeably in your favorite recipes!



### Nutrition and Health Benefits

- 2 tablespoons of almond butter contain about 200 calories, 6 g carbs, 7 g protein, 16 g total fat and 4 g fiber.
- Almonds are a very good source of vitamin E, manganese, biotin and copper.
- They also provide heart-healthy omega-3 fats.

### Health Comparison

- Almond butter is higher in fiber, calcium, potassium and magnesium, while peanut butter is slightly higher in protein.

### Fun Facts

- Almonds offer a whopping 80 milligrams of calcium – the highest of any nut!
- Almonds are considered the most nutritionally-dense nut, meaning they offer the most overall nutrients per calorie per ounce.



The University of Texas at Austin  
Housing and Dining  
Division of Student Affairs