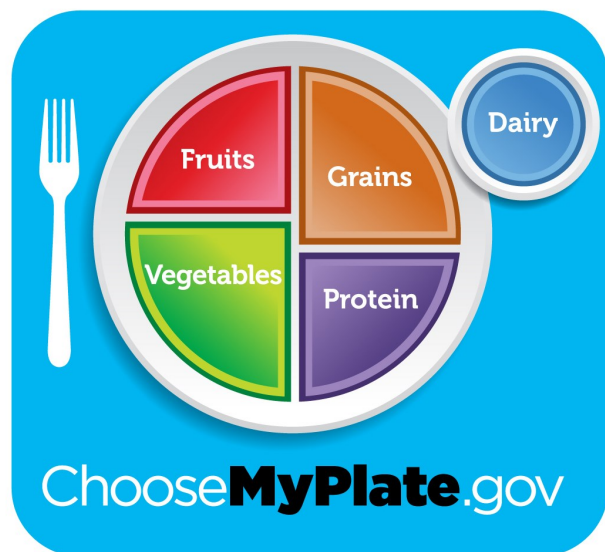


EATING FOR NUTRITION

The South Dakota Commodity Supplemental Food Program (CSFP) is committed to improving the wellness of their participants by supplementing them with nutritious USDA foods.

January 2020

MyPlate is a tool created by the USDA that serves as a great healthy eating guide. All of the foods supplied by the USDA through CSFP fall into one of the five categories of MyPlate. MyPlate is a great reminder to find a healthy eating pattern that works for your lifestyle while still including all of the important food groups. Combining all five food groups allows for better overall health now and in the future.



Here are some general tips from MyPlate:

1. Make half of your plate fruits and vegetables. A colorful plate is a good thing!
2. Change it up! Eating a variety of options from each group makes it easier to eat the variety of nutrients you need.
3. Try to choose foods with less saturated fat, sodium, and added sugar. One of the easiest ways to do this is eating whole foods instead of processed foods.



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CHICKEN NOODLE SOUP

This recipe makes 8 servings

Sourced from Wisconsin CSFP

CSFP Ingredients

- 2 cups sliced potatoes, drained and diced
- 1/2 cup low sodium carrots, drained and diced
- 1/2 cup canned chicken, drained and chopped
- 1/2 cup shelf-stable milk
- 1/2 cup noodles or rice, uncooked.

Additional Ingredients

- 1/2 cup celery, diced
- 1 tsp oil
- 3 Tbsp flour
- 1/2 tsp garlic powder
- 3 cups reduced fat chicken broth

Directions

1. In a saucepan over medium heat, sauté celery in oil for 5 minutes. Then, add in potatoes and carrots.
2. Sprinkle flour and garlic powder over vegetables and stir for 1 minute.
3. Stir in chicken broth, cover, and cook for 5 minutes.
4. Add chicken, milk water, and noodles. Cover and cook over low heat until noodles are tender (10-15 minutes).
5. Serve Warm

