



The Healthy Living Beet: November Issue



Highlights:

- Our November meeting is on the 17th at 6:00 PM! Registration is due by the 11th. Click [here](#) to sign up!
- Ambassador reports are due **December 10th**- don't forget! Click [here](#) for the submission page.

November Meeting

November 17 at 6pm!

The education team from the Atlanta Community Food Bank will be leading a fun and interactive workshop. They will help us explore hunger in Georgia and how the Food Bank has adapted to help people during COVID-19. This is a very unique opportunity and we hope you will be able to arrange your schedule to attend. Please REGISTER to receive information how to log-in to this session by November 11th. Click [here](#) to sign up!

What is Food Security?

According to the USDA, food security for a household is defined by every member having access to enough food for an active, healthy lifestyle. If a household is food secure, healthy and safe foods are available and easily accessible. In contrast, food insecurity is defined by limited or uncertain availability and/or access to healthy and safe foods. 10.5% of U.S. households, or 13.7 million people, were food insecure at some time during the 2019 year. Food insecurity and hunger are closely related terms, but it's important to distinguish the two concepts. Hunger is a personal, physical feeling of discomfort because of lack of food, while food insecurity is a lack of available resources to purchase food at the household level. Food security and insecurity are measured along a continuum from high food security to very low food security in different ranges.

1. **High food security** means households had no issues or stress consistently accessing nutritionally adequate food.
2. **Marginal food security** means households had issues or stress at times accessing nutritionally adequate food, but the quality, variety, and quantity of their food intake remained constant.

3. **Very low food security** means at times during the year, eating patterns for one or more household members was significantly altered and food intake was reduced due to lack of money and other resources for food.

4. **Low food security** means households reduced the quality, variety, and desirability of their diets, but normal eating patterns and the quantity of food remained constant.

According to the USDA, if a household falls into the high food security or marginal food security ranges, they are considered food secure. If a household falls into the low food security or very low food security ranges, they are considered food insecure. If a household is food insecure, there are several government nutrition assistance programs, such as the Supplemental Nutrition Assistance Program (SNAP), the National School Lunch Program, and School Breakfast Program that households could be eligible for. SNAP provides monthly benefits to low-income families to purchase food. The National School Lunch Program and School Breakfast Program are available in schools and provide free or reduced lunch to students in need. In addition to government programs, nonprofits and local food banks offer assistance to families in need.

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Happy Thanksgiving!

Recipe of the Month

Turkey Pumpkin Chili

Ingredients:

1 teaspoon vegetable oil
 1 pound ground turkey (15% fat)
 $\frac{2}{3}$ cup chopped onion
 $\frac{1}{2}$ cup chopped green pepper
 2 cloves garlic, minced
 1 can (15 ounces) kidney beans, drained and rinsed (1 $\frac{3}{4}$ cups)
 1 can (15 ounces) white beans, drained and rinsed (1 $\frac{3}{4}$ cups)
 1 can (15 ounces) pumpkin (1 $\frac{3}{4}$ cups)
 1 can (15 ounces) diced tomatoes (1 $\frac{3}{4}$ cups)
 2 cups low-sodium chicken broth
 2 Tablespoons packed brown sugar
 1 package (1.25 ounces) taco seasoning mix



Directions:

Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic. Cook and stir, breaking turkey apart until it is browned and vegetables are tender. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally. Refrigerate leftovers within 2 hours.

Source: [Food Hero](#)

Lettuce Share

This month we are highlighting the importance of understanding food security in America.

To learn more about food security, visit the USDA site about access to quality foods in the US. [Click here to visit.](#)

The USDA [Supplemental Nutrition Assistance Program \(SNAP\)](#) site, provides information on programs to help the food insecure get access to foods.



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