

NEWS

- As of January 2018, Elder Meal Cards will be allotted \$100 per month for the purchase of fresh fruits, vegetables and other healthy foods to help improve the health and well-being of Elders.
- Please Note: Elder Meal Cards have a maximum balance of \$500 and the monthly reload will not occur if the value on the card is \$400.01 or higher at the time of reload.
- Reloads will continue to occur by the third Wednesday of each month.
- Please contact Dietitian Lyndra Vander Hart at 888.662.2808 or lvanderhart@nhbp.org for more information.



**NOTTAWASEPPI HURON
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A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

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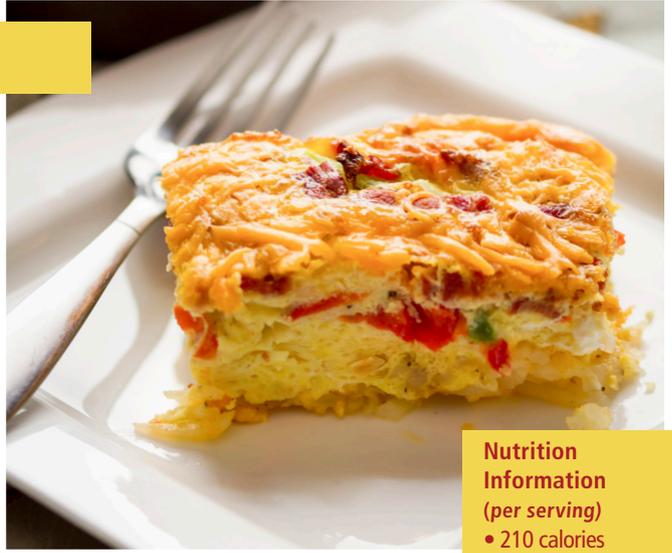
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Recipe: Sweet Potato Egg Casserole

Servings: 8 (16 pieces)

Ingredients

- 1 large sweet potato, diced
- 1 tablespoon olive oil
- 12 eggs
- ¾ cup milk
- 1 cup grape tomatoes, halved
- 4 handfuls baby spinach, chopped
- 1 cup frozen tri-colored sweet peppers, defrosted and chopped
- ½ cup sharp cheddar cheese
- ¼ teaspoon cumin
- ¼ teaspoon dried mustard
- A dash of paprika and black pepper



Nutrition Information (per serving)

- 210 calories
- 5 grams of fat
- 8 grams of carbs
- 12 grams of protein

Directions:

1. Preheat oven to 350 degrees. Spray a 9x13 casserole dish with nonstick cooking spray and set aside.
2. Heat skillet on medium heat and add olive oil. When oil is hot, add diced sweet potatoes and stir occasionally until you can easily put a fork through the potatoes. Set aside.
3. In a large mixing bowl, stir the eggs and milk together. Add tomatoes, spinach, peppers, cheese and cooked sweet potatoes. Stir thoroughly to combine.
4. Pour egg mixture into casserole dish and place into the oven for 20 minutes or until the middle is firm. Once cooled, cut into square portions and place each square in an individual freezer bag. Put the freezer bags in the freezer to store and use at a later date.
5. To warm the frozen bake, preheat oven to 350 degrees. Spray a baking sheet with nonstick cooking spray. Cut the square portions into thirds and place 1½ inches apart on prepped baking sheet.
6. Bake for 12 to 13 minutes, or until set. Cool on baking sheets for 5 minutes and transfer portions to wire racks. Let cool completely.

Recipe Tips:

Leave the skin on the potatoes for added fiber. For meal prep ideas, place 1 or 2 egg portions into a single freezer bag and defrost in the fridge the night before, or make egg muffins by simply pouring the sweet potato egg casserole mixture into a muffin tin for an easy grab-and-go breakfast.

Elder Meal Card Program Update

NUTRITION NOTES

Dear Tribal Elder,

For several years, the Elder Meal Card program has provided nutritional assistance through a monthly Meal Card in the amount of \$50 to purchase fresh fruits, vegetables and other healthy foods from Spartan Stores. If Spartan Stores are not accessible or within your area, Wal-Mart is also an approved store.

The dollar value of each card is reloaded one time per month for the purchase of food items that will improve and maintain proper nutrition for your health and well-being. Beginning in January 2018, the monthly funds on the Elder Meal Card increased to \$100 per month. These additional funds will allow for increased access to healthy foods to improve nutrition and reduce risk the risk of disease.

Please note that the Elder Meal Card has a maximum allowable balance of \$500. Therefore, the monthly reload of \$100 will not be loaded onto a card that has a balance of \$400.01 or more at the time of reload. All cards will be reloaded by the third Wednesday of each month. It is important that card balances are routinely monitored by individuals to ensure their eligibility for funds. The phone number to retrieve card balance information is listed on the back of each card.

As a reminder, the Meal Cards are audited for appropriate usage. Unhealthy food items such as processed meats, sweets, snacks, soda pop and other personal items such as gasoline, cigarettes, alcohol, paper products, household cleaners, etc., are strictly prohibited and may not be purchased with Meal Card funds. Upon enrollment into the Title VI program, individuals acknowledge that the Meal Card will only be used to improve and maintain proper nutrition for the improvement in an individual's health and well-being.

If an Elder does not have access to their card, are in need a new card, want to enroll in the program or have any questions, please contact Dietitian Lysandra Vander Hart at 888.662.2808

Thank you for understanding and committing to maintaining the integrity of the Elders Meal Card and Title VI program.

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