



**DOUBLE UP
FOOD BUCKS™**
MISSISSIPPI

Fall 2022 | Newsletter

In this Issue

- Added Sugars (Pg 1-2)
- Partner Spotlight (Pg 2)
- Picking the Best Produce (Pg 2)
- Nutrition Tours (Pg 3)
- Testimonials (Pg 4)
- Seasonal Produce Guide (Pg 5)
- Healthy Fall Recipes (Pg 5-6)

How Double Up Works

For every \$1 customers spend on fresh fruits and vegetables with their SNAP benefits, they receive an additional \$1 to spend on their next produce purchase, up to \$20 a day. For participating locations, visit www.DoubleUpMS.com.

Triple Win

Low-income families bring home more healthy food.



Local farmers gain new customers and make more money.



More food dollars stay in the local economy.



ADDED SUGARS

Five Tips for Conquering Added Sugar

By Brittaney Stott

Senior Outreach Coordinator with Double Up Food Bucks Mississippi

Added sugars have been a popular topic for many years now, and for good reason. We've learned that consuming too much sugar can contribute to obesity, Type 2 diabetes, heart disease and even dental cavities. But what exactly are added sugars? Simply put, they are sugars that have been added to food. Meaning, they are not naturally occurring. Here are five simple ways to reduce the amount of added sugars you consume.

1) Read food labels.

Food labels are located on the back of cans, bottles and pre-packaged food. Added sugars are listed on the Nutrition Facts label of every pre-packaged food, under Carbohydrates.

2) Don't be fooled by the wording.

Food companies have one goal, to sell their product. Many use marketing terms to trick us into believing their food is healthy. For example, some yogurt brands say "made with real fruit." While that may be true, they might have also added a lot of unnecessary sugar for taste purposes and used only a tiny amount of real fruit. Read the Nutrition Facts label and ingredient list to learn what is really in your food.

3) You've heard it before - rethink that drink!

Juices, sodas, energy drinks, and even fruit cocktails, are often full of added sugar. To choose healthy drinks, look on the Nutrition Facts label for "Includes 0g Added Sugars".



Picking the Best Produce

♦ Shop in season and shop local.

Seasonally fresh produce is picked when ripe and fully developed. By choosing food that is locally grown and in seasonal, you are also more likely to get a cleaner product.

♦ Don't be afraid to pick it up.

The weight and firmness of fruits and vegetables may tell you a lot about your selection.

♦ Perfect looking doesn't always mean the perfect pick.

Fruits and vegetables that are shaped irregularly or have visible bruises or dents often have a world of flavor waiting inside. Don't be afraid to select produce that appears less than perfect looking.

4) Grab your measuring cup.

While enjoying a sweet treat is not wrong, being mindful of the amount you consume will help keep your sugar intake in a healthy range. The next time you pour a glass, grab a measuring cup and measure it. (One serving of juice = 8 oz) You may be surprised to find you've been drinking multiple servings. This can also be useful for ice cream, cakes, crackers, pizza, etc. Read the Nutrition Facts label to check the serving size and the amount of added sugar.

5) Know other names for sugar.

Food manufacturers sometimes add sugars in different forms. Meaning, it isn't always sucrose or table sugar. Watch for ingredients ending in "ose" as these are often sugars. Other common names include, but are not limited to: agave nectar, corn sweetener, dextrose, high-fructose corn syrup, turbinado, glucose, brown sugar.

PARTNER SPOTLIGHT

Mathis Peaches and Produce

Mathis Peaches and Produce is a family farm known for their home-grown peaches and strawberries, which customers describe as some of the best they've ever had. Those items, along with a variety of fresh produce grown by Mathis and other local farmers, are available at Mathis Produce's three markets in Meridian, open March through December.

Lisa Mathis, owner/manager, is a fourth generation farmer and a strong advocate for Double Up Food Bucks. She is especially fond of her elderly customers and hopes the program can continue to touch lives and reach even more people. Tanya, a Mathis Peaches cashier, recounts a customer's tearful feedback about the program, "Y'all don't know how much this [program] means and how much it'll help in the meantime."



NUTRITION EDUCATION TOURS

Tackling Food Security and Nutrition as a Community

Nutrition education, in tandem with food security, makes way for healthier lives. In order to teach shoppers how to make informed decisions while shopping, Double Up Mississippi established a collaboration with Jackson Free Clinic to offer nutrition education tours at Jackson Cash Saver.

Jackson Free Clinic is a student led, nonprofit healthcare facility whose primary audience are the underserved and uninsured. As a part of Jackson Free Clinic's social health clinic, patients are screened for food security and given food and resources to combat it. Patients can sign up for a grocery store nutrition education tour led by Double Up Mississippi. A free, roundtrip Uber ride is made available to any patient desiring assistance with transportation for the tour.

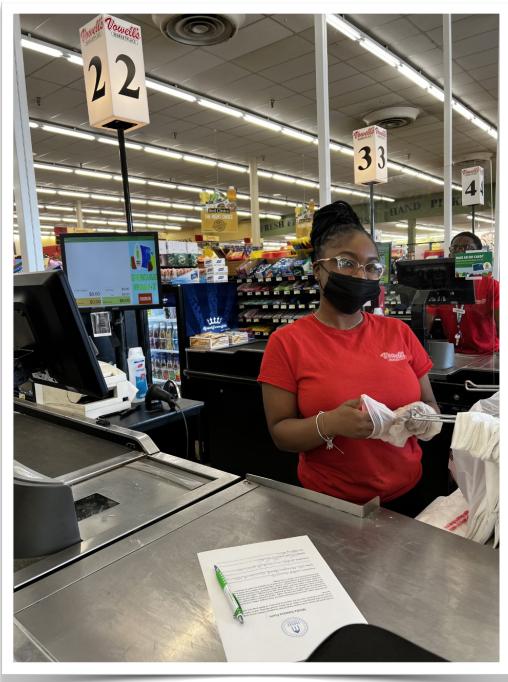
Tours take place the first Saturday each month at 11AM and 1PM. Individuals who are not patients of Jackson Free Clinic may register for a tour but must secure their own transportation.

**Click to register
for a FREE
nutrition tour**



TESTIMONIALS

Read what customers and partners are saying about Double Up.



"With groceries going up, it's beneficial to the customers. When they get a coupon, it takes money off and that helps." Ladye says she "believes it allows customers to buy more fruits and vegetables"

- Ladye | Vowell's Cashier | Cleveland, MS

"[Double Up is] making me healthier because I can get more fruits and vegetables. I couldn't afford them before." Asked what she thought when she first learned of Double Up, "I couldn't believe it! Tell them thank you! It's enjoyable to come out here to the market."

- Sheila P. | Double Up Customer
Pontotoc Farmer's Market | Pontotoc, MS

"We've been focusing on eating more fruits and vegetables as a family. My children are eating more too!" When asked how often she uses Double Up, Ciara responded "every time I shop at Cash Saver."

- Ciara E. | Double Up Customer
Cash Saver | Jackson, MS



HEALTHY FALL RECIPE

Pumpkin Bars (Gluten Free)

Healthy pumpkin bars are made with pumpkin puree, maple syrup, nut butter, and chocolate chips. Oil-free and easy to make, these gluten free bars will be a snacking staple this fall.

Ingredients

1/2 cup pumpkin puree
1/2 cup maple syrup
2 large eggs
1/2 teaspoon vanilla extract
1/2 cup blanched almond flour
2 teaspoon pumpkin pie spice
1/4 teaspoon baking powder
1/4 teaspoon kosher salt
1/2 cup chocolate chips, plus more for sprinkling overtop



Directions

- 1) Preheat oven to 350°F. Line an 8x8-inch baking dish with parchment paper and lightly grease with cooking spray.
- 2) In a large bowl, combine pumpkin puree, maple syrup, nut butter, eggs, and vanilla; whisk until smooth.
- 3) In a separate smaller bowl, combine almond flour, pumpkin pie spice, baking powder, baking soda, and salt.; stir with a whisk.
- 4) Combine dry ingredients into bowl with wet ingredients; stir until just combined. Use a rubber spatula to fold in chocolate chips. Transfer mixture to prepared baking dish, and sprinkle extra chocolate chips overtop, if desired.
- 5) Place pan in oven and bake for 30-33 minutes or until a toothpick inserted in the center comes out mostly clean. Let cool in pan for 30 minutes. Use the overhangs of parchment paper to remove bars from pan and let cool completely before slicing into 12 squares.

Store: Bars can be stored at room temperature for 1-2 days, then refrigerated for up to 4 more days. For all storage, wrap bars in plastic cling wrap or store in an air-tight container.

Freeze: Bars can freeze for up to 2 months. Transfer sliced bars to a freezer safe storage bag and remove as much air as possible.

Nutrition

Serving: 1bar | Calories: 172kcal | Carbohydrates: 15g | Protein: 5g | Saturated Fat: 2g | Sodium: 85mg | Fiber: 2g | Sugar: 11g

Fall Produce Guide

Vegetables

Beets
Cabbage
Carrots
Cauliflower
Chard
Corn
Cucumbers
Eggplant
Green beans
Kale
Lettuce
Okra
Peppers
Pumpkins
Radishes
Spinach
Squash
Sweet Potatoes
Tomatoes
Turnips

Fruits

Apples
Cantaloupes
Figs
Grapes
Muscadines
Peaches
Pears
Persimmons
Watermelons

Nuts

Peanuts
Pecans

HEALTHY FALL RECIPE

How to Roast Delicata Squash

Delicious roasted squash, evenly browned, and creamy on the inside.

Ingredients

2 medium delicata squash (about 2 pounds), washed and dried
2 tablespoons (28g) unsalted butter, melted
1 teaspoon (4g) kosher salt
1/2 teaspoon freshly ground black pepper



Directions

1. Adjust oven rack to lowest position and preheat to 425°F.
2. Trim both ends of each delicata squash. Stand one squash up on the larger cut side and, using a chef's knife, slice it lengthwise, down through the center of the squash, creating two even halves. Use a soup spoon to scrape and discard seeds and any fibrous flesh. Repeat with second squash.
3. Place all four squash halves cut-side down on a large cutting board. Cut each squash half crosswise into 1-inch-thick slices. Transfer slices to large bowl. Add melted butter, salt, and pepper, and toss to evenly coat squash slices.
4. Transfer squash slices to a rimmed baking sheet, arranging them around the perimeter of the sheet with an even amount of space between each slice. Roast until squash slices are golden brown on the bottom, about 12 minutes. Use kitchen tweezers or tongs to flip each slice. Rotate baking sheet 180 degrees, return it to the oven, and continue to roast until second side is golden brown, about 10 minutes. Remove sheet from oven, transfer squash slices to a platter, and serve.

Special Equipment

Heavy-duty rimmed baking sheet, kitchen tweezers or tongs.

Notes

It's important to use medium delicata squash for this recipe, about 1 pound each, so there aren't too many slices crowding the baking sheet and inhibiting browning. If you want to make a larger batch, use two trays and roast them one at a time.

Make-ahead and Storage

Roasted delicata can be served hot, at room temperature, or cold. Leftovers straight from the refrigerator can be used for cold salads, or reheated gently in a skillet with a little extra butter.