



Overnight Oats with Banana & Walnuts

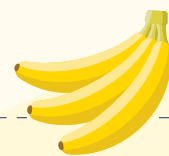
Makes 2 servings

Ingredients:

- 1 cup old fashion rolled oats
- 1 cup non-fat or low-fat milk or milk substitute
- 1 ripe banana
- 2 Tbsp. chopped walnuts
- ¼ tsp cinnamon

Directions:

1. To a container of your choice, add oats, mashed banana, walnuts and cinnamon. Pour in the milk and gently stir until combined.
2. Place in the refrigerator overnight or for 6 hours.
3. When ready to serve top with additional milk if desired. You may heat if desired.

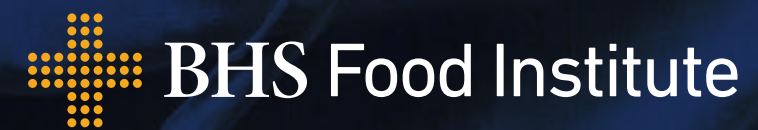


One Hospital Way, Butler, PA 16001 • BHSFoodInstitute.org

Schedule your appointment and call the BHS Food Institute at **724-284-4504** today!

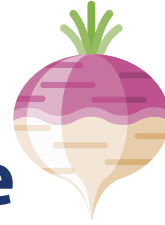


BUILDING HEALTHIER
COMMUNITIES BY
**SOLVING
FOOD
INSECURITY**



Dedicated to making nutritious meals a reality for more families in our region.

Welcome to the BHS Food Institute



The BHS Food Institute is the first of its kind in the Butler region. The Food Institute was established to give everyone a way to stay healthy by learning about and eating healthier foods.

The Food Institute specializes in healthy eating for the whole family, meal planning and preparing healthy recipes on a budget. During each monthly appointment ingredients and cooking instructions for 10 meals will be provided. Participants will also be linked to additional services to manage chronic disease through lifestyle coaching and community resources to improve overall health.

Food Insecurity has Health Implications

Communities with the highest rates of food insecurity face a higher prevalence for diseases and other measures that are tied to poor health.

Defining Food Insecurity:

- Disruption of food intake because of lack of money or other resources
- May be short term or long term
- Risk increases when money to buy food is limited or not available
- Neighborhood conditions may affect food insecurity
- Adults who are food insecure are at increased risk for obesity and other negative health outcomes and health disparities

Referenced from Healthy people.gov



How it works

Free service!

- Schedule your appointment by calling the BHS Food Institute at 724-284-4504.
- Plan to spend 30-40 minutes with us on the initial visit.
- Complete a short form to tell us about your dietary needs and shopping habits.
- Shop with a Nutrition Health Liaison for food right at our center.
- Leave with a bag of nutritious food – enough for you and your family for up to 10 meals per month for 6 months.



1 out of 3

Chronically ill adults are unable to afford medicine, food, or both².

9.4%

The food insecurity rate in Butler County³.

14.3%

The food insecurity rate of children in Butler County⁴.

¹Feeding America: <https://hungrand.health.feedingamerica.org/understand-food-insecurity/>

²Berkowitz, S.A., Seligman, H.K., & Chaudhry, N. K. (2015). Treat or eat: food insecurity, cost-related medication underuse, and unmet needs. American journal of Medicine, 127(4), 303-310.

^{3,4}GreaterPittsburgh Food Bank, Hunger Profile: Butler County: <https://www.pittsburghfoodbank.org/wp-content/uploads/2020/06/Butler-County-Hunger-Profile.pdf>