

# Sacks of Snacks



Offering a hand up, not a hand out  
February 2, 2024

Welcome to this week's *Sacks of Snacks*. February is American Heart Month. Last year, the American Heart Association made updates to our dietary guidelines. Check the 9 new guidelines below. What makes Chili Mac, a heart healthy recipe? The recipe uses extra lean ground beef. You could use ground turkey to make it even leaner. The recipe incorporates vegetables and beans. Let your family enjoy a heart healthy meal. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

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Extension - Nutrition  
Education Program

Dearborn County

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

## Chili Mac

Servings: 6

½ lb. extra lean ground beef chuck or round  
1 small onion, chopped  
½ medium green bell pepper, chopped  
1 cup elbow macaroni dry  
1 (8 ounce) can tomato sauce, unsalted

2 cups water  
1 tsp chili powder  
½ tsp salt  
1 cup canned, low sodium pinto beans  
½ cup reduced fat cheddar cheese low sodium

Wash your hands and clean your cooking area. In large skillet, brown the meat. Drain off any remaining fat. Add the onions and green peppers to the meat. Cook for 5 minutes on medium to low heat. Add remaining ingredients, except cheese. Cover and cook on low heat for 15 minutes, stirring occasionally. Add cheese and heat until melted. Serve immediately.

Source: <https://dinnertonight.tamu.edu/recipe-chili-mac/>

## American Heart Association—Nine updates in the new guidelines:

- 1 Achieve and maintain a healthy body weight.
- 2 Eat plenty of and a variety of fruits and vegetables.
- 3 Choose whole-grain foods.
- 4 Select healthy sources of protein.
- 5 Use liquid plant oils. Such as olive oil.
- 6 Choose minimally processed foods.
- 7 Minimize beverages and foods with added sugars.
- 8 Buy and prepare foods with little or no salt.
- 9 Limit alcohol intake.



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