

# What's New...

## JULY 2023


### NEW NCE COORDINATOR

Welcome Kristin Washington to the FJPI team. Kristin resides on the Qualla Boundary with her partner and children. While navigating her own wellness journey, she realized the connection that food and drink plays in overall health and wellbeing. Helping others gain food security is her passion while also understanding that nutrition education is a strong component of this work. Contact Kristin via [kristin@wncfoodjustice.com](mailto:kristin@wncfoodjustice.com).



Summertime recipes to help cool off this season, each with variations for individual palates.

### SOUR FROZEN GRAPES



**INGREDIENTS**

- 4 cups clean green grapes
- 3/4 cup monk fruit sweetener or preferred sugar
- 2 limes, juiced

**DIRECTIONS**

1. Cover large baking dish with parchment paper.
2. Clean and dry grapes, place them into a large bowl.
3. Add the juice of 2 limes into the bowl of grapes, stir.
4. Chill them in the fridge for 10 minutes.
5. Put sweetener of choice into a bowl.
6. Remove grapes from fridge and roll each one into the sweetener. Place on parchment paper and freeze for 2-3 hours.

Calories: 67kcal Carbs: 18g Protein: 0.8g Fat: 5g Sodium 2.7mg Sugar: 12g  
Serving size 1/2 cup

Calories: 169kcal Carbs: 21g Protein: 12g Fat: 5g Sat fat: 2g Polyunsaturated fat: 0.1g  
Monounsaturated fat: 1g Cholesterol: 18g Sodium 336mg Potassium: 122mg Fiber:  
0.04g Sugar: 20g Vit A: 149iu Vit C: 0.1mg Calcium: 90mg Iron: 0.2mg  
4 servings per recipe

### Cottage Cheese Ice Cream



**Ingredients:**

Base

- 15 oz whole milk cottage cheese
- 1/4 cup honey

Variations:

- Peanut butter chocolate
- 1/4 cup peanut butter
- 1/4 chocolate chips
- Strawberry cheesecake
- 1/2 cup fresh strawberries
- 1/4 cup crushed graham crackers

Banana cream pie

- 1 ripe banana
- 1 tsp vanilla extract

**Directions:**

- Place cottage cheese, honey and variation ingredients into a blender, blend until silky smooth.
- Fold in toppings if using any.
- Transfer blended ingredients into a freezer safe container and freeze for 3-4 hours, stirring every 30 minutes (stirring isn't absolutely necessary but does help the final texture).
- Allow recipe to thaw for approximately 15 minutes before scooping.

Enjoy!

# July Food observances

Grilling 

Berry 

Picnic 

What August and September food observances do you participate in?

 Ice Cream Day  
Sunday July 16th

 Mango Day  
Saturday July 22nd

 Avacado Day  
Monday July 31st

Click link below for MANNA Info

## MANNA Food Distribution Dates and Locations

### INDIGENOUS CHEF'S

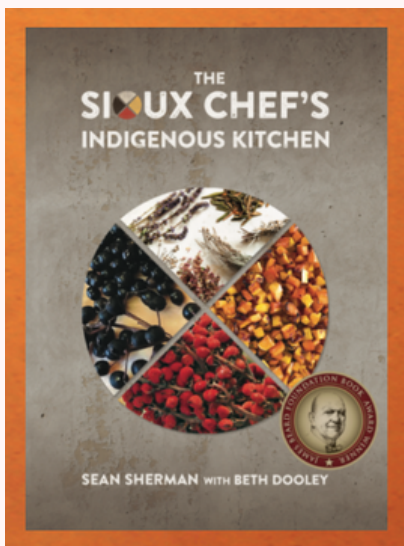
"We are committed to revitalizing Native American Cuisine and in the process we are re-identifying North American Cuisine and reclaiming an important culinary culture long buried and often inaccessible."

**Tribal Food Distribution**  
Providing Nutritious Foods To Eligible Households



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Tribal Foods Distribution currently has a new facility being built. No certain move in date; maybe in September. What would the group think about our next meeting potentially taking place in Cherokee (Jackson County)? Current address below, new building is beside the old one.  
2260 Old Mission Rd.  
Cherokee, NC 28719



**FYE...**

Nutrition Cooking Education August Meeting  
Wednesday, 8/9/23 from 1:00pm-2:30pm

## Uncomplicated kitchen fundraiser

It's the 3rd annual Uncomplicated Kitchen Fundraiser! All profits go to support our mission to improve food literacy for our friends and neighbors.

Event time is 2:00 pm - 4:30 pm EDT

[RSVP Here](#)



### Community Food Fun - Thank you for sharing your event photos



Hot Springs Elementary



Cherokee County Co-op



Madison County Co-op



Rutherford County Co-op



Cherokee County Co-op



Henderson County Co-op

# Sour Frozen Grapes

4 cups

## INGREDIENTS

4 cups clean green grapes

3/4 cup preferred sweetener (see below)

2 limes or lemons juiced



## INSTRUCTIONS

1. Cover a large baking dish with parchment paper.
2. Wash the grapes, place into large bowl.
3. Add lemon or lime juice, stir and chill in fridge for at least 10 minutes.
4. Roll grapes in your preferred sweetener/ flavor, then. place on parchment paper and freeze for 2-3 hours.

## SWEETENER OPTIONS



Calories: 67kcal Carbs: 18g  
 Protein: 0.8g Fat: 5g Sodium  
 2.7mg Sugar: 12g  
 Serving size 1/2 cup  
 \*\*Values vary with  
 sweetener/ flavor options\*\*