

ORGANIZATION SPOTLIGHT: SECOND HARVEST HEARTLAND

As one of the country's largest food banks, Second Harvest Heartland works to connect Minnesotans to federal hunger relief programs like SNAP and CSFP, streamline the emergency food system, address childhood hunger in schools and beyond, and create thoughtful food security solutions for the Metro and Greater Minnesota. Visit www.2harvest.org to learn more about their work and to contact their team! Second Harvest is located at 7101 Winnetka Avenue N. in Brooklyn Park.

FOOD & FUN HOUR

Join us for our next Food and Fun Hour virtual meeting on Thursday, June 5th from 5-6pm. We will be discussing how to supplement your nutritional needs outside of your Open Arms meal services and will offer discussion about best practices and resources for ensuring your nutritional needs are being met in accessible ways. We're excited to hear about your routines and learn together!

DATE: June 5th, 2025 **TIME:** 5:00 - 6:00 p.m. via Zoom

REGISTER AT: openarmsmn.org/get-meals/food-and-fun-hour

HAPPY PRIDE FROM OPEN ARMS

June has arrived, marking the start of Pride Month—a significant occasion for Open Arms and our entire community. Our organization has been built upon the foundations laid by LGBTQ+ individuals, and it holds a deep-rooted connection to this community. Back in 1986, we began our journey by providing support to neighbors affected by HIV/AIDS. Today, we take immense pride in our inclusive approach, welcoming individuals from diverse backgrounds who join us in the mission to nourish those in need. We express gratitude to our community members who wholeheartedly embrace their true selves and stand as allies for our LGBTQ+ and BIPOC neighbors. As we move forward, we cherish and honor the memories of those we have lost.



CELEBRATE WITH US AT TWIN CITIES PRIDE!

Open Arms will have a booth at Twin Cities Pride on **June 28th and 29th in Loring Park**. We hope to see you there!



the NUTRITION NOOK

WHAT IS FIBER, AND WHY IS IT IMPORTANT?

Fiber is a type of carbohydrate that your body cannot break down, so it passes through your digestive system without being digested. Even though it's not digested, fiber still does important things for your body. It helps with regular bowel movements, keeps your gut healthy, makes you feel fuller for longer, helps control blood sugar levels, and can even lower cholesterol. Foods with seeds, skins, and other fibrous parts usually contain fiber.

There are two types of fiber: soluble fiber and insoluble fiber. Both are important in different ways, and you can find both types of fiber in many foods like fruits, vegetables, nuts, seeds, and legumes.

Soluble fiber doesn't get digested, but it dissolves in water and forms a gel-like substance in your digestive system. This helps slow down digestion. Soluble fiber can also help lower cholesterol and control blood sugar, which is important for people with conditions like heart disease and diabetes.

Insoluble fiber doesn't dissolve in water or get digested. It helps bulk up your stool and keeps your bowel movements regular. Insoluble fiber is great for preventing constipation.

To get the benefits of fiber, it's important to eat enough fiber every day. Experts recommend that adults eat **25 to 30 grams of fiber daily**. Eating different fiber-rich foods throughout the day can help you reach this goal. Typically, a high fiber food/snack is 4 grams of fiber or more, and a moderate fiber food is between 1-3 grams of fiber. Try these fiber-dense snacks:



Yogurt parfait with
raspberries and granola:
6 grams of fiber



Carrots and
hummus:
6 grams of fiber



Apple with
peanut butter:
4 grams of fiber



Oatmeal
with nuts:
6 grams of fiber

If you're not sure how to meet your fiber needs, the Open Arms Nutrition Team can help you. A good way to start is by adding one extra source of fiber to your day. Once you're comfortable with that, you can keep adding more fiber to your diet!

 Open Arms meals for clients aged 60 and older are significantly supported by **Trellis** and the **Older Americans Act**. If you'd like to make a donation to help support the meals you receive, please visit openarmsmn.org/donate, send a check to Open Arms (attn: Mary Beth Iverson), or call 612-677-2568 for assistance.



Delivery questions? Contact Client Services at 612-767-7333 or meals@openarmsmn.org.

Nutrition questions? Contact Nutrition Services at 612-540-7759 or nutrition@openarmsmn.org.