

## MoGro Making a Difference

MoGro is celebrating 3 years of increasing access to healthy foods! The MoGro team is dedicated to ensuring products in the store are healthy and fresh because our customer's health and satisfaction are absolute priorities. That is why we are so excited about the results of our latest customer experience survey.

In our survey, many customers reported shopping at MoGro had resulted in positive changes in their diet and their families diet including: **Eating healthier, more vegetables, more fruits, fresher food, less sugar, organic food, trying new foods and having access to better meat.**

*MoGro makes it easy to eat healthy.*



### MoGro Partnership in Cochiti Lake

MoGro is thrilled to announce our very first C-Store partnership! Starting in May, Cochiti Lake's C-Store will now carry MoGro products so community members can access healthy, fresh food all week long! We want to thank our partners in Cochiti C-Store, for helping bring more healthy food access to local communities.

### San Felipe Store Schedule Change

Please note that MoGro will now be in San Felipe from 3-7pm only. Thank you.



## Weekly MoGro Schedule



Pueblo	Day	Time	Location
Cochiti	Thursday	10:00am-2:00pm	Senior Center Parking Lot
Cochiti Lake	Monday	3:00pm – 7:00pm	C-Store Parking Lot
*Jemez	Tuesday	10:30am-7:00pm	Senior Center Parking Lot
Laguna	Wednesday	11:30am-7:00pm	Across Community Services Bldg.
Santo Domingo	Monday	10:00am – 2:00pm	Community Center
	Thursday	3:00pm – 7:00pm	
*San Felipe Pueblo	Friday	3:00pm – 7:00pm	San Felipe NB3 Soccer Field

\*Schedule has changed in San Felipe Pueblo. The store will no longer be open in the morning.

\*Schedule has changed in Jemez. The store will open at 10:30am instead of 10:00am.

## **MoGro Cooking Tour with Dr. Pat Santosham**

The **MoGro** cooking tour was a great success. Thank you to all who came out for the cooking demonstrations with Dr. Pat Santosham. She shared the flavors and benefits of cooking with spices such as turmeric, ginger, garlic, curry, fennel and black pepper.

For example, turmeric is a deep orange colored spice that may decrease inflammation and is used medicinally for many ailments such as arthritis. Dr. Santosham encourages everyone to be creative and try new combinations. The spices are available at **MoGro**.



*Dr. Pat Santosham cooking chicken curry with brown rice and spinach-garlic stir-fry. Delicious and healthy!*

Choose brown rice instead of white rice. It cooks the same and has more fiber, vitamins and minerals. Brown rice fills you up without raising blood sugar as much as white.

## **Ask the Nutritionist**

If you have a nutrition question that you would like a professional answer to, please send us a message on the **MoGro** facebook page. Sarah Vanegas is a member of the **MoGro** team with a Master's Degree in Nutrition and will be selecting one or two questions a week to answer with a post on facebook. Take charge of your health and get answers to all your questions.



<https://www.facebook.com/MoGroTruck>

## **The Featured Product of the Month is Siggis Yogurt**



Siggis yogurt is thick, creamy, low in sugar and all-natural. Their newest product, "yogurt tubes" are a great snack for kids (of all ages) as they can be enjoyed on the go- no spoon necessary- or frozen, thrown into a lunchbox or eaten as a super healthy alternative to ice cream. MoGro is now carrying the yogurt tubes and regular yogurt cups.

Siggis yogurt has many health benefits. Aside from being a powerful nonfat source of protein and calcium, the yogurt contains live and active cultures. What are live cultures? These are the good bacteria that are responsible for turning milk into yogurt and they are beneficial to your digestive system. Yogurt is one of the only dietary sources of these good bacteria that keep you healthy. Try Siggis Yogurt today!

## May Product of the Month:

# Mango



## A Tropical Superfruit!

### 🕒 Packed with Vitamins.

There's nothing like biting into a juicy, fresh mango. The sweet and sultry flavors satisfy your sweet tooth, quench your thirst and refresh your whole day! And it gets even better- Mangos are really good for you. A cup of sliced mango has only 100 calories and is packed with more than 20 different vitamins and minerals.

One cup of sliced mango offers 100% of your vitamin C, 35% of vitamin A and 20% of folate for the day as well as 12% of daily fiber.

Nutrition Facts	
Serving Size: 1 cup, sliced (165g)	
Serving Per Container	
Amount Per Serving	
<b>Calories:</b> 100	Calories from Fat: 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 23g	
<b>Protein</b> 1g	
Vitamin A 35%	Vitamin C 100%
Calcium 2%	Iron 2%
Vitamin B6 10%	Copper 10%
Folate 20%	Vitamin K 8%
Potassium 8%	

### 🕒 Mango fun facts

Mangos were first grown in India over 5,000 years ago, and now are grown all over the tropical world. Many of the mangos sold in New Mexico come from nearby Mexico.

A basket of mangos in India is considered a sign of friendship.

Try the versatile mango in smoothies, salads (see recipe on the next page), salsas, chutneys, on fish, chicken, as a dessert or just plain as a delicious snack. Squeezing fresh lime juice over a cut mango is an especially delicious treat.

### 🕒 Mango selection

Squeeze gently to judge ripeness. A ripe mango will "give" slightly and a firm mango will ripen at room temperature over a few days. To speed up ripening, place mangos in a paper bag at room temperature. Once ripe, mangos can be moved to the refrigerator to slow down ripening.

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## RECIPE of the month

### Spring Mango Salad



#### What You Need

8 cups mixed salad greens  
1 mango, peeled and cubed  
½ pound fresh strawberries,  
quartered  
½ cup chopped red onion  
1 cup chopped almonds

#### Dressing:

¼ cup honey or agave  
nectar  
½ cup balsamic vinegar  
½ cup olive oil  
1 tsp. salt

#### What You Do

1. Place the honey, oil, salt, and vinegar in a jar with a lid. Seal jar, and shake vigorously to mix.
2. In a large bowl, mix salad greens, strawberries, mango, and onion. To serve, toss with dressing and sprinkle with almonds.
3. Be creative and add other ingredients as well. This could be a main dish salad with the addition of grilled, chopped chicken or black beans. Add avocado or raisins or slices of your favorite fruit. Substitute the almonds for whatever nut you have on hand.

#### What You Get

Servings: 12  
Ready in 15 minutes.

Per serving:  
176 calories  
2.17 g protein  
12.75g fat  
2 g fiber  
12 g sugar  
190mg sodium

Source: adapted from [www.allrecipes.com](http://www.allrecipes.com)  
Nutrition analysis: Sarah Vanegas, M.S.