



The

Dish

With the
GWAAR
Nutrition Team

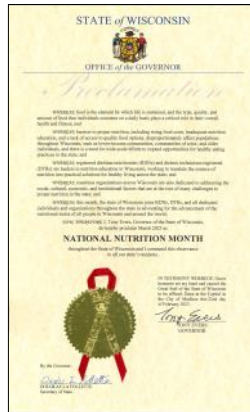


March 2023

It's National Nutrition Month!

March is National Nutrition Month. You can download useful information to celebrate the month at <https://www.eatright.org/national-nutrition-month-2023> If you are looking for swag, check out a variety of items at [this link](#).

Governor Evers issued a proclamation declaring March as National Nutrition Month in Wisconsin. To view a digital copy of the official proclamation, visit <https://gwaar.org/api/cms/viewfile/id/2007745>.



Eat Well, Age Well Resources Feature Cabbage

The Eat Well, Age Well month handout features Cabbage and Irish and Greek American Months recipes. View the Calendar at a Glance that has links to additional items as well as the monthly handout at <https://gwaar.org/eat-well-age-well>.

Featured Recipe: Maple Mustard Vinaigrette

The maple syrup will be running soon. According to the Farmers Almanac, it takes approximately 40 gallons of sap to make 1 gallon of pure maple syrup. Try this recipe developed by GLIFWC staff from the cookbook, Mino Wiisinidaa! (Lets Eat Good). The Lac Courte Oreilles Tribe served this vinaigrette at a tasting party last fall, and it was well-liked by elders. Use the recipe at home or use the link for a scalable recipe to use at senior nutrition cooking kitchens.

Serving size 2 Tablespoons-Yield:2

Ingredients

- 1 Tablespoon apple cider vinegar
- 2 teaspoons maple syrup
- 2 teaspoons Dijon -style mustard
- 1/8 teaspoon black pepper, ground
- 2 Tablespoons walnut oil or substitute your favorite oil

In a small bowl, whisk together vinegar, syrup, mustard, pepper. Continue whisking and gradually add in oil. Once the oil is added and thoroughly mixed in, the dressing is ready to serve. As salt if desired. Place in an airtight container and store in the refrigerator. Dressing can also be made in a blender. Do not dress the salad until ready to serve. If dressing separates, just whisk vigorously to combine. Enjoy!

Cooking Up Community @ 1 pm March 22

ACL is hosting "Cooking Up Community" to celebrate the Senior Nutrition Program March 22 at 1 p.m. Register today at https://us06web.zoom.us/webinar/register/WN_bLKioztDTdeUOsbyY-rq6Q. Take some time to view a wide variety of materials to celebrate the month that tie in beautifully with WI 50th Anniversary at <https://acl.gov/snp/celebrate>. ACL hosted a webinar in January to preview the month. You can watch the webinar at the link above as well. They already created several materials that we can highlight and draw ideas from in the Materials area of the site.

The History of Maple Syrup

It is getting close to spring time when the maple sap will start running and maple syrup will be made. There are many family traditions of collecting, boiling down and storing maple syrup. The story of how it came to be for the Anishinaabe people has been told verbally for years but today can be found in many ways:

1. How the Ojibwe got Maple Syrup
[https://glitcsnap.wordpress.com/2014/03/10/how-the-
ojibwe-got-maple-syrup/](https://glitcsnap.wordpress.com/2014/03/10/how-the-ojibwe-got-maple-syrup/)
Great Lakes Inter-Tribal Council Snap-Ed program
2. Manabozho and the Maple Trees
<http://www.native-languages.org/ojibwestory.htm>
Native Languages of the Americas website © 1998-2020

Each Anishinaabe tribe has their own telling of how it came to be. It is good to read and listen to many teachings, no one is more right than another.

Braiding Sweetgrass Indigenous Wisdom, Scientific Knowledge, and the Teaching of Plants by Robin Wall Kimmerer highlight the importance of the Maple tree and the tradition of collecting the sap in Chapter 7: Maple Sugar Moon. This book is a great read on the many seasons of growth from different perspectives and this chapter is a great example.

Nutrition Spring to Action Call

March 29, 2023 | 2 - 3 p.m.

Join the Nutrition Team and special guest Janet Zander, Advocacy & Public Policy Coordinator, MPA, CSW. We will highlight the Home Delivered Meals Advocacy tools and messaging that have been developed. In addition, we will discuss and strategize how we can highlight the vital role of the Senior Nutrition Programs in the lives of the older adults and their caregiver during the months of April and May.