



Food Pantries of Centre County

Newsletter—Fall 2016
Holiday Edition



Serving Centre County residents with food needs.

Watch your portion

Nuts are calorie dense, so you should keep track of how many you're munching. One ounce of nuts or seeds has about 150 to 200 calories. Here's about how many make one ounce:

- **Almonds:** 20-24
- **Brazil nuts:** 6-8
- **Cashews:** 16-18
- **Hazelnuts:** 19-21
- **Macadamias:** 10-12
- **Peanuts:** 40
- **Pecans:** 18-20 halves
- **Pistachios:** 47-49
- **Walnuts:** 10-14 halves
- **Sunflower or pumpkin seeds:** 1/4 cup

How to Choose the Healthiest Nuts and Seeds

Nuts and seeds are rich in heart-healthy unsaturated fats and other nutrients. But nuts are not all created equal. A cashew isn't a pistachio. A macadamia isn't an almond. And some nuts come smothered in sugar or salt.

Here's how to shop for the best.

Choose the heart-healthiest nuts

Most nuts or seeds should help lower your LDL ("bad") cholesterol, especially if it's high. That's because they have considerably more polyunsaturated fat than saturated fat. Those with the most poly vs. saturated: walnuts, sunflower seeds, and soynuts.

Brazil nuts, cashews, and macadamias have the *least* poly vs. saturated fat. So, go for almonds, hazelnuts, peanuts, pecans, pistachios, soynuts, walnuts, and sunflower or pumpkin seeds instead.

Just remember to eat nuts instead of foods that are rich in saturated fat (like cheese, butter, or ice

cream) or foods rich in refined carbs (like cookies, cupcakes, or chips).

Trim sodium

Most nuts taste perfectly fine without salt. But if you crave something salty, choose nuts with "low sodium," "lightly salted," or "50% less salt" on the label. Look for no more than 80 milligrams of sodium per ounce.

Minimize sugar

Skip clusters, glazed, candied, or chocolate- or yogurt-coated nuts. If you have a sweet tooth, stick with nuts that are honey roasted or lightly dusted with cocoa or other flavorings. Look for no more than 5 grams of sugar (about 1 teaspoon) per ounce. Skip nuts sweetened with acesulfame-potassium or sucralose.

And here are some tips for making nuts a part of your healthy diet:

1) Shell your nuts

Cracking open peanuts, walnuts, or pistachios may slow you down, especially if the shells remind

you of how many you've eaten.

2) Swap nuts for less-healthy foods

- Sprinkle toasted nuts instead of croutons on your salad.
- Snack on a handful of nuts (and fruit) instead of a candy bar or granola bar.
- Replace a sugary cereal that has nuts in its name (like Honey Nut Cheerios or Kellogg's Crunchy Nut) with a whole grain cereal that has little or no added sugar (like shredded wheat). Then add your own nuts (and fruit).
- Garnish sautéed vegetables with toasted sliced almonds or with sunflower seeds instead of cheese.
- Use smoked nuts instead of bacon in salads.
- Nosh on a handful of nuts instead of potato chips or pretzels.
- Eat a peanut butter or almond butter sandwich instead of ham & swiss.

2016 Food Pantries Toys for Tots Distribution Dates

Holiday food and/or toys will be distributed through the Food Pantries according to the following distribution schedules. **Toy registration is required at your local pantry prior to November 30th.**

Food Bank of the State College Area, Inc.

You will be advised of location during registration

Distribution Day: Saturday, December 17, 8 a.m.— 11 a.m.

Howard Area Food Pantry

Vesper Street, Beech Creek, PA

Distribution Day: Monday, December 19, 2 p.m.— 4 p.m.

Penns Valley Community Action Food Pantry

337 East Aaron Square, Aaronsburg, PA

Distribution Day: Tuesday, December 20, 10 a.m.— 2 p.m.

Bellefonte FaithCentre Food Pantry

131 South Allegheny Street, Bellefonte, PA

Distribution Days: December 21 & 22

Wednesday, December 21, A—L (last names) 10 a.m.— 2 p.m.

Thursday, December 22, M—Z (last names) 1 p.m.— 5 p.m.

Philipsburg Community Action Food Pantry

14 South Front Street, Philipsburg, PA

Distribution Day: Wednesday, December 21, 9 a.m.— 4 p.m. (by appointment)

Snow Shoe / Mountaintop Food Pantry

Snow Shoe United Methodist Church, 501 South Moshannon Avenue, Snow Shoe, PA

Distribution Day: Thursday, December 22, 4 p.m.— 6 p.m.

Centre Hall / Potter Township Food Pantry

Grace United Methodist Church, 127 South Pennsylvania Avenue, Centre Hall, PA

Distribution Day (toys only): Friday, December 23, 2 p.m.— 4 p.m.



2016 INCOME ELIGIBILITY GUIDELINES

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$17,820	\$1,485	\$343
2	\$24,030	\$2,003	\$462
3	\$30,240	\$2,520	\$582
4	\$36,450	\$3,038	\$701

For each additional person, add \$6,240 to Annual Income