



HEALTH AND WELLNESS POWERED
PANTRIES

BLOOMING HEALTH

STOCK YOUR PANTRY WITH
SPRING'S BEST





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DEAR PARTNER,



We are committed to working with you to support the health and wellness of your community and site. As part of our partnership, we provide you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus that provide resources, learning tools, and reading materials.



For this April through June, our focus is all about resetting and refreshing your site for the spring. This toolkit provides ideas on what to stock your pantry with for the spring, how to give your pantry a spring cleaning, ways to make your space more inviting and supportive for neighbors, and how to re-engage with volunteers and neighbors.

We encourage you to share this campaign with your organization, partners, and neighbors! You can hang and post these materials throughout your site to raise awareness for the topics shared.



We are committed to providing you with the tools and knowledge to empower those you serve.

Best,

Nutrition Education Team
Community FoodBank of New Jersey



STOCK UP!

HOW TO FILL YOUR FRIDGE THIS SPRING

Creamy, Lemony

Asparagus Leek Pasta

Try low-fat milk instead of heavy cream. If you don't have tarragon, any other dried herb will be delicious!



Garlicy Bok Choy

This quick stir fry comes together in 10 minus making it the perfect busy weeknight spring side!



Beans and Spring Greens

Make clean-up easy with this one pot meal! Try any spring greens like kale, spinach, arugula, or mustard greens!



Spring comes with an abundance of a variety of delicious produce that is in season. Purchasing produce that is in season is a great way to stretch your food dollars and improve your nutrition since it is cheaper, more nutrient dense, and tastier!

To learn what is in season, visit [this link](#).

For more recipes that utilize spring produce, visit [this link](#).

Grow Your Own!



Growing your own food can be a great way to get outside, connect to the earth, and learn more about the food system. You can grow tasty, nutrient dense food no matter where you live! You can learn more about how to start a garden [here](#).



You can use SNAP dollars to purchase seeds to grow in your garden!

Shop Smart!



When produce is in season, it doesn't have to travel as far to reach our plates and it's more abundant, making it cheaper.

Plan your meals around in-season produce to save money! If you need an ingredient that's out of season, buy canned or frozen!

It's much cheaper and just as nutrient dense. Just be sure to get the low sodium options!

Visit Your Local Farm Market!



Check out your local farmers markets to get the freshest, in-season produce, since they will only have what can grow in your area available! Many accept SNAP dollars and you will be supporting your local economy.

[Click here](#) to find a farm market near you!

Click on the images above to check out recipes that highlight produce that is in season in NJ in the spring!

Cleaning Up Your Pantry.

A helpful guide to reduce clutter, minimize allergens, and free up space.

1. Empty the Pantry

Remove all contents and clean shelving with a clean cloth.



2. Clean the Shelves

Start at the top and work your way down. Using hot, soapy water and rinsing with clean water.

3. Clean and Check Items

Wipe down jars and containers while checking for leaking, bulging, or expired food before returning them to the shelf.

4. Group Expiration Dates

Make a pantry inventory and note/group expiration dates.

5. Organize and Decant

When putting the items back on the shelf, group similar items together and consider decanting larger boxes into smaller containers.



Warming Up Your Space

Create a pantry space where all of your neighbors feel included!

Hang signage with pictures in multiple languages.

Provide recipe cards.

Consider culturally-relevant items.

Create a bulletin board of additional resources, inspirational quotes, and neighbor success stories.

Encourage volunteers to make connections.

Allow neighbors to choose their own food.

Organize using tables, shelving, and glass front refrigerators to make your pantry feel more like a grocery store.

RESET AND REFRESH YOUR SITE THIS SPRING



Spring is a great time to take a moment to clean up your site before the craziness of summer begins!

- Deep clean and reorganize your space
- Declutter and organize your digital and paper files
- Identify new models for training staff and volunteers
- Reassess your goals and impact

STAFF & VOLUNTEERS



- Offer trainings for your staff and volunteers to refresh their skills!
 - Compassion training
 - Re-Orientation training
 - De-Escalation training
- Host group events, like a Spring Cleaning Celebration, to show appreciation, but also get large projects done with many hands.



NEIGHBORS



- Create recipe meal kits that highlight fresh spring produce. Include a recipe and the ingredients you have in a bundle. Place them upfront to make it easy for neighbors to grab!
- Offer workshops to engage your neighbors in a new way. Think smarter not harder! Connect with your local partners and organizations to see if they could host a free workshop at your site and utilize the flyers at the end of this campaign to supplement.



SPRING WORKSHOP IDEAS FOR NEIGHBORS



Managing
Spring
Allergies

How
to
Garden

Making
Homemade
Cleaner

Handouts & Flyers

Seasonal Produce

NJ Seasonality Chart
Click the produce links on left for downloadable resources.

Fruits & Berries	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCT	NOV	DEC
Apples									
Blackberries									
Blueberries									
Cherries									
Chickpeas									
Cranberries									
Crucifer									
Fig									
Fruit									
Plum*									
Strawberries									
Vegetables									
Asparagus									
Artichoke									
Beets									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Chard									
Chinese Cabbage									
Collards									
Cornucopia*									
Dandelion Greens									
Eggplant									
Garlic									
Garlic Scapes									
Kale*									
Kidney Beans									
Leafy Greens									
Leeks									
Limbo Beans									
Mustard Greens									
Okra*									
Onions									
Peas*									

DIY Spring Products

UW Integrative Health
Department of Family Medicine and Community Health

An Integrative Approach to Allergies

Introduction
The phrase "allergies" encompasses a tremendous range of symptoms, from life-threatening anaphylaxis to mild seasonal allergic rhinitis. Other manifestations of the allergic response include eczema, reactive airway disease/asthma, diarrhea, and rashes. Anaphylaxis requires strict allergen avoidance and emergent medical attention when there is an exposure, but non-life-threatening reactions and sensitivities can be addressed in a variety of ways. Allergen avoidance and paying attention to exercise and nutrition patterns can have a significant impact on symptoms as well. Many over-the-counter and prescription medications such as antihistamines (diphenhydramine, loratadine, fexofenadine, cetirizine), leukotriene modifiers (montelukast), nasal steroids (fluticasone, mometasone), and mast cell stabilizers (cromoglycate) are available to treat symptoms. Some individuals do not tolerate these medications, some may benefit from alternative treatments, and some may benefit from addressing their sensitivities from a broader perspective. The following focuses on treating allergic symptoms using an integrative health approach.

Physical Activity
As with nearly every health concern, it appears that moderate, regular exercise (more than intense exercise) can reduce inflammation and improve symptoms.¹¹ A recommendation of 30-45 minutes most days of the week at an intensity that allows the individual to talk but not sing is often recommended.

Surroundings
There are a few aspects of the physical environment to consider in relationship to allergy. Starting in infancy and early childhood, it seems exposure to allergens may help the immune system mature in a way that is protective from allergic disorders. Lack of or decreased exposure (e.g., increased use of antibacterial soaps and hand sanitizers) may actually increase vulnerability to allergic reactions such as asthma, eczema, and allergic rhinitis. This is the basis for the so-called "hygiene hypothesis." For example, cat ownership may prevent development of asthma in atopic individuals, and dog ownership protects against the development of allergic asthma.¹²

As we grow, we are continuously exposed to environmental pollutants, including chemicals used in manufacturing furniture, toys, paints, varnishes, carpeting, cleaning supplies, and clothing. Increasing evidence has linked air pollution with the development of allergies and asthma. Pollutants seem to affect the balance between antioxidant pathways and airway inflammation.¹³ It makes sense, then, to decrease the burden on our antioxidant pathways while supporting their optimal function. (See the Nutrition section below.)

Information on decreasing exposure to pollutants and chemicals can be found on the website of the [Environmental Working Group](#). This resource contains a few very informative and easy-to-use checklists.

Spring Activities

NATURE SCAVENGER HUNT
Check off the items you find as you explore a green space.

<input type="checkbox"/> TREE	<input type="checkbox"/> FLOWER	<input type="checkbox"/> LEAVES	<input type="checkbox"/> TWIGS
<input type="checkbox"/> BERRIES	<input type="checkbox"/> SNAIL	<input type="checkbox"/> WORM	<input type="checkbox"/> CLOVER
<input type="checkbox"/> BIRD	<input type="checkbox"/> BEETLE	<input type="checkbox"/> ANT	<input type="checkbox"/> BEE
<input type="checkbox"/> FEATHER	<input type="checkbox"/> BUTTERFLY	<input type="checkbox"/> SPIDER	<input type="checkbox"/> WEB

How to Start a Garden
Growing your own garden can be intimidating, but with these simple steps, you'll be a pro gardener in no time!

Before jumping right into the soil, you need to do a little planning to start your garden. Begin by jotting down some goals you have for your garden. This will help guide your decisions later. Once you have thought a little about your intentions, it's time to get started!

Step 1: Choose Your Garden Location
To grow fruits and vegetables, you will need a sunny spot that gets 6-8 hours of direct sunlight per day. Observe your land to determine the sunniest area. Be wary of how much water the location you chose receives. If it is very wet and water pools there, you might want to consider planting in raised beds. If you are interested in building raised garden beds, check out [2018.038](#). All plants need water, but too much can be detrimental so be sure your plants will have adequate drainage. If you don't have an outdoor space to plant in, consider container gardening on a south-facing sidewalk or balcony. If you want to plant outside, but don't have land space, try container gardening. You can even try hydroponics, a soilless gardening technique that can be done indoors or outdoors. Check out [2018.038](#) if you're interested in hydroponics.

Step 2: Determine Your Garden Size and Plants
No matter what type of garden you are creating, it is always best to start small. Gardening is a joyful, relaxing, fruitful hobby, but does take time, effort, and energy. A large garden can be overwhelming and time-consuming. So, especially if you are a new gardener, focus on a small garden that you will be able to realistically take care of. Be sure to consider space and space for making and garden chores when choosing your plot size. When choosing your crops, focus on what your community likes to eat and start with that. It is much more manageable to master the growing of one crop and then branch out rather than trying to learn about 10 different species all at once. Start with 2-3 different crops, depending on the size of your garden. Companion planting, the practice of growing several different types of crops near each other to enhance crop production, is a great way to try your hand at growing different crops and getting the most yield possible. Check out [2018.038](#) to learn more about companion planting and what grows well together. Pro-Tip: Select early growers and harvest the earliest things to grow, so there are also great starter crops. Lettuce and herbs are great indoor or container gardening crops, as well. Be sure to choose crops that will grow in your area if you are growing outdoors. To find out what grows best in your location, visit [2018.038](#).

NATURAL CLEANING RECIPES CHEAT SHEET
e.g., essential oil; citrus e.o. = lemon, orange, lime, or grapefruit

WINDOW CLEANER	ALL PURPOSE SPRAY	OUTING CLOTHS
• 1/2 cup white vinegar	• 1/4 tsp liquid castile soap	• 5 tsp apple or olive oil
• 1/2 cup water	• 10-15 drops citrus e.o.	• 20 drops lemon e.o.
• 1 pinch cornstarch	• 1 cup water	• 1 cup hot water
• Optional: 1 tbsp vodka/brandy		• Don't stir, cut in squares
COUNTER SPRAY	AIR FRESHENER SPRAY	WOOD FURNITURE SPRAY
• 1 cup water	• 2 tbsp vodka	• 2 tbsp olive oil
• 3 tbsp rubbing alcohol/vodka	• 4-6 drops e.o.	• 2 drops lemon e.o.
• 2 tsp liquid castile soap	• 1/2 cup water	• 4 tsp white vinegar
SCOURING POWDER 1	SCOURING POWDER 2	EASY SOFT LIKE SCRUB
• 1/2 cup baking soda	• 1/4 cup baking soda	• 1/4 cup baking soda
• 2 tsp of 1/2 lemon	• 1/4 cup washing soda/borax	• 1/2 tsp liquid castile soap
• 4-5 drops lemon e.o.	• 5 drops citrus e.o.	• water, to slurry thin mix
BATHROOM CLEANER	CABINET WASH	KITCHEN FLOOR CLEANER
• 1/2 tsp liquid castile soap	• 1/2 tsp Murphy's Oil Soap	• 2 tsp liquid castile soap

Organize your life
Do you get organized? Organized people save money and time, have lower stress and frustration levels, and are more productive. Being organized can seem frustrating and overwhelming, especially if you try to do everything at once or someone else's format. Those about how you function and try organization systems that work best for you.

Are you naturally organized? They have a need for order in their lives and have learned how to establish and maintain it.

- Can you put your hands on important papers when you need them?
- Can you find your car keys when you're leaving the house?
- Are your mornings calm and orderly, or are they a whirlwind of last-minute chores and looking for things?
- Do you find yourself running to the store several times a week because you've forgotten something or run out of items?
- Are you stressed late charges because you don't pay your bills on time?
- Do you miss deadlines?

Are there some areas in your life that need more order?

Are you often have things that hold them back from making order in their lives, here are some common issues:

- Your system is too complex
- Your system doesn't reflect your work/life style
- You have too much "stuff" and limited space
- Your life and/or work is changing
- You have uncooperative co-workers, bosses or housemates
- You feel that you need your "stuff" and have a hard time getting rid of things
- You're unclear about your goals or priorities

Are there some things that keep you from being organized?

Drexel
SPRING RECIPES
From Our Family To Yours

Kiss the Cook

8 Recipes From the Drexel Food Lab

NATIONAL GEOGRAPHIC
Make Natural Medicines
Learn to Treat Common Ailments
Choose Foods for Well-Being

Healing Remedies

A HOLISTIC APPROACH TO HEALTH AND WELLNESS

How well do you know spring?
I matches the right word.

1 Spring comes after (winter / summer)	1 cold	1 hot
2 Spring is (war / one / three) months long	2 long	2 medium
3 Spring grass is (yellow / brown / green)	3 dry	3 wet
4 The first flower (winter / winter / spring)	4 warm	4 hot
5 The first of spring flowers is (rose / tulip / daffodil)	5 spring	5 cold
6 Easter (chick / pig / cat) is all white	6 warm	6 hot
7 April Fool's Day is on (April 2 / April 11 / April 21)	7 winter	7 spring
8 People color eggs for (Midwinter / Easter / Christmas)	8 warm	8 hot
9 People eat (diced / soup / apple) of Easter	9 winter	9 spring

Find the words in the jumbled letters and fill in the gaps with these words.

1 Bure	(flowers) are born in spring	1 cold	1 hot
2 Spring is three	months long	2 long	2 medium
3 Spring is three	months long	3 dry	3 wet
4 The first of spring	flowers is (rose / tulip / daffodil)	4 warm	4 hot
5 People color	eggs for (Midwinter / Easter / Christmas)	5 spring	5 cold
6 People eat (diced / soup / apple) of Easter		6 warm	6 hot

Fill in the gaps with the correct form of the words (use the column).

1 Starting after winter	COOL	2 warm	3 hot
2 The one	BEFORE	2 short	3 hot
3 Remember it's	and	3 months	3 winter
4 April is	spring months	4 cold	4 hot
5 April Fool's Day is the	day of April	5 holiday	5 green
6 People play	with	6 warm	6 spring

Color these flowers.

Welcome Spring!

Click on the images to download and print them to share with your organization, partners, and neighbors!