



Health Focus



January 2015: Eat Well on \$4/ Day by Leanne Brown

January 29

Alexa will be doing a demo including a mini lesson and food samples.

Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.

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Check us out on Facebook and Twitter for Wellness Wednesday updates. Help us get to 500 likes!

HEALTHY FUN FACT

Did you know laughter helps prevent illness and the frequency of colds?



Eat Well on \$4/ day: Good and Cheap by Leanne Brown is a free, downloadable book. The book is geared towards low-income and SNAP (Supplemental Nutrition Assistance Program) recipients who may have challenges eating healthy and great tasting food on a budget. The book is also great for those who love to cook or for those looking to incorporate more veggies in their diets. Find great recipes, pantry staples, and shopping tips too! Visit her website at www.leannebrown.com.

Leanne, the author, lays out a great list of tips including buying in bulk, using a pepper grinder, why it's important to treat your freezer with respect, and more!



Leanne explains how to build a great pantry. She'll provide example products for all her suggestions. With a pantry stocked full of essentials, putting together great meals is easy.

Featured Recipe

Chana Masala

This Indian chickpea dish is packed with flavor and can be made with varying degrees of spice. For a full meal, serve over rice or with roti.

Click here for the recipe:

<https://41aac1a9acbe9b97bcebc10e0dd7cb61ef11502c.googleusercontent.com/>



Worth the Read!

A recent News in Health article talks about protecting your ears from noise damage. Read here!

<http://newsinhealth.nih.gov/issue/jan2015/feature2>

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