

VEAP's kitchen trial run rescued overripe bananas to make bread for food shelf

When life gives you overripe bananas, make banana bread! That's what VEAP did when they gave their N.E.A.T. (Nutrition Education And Teaching) Kitchen a trial run in the last week of January. In just two days, VEAP volunteers:

- Rescued 663 pounds of overripe bananas (including peels) from composting for the food shelf
- Baked bread from an amount of bananas that will make more than 1100 loaves

As the saying goes, waste not, want not

It is gratifying to know tasty and nutritious food for VEAP clients will result from being able to use food instead of wasting it. Each loaf of N.E.A.T. Banana Bread contains almost two bananas, whole wheat flour and less sugar than a typical loaf.

Working together, we accomplish more

It's a great example of what we can accomplish when we work together and of how we can work together to create a healthy community.

Through SHIP funding, Bloomington Public Health supplied commercial equipment for VEAP's N.E.A.T. Kitchen. SHIP funds will also provide technical assistance from Public Health Nutritionist, Joan Bulfer, to make sure recipes used in the kitchen meet healthy criteria.

It is exciting to think about all the possibilities for improving healthy food access in the community afforded by VEAP's new teaching kitchen. It's a great example of what we can accomplish when we work together and of how we can work together to create a healthy community.

From bananas to banana bread for the food shelf (Pictured: VEAP volunteers, Shirley and Beverly)

