Cooking Matters

IN YOUR FOOD PANTRY

Facilitator Guide

SHARE OUR STRENGTH'S
COOKING MATTERS®

PUBLISHED MONTH 2018

Introduction

About Share Our Strength® and Cooking Matters

No child should grow up hungry in America, but one in five children struggles with hunger. Share Our Strength's No Kid Hungry® campaign is ending childhood hunger in this nation by connecting kids in need with nutritious food and teaching families how to cook healthy, affordable meals. You can help surround kids with the nutritious food they need where they live, learn and play. Pledge to make No Kid Hungry a reality at **NoKidHungry.org.**

Share Our Strength's Cooking Matters® empowers low-income families with the skills to stretch their food budgets so their children get healthy meals at home, as part of the No Kid Hungry campaign to end childhood hunger in America. Cooking Matters serves families across the country through hands-on, six-week cooking courses; interactive grocery store tours; and mobile, online and educational tools. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Cooking Matters is nationally sponsored by Walmart. To learn more, visit **Cooking Matters.org**.

About *Cooking Matters in Your Food Pantry*

Cooking Matters designed this toolkit to be a comprehensive instruction guide to encourage healthy food choices within a food pantry or food-bank setting. Built upon the proven success of our signature courses that teach families how to cook and eat healthy on a budget, this toolkit provides tips, activities, and recipes that can be used to execute a successful food-based demonstration while introducing key nutrition and food budgeting messages. All foods included in the activities and recipes provided here are chosen based on their accessibility and affordability for the limited-resource families that Cooking Matters and its partner organizations serve. This resource also provides useful tools to help ensure that your pantry can provide healthy foods to your local community.

We hope that you find this guide useful as you plan and carry out your demonstration and identify healthy foods to stock in your pantry. Thank you for sharing your strength with families in your community and for your commitment to ensuring families get the nutritious foods they need to thrive.

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I. Stocking A Healthy Food Pantry

Food banks and food pantries provide crucial resources for individuals and families who don't have enough food to meet their basic needs. With more people turning to food pantries for longer periods of time[1], it is becoming increasingly important to stock nutritious foods to improve the food security, health, and well-being of limited-resource families. Consider these strategies for stocking a healthy food pantry:

> Looking for additional food to give to clients? The Emergency Food Assistance Program (TEFAP) is a federal nutrition program that provides foods to low-income families. Find out more at http://www.fns.usda.gov/fdd/programs/tefap/.

1. **Know what's healthy.** The United States Department of Agriculture has created the MyPlate icon to help Americans visualize how to build a healthy diet. A balanced diet includes foods from each of the five MyPlate food groups: Fruits, Vegetables, Grains, Protein, and Dairy. A healthy pantry will consist of a variety of food choices from each food group. See page 7 for more guidance on offering healthy foods within each food group.

> Food placement can make a big difference in how clients view and choose certain foods. Steps like moving healthier choices to shelves at eye level, grouping foods by food groups, or displaying produce in baskets are easy to take and can help make healthy choices more appealing and accessible to pantry clients.

2. **Ask for healthier donations.** Many food pantries rely heavily on donations. Unfortunately, commonly donated foods are often high in salt, sugar, fat, and calories and low in fiber and key nutrients. In addition to helping food pantry clients understand healthy choices, it's also important to help your donor base recognize healthy foods to donate. Making healthy donations a priority in your pantry can help drive major improvements in the quality of foods offered. See page 9 for a sample donation request letter to help you solicit healthy foods. In addition, page 10 provides a list of healthy food options you can use to communicate to donors about nutritious donation choices.

1 Feeding America. *Food Banks: Hunger's New Staple,* http://feedingamerica.org/hunger-in-america/hunger-studies/hungers-new-staple.aspx (accessed September 5, 2017).

Shelf-stable food items make up a large percentage of pantry inventories, but many food pantries also distribute some perishable foods. If your facility has appropriate storage, offering these types of foods can increase the variety and nutritional content of your food choices.

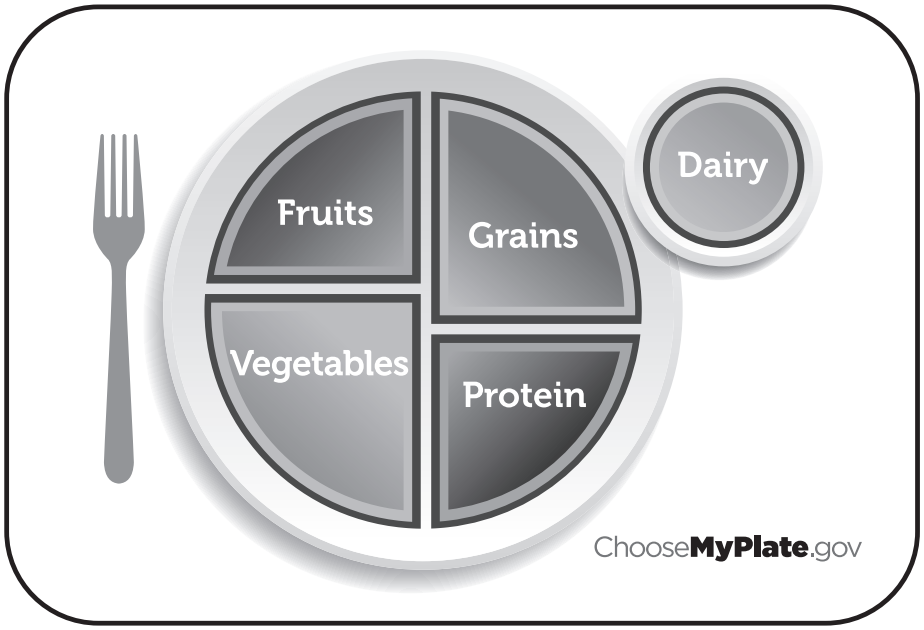
3. **Team up with a local garden — or start your own.** Just like many families today, food pantries often struggle to get fresh produce on their shelves. Consider teaming up with community, school, or backyard gardens close to your pantry. A great way to start is to register your pantry at **www.ampleharvest.org** so local gardeners who want to donate food can find you. Or, if you have the space, consider starting your own garden on-site.

4. **Build relationships with local grocers and farmers.** Grocery stores often have produce or other foods that they are unable to sell but that are still in good condition. Try developing a relationship with a grocery store manager to see if he or she would be willing to donate these items. Use the Healthy Food Donations list on page 10 to encourage healthier donations. Another strategy is to develop a relationship with farmers at a local farmers market. Ask to collect any unsold produce after the market closes.

Be sure all foods donated to your pantry are safe to eat. Check out the Food-Safety Guidelines for Pantry Donations on page 12.

Guidelines for Stocking a Healthy Pantry

MyPlate depicts the five food groups that are the building blocks for healthy eating habits using a familiar image — a place setting for a meal. Within each food group, there are healthier and less healthy choices. Consider these tips for making healthy choices within each food group. For more information on MyPlate, visit www.choosemyplate.gov.



Fruits

- Fresh, frozen, and canned fruits are all great options. Fresh fruits are typically at their best when they are in season. Canned and frozen can be great year-round options.
- Look for frozen fruits with no added sugar. Canned fruits should be packed in their own juice. If canned in light or heavy syrup, advise clients to rinse and drain fruit before using to reduce added sugar.
- Fruit juice counts in this group. Be sure the label says 100% juice.
- Dried fruits are also good options in this group. They can be high in calories, so advise clients to pay attention to serving size.

Vegetables

- Fresh, frozen, and canned vegetables are all great options. Fresh vegetables are typically at their best when they are in season. Canned and frozen can be great year-round options.
- Look for frozen and canned vegetables with no salt, fat, or sauces added. Canned vegetables should say "low sodium" or "no salt added." Otherwise, advise clients to rinse and drain canned vegetables before using. This can reduce the sodium content by roughly 40%.
- Vegetable juice counts in this group. Be sure the label says 100% juice.

Grains

- Try to stock as many whole grain options as possible. MyPlate recommends that half of our grain choices each day are whole grains. See pages 28 and 54 for more information on determining whether a food is a whole grain.
- Try offering a variety of foods from the grain group — for example, bread, pasta, tortillas, oatmeal, cereals, rice, barley, bulgur, and rolled oats.

Protein

- Foods made from meat, poultry, seafood, beans and lentils, eggs, processed soy products, nuts, and seeds are all considered part of the Protein group. Try offering a variety of protein foods for good health.
- Great shelf-stable protein options include canned tuna, canned chicken, canned and dried beans or lentils, nuts, and nut butters.
- Meat and poultry choices should be 93% lean or low-fat.

Dairy

- Adults and kids (ages 2 and up) should consume dairy products, such as milk, yogurt, and cheese, that are fat-free or low-fat (1%).
- Great shelf-stable options include dried nonfat milk, canned nonfat or low-fat milk, or shelf-stable calcium-fortified non-dairy milk (such as soy or almond milk).
- Try offering non-dairy calcium-fortified options for individuals who are allergic or intolerant to dairy, such as calcium-fortified soy, almond, or rice milk; lactose-free milk; orange juice; and cereal.

Sample Healthy Donation Request Letter

Dear **[Insert donor name, organization, etc.],**

[Food pantry name] is working to improve our ability to provide healthy options for our clients. Please take a moment to consider supporting the pantry and our clients by making a healthy food donation.

Food banks and pantries were originally created to fill a one-time "emergency" need for their clients. In recent economic times however, food banks and pantries are now part of many families' ongoing strategies to supplement monthly food shortfalls. Since more and more families use food pantries on a regular basis, it is vital that pantries offer healthy options for their clients.

Currently, **[1 in 5 children in Colorado]** are at risk of hunger. In addition, there is evidence that hunger and obesity are linked. If an individual is food insecure, meaning they have limited or uncertain availability of nutritionally adequate and safe foods, they are at a much higher risk of becoming obese. Pantry clients are often at the mercy of the donations they receive. We want to help them take home foods filled with the nutrients they and their children need for healthy living — not foods full of saturated fat, added sugars, and empty calories.

Our aim is to provide a healthy and delicious selection for **[insert pantry name]'s** clients — and we hope that you'll support us in this effort. We ask that you consider the attached list of healthy foods when making your donation. The list gives examples of basic nutritious items. For instance, many pantries are in great need of dried herbs, spices and condiments, which allow clients to flavor their meals without the need for added salt. In addition, choosing canned beans and vegetables with "no salt added" and fruits canned "in their own juices" helps families reduce their sodium and sugar intake. Donating items like these can help ensure that clients and their children receive healthy foods they can feel good about.

If you are interested in making a donation, please contact **[insert contact info]**. Thank you for your consideration and support.

Sincerely,

[Insert food pantry name & contact info]

Healthy Foods Donation List

Fruits and Vegetables

Donate fruits and vegetables in a variety of colors. Look for fruit canned in its own juice or with "no sugar added." Look for canned vegetables that say "low sodium" or "no salt added." Look for 100% fruit and vegetable juices.

- Canned fruits or vegetables
- Diced tomatoes
- Dried fruit
- Fresh fruits or vegetables*
- Frozen fruits or vegetables*
- Fruit juice (100%)
- Shelf-stable fruit cups
- Spaghetti sauce
- Tomato sauce
- Vegetable juice (100%)

Grains

Donate whole grains as often as you can. Look for **100% whole grain** on the package or look for a whole grain as the **first** ingredient on the ingredient list.

- Brown rice or barley
- Low-sugar, high-fiber cereal
- Oatmeal
- Quinoa
- Whole grain breads*
- Whole grain crackers
- Whole grain pasta
- Whole grain tortillas*
- Whole wheat flour

Protein

Donate canned beans, seafood, and lean meats as a good source of lean protein. Look for **"no salt added," low-sodium, and canned in water** (instead of oil) varieties.

- Canned beans
- Canned chilis and stews
- Dried beans and peas
- Canned chicken, tuna, or salmon
- Eggs*
- Nuts and seeds
- Peanut butter or other nut butters
- Tofu*

*These items are suggested only if safe storage is possible.

Dairy

Donate shelf-stable **low-fat (1%) or non-fat dairy** products.

- Boxed shelf-stable milk
- Calcium-fortified milk alternatives such as soy, rice, or almond milks
- Dry milk
- Evaporated milk
- Low-fat cheese*
- Low-fat plain yogurt*

Fats and Oils

Donate shelf-stable healthy fats that are liquid at room temperature.

- Canola oil
- Non-stick cooking spray
- Olive oil
- Vegetable oil

Spices and Condiments

Donate dry, ground herbs and spices whenever possible. By donating spices you help enable pantry clients to flavor their food without a lot of added salt.

- Basil
- Bay leaves
- Black pepper
- Cayenne pepper
- Chili powder
- Cinnamon
- Cumin
- Curry powder
- Dill
- Garlic powder
- Mustard
- Onion powder
- Oregano
- Parsley
- Red pepper flakes
- Rosemary
- Salsa (jarred)
- Thyme
- Vanilla extract

*These items are suggested only if safe storage is possible.

Food Safety Guidelines for Pantry Donations

Many pantries rely on donations to stock their pantries. When accepting food donations, consider both safety and quality. Use the following guidelines to decide whether foods are unsafe and should not be allowed in your food pantry. For more information refer to **www.foodsafety.gov**.

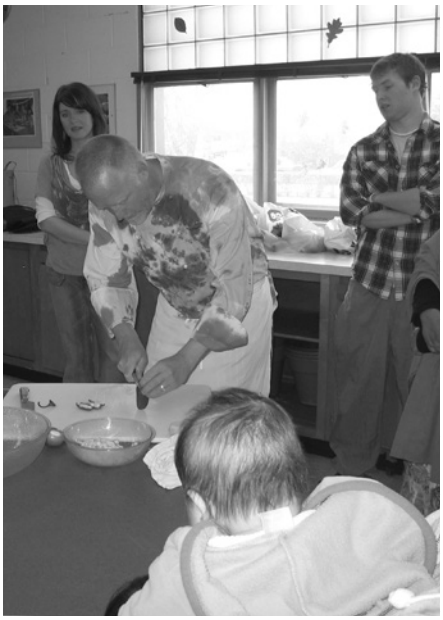
Do not accept:

- Cans with moderate or severe dents
- Cans with rust pits severe enough to make a hole in the can
- Cans with swollen or bulging ends or any holes
- Home-canned foods
- Foods with signs of spoilage (spurting, unusual odor or appearance, mold) when opened
- Foods with a missing or illegible label
- Baby food or infant formula past the expiration date
- Glass jars with missing lids
- Cardboard boxes with torn or missing inner packaging
- Food in packaging that is slit or open
- Food with any evidence of insects
- Refrigerated foods that are lukewarm or in the temperature "danger zone" (40–140 degrees Fahrenheit).
- Food in unsuitable containers and/or covers (e.g., those that allow food to be contaminated)
- Food with an uncertain handling history
- Frozen foods with evidence of thawing or food leakage

When in doubt, throw it out! Don't rely solely on look or smell. Foods that cause food poisoning may look and smell okay. Never taste suspicious foods.

II. Planning Your Demonstration

Proper planning is crucial for ensuring a successful cooking demo. To help you plan effectively, use the Initial Planning Checklist on page 19.



Creating a Vision for Your Demonstration

Begin your planning by creating a shared vision for your demonstration with key stakeholders. These may include certain food pantry staff and volunteers as well as other community members. It may help to identify a champion or key contact within the pantry who is committed to helping you organize your demo, navigate the pantry environment, and build enthusiasm for the event.

Start thinking through some of these questions as you create your vision:

- What are some of the food and health concerns of the audience you serve?
- What are your goals for improving health and wellness for this audience?
- Have any cooking demos or tasting sessions been done at previous events? Were they successful? Why or why not?
- What types of food or wellness programs already exist here (or in this community as a whole)? For example, is there a current nutrition or wellness class or a gardening program? Do you participate in any additional federal nutrition programs, such as School Breakfast Program or National School Lunch Program, Afterschool Meals Program, Summer Meals Programs, or The Emergency Food Assistance Program (TEFAP)? How can this demo help you promote or complement these programs?
- Do you have a wellness policy or wellness standards for your organization and/or the food served here? What does it include? How well is it enforced? How can this demo help you promote this policy/standard?
- Are there any foods in your pantry that clients are unfamiliar with, that don't get taken often, or that are typically used in a less healthy manner that you would like to highlight to increase awareness?

Choosing Demonstration Recipes and/or Activities

As you select recipes and/or activities for your demo, consider the following steps:

- **Choose one message to focus on.** Ideally, you will choose just one consistent message that you will reinforce through each of your chosen recipes and activities. A simple, actionable message will allow your audience to walk away with a clear understanding of your purpose as well as one or more action items they can integrate into their daily lives to

achieve that goal. It will also help you narrow down which recipes and activities to use. In this guide we provide sample demo plans for four different messages that may be of interest to you and your food pantry. These sample plans, found on pages 33–36, include suggested activities and recipes for a particular message based on a particular amount of time you may have available. The sample plans are intended to help, but not limit you, in your planning. Please note that most activities in this guide can be modified and shortened based on available time. Feel free to look through all the activities and recipes provided in the guide and create your own pairings based on a message of your choosing.

- **Consider the interests and food preferences of your audience.** Hold conversations with others in your pantry about what types of foods are popular with this audience, what foods this audience may want to learn how to cook, or what foods you have available that you may want to promote or highlight. Keep in mind the different characteristics of your target audience so you can choose culturally-, economically-, and age-appropriate foods.
- **Consider how much time you will have available.** Plan the number of activities and recipes that can be completed in the amount of time you have. Think about both the total time of the event and how long you expect any single participant to spend at your demo.

Choosing a Location

Keep the following considerations in mind as you choose an appropriate site for your demo:

- Spaces should have sinks available for hand and food washing. If this is not possible, wash hands and food in advance and remember to bring hand sanitizer and gloves.
- Additional kitchen equipment can be helpful but is not necessary. Many of the recipes in this guide can be prepared without it. If using, check whether there are sufficient electrical outlets and extension cords for burners, blenders, or other equipment.
- Spaces should have adequate room for working with the number of participants expected.
- Consider using the waiting area of the pantry if available. This space may provide a great opportunity to educate clients as they are waiting to "shop" in the pantry.

Prior to your demo, always plan on doing a thorough walk-through of the space with anyone who will be assisting with the event to inform them of the location of the restrooms, emergency exits, trash cans, recycling bins, etc. This helps avoid surprises and can set your co-planners or co-facilitators at ease. This is also a good time to check the availability of any supplies or equipment on-site, so you will not need to purchase or bring from home.

If you plan on bringing or using equipment on-site, check to make sure it works well in advance of your demo.

Choosing a Date and Time

When planning your demo date, consider whether it should be held on its own or could be incorporated into a pre-planned, larger event that may encourage higher attendance. If not part of a larger event, think well in advance about the best date and time for holding your demo. Try to plan your event to coincide with high-traffic times that may be able to draw a larger audience. Avoid dates or times that may result in lower than normal attendance.

Staffing Your Demonstration

You will need to estimate the size of your audience to determine how many individuals are needed to staff the demo. Based on those numbers, consider the following:

- How many food samples will be prepared? How many individuals are needed to prepare this many samples? Will this be done in advance or on site?
- How many individuals are needed to help pass out samples, recipes, or other handouts?
- How many individuals are needed to help field questions about the recipes, healthy eating, your mission, or other topics? Who are the most appropriate people to answer each of these types of questions?
- If you are repeating the demo for many hours, or a full day, will you have enough individuals to take shifts?
- What other skill sets would be helpful to have on hand (e.g., a registered dietitian, professional chef, or community outreach worker who can help connect participants to federal nutrition programs such as the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) or Women, Infants, and Children (WIC) Program?

You should also think about any assistance you may need to help prep your materials before the demo (e.g., shopping for groceries, prepping ingredients). Consider asking for extra staff during the demo to help oversee the audience, troubleshoot any problems with the space, and answer any audience questions you may not know the answer to.

When recruiting volunteers to help lead your demo, make sure to educate them on the typical demographics of your food-pantry clients, as well as their motivations and barriers to healthy eating.

Consider reaching out to some of your volunteers or others in the community to help lead your demonstration. Nutrition or dietetic students, church volunteers, or other community members may be good resources to help support your event. You might want to ask a professional chef, culinary student, or someone with a culinary background, if he or she would be willing to lead or assist with the cooking portion of the demo. Chefs can give the audience great tips and alternative preparation ideas, as well as answer general questions about cooking.

Securing Resources

Each activity and recipe in this guide provides a list of foods and materials needed. Recipes have been chosen for their appropriateness for low-income families so food costs should be reasonable; however, all materials and food will have some cost, particularly for larger audiences. Thus, you may want to assess what resources are already available at your pantry (such as equipment, paper plates, utensils, and food) then seek donations for additional needs. You can also look for small grant opportunities available through service or grant-making organizations in your community to fund your demonstration.

Choosing Foods for Your Demonstration

The recipes in this guide, as well as the suggested foods to use in the activities, have been chosen based on their proven appeal to a wide range of audiences and their adherence to Cooking Matters standards. While you are encouraged to use the recipes included here, you may want to consider substituting foods that are in season or commonly available within your food pantry and geographic location. If you wish to use your own recipes for the demonstration, the guidelines on pages 23–24 may be helpful for thinking about appropriate recipes for your audience.

Determine in advance whether refrigeration is available at your site. If not, select foods that do not require refrigeration or that can safely be transported and stored in a cooler for the duration of the demo.

Limiting Liability

Though the risks are small, take necessary precautions to limit liability:

- Ask if you are covered for liability through your organization or food pantry. If you are not, you may wish to have participants sign a brief waiver before taking food samples. A sample waiver is provided on page 22, but be sure to have your legal counsel review your final waiver before using.
- Follow proper food safety protocol at all times. A list of online food safety resources can be found on page 30.
- Clearly label food allergens. Food allergies can be associated with any food, but most reactions are triggered by just eight foods: milk, eggs, fish, shellfish, soy, wheat, peanuts and tree nuts. If using, be sure to label any foods that contain these ingredients.
- Make sure to familiarize yourself with the emergency preparedness plans or evacuation routes to be aware of (e.g., in the event of a fire or setting off the smoke alarm).
- Keep a first-aid kit on hand if your facility does not provide one.

Evaluating Your Demonstration

Plan in advance whether and how you want to evaluate your demonstration. For example, you may choose to pass out evaluation forms for your audience to fill out. Evaluations can help you refine future demonstrations and allow you to report basic outcomes to any volunteers or organizations that have provided support or resources. Evaluations should be short (no more than five to six questions) and ask concise, direct questions. A sample evaluation can be found on page 29. Remember to bring extra pens, pencils, and clipboards for the audience to complete the form.

Once the audience has cleared and the demo is over, you may also ask staff, volunteers, or other fellow demo leaders and assistants to provide verbal or written feedback. Let them know you will be using this information solely to improve the next demo. Give everyone a chance to express his or her views. Ask questions like:

- Was the message appropriate for the audience? If not, why?
- Did the audience seem engaged during the demonstration? If not, why?
- What types of questions did the audience ask?
- Did the audience demonstrate understanding of the concepts taught? How do you know?
- Did the audience enjoy the recipes? Which ones were favorites? Which ones were less successful?

Preparing to Lead Your Demonstration

Consider the following steps as you make final preparations to lead your activity:

- **Complete the "My Demo Day Plan" template.** This template, found on page 37, allows you to map out your detailed plan for the demo. Enter the anticipated start times of each portion of your demo, jot down specific talking points you want to be sure to mention, or capture any other notes for how the demo should flow. Be sure to bring this plan with you on demo day.
- **Consider a practice run.** If feasible, it's a good idea to rehearse your demo in advance. Practice cooking the recipes and rehearsing the activities with everyone who will be manning the event. This will help you understand any timing issues or other kinks you want to work out before the big day. While you are welcome to refer to the recipe and activity instructions during the demo, sufficient preparation will help ensure a smooth flow to your event.
- **Review responsibilities with everyone involved.** Even if a practice run is not possible, be sure to run through the plan with everyone involved in the activity. Ensure that everyone understands their role. Use the "Final Planning Checklist" on page 20 to assist you.

- **Review nutrition and culinary messages as needed.** The nutrition and cooking messages in this guide are designed to be simple and easily understood by all audiences. In order to ensure all demo leaders feel comfortable with the information covered here, we have provided a brief primer on pages 25–28.
- **Collect the materials and food you will need.** These are listed on each activity and recipe. In addition, a more general list of helpful demonstration tools and equipment can be found on page 21. Be sure you have reviewed these lists thoroughly and know who will be responsible for bringing each item to the activity. Brainstorm any additional materials you may want (e.g., small plates for passing out samples, bowls to hold cut ingredients, or tablecloths for your table).

Organize your ingredients and equipment by recipe and activity. This way, you will have the right materials handy at the right time.

III. Planning Tools

Initial Planning Checklist

Planning Steps	Expected Completion Date	Check When Complete
Identify goals or a vision for your demo.	_____/_____/_____	
Choose a date and time for your demo.	_____/_____/_____	
Choose a location for your demo.	_____/_____/_____	
Choose foods, recipes, and activities for your demo.	_____/_____/_____	
Determine the number of demo leaders and assistants needed and recruit them.	_____/_____/_____	
Secure resources for purchasing foods and materials.	_____/_____/_____	
Investigate whether you are covered for liability already. If not, make sufficient copies of the waivers for the demo (page 22).	_____/_____/_____	
Determine if and how you will evaluate your demo.	_____/_____/_____	
Complete the "My Demo Day Plan" planning tool (page 37) or outline your anticipated sequence of events.	_____/_____/_____	
Run through the roles and responsibilities with all involved parties.	_____/_____/_____	

Final Planning Checklist

Confirm with your site supervisor:

- ☐ Demo date and time are final.
- ☐ The demo space will be cleared and made ready in advance.
- ☐ The demo space will be convenient to electricity and/or an oven (if applicable).

Confirm for yourself:

- ☐ All materials and foods needed for the demo are gathered or purchased.
- ☐ If possible, a site visit to the demo location has been conducted to familiarize yourself with:
  - ❍ Emergency exits
  - ❍ Restrooms
  - ❍ Trash and recycle bins
  - ❍ Water sources
  - ❍ Electrical outlets
  - ❍ Materials available on-site
  - ❍ Key contacts
- ☐ Advanced prep work for food is complete (e.g., fruits and veggies are washed, canned veggies are rinsed).
- ☐ Photocopies of any handouts, recipes, liability waivers, evaluations, outreach materials, or other forms being used at the demo have been made for the expected number of attendees.
- ☐ Nutrition messages have been reviewed (pages 27–28).
- ☐ Cooking messages have been reviewed (pages 25–26).
- ☐ The "My Demo Day Plan" template (page 37) has been completed and reviewed.

Confirm with all demo leaders or assistants:

- ☐ Demonstrators know the date and time of the demo.
- ☐ Demonstrators have directions to the space.
- ☐ Demonstrators know which tasks they are responsible for (e.g., which foods to prep).
- ☐ Demonstrators know which portions of the demo they will be leading (if applicable).

Tools and Equipment Checklist

Consider whether you will need the equipment and supplies below to conduct, serve, and clean up your demonstration. These items are in addition to the materials specifically listed on the recipes and activities.
Be sure you have collected what you need well in advance of the demo.

- ☐ Aprons or other protective clothing
- ☐ Extension cords (for demos requiring electricity)
- ☐ Can opener
- ☐ Hair covers (e.g., hats, hairnets)
- ☐ Disposable gloves
- ☐ Pot holders
- ☐ Soap and dish detergent
- ☐ Antibacterial wipes or gel
- ☐ Dish towels, tablecloths, and wash cloths
- ☐ Paper towels
- ☐ Scrubbing pads or sponges
- ☐ Tin foil or plastic wrap
- ☐ Kitchen timer
- ☐ Large baking sheets (for holding or transporting samples)
- ☐ Storage containers
- ☐ Cups, plates, and utensils for samples
- ☐ Napkins
- ☐ Additional ingredients for display
- ☐ First-aid kit

Consider bringing flyers or outreach materials to promote appropriate federal nutrition programs such as SNAP, WIC, or school or summer meals programs. Find outreach materials using the links on page 30.

Sample Waiver

Participation Waiver and Release

Please read, and if you agree to the statement, please initial each section on the lines below. Sign and date at the bottom of the page.

Participation Waiver

Liability Waiver: I want to participate in this cooking demo, and recognize that it could present potential cooking hazards including but not limited to: cuts, burns, slips, falls, allergic reactions, and other injuries as a result of activities, products, and equipment used. I release [INSERT YOUR NAME AND/OR ORGANIZATION], [INSERT COMMUNITY PARTNER], its agents, representatives, employees, volunteers, and any sponsors from any and all damages, causes of action, claims, and liability that might arise from my participation in this demo.

Initials _____

Media Release

I consent to and allow any use and reproduction by [INSERT YOUR NAME AND/OR ORGANIZATION] or [INSERT COMMUNITY PARTNER] of any and all photographs or videotapes taken of me and my child(ren) during my participation in this demo. I understand that [INSERT YOUR NAME AND/OR ORGANIZATION] and [INSERT COMMUNITY PARTNER] will own the photographs and videotape and the right to use or reproduce such photographs and videotape in any media, as well as the right to edit them or prepare derivative works, for the purposes of promotion, advertising, and public relations. I hereby consent to [INSERT YOUR NAME AND/OR ORGANIZATION]'s and [INSERT COMMUNITY PARTNER]'s use of my name, likeness, or voice, and I agree that such use will not result in any liability to these parties for payment to any person or organization, including myself.

Initials _____

I further acknowledge that I am at least 18 years of age.

_____

Signature Date

_____

Name (please print)

Guidelines for Choosing Foods

The foods and recipes suggested in this guide are chosen based on their accessibility and affordability for the limited-resource families that Cooking Matters serves. In addition, all of these recipes include foods that are commonly stocked at many food pantries. While we have provided a great selection of recipes for you in this guide, there is plenty of flexibility to choose your own foods as needed. If you do so, be sure to use foods you have on hand in your pantry to make the lessons practical and informative for your clients. Also consider audience food allergies, food culture, budgetary constraints, cooking skills, and access to additional ingredients and cooking equipment. Finally, you may want to survey your clients to see if there is anything in particular that they would like to learn about, or what foods they may have trouble using, before you plan your demo and recipes.

The following guidelines can help you select appropriate foods.

1. **Recipes should be low-cost.** Try to use as many ingredients as possible that are already supplied at your food pantry. This allows your clients to easily recreate recipes at home. When recipes call for additional ingredients that are not available at the pantry, avoid using expensive ingredients that audience participants cannot afford or easily access at a supermarket in the area. Use these guidelines to select lower-cost ingredients:
   - **Choose ingredients in their most whole form.** For example, use whole carrots instead of baby carrots or whole broccoli instead of prepackaged.
   - **Choose packaged ingredients that are available in a store-brand equivalent**, if more affordable.
   - **Choose ingredients that can be used in multiple meals or snacks.** If the ingredient is only used in a very small quantity in the recipe and would not be useful for many other dishes, consider leaving it out or suggesting a more common alternative.
   - **Choose ingredients available for purchase in bulk.** This is most practical if you will be using the larger amount for your demo or you have the ability to store for a future demo.
   - **Choose dried herbs and spices instead of fresh.** Dried spices are typically cheaper and more shelf-stable. Save remaining spices for future demos or consider sampling out a portion with the recipe(s) to give to interested participants.
   - **Always consider whether a less expensive form of an ingredient can be used.** For example, can you use canola oil instead of olive oil? Olive oil is typically more expensive.

   In addition, try to limit the number of ingredients to no more than eight to 10 per recipe to keep costs down. This also helps participants find the recipes more accessible.

2. **Recipes should be nutritious.** Recipes should reinforce the Cooking Matters nutrition messages and any nutrition education offered through your food pantry. Use these guidelines:
   - **Vary the forms, types, and colors of fruits and vegetables.** Aim for at least three different colors of fruits and vegetables.
   - **Choose whole grains instead of refined grains.** If using flour, use at least half whole wheat flour.
   - **Minimize the use of added sugars.** For example, choose fruits canned in 100% juice rather than syrup. Or consider whether you can use fruit to sweeten a dish as opposed to adding sugar.
   - **Use leaner cooking techniques and ingredients.** For example, bake, grill, or steam instead of frying. Use canola oil instead of butter or margarine. Choose leaner cuts of meat, or use non-meat proteins (beans are a great source of protein and widely available at many pantries). Choose dairy ingredients that are low-fat or nonfat (e.g., made with skim or 1% milk).
   - **Limit sodium.** Choose canned ingredients that are low-sodium or no-salt added whenever possible. If a food is not considered low-sodium, drain and rinse ingredients under water to reduce sodium content. Flavor with spices and herbs instead of salt.
   - **Use multiple food groups.** If creating a snack or dessert recipe, aim to include at least two MyPlate food groups. If it's a breakfast or entrée, aim for at least three food groups.

3. **Recipes should limit the use of special equipment.** Equipment should be obtainable and affordable for the audience. Try to stick to items that would be available in the average kitchen. Consider whether each item is really necessary and whether it could be replaced with a less costly tool. For example, use a knife instead of a pizza cutter or a colander instead of a strainer. Mix by hand instead of using an electric mixer. Blenders can be used when the recipe cannot be made properly without it — but avoid calling for food processors, which are less common. Consider referring clients to a local thrift store or garage sales for low-cost equipment.

4. **Recipes should be relatively quick to prepare.** Audience participants have busy lives and are members of busy families. To encourage them to cook at home, create recipes that can be made in the time a typical family would have available on a busy weeknight. Aim for total time-to-table of no more than 45 minutes to an hour, including both prep and cooking time. Include these times on the recipes.

5. **Recipes should be simple and explained clearly.** Write the instructions in short, succinct, numbered steps. Use the recipes in this book as a guide to ensure that the recipe is written at an appropriate level for the audience.

6. **Consider using no-cook recipes for your demo.** This is particularly helpful if your demo is held with participants who may not have access to refrigeration or cooking equipment.

Cooking Basics for Demo Leaders

Try this step-by-step plan for teaching cooking skills effectively and efficiently.

Step ❶: Identify a few key skills that participants can easily take back to their kitchens. Consider the ideas below. Choose recipes that allow participants to practice those skills.

➔ **Skill #1:** Using a knife safely

- Start by washing your hands thoroughly. Use warm water and soap. Wash for 20 seconds — about the time it takes to sing "Happy Birthday" twice.
- Watch your fingers! Make a "claw" (fingers tucked towards the palm) with the hand that is holding the food.
- Cut round foods in half. This creates a flat surface so foods will not move when you cut them.
- Lead with the tip. The tip of the knife should be angled toward the cutting board.
- Slide the knife down and back up like a saw. Don't just push down.

➔ **Skill #2:** Roasting veggies

- Preheat your oven to 400°F.
- Cut veggies into same-size pieces so they cook evenly.
- Toss veggies with a small amount of oil and your favorite fresh or dried herbs and spices.
- Spread into a thin layer on a baking sheet or dish.
- Place in oven. Cook until they are done to your liking.
- Taste veggies. Add a little salt and pepper, if needed.

Step ❷: Choose a few fun cooking facts or tips. Insert these tips throughout your demo to liven things up. Try these ideas.

➔ **Fun Tip #1:** Water, the secret culinary ingredient

Check out all the things water can be used for in cooking:

- Pour in your pan to release the crusted-on flavors. It's cheaper than using stock!
- Thin out an over-reduced sauce.
- Rinse off your knife between uses.
- Add a small amount to a pan and use to steam veggies.
- Quench your thirst while cooking.

➔ **Fun Tip #2:** Temperature truths

- Hot pan, cold oil. Always heat your pan over medium heat before adding fat. When the pan is hot, add a small amount of oil. When the oil is hot, add the food.
- Slow and low. The best way to cook foods in liquid is at low temperatures for a long time. Stewing and braising break down tough fibers and bring out flavors. They are great ways to cook leaner meats.
- High and fast. A lot of heat for a short amount of time is the best way to seal in flavors without using much fat. Seal in a crust on meat or fish. Stir-fry veggies to keep a nice crunch.

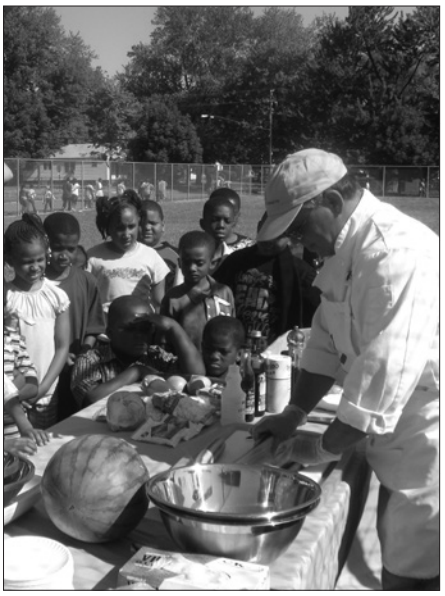
Step 3: Create an organized demo environment. Try these tips:

- **Provide an overview**. Let participants know what they will be expected to do during this demo. Pass out copies of the recipe and review it together. Explain what their roles will be (e.g., this half of the table will combine these wet ingredients while the other half combines the dry ingredients).
- **Demonstrate the skills**. Before passing out ingredients and allowing participants to begin, demonstrate the key skills. Use just enough of each ingredient to show participants the basic technique and any safety tips.
- **Talk while participants prep**. Use the time when participants are prepping to introduce talking points or tips. This will help keep the demo moving and use time efficiently.

Running short on time? Try these tricks in a pinch:

- Cut food into smaller pieces so it cooks faster.
- Do prep work for more than one recipe at the same time.
- Demonstrate only the more complex steps. For easier steps that participants are most likely familiar with (e.g., peeling veggies, boiling pasta), just explain what you have done.

Nutrition Basics for Demo Leaders



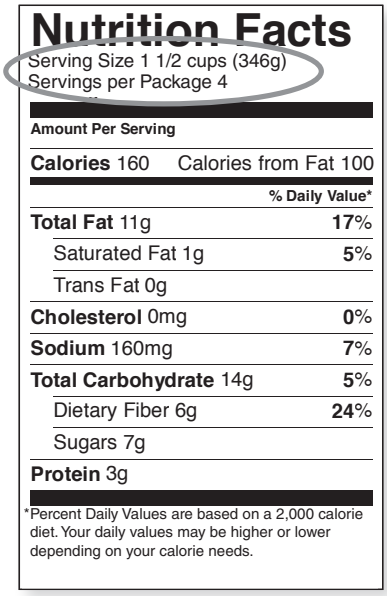
Most people don't need a lot of complex, scientific information about food. They eat certain foods because they like them, and having the opportunity to taste new foods helps them learn to like a wider variety of healthy foods. In keeping with the way most people learn about food, the nutrition messages in this guide are deliberately simple and easy to understand. Demo leaders may wish to review the basics of these messages in order to feel confident answering questions or reinforcing messages in a variety of ways. For those who want to know more, we recommend checking out the resources and information available at www.choosemyplate.gov.

Message 1: Eat from every food group, every day.

The five food groups outlined on the MyPlate handout (page 65) are Grains, Fruits, Vegetables, Protein, and Dairy. Most people know the basics of the food groups already. It's not necessary to go into detail about each group. Instead, have the audience think about how they can eat foods from all five food groups every day. Remind them that all food groups provide important nutrients that help them live active, healthy lives. No single food group can provide everything they need to be healthy, so it's important to eat from all five food groups. Reinforce this message by choosing recipes that use at least three food groups and talking about ways to get in more fruits and vegetables (food groups that are missing in many people's diets!) at meal and snack time.

Message 2: Eat a variety of colorful fruits and vegetables.

Fruits and vegetables of similar colors have similar vitamins and nutrients that provide important functions in our body. For instance, yellow and orange fruits and vegetables contain nutrients that provide us with a healthy heart, good vision, and strength to fight off colds. As with food groups, remind the audience that no single color fruit or vegetable can provide us with everything we need to be healthy. We need to eat from different color groups each day. It's not necessary for the audience to know the specific vitamins and nutrients in each color group. Instead, focus on the simple message of choosing a variety of colorful fruits and vegetables. Reinforce the message by using colorful produce in your recipes. Emphasize the visual appeal of "making your plate a rainbow" and filling at least half your plate with colorful fruits and vegetables.



Message 3: Choose whole grains as often as you can.

Whole grains are called "whole" because they contain the entire kernel of grain. Refined grains are called "refined" because during processing, parts of the grain kernel are removed. The parts that are removed contain important vitamins and nutrients. "Enriched" grains add back in only some of the vitamins and nutrients; they do not contain the entire grain kernel and are not whole grains. Use simple analogies that will help the audience understand the importance of choosing whole grains. For instance, whole grains are like a broom that sweeps through the body and removes the "bad stuff," just like a broom removes dirt from a house. It's also appropriate to teach your audience how to identify whole grain foods. The trick is simple — look at the first ingredient in the ingredients list. If the first ingredient is a whole grain (like whole wheat flour, whole grain oats, brown rice, or bulgur), then the food is a whole grain. Most importantly, let your audience taste how delicious whole grains can be! Many people have very little experience with whole grains — you can open up a whole new world of tastes by letting them explore these foods.

Message 4: Compare food labels to make healthier choices.

Food labels may seem complicated, but simple messages about comparing labels are fairly easy to understand. Show the audience a sample label from an actual food package, or use the sample label on the Label Lingo handout (page 63). Start by focusing on the number of servings in the package. People often do not realize that a single package or bottle (for instance, a 20-ounce soda) can actually contain multiple servings. Show the audience the amount in one serving (for instance, by pouring out 8 ounces of the soda into a glass) and the amount in the entire package. Ask them how much they would typically eat or drink. If there are two servings within the package and people say they would eat it all, then everything on the label must be multiplied by 2 to give you the nutrition facts for the amount they would eat.

Next, explain that you can compare labels for different foods and beverages to find out which one has lower amounts of less desirable nutrients (such as sugar, sodium, and saturated fat). You may wish to focus on a single nutrient, such as sugar for beverages. Have the audience compare the amounts of that nutrient across multiple packages, keeping in mind the number of servings per package. Ask them to choose the one with the lower number.

Wrap up discussions about labels by reminding the audience that many healthy foods, like fruits and vegetables, do not even have labels. Encourage them to make their own foods and drinks when they can and to include plenty of fruits, vegetables, and whole grains.

Sample Participant Evaluation Form

Please take a few moments to answer the following questions. Your responses are completely confidential and voluntary.

Circle your response.

1. Please give this demonstration an overall rating.

   Excellent Good Fair Poor

2. Please give the instructor an overall rating.

   Excellent Good Fair Poor

3. What did you like best about the demonstration?

_____

4. What did you like least about the demonstration?

_____

5. Would you consider attending another demonstration in the future?

   Yes No

6. Have you, or other members of your household, participated in any of the following programs in the last year? (Check all that apply)

   ☐ WIC
   ☐ SNAP (formerly Food Stamps)
   ☐ Free or reduced-price school breakfast
   ☐ Free or reduced-price school lunch
   ☐ Head Start
   ☐ Food pantry
   ☐ I do not participate in any of the above programs

Use the space below to leave any messages or comments for the instructor.

_____

_____

_____

Thank you for completing this evaluation!

Online Resources for Demo Leaders

Healthy Pantry Resources

www.ampleharvest.org

www.feedingamerica.org

Food Safety

Safe Food Handling

www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling

www.foodsafety.gov

www.foodsafety.gov/keep/charts/index.html

www.foodsafety.gov/keep/basics/index.html

Safe Food Serving

www.fns.usda.gov/tn/Resources/servingsafe_chapter4.pdf

Food Assistance Programs

http://bestpractices.nokidhungry.org

www.cbpp.org/cms/index.cfm?fa=view&id=2226

http://bestpractices.nokidhungry.org/early-childhood-nutrition

https://www.fns.usda.gov/wic

http://www.fns.usda.gov/cnd/Breakfast/expansion/marketingresources.htm

www.whyhunger.org/findfood

http://211.org/

IV. Leading Your Demonstration

We are pleased to provide you with a selection of Cooking Matters activities, handouts, and recipes used to teach a variety of audiences about healthy, low-cost eating and cooking. We hope that these materials, designed for and tested with the families in our six-week courses, may serve as useful tools for your demo.

As a reminder, we suggest that you determine what foods are available in your pantry, decide on a key message you want to convey to your audience during the demo, then choose the specific recipes, activities, and handouts that will help you reinforce this message based on the time you have available. See "Choosing Demonstration Recipes and/or Activities" on page 13 and check out our suggested process flow in the chart below. To assist you, we have created some sample demo-day plans that guide you through suggested talking points, activities, recipes, and handouts based on a particular message and amount of time available. Keep in mind that these suggestions are just the beginning. Choose your own combination of activities, handouts, and recipes based on another message of your liking (e.g., "eat from every food group every day" or "compare labels to make healthier choices") and how much time you have for your demo. Be creative and remember to have fun!

Take inventory of your food pantry.

Be sure to check your pantry and see what items you have available to use for your demo. If you conducted a survey of your clientele, consider incorporating foods or activities based on your clients' responses.

Choose your message.

Remember to focus on one key message to keep your lesson simple and memorable. Some messages you may wish to choose from include:

- Eat a variety of colorful fruits and vegetables.
- Choose whole grains as often as you can.
- Choose drinks with less sugar or make your own.
- Choose lean and low-fat proteins.
- Make your own healthy snacks at home.

Determine the amount of time you have available.

This will determine the basic structure of your demo and how much you are able to accomplish. See the table on page 32 for suggested structures based on the time you have.

Choose your recipes and activities.

Review the sample plans on pages 33–36 for ideas. Then check out the recipes, handouts, and activities sections of this guide for a wide array of options. Remember that you can modify most activities included in this guide based on time that you have available.

Create your plan.

Once your message, activities, and recipes are chosen, complete the "My Demo-Day Plan" template on page 37. This resource allows you to map out your demo time and jot down points you want to be sure to mention. This will help you stay on track during the actual event. Don't forget to print and take it with you to the demo!

Time Available	Less than 10 minutes	10–20 minutes	20–30 minutes	30–60 minutes (or more)
Use the structure below if:	• Clients are passing through the pantry with little or no time to sit for a demo or lesson.	• You have a little more time to engage with clients (e.g., while they are waiting to do their pantry "shopping").	• You have even more time to engage with clients (e.g., during a scheduled demo day or event).	• You have the most time to engage with clients (e.g., during a scheduled demo day or event).
Suggested structure:	• In advance, prepare samples of a recipe that correspond to your nutrition message. • Pass out samples and a copy of the recipe to each client. • Point out that the ingredients (or some key ingredients) in the recipe are available today in the pantry. • As participants walk through the pantry, highlight your key nutrition message.	• Prepare a short nutrition lesson with one focused message. • If applicable, have visual aids to use as talking points and reinforce your message. • If time allows, demonstrate how to prepare the recipe in front of your audience. Otherwise, prepare samples in advance and distribute during or after your lesson. • Pass out the recipe and any applicable handouts that will serve as a reminder of your nutrition message.	• Choose an activity from the "Activity Bank" that can be done in the time you have available. • If time allows, demonstrate how to prepare the recipe in front of your audience. Or have them help you prepare it. Otherwise, prepare samples in advance and distribute during or after your lesson. • Have participants sign waivers if doing hands-on activities or food prep. • Pass out the recipe and any applicable handouts that will serve as a reminder of your nutrition message.	• Choose an activity from the "Activity Bank" that can be done in the time you have available. • Choose a recipe that you can demonstrate in front of the audience, or have them help prepare, in the time you have available. • Have participants sign waivers if doing hands-on activities or food prep. • Pass out the recipe and any applicable handouts that will serve as a reminder of your nutrition message.

Sample Demo Plan 1

Total time available: 5 minutes

Items in the pantry I want to highlight: Mixed fruit canned in 100% juice, whole grain cereal.

Nutrition message I want to communicate: Make your own healthy snacks at home.

Items to have completed in advance: Prepare and sample out yogurt parfaits (page 104), draining canned fruit before using. Hang MyPlate poster.

Materials Needed Checklist:

- ❑ Ingredients for recipe
- ❑ Sample cups
- ❑ Gloves
- ❑ Spoons
- ❑ Napkins
- ❑ Copies of Yogurt Parfait (page 104)
- ❑ Copies of Snack Smart (page 66)
- ❑ MyPlate poster

Introductions (Time available: 0-1 min)

- ❍ Introduce yourself. Briefly explain that you will be preparing a healthy snack recipe using ingredients from the pantry today.
- ❍ Talking points:
  - *Today I'd like to talk to you about making healthy snacks at home with foods you have on hand.*
  - *Following this demo, I hope you will try the recipe at home and modify it according to your food preferences and what you have on hand.*

Nutrition Lesson (Time available: 1-2 min)

- ❍ Talking points:
  - *What do you typically snack on at home?*
  - *Many foods you normally have on hand and foods you'll find in this pantry can be used to make healthy snacks.*
  - *When you fix a snack, think about the food groups you're eating from. Try to get at least two food groups into your snack. In particular, snack time is a great time to add more fruits and veggies to your day.*
- ❍ Refer to the MyPlate poster and quickly review the five food groups.

Recipe Demo (Time available: 0-1 min)

- ❍ Pass out prepared samples.

Wrap Up (Time available: 0 -1 min)

- ❍ Ask participants to sample the food and share their impressions. If participants didn't enjoy the recipe, discuss options for modifying according to their preferences.
- ❍ Talking points:
  - *Make sure to take some canned fruit and cereal in the food pantry today so you can make parfaits at home.*
  - *Are there any questions?*
- ❍ Pass out the recipe and **Snack Smart handout** as they leave the demo.

Sample Demo Plan 2

Total time available: 15 minutes

Items in the pantry I want to highlight: Whole wheat pasta.

Nutrition message I want to communicate: Choose whole grains as often as you can.

Items to have completed in advance: Prepare and set out pasta dish samples. Gather materials for "Putting Whole Grains to the Test" on page 47. Hang MyPlate poster.

Materials Needed Checklist:

- ❑ Ingredients for recipe
- ❑ Materials for activity
- ❑ Sample cups
- ❑ Gloves
- ❑ Spoons
- ❑ Napkins
- ❑ Copies of Step-by-Step Pasta Dinner (page 75)
- ❑ Copies of Be a Whole Grain Detective (page 54)
- ❑ MyPlate poster

Introductions (Time available: 0-1 min)

- ❍ Introduce yourself. Briefly explain that you have a delicious recipe for them to try today using ingredients from the pantry.
- ❍ Talking points:
  - *Today I'd like to talk to you about choosing whole grains as often as you can.*
  - *Following this demo, I hope you will try the recipe at home and modify it according to your food preferences and what you have on hand.*

Nutrition Lesson (Time available: 10 min)

- ❍ Refer to the MyPlate poster and quickly review the 5 food groups.
- ❍ Talking points:
  - *Have you heard of whole grains before? What are they? Can you share some examples?*
- ❍ Lead clients in the **Putting Whole Grains to the Test activity** on page 47, allowing just 5 minutes for the breads to soak.

Recipe Demo (Time available: 0-1 min)

- ❍ Pass out prepared samples of a pasta dish made using the **Step-by-Step Pasta Dinner recipe framework**.

Wrap Up (Time available: 2-3 min)

- ❍ Ask participants to sample the food and share their impressions. If participants didn't enjoy the recipe, discuss options for modifying according to their preferences.
- ❍ Talking points:
  - *Whole grains are great for your health — they can lower your risk of some diseases and help you maintain a healthy weight. They can also keep you full longer. Try using whole grains in place of refined grains as often as you can.*
  - *Make sure to take some whole wheat pasta in the food pantry today so you can try the recipe at home.*
  - *Are there any questions?*
- ❍ Pass out the recipe and the **Be a Whole Grain Detective handout** as they leave the demo.

Sample Demo Plan 3

Total time available: 25 minutes

Items in the pantry I want to highlight: Low-fat milk, 100% fruit juice.

Nutrition message I want to communicate: Choose drinks with less sugar or make your own.

Items to have completed in advance: Gather ingredients and materials for the **Healthy Drinks Taste Test activity** on page 43 and the **Sugar Overload activity** on page 49.

Materials Needed Checklist:

- ❑ Ingredients and materials for activities
- ❑ Copies of Fruit Smoothie recipe (page 85)
- ❑ Copies of Drink Smart (page 58)
- ❑ Copies of Drink to Your Health (page 59)

Introductions (Time available: 1-2 min)

- Introduce yourself and your course team members. Explain that you have a fun activity for them today and some tasty drinks to make and taste together, using ingredients from the pantry.
- Talking points:
  - *Today I'd like to talk to you about choosing drinks with less sugar — or making your own!*
  - *Following this demo, I hope you will feel confident that you can make low-sugar beverage choices or make your own if you want.*

Nutrition Lesson (Time available: 10 min)

- Talking points:
  - *What do you normally have to drink when you're thirsty? What do you drink with meals and snacks?*
- Lead clients in the **Sugar Overload activity**.
- Refer to the **Drink to Your Health handout**. Discuss why it's better to drink mostly water and low-fat milk, smaller amounts of 100% juice, and very few sodas or other sugary drinks.
- Let participants know we can create our own tasty beverages that have much less sugar and are good for our bodies.

Recipe Demo (Time available: 10 min)

- Lead participants in the **Healthy Drinks Taste Test activity**, allowing them to prepare and sample different healthy beverages.

Wrap Up (Time available: 2-3 min)

- As participants sample the beverages, ask them to share their impressions. If participants didn't enjoy a beverage, discuss options for modifying according to their preferences.
- Talking points:
  - *There are lots of flavorful drink options that won't load you up on added sugars. As you've just seen, they're easy to make too!*
  - *Remember that tap water is free, contains no calories, and helps you replace fluids you lose throughout the day.*
  - *Make sure to take some low-fat milk and 100% juice in the food pantry today so you can try making these drinks yourself at home.*
  - *Are there any questions?*
- Pass out the **Fruit Smoothies recipe**, the **Drink Smart handout**, and the **Drink to Your Health handout** as they leave the demo.

Sample Demo Plan 4

Total time available: 45 minutes

Items in the pantry I want to highlight: Black beans.

Nutrition message I want to communicate: Choose lean proteins.

Items to have completed in advance: Gather ingredients for Black Bean and Vegetable Quesadillas on page 84. Gather materials for the **Fat Face Off activity** on page 40. Hang MyPlate poster.

Materials Needed Checklist:

- ❑ Ingredients for recipe
- ❑ Materials for activity
- ❑ Sample cups
- ❑ Gloves
- ❑ Spoons
- ❑ Napkins
- ❑ Copies of Black Bean and Vegetable Quesadillas (page 84)
- ❑ Copies of Know Your Fats (page 62)
- ❑ MyPlate poster

Introductions (Time available: 2-3 min)

- ❍ Introduce yourself. Explain that you have a fun cooking activity for them today.
- ❍ Let them know that you will invite them up to help you with the cooking later in the demo.
- ❍ Have everyone complete waivers.

Nutrition Lesson (Time available: 15 min)

- ❍ Refer to the MyPlate poster and quickly review the five food groups.
- ❍ Talking points:
  - *What types of foods are in the protein group? What do these foods have in common?*
  - *Foods in this group have higher amounts of protein. Many, but not all, of these foods come from animals. Animal protein is typically higher in saturated fat. When choosing foods in this group, it's important to choose lean options as often as possible.*
- ❍ Highlight lean protein choices, such as beans, poultry with skin removed, fish, meat from the loin or round, and tofu.
- ❍ Transition discussion to choosing lower-fat options when eating out. Lead participants in the **Fat Face Off activity**.
- ❍ Reinforce the benefits of cooking food at home ourselves. We can save money and have control over the ingredients — allowing us to make it healthier and to our particular tastes.

Recipe Demo (Time available: 20 min)

- ❍ Explain the importance of hand washing and demonstrate how to properly wash hands. Have all participants who will help with the demo wash their hands.
- ❍ Review knife safety.
- ❍ Invite participants up to help you prepare the **Black Bean and Vegetable Quesadillas recipe**. Explain that the recipe includes beans, a lean protein source. Point out that rinsing beans before using can get rid of up to 40% of the sodium.

Wrap Up (Time available: 6-7 min)

- ❍ Ask participants to sample the food and share their impressions. If participants didn't enjoy the recipe, discuss options for modifying according to their preferences.
- ❍ Talking points:
  - *Try using lean proteins as often as you can. Using inexpensive proteins like beans, peas, eggs, or canned seafood in place of meats and poultry several times a week is also a good way to save your money.*
  - *Make sure to take some beans in the food pantry today so you can try the recipe at home.*
  - *Are there any questions? Will you use any of the information you learned today? How?*
- ❍ Pass out the recipe and the **Know Your Fats handout** as they leave the demo.

My Demo-Day Plan

Total time available: _____ minutes

Items in the pantry I want to highlight: _____.

Nutrition message I want to communicate:_____.

Items to have completed in advance: _____.

Introductions (Start time:_____)

- Introduce_____.
- If the group is small, have participants introduce themselves and share their favorite food.
- Explain the message or theme of your demo. The theme of this demo is: _____.
- Following this demo, I hope you will:_____ _____.
- Some courtesies I'd like to ask for during this demo include:_____ _____.
- Fill out waiver, if using.

Nutrition Lesson (Start time:_____)

- Question(s) I would like to ask the group: _____ _____.
- Talking points I'd like to make: _____ _____.

First Activity (Start time: _____):_____ _____.

Second Activity (Start time: _____):_____ _____.

Materials Needed Checklist:

- ❑ Ingredients for recipe
- ❑ Materials for activity
- ❑ Sample cups
- ❑ Gloves
- ❑ Spoons
- ❑ Napkins
- ❑ Copies of _____ recipe
- ❑ Copies of _____ handout
- ❑ MyPlate poster
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Hand Washing, Using a Sink or Antibacterial Wipes/Gel (Start time:_____).

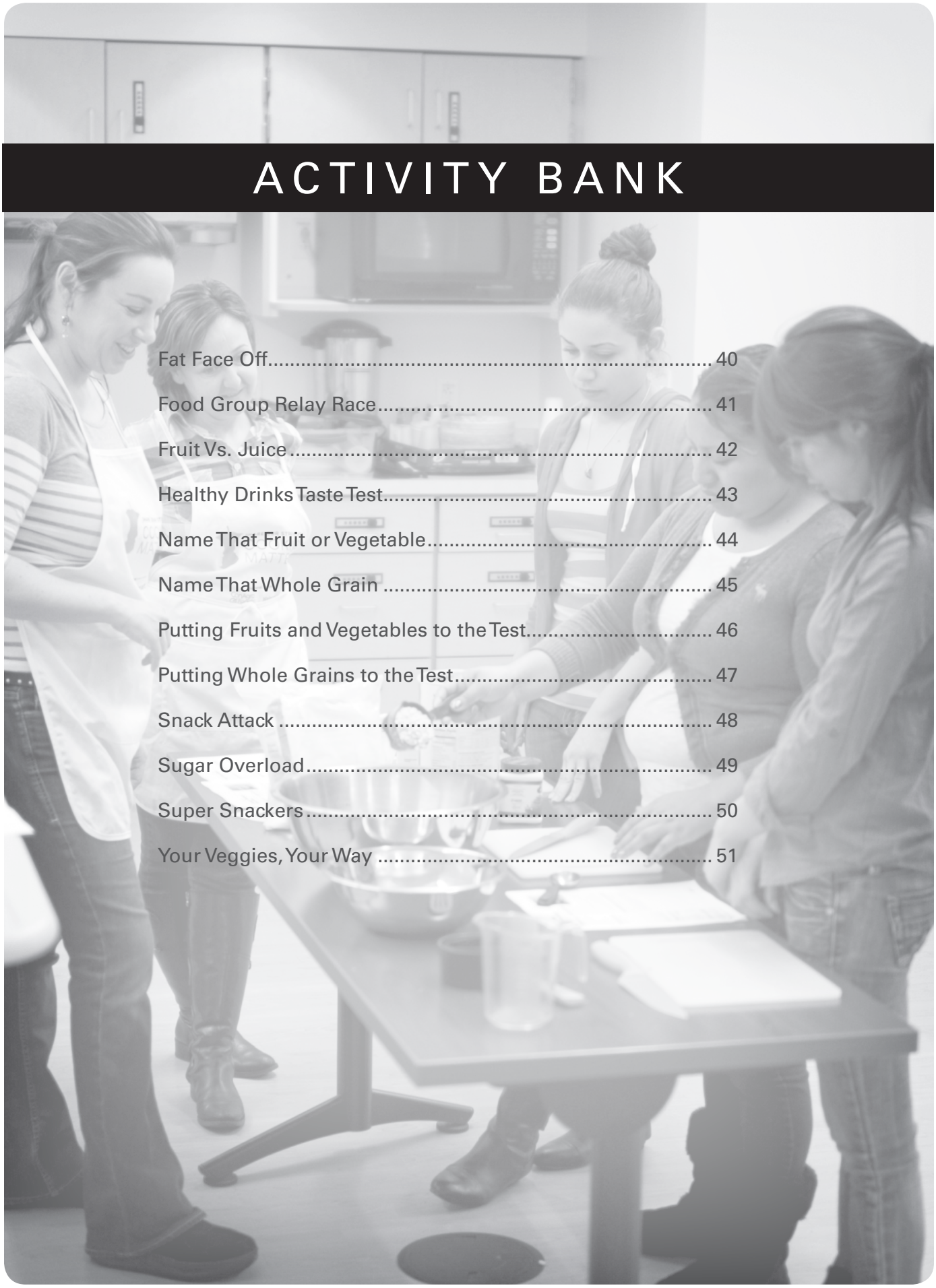
Recipe Demo (Start time:_____)

- Name of recipe(s):_____.

Wrap Up (Start time:_____)

- Have participants sample the food and share their impressions. If participants didn't enjoy the recipe, discuss options for modifying according to their preferences.
- Reinforce main messages with participants_____.
- Be sure to take_____ingredient(s) in the food pantry today.
- Are there any questions?
- Pass out recipe(s) and handouts as participants leave the demo.

N O T E S



ACTIVITY BANK

Fat Face Off

Estimated Time: 15 minutes

Materials:

- ☐ Flip-chart paper or white board
- ☐ Marker
- ☐ Nutrition facts labels and printed nutrition information
- ☐ Blank paper
- ☐ Pens
- ☐ Small bowl of shortening
- ☐ Two disposable or reusable plates
- ☐ Teaspoon-size measure
- ☐ Disposable gloves
- ☐ Calculator

Handouts:

- ☐ Know Your Fats, page pgn

TIP:

- Consider covering brand names or using pictures of Nutrition Facts labels for non-branded products to avoid brand bias.

In Advance

1. Gather nutrition information (packages with nutrition facts labels, nutrition facts printed from restaurant websites, or nutrition information in Cooking Matters manuals) for convenience food and home-cooked or less processed options in the following categories:

Convenience Food Option	Cooking Matters Meal
Fast food meal (e.g. cheeseburger or chicken nuggets, French fries)	Similar Cooking Matters meal (e.g. Chicken Burger or Baked Flaked Chicken, Sweet Potato Fries)
Prepackaged meals (e.g. frozen pizza, "just add meat" boxed meals)	Similar Cooking Matters meal (e.g. The Works Pizza, Turkey Burger Macaroni)
Packaged snack options (e.g. packaged tortilla chips and cheese dip, ice cream)	Similar Cooking Matters snack (e.g. Homemade Corn Tortilla Chips and Mango Salsa, Yogurt Parfait)

2. On flip-chart paper, write two sample meals and the total grams of saturated and trans fat:

Fast Food Meal	Saturated Fat + Trans Fat = Unhealthy Fat
Double bacon cheeseburger	9.5 g + 1 g = 10.5 g
Large French fries	3.5 g + 0 g = 3.5 g
Total	**14 g**
Cooking Matters Meal	
Chicken Burger	3 g + 0 g = 3 g
Sweet potato fries	0 g
Total	**3 g**

3. Below that, write:
   - Grams of unhealthy fat ÷ 4 = teaspoons of shortening

   Example:
   - 14 grams of fat ÷ 4 = 3.5 teaspoons of shortening

4. Display the flip chart where families can see it.
5. Display two disposable or reusable plates, one labeled "Convenience Food" and one labeled "Home-Cooked Food."

In Class

1. Use the flip-chart that you set up in advance to walk through the activity as a group. Or, if more time allows, use the flip chart as an example and set up groups to work through their own comparisons.
2. Divide teens into their Extreme Food Makeover groups. Provide each group with nutrition information for one convenience food option or one comparable home-cooked option that is lower in unhealthy fats.
3. Ask each group to add up the total grams of unhealthy fat in their assigned option. Remind teens that saturated and trans fats are both unhealthy fats. Explain that the total grams of unhealthy fat will be represented by shortening because both types of unhealthy fat are usually solid at room temperature. Walk around the room and assist as needed.
4. Ask teens to share the total grams of unhealthy fat for their assigned meal or snack. Use the equation to calculate the number of teaspoons of shortening that represent the unhealthy fat content for each option. Have one teen from each group volunteer to scoop the calculated amount of shortening onto the appropriate plate ("Convenience Food" or "Home-Cooked Food").
5. As you go through each example, continue adding to the appropriate plate. By the end, you will have two side-by-side plates, one representing the combined unhealthy fat content of several convenience foods and one representing the combined unhealthy fat content of several healthier, home-cooked versions of those foods.
6. Have teens compare the results. Point out how quickly unhealthy fat can add up when eating fast food, packaged meals and snacks, and other convenience foods, but that reading labels and choosing healthier versions of convenience foods can make a big difference.
7. **ASK:** How can you make smarter choices when you're out to eat using everything you have learned in class? Provide suggestions as needed (e.g., choosing fruits, vegetables, whole grains, beverages without added sugar, and lean proteins).

   Menu Mania, page 21
8. Ask teens to share reasons why they purchase fast foods or other convenience foods. Acknowledge their reasons but encourage them to consider the tradeoffs.
   - **Taste:** Healthier, tasty versions of fast-food and packaged favorites can be made at home. Point teens to relevant recipes in their books that they may consider using for their makeover meal. Have teens recall other tasty meals they have made in class.
   - **Cost:** Point out that many fast foods or other convenience foods can actually be made at home for less money, which we'll talk more about next week.
   - **Time:** Point out that in the time it takes teens to walk or drive to a fast-food restaurant, wait in line, and order, they could prepare many great meals and snacks. Have teens recall the grab-and-go breakfasts they prepared. Explain that we will soon talk about easy, healthy snacks that can be made in minutes.

TIP:

- If time is short, simplify the activity by writing a description of each meal on a separate piece of paper or index card. Give one copy of each description to each group. Do not tell groups the total amount of unhealthy fat in each meal, but have the amounts calculated ahead of time. Ask each group to organize the meals from highest to lowest in unhealthy fat. When time is up, reveal the amount of unhealthy fat in each meal and discuss any surprises. Point out where home-cooked, fast-foods, and other convenience foods fall in the lineup. Consider awarding points to the winning team..

Food Group Relay Race

Estimated Time: 20 minutes

Suggested Audiences:
Kids and Teens

Materials:

- ☐ 2 paper bags
- ☐ Marker
- ☐ Food pictures or food models, at least 12 per food group
- ☐ MyPlate poster, optional

Handouts:

- ☐ MyPlate, page 65

In Advance

1. Divide food pictures into two piles. Make sure there is a roughly even distribution of foods from each food group, and of "everyday" and "sometimes" foods. "Everyday" foods are foods that are OK to eat every day. "Sometimes" foods are foods that are OK to eat every once in a while.
2. Label one paper bag "everyday" and the other "sometimes" foods.
3. If using a MyPlate poster, display where participants can see it.

With Participants

1. Ask participants to name the five MyPlate food groups. Have them call out examples of foods from each food group. **Ask:** Do you think all foods within each food group are OK to eat every day? Give an example, like a piece of cake in the Grains group. Have participants give examples of "sometimes" foods versus "everyday" foods in each food group (e.g., apple pie versus apples in the Fruits group, a hamburger versus black beans in the Protein group).
2. Divide participants into two groups. Give each group a pile of food pictures.
3. Tell participants they will have two minutes to sort their pile of pictures into the five food groups. When you call time, review each group's placements. Gently correct as needed.
4. Place the two bags at one end of the room. Have teams line up at the other end. Ask each team to bring only their Grains group food pictures with them.
5. Explain that when you say "go," each team will look through the pictures and decide which bag each food should be in: "everyday" or "sometimes." The first person in line will run up and place one food picture in the correct bag, run back, and slap the next team member's hand. Then, the next person runs up to place the next food picture, and so on. Each team will repeat this process until all of their Grains group food pictures have been placed. The first team to finish and sit down is the winning team.
6. Review where foods were placed. Gently correct as needed. Ask if participants are surprised by the results.
7. Repeat with pictures from each food group as time permits.

TIPS:

- If your group is large, have picture cards pre-sorted into food groups. Skip step 3. Form even numbers of teams according to the amount of participants you have. Let the first two teams race against each other using only Grain group pictures. Let the next two teams race using only Fruit group pictures, and so on until all teams have had a turn.
- Make copies of the MyPlate handout to pass out during this activity.

Fruit Vs. Juice

Estimated Time: 15 minutes

Suggested Audiences:
Kids and Families

Materials:

- ☐ 1 orange for every three kids or families
- ☐ Napkins
- ☐ Small paper cups
- ☐ A whole orange, a whole apple, and some grapes
- ☐ 1 (6- to 8-ounce) clear cup
- ☐ 6 ounces of orange juice

In Advance

1. Cut oranges into six segments. Remove seeds.
2. Fill the clear glass with six ounces of orange juice.

With Participants

1. Place the whole fruits where participants can see them.
2. Hold up the glass of orange juice. Ask kids to identify what is in the glass and which fruit on the table this juice comes from.
3. Give one orange segment, napkin, and paper cup to each participant. Have everyone taste the orange together.
4. After eating the orange segment, give each participant another segment. Ask them to squeeze the juice out into the small cup.
5. Point out how much juice comes out of each segment compared to the juice in the glass. Ask kids to guess how many oranges it would take to fill up the glass. **Ask:** Could you eat this many? Why or why not?
6. Explain that the fiber in whole fruit makes you feel fuller than drinking juice. Compare fiber to a broom — it sweeps through your body and cleans out the "bad stuff." Point out that while fruit and juice contain important nutrients that help us grow strong, the whole fruit is the better choice because it gives us the fiber we need and has fewer calories than juice.
7. Point out the other whole fruits on display. Ask kids what kind of juice they make. Reinforce that, just like oranges, these fruits contain more fiber in their whole form than in juice form.

TIPS:

- If your group is large, skip steps 3 and 4. Instead, have just a few kids come to the front to squeeze the juice from one segment into cups.
- Point out that a good rule of thumb is to drink no more than six to eight ounces of 100% juice per day. Remind participants that six ounces is the amount in the clear cup.
- Show participants how to check the label to be sure they are buying only 100% juice.
- Show participants how to add fizz and cut calories. Make the Raspberry-Lime Fizz (page 95) as part of your demo.

Healthy Drinks Taste Test

Estimated Time: 15 minutes

Suggested Audiences:
Kids, Teens, Adults, and Families

Materials:

- ☐ Small disposable cups
- ☐ Materials and ingredients for preparing beverages chosen from the table to the right

Handouts:

- ☐ Drink Smart, page 58

TIPS:

- Make copies of the Drink Smart handout and the Fruit Smoothies recipe to pass out during this activity.
- If time permits, have each group practice making the drink at each station, rather than just sample the drinks the other groups have already prepared.

In Advance

1. Set up stations around the demo area for participants to make and taste a variety of healthy drinks, using ideas in the table below.
2. Make sure each station has the appropriate equipment to create and serve the drink for that station.

Beverage	Ingredients	How to Prepare
Fruit smoothies	See the **Fruit Smoothies recipe** (page 85).	See the **Fruit Smoothies recipe** (page 85).
Flavored water	• Lemons, limes, oranges, and cucumbers • Fresh mint leaves, rosemary, or other fresh herbs	• Rinse and slice fresh lemons, limes, oranges, and cucumbers. • Snip mint leaves, rosemary, or other fresh herbs. • Fill several pitchers with ice water and add any combination of ingredients to each pitcher.
Fruit-juice sodas	• Seltzer • Variety of 100% juices • Lime • Optional: Lemon, lime, or orange slices	• Fill a large pitcher, ½ juice and ½ seltzer water. • Rinse the lime and cut in half. Squeeze the juice from each half into the pitcher. • Mix well and add ice before serving. Add fruit slices, if using.

With Participants

1. Explain how each drink is prepared. Divide participants into groups. Assign groups to a starting station.
2. Have each group work on preparing the drink at their station, making enough for the entire audience to sample. When they are finished, invite them to move to the next station and taste the healthy drink another group has made. Repeat until participants have visited each station.
3. When everyone is finished sampling, engage participants in discussion. **Ask:** Which healthy drinks did you enjoy the most? Why? Which would you like to make at home?
4. Point out that healthy habits start with small changes. Encourage participants to start by choosing water, low-fat milk, or a homemade healthy drink instead of a sugary drink once a day or even once a week.

Name That Fruit or Vegetable

Estimated Time: 15 minutes

Suggested Audiences:
Kids, Teen, Adults, and Families

Materials:

- ☐ 4–6 colorful fruits and vegetables that may look or taste unfamiliar to participants
- ☐ Dips or spreads (see instructions)
- ☐ Bowls for any dips
- ☐ Serving spoons
- ☐ Plates, one for each participant

Handouts:

- ☐ Delicious Dips and Spreads, page 57

In Advance

1. Purchase 4–6 fruits and vegetables that may look or taste unfamiliar to participants (e.g., mango, apricot, squashes, eggplant). Choose fruits and vegetables of many different colors.
2. Cut each food into bite-size pieces. Place a small amount onto a plate for each participant. Preserve at least one whole form of each fruit or vegetable so that participants can see what it looks like.
3. Choose and prepare any dips or spreads from the **Delicious Dips & Spreads handout** to offer with the food samples. Set out dips in bowls. Place a serving spoon in each bowl.

With Participants

1. Ask participants to call out some of their favorite fruits and vegetables. Have them share how they like to eat them (e.g., raw, roasted, with dip, on a salad).
2. Pass out one plate to each participant. Ask them not to try the samples yet.
3. Point out one of the samples. Ask participants to match it to the whole form at the front of the room and guess its name. When they have correctly identified the food, pass the whole form around and ask participants to describe what they notice about it (e.g., color, shape, feel). Invite participants to taste their sample and comment on its texture or taste.
4. Repeat this process for each of the foods.
5. Ask participants to share which fruits and vegetables they enjoyed the most and why. Have them point out which ones were new for them. Explain that sometimes you need to try new foods more than once to get used to the taste and decide if you like it. Also, people's tastes change over time, so next year you might like a food that you didn't like today.

TIPS:

- To keep the activity on schedule, stick to introducing just 4–6 foods. If you have less time, choose fewer foods.
- Consider teaching participants how to roast or lightly steam veggies like eggplant that may taste bitter when eaten raw. Show participants how to lightly season and prepare them. Conduct the tasting with the fruits first while the veggies cook.
- Encourage participants to try the foods without the dips first to determine the foods' true taste.
- Remind participants that it's ok to not like a food — everyone has different taste preferences. Ask them to please keep any negative comments to themselves so that others can feel free to enjoy it.
- If using homemade dips, pass out copies of the Delicious Dips & Spreads handout for participants to take home.

Name That Whole Grain

Estimated Time:
15 minutes

Suggested Audiences:
Kids, Teens, Adults, and Families

Materials:
- ☐ 4–6 whole grain foods
- ☐ Dips or spreads (see instructions)
- ☐ Bowls for any dips
- ☐ Serving spoons
- ☐ Plates, one for each participant

Handouts:
- ☐ Delicious Dips and Spreads, page 57
- ☐ Be a Whole Grain Detective, page 54

In Advance

1. Purchase 4–6 whole grain foods. Look for whole grain alternatives to popular refined grain foods (e.g., cereals, crackers, snack bars), as well as a few items that may be unfamiliar to participants (e.g., whole wheat pita pockets).
2. Cut each food into bite-size pieces. Place a small amount of each food on a plate for each participant.
3. Display the whole form and packaging of each food at the front of the room.
4. Choose and prepare any dips or spreads from the **Delicious Dips & Spreads handout** that you will offer with the food samples. Set out dips in bowls. Place serving spoons in each bowl.

With Participants

1. **Ask:** What have you heard about whole grains? Have you tried any whole grain foods? Do you eat any whole grains regularly? Which ones?
2. Pass out one plate to each participant. Ask them not to try the samples yet.
3. Point out one of the samples. Ask participants to match it to the whole form or packaging at the front of the room. When they have correctly identified the food, invite them to try the sample and talk about what they notice (e.g., the texture, color, or taste).
4. Repeat this process for each of the foods.
5. Ask participants to share why they liked certain samples more than others. Have them point out which ones were new for them. Explain that sometimes you need to try new foods more than once to get used to the taste and decide if you like it. Also, people's tastes change over time, so next year you might like a food that you didn't like today.
6. Ask participants if they know what the difference is between a whole grain and a refined grain. Add to the discussion as needed. Point out that when whole grains go through the refinement process, many of their important nutrients, such as fiber, are removed. For this reason, it's important to choose whole grains as often as you can.

TIPS:
- To keep the activity on schedule, stick to introducing just 4–6 foods. If you have less time, choose fewer foods.
- If you are able to prepare them in advance, offer some less familiar whole grains such as quinoa or whole grain couscous.
- Follow up the tasting by demoing a recipe made with whole grains. During the demo, talk about how to identify whole grain foods. Pass out copies of the Be a Whole Grain Detective handout for participants to take home.
- Encourage participants to try the foods without the dips first to determine the foods' true taste.
- Remind participants that it's ok to not like a food — everyone has different taste preferences. Ask them to please keep any negative comments to themselves so that others can feel free to enjoy it.
- If using homemade dips, pass out copies of the Delicious Dips & Spreads handout for participants to take home.

Putting Fruits and Vegetables to the Test

Estimated Time: 15 minutes

Suggested Audiences: Adults

Materials:

- ☐ Flip-chart paper or poster board
- ☐ Markers

Handouts:

- ☐ Fresh, Frozen, and Canned, page 60

TIPS:

- Make copies of the Fresh, Frozen, and Canned handout to pass out after the activity is over.
- Follow this activity by demoing a recipe using two or more forms of fruits or veggies. Point out why you chose these forms for the fruits and veggies you're using.

In Advance

1. Label the flip-chart paper or poster board with three rows ("Fresh," "Frozen," and "Canned") and two columns ("Pros" and "Cons"), as shown in the table below.

With Participants

1. **Ask:** Which form of fruits and vegetables do you prefer (fresh, frozen, or canned)? Why?
2. Starting with fresh produce, ask participants to call out the benefits of fresh produce. Record responses in the correct column. Next, ask participants to call out any cons of fresh produce. If participants get stuck, suggest that they consider factors such as cost, storage, color, taste, texture, nutrient content, and ease of preparation. Use the table below to suggest any pros or cons that are not brought up by participants.
3. Repeat this process for canned and frozen produce.
4. **Ask:** Does this activity help you think differently about which form of produce you prefer? If so, how? Point out that there is not a "best" form. Each has its pros and cons. Your choices may be influenced by your needs for a particular recipe, what's in season, availability in your store, the time you have available to cook, etc.

	Pros	Cons
Fresh	• Greater variety • Able to touch, smell, and see before buying • Can cost less when purchased in season • • •	• Must be used quickly before going bad • Need to learn about ripeness and storage • Can be expensive if not in season • • •
Frozen	• Frozen at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (up to six months) • Little preparation required • Available year-round •	• May have added sodium, added sugar, and/or saturated fat • Texture changes with freezing • • • •
Canned	• Canned at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (two to four years) • Little preparation required • Available year-round • •	• May have added sodium, added sugar, and/or saturated fat • Texture changes with canning • • • •

Putting Whole Grains to the Test

Estimated Time: 20 minutes

Suggested Audiences:
Kids, Teens, Adults, and Families

Materials:

- ☐ 1 slice of 100% whole wheat bread
- ☐ 1 slice of white bread
- ☐ 2 clear bowls
- ☐ 2 cups of orange juice
- ☐ Tongs
- ☐ Samples of different whole grain foods OR empty packages of different grain foods

Handouts:

- ☐ Be a Whole Grain Detective, page 54

With Participants

1. Tell participants they are going to conduct a simple demonstration to see how whole grains and refined grains behave differently in our bodies.
2. Ask a participant to place the slice of white bread in one bowl and the slice of whole wheat bread in the other. Have another participant pour orange juice into each bowl, enough to just cover each slice of bread. Point out that the orange juice represents the acid in our stomachs when we digest food.
3. Let the bread soak for 10 minutes. During this time, allow participants to try samples of different whole grain foods. Ask them to comment on the taste and texture of each one (see the **Name That Whole Grain activity** on page 45 for more detailed instructions). Or, review how to identify whole grain foods when participants go to the store (see Nutrition Basics for Demo Leaders on page 27). Pass out empty packages of different grain foods. Have participants use what they just learned to determine whether each food is a refined grain or a whole grain.
4. After 10 minutes have passed, ask a participant to pick up the slice of white bread with the tongs, then the slice of whole wheat bread. **Ask:** What do you notice? Why does the white bread fall apart while the whole wheat bread does not?
5. Explain that whole grains take longer to break down in our bodies. This helps us feel full and helps prevent overeating. Point out additional benefits of whole grains. For example, when whole grains go through the refinement process, many of their important nutrients, such as fiber, are removed. Compare fiber to a broom that sweeps through the body, removing the "bad stuff."

TIP:

- Follow this activity by demoing a recipe made with whole grains. If you did not already do so during this activity, talk about how to identify whole grain foods. Pass out copies of the Be a Whole Grain Detective handout for participants to take home.

Snack Attack

Estimated Time: 30 minutes

Suggested Audiences:
Teens and Adults

Materials:

- ☐ A variety of empty snack food packages
- ☐ Ingredients and equipment to prepare a selection of healthy snacks

Handouts:

- ☐ Snack Smart, pages 66–67
- ☐ Delicious Dips & Spreads, page 57
- ☐ Label Lingo, page 63

TIPS:

- Use empty snack packaging to avoid having participants ask if they can eat the snacks when the activity is done.
- Be sure you have enough assistants on hand. Determine in advance who will be placed at each station. If stations are not possible, choose 2-3 snacks for the entire group to prepare together.
- Make copies of the Snack Smart handout and the Delicious Dips & Spreads handout for participants to take home.
- If time permits, have each group practice making the snack at each station, rather than just sample the snacks the other groups have already prepared.

In Advance

1. Collect a variety of empty packaging for popular snack foods (e.g., potato chips, cheese straws, cookies, candy).
2. Choose a selection of no-cook or low-prep snacks from the **Snack Smart handout**, the **Delicious Dips & Spreads handout**, or the Recipes section of this guide. If you can, choose snack recipes that provide a comparable but healthy alternative to some of the packaged snacks (e.g., Fruit and Cheese Kabobs as an alternative to cheese straws or cheesy crackers).
3. Gather needed ingredients and equipment.
4. Set up stations around the demo area, with a different snack recipe to be prepared at each station. Place ingredients and equipment needed for the recipe being made at each station.
5. Make copies of the **Label Lingo handout**. Or, prepare a large piece of poster board with an enlarged version of the handout.

With Participants

1. Ask participants what they typically choose for a snack. Display empty packages of commonly consumed snack foods.
2. Divide participants into groups. Assign each group a snack food package. Pass out copies of the **Label Lingo handout**. Or, display the poster board with the enlarged handout where participants can see it.
3. Clarify the difference between one serving and the number of servings provided in a package. Ask groups to compare the serving size listed on their package with the amount they would typically eat. Next, ask them to determine how much fat, sugar, or sodium would be in their typical portion. Finally, ask groups to check the ingredient list and determine whether their snack includes any whole grains, fruits, or vegetables. Note that ingredients are listed in order of amount (e.g., the further down the list, the less there is of that ingredient).
4. Point out that packaged snacks are typically high in fat and other less desirable nutrients. They usually contain very few fruits, vegetables, or whole grains. Explain that a balanced snack includes foods from at least two food groups. Snacks are a great time to add more fruits and vegetables to your day.
5. Explain how the snacks at each station will be prepared. Assign each group to a starting station. Ask them to make enough snacks for participants in the other groups to sample as well.
6. When groups are finished, have them rotate to the next station and try the snack made by the previous group. Let them rotate through all stations until they have sampled all the snacks. When they are finished, ask questions like: Which snacks were your favorites? Why? Would you make these snacks at home yourself? Why or why not? Encourage participants to try preparing at least one healthy snack at home this week.

Sugar Overload

Estimated Time: 15 minutes

Suggested Audiences:
Kids, Teens, Adults, and Families

Materials:

- ☐ Empty cans or bottles of a variety of popular sugary drinks
- ☐ Clear plastic cups, one for each empty can or bottle
- ☐ Bag of sugar
- ☐ Teaspoon
- ☐ Calculator
- ☐ Flip-chart paper or poster board

Handouts:

- ☐ Label Lingo, page 63
- ☐ Drink Smart, page 58

TIPS:

- Be prepared to help participants with the math to move things along. It's a good idea to have the correct amounts calculated in advance. If time is running short, do just one calculation with the group. Then, have participants measure out the amount of sugar that has already been calculated for their drinks. This is particularly helpful when working with younger kids.
- Follow this activity with the Healthy Drinks Taste Test on page 43. Or, prepare the Raspberry-Lime Fizz (page 95) as part of your demo.
- Make copies of the handouts for participants to take home with them.

In Advance

1. Collect a variety of empty containers for popular sugary drinks (e.g., sodas, fruit-flavored drinks, sweet tea, vitamin water, chocolate milk, sports drinks).
2. Set out the empty bottles for the drinks.

Grams of sugar in one serving	×	Number of servings	=	Grams of sugar in total package
Grams of sugar in total package	÷	4	=	Teaspoons of sugar

3. Write the following on a piece of flip-chart paper or poster board:
4. Make copies of the **Label Lingo handout**. Or, prepare a large piece of poster board with an enlarged version of the handout.

With Participants

1. **Ask:** What do you normally drink when you're thirsty? What do you drink with meals and snacks? Show participants the empty bottles of commonly consumed drinks. **Ask:** How would you decide which of these drinks is healthier? Explain that many popular drink choices are loaded with added sugar. We can use labels to find out which choices have less sugar.
2. Pass out copies of the **Label Lingo handout**. Or, display the enlarged version of the handout where participants can see it. Clarify the difference between one serving and the number of servings provided in a package. Show participants how to calculate the amount of sugar in an entire package.
3. Ask for volunteers to come to the front. Assign each volunteer one of the empty bottle containers, if possible, based on what they say they drink most often. Ask participants to read to the audience from the Nutrition Facts panel the amount of sugar in one serving of their beverage.
4. Have participants use the serving size information to figure out the grams of sugar in the entire container. Use the calculator to determine the equivalent teaspoons of sugar.
5. Ask participants to scoop the teaspoons of sugar calculated for their drinks into an empty plastic cup. Have them place the cup in front of the corresponding empty beverage container.
6. After each volunteer has measured the amount of sugar in their drink, compare the results and discuss impressions. Explain that many popular beverages are very high in added sugar and take the place of other drinks that are good for our bodies. Share that juice and milk contain some sugar naturally, but this isn't added sugar. Encourage participants to avoid added sugar by choosing 100% juice and plain milk rather than chocolate or strawberry milk. Point out that whole fruit is even better than 100% juice because it also has fiber.

Super Snackers

Estimated Time: 25 minutes

Suggested Audiences:
Kids, Teens, Adults, and Families

Materials:

- ☐ Ingredients and equipment to prepare a selection of healthy snacks
- ☐ MyPlate poster, optional

Handouts:

- ☐ Snack Smart, pages 66–67
- ☐ Delicious Dips & Spreads, page 57
- ☐ Super Snackers, page 68

TIPS:

- If you do not have a MyPlate poster displayed, you may need to do a quick review of the food groups with participants before you begin this activity.
- Depending on the time you have available and the level of your group, ask participants to comment on why the ingredients in each recipe or on the Super Snackers handout are smart choices. Point out the use of healthier ingredients like low-fat cheese or yogurt, whole grain crackers, and fruits and vegetables.

In Advance

1. Choose a selection of no-cook or low-prep snacks from the **Snack Smart handout**, the **Delicious Dips & Spreads handout**, or the Recipes section of this guide. Choose snacks that include foods from at least two food groups.
2. Secure needed ingredients and equipment.
3. Set up stations around the demo area, with a different snack recipe to be prepared at each station. Place ingredients and equipment needed for the recipe being made at each station.
4. If using a MyPlate poster, display where participants can see it.
5. Make copies of the **Super Snackers handout**.

With Participants

1. Ask participants what they typically choose for a snack. Have them identify the food groups included in the snacks they named. If using the MyPlate poster, refer to it as needed.
2. Explain that a balanced snack includes foods from at least two food groups. Divide participants into groups. Pass out a copy of the **Super Snackers handout** to each group. Ask groups to come up with at least three balanced snacks they could create using the ideas on the handout or by suggesting their own ideas.
3. Give groups two to three minutes to work together. Next, call on each group to report the tastiest snack idea they came up with. Congratulate participants on their ideas. Explain that today they are going to practice making their own balanced, healthy snacks.
4. Explain how the snacks at each station will be prepared. Assign groups to a starting station. Ask them to make enough snacks for each participant to sample.
5. When participants are finished, have them rotate to the next station and try the snack made by the previous group. Let them rotate through all stations until they have sampled all the snacks. When the activity is finished, ask questions like: Which snacks were your favorites? Why? Which would you like to make at home? Encourage participants to try making balanced, healthy snacks at home.

TIPS:

- Be sure you have enough assistants on hand. Determine in advance who will be placed at each station. If stations are not possible, choose two to three snacks for the entire group to prepare together.
- Make copies of the Snack Smart handout and the Delicious Dips & Spreads handout for participants to take home.
- If time permits, have each group practice making the snack at each station, rather than just sample the snacks the other groups have already prepared.

Your Veggies, Your Way

Estimated Time: 30 minutes

Suggested Audiences:
Kids and Families

Materials:

- ☐ Large pot
- ☐ Mixing spoon
- ☐ Vegetable peeler
- ☐ Sharp knife
- ☐ Colander
- ☐ 5 small bowls
- ☐ 5 index cards
- ☐ Stickers
- ☐ Plates, napkins, and forks, one for each participant
- ☐ 2 medium carrots per participant
- ☐ Fresh herbs of 5 different types (e.g., basil, cilantro, mint, rosemary, parsley, etc.)
- ☐ Canola oil
- ☐ Salt

In Advance

1. Bring a pot of water to boil. Rinse, peel, and slice carrots.
2. On each of the five index cards, write the name of one of the five herbs you chose for this activity.
3. When the water is boiling, add carrot slices to the pot. Cook to desired tenderness.
4. Drain and add a small amount of canola oil and a dash of salt to the pot. Stir well to coat all the carrots.

With Participants

1. Pass out sprigs of the fresh herbs. Have participants pluck and chop the leaves. Instruct them to place each chopped herb in a separate bowl.
2. In front of each bowl, place the index card with the name of the herb in that bowl.
3. Distribute the carrots among the herb bowls, reserving just enough carrots for participants to have another taste of their favorites at the end. Stir the carrots so they are coated evenly with the herbs.
4. Place a small amount of each variation of the seasoned carrots on plates and distribute to participants. Invite them to taste each flavor. Ask them to indicate their preferred flavor by placing a sticker on the index card in front of the herb they liked best.
5. Provide everyone with another taste of the "most popular" flavors. Suggest other veggies that they could flavor at home in the same way, such as zucchini, squash, corn, or sweet potatoes. Encourage participants to experiment with trying new flavors at home.

TIPS:

- Other veggies such as broccoli, zucchini, corn, lima and other beans, or tomatoes can work well with this activity too.
- Use 1 Tablespoon of minced fresh herbs for every 2 cups of carrots. If using dried herbs, use only 1 teaspoon for every 2 cups of carrots. Dried herbs should be added directly to the pot with oil and salt to soften before serving.
- If holding this activity with kids, assist them as needed. Have them tear instead of chop leaves. If the audience is families, have parents assist their kids.
- If time is running short, have participants spend just a few minutes plucking and tearing leaves. Have enough of the herbs already chopped to use to flavor the carrots.

HANDOUTS

More healthy cooking and shopping tips are available online at **CookingMatters.org**

Be a Whole Grain Detective

Search out tasty whole grains using these clues.

A good detective always knows to check the food label…

The first ingredient should always be a whole grain. You may see:

- Whole [name of grain, like wheat, rye, or oats]
- Whole grain [name of grain, like barley, flour, or cornmeal]
- Bulgur
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Brown rice
- Wheatberries

…and is never fooled by fakes!

- **Don't be fooled by the other ingredients!** Any whole grains listed after the first ingredient may be only a very small part of the product.
- **Don't be fooled by the name!** Just because it says "wheat" or "multigrain" in the name doesn't mean it's a whole grain.
- **Don't be fooled by the color!** Just because it's brown doesn't mean it's a whole grain.

Cooking Produce and Whole Grains

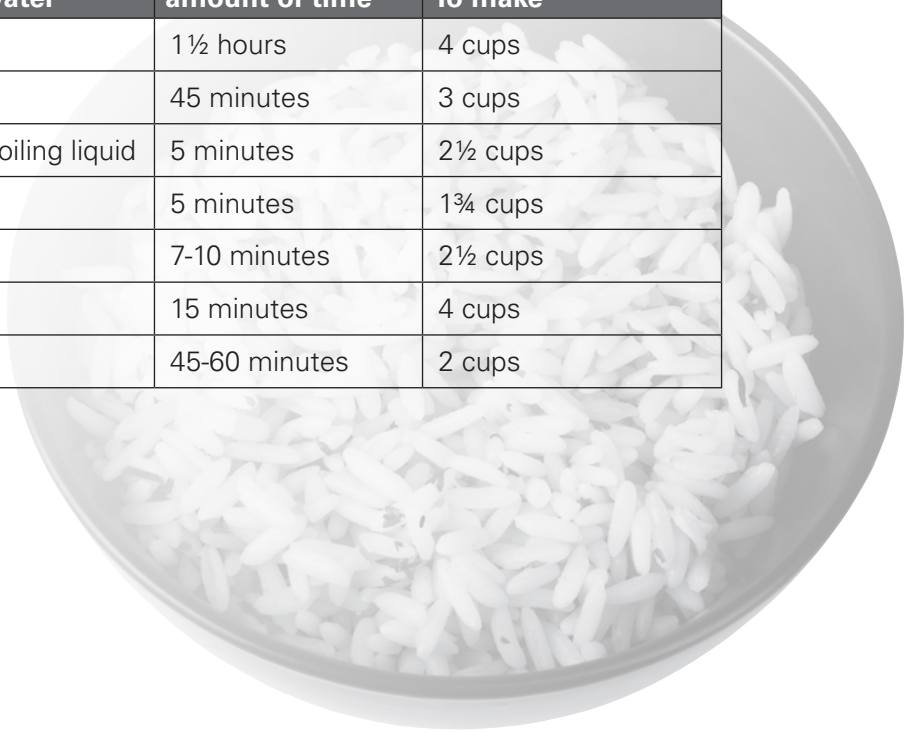
It's easy to eat more veggies and whole grains when you know how to cook them.

Try out different ways to cook veggies. Decide which work best for you!

Microwave	Stove Top	Oven
• Cut food into pieces that are about the same size. • Place in a microwave-safe dish with a lid. Or, cover with plastic wrap and vent. • Add a small amount of water before covering. • Cook until tender, about 4-6 minutes.	• Cut food into pieces that are about the same size. Add to pot. • Fill pot with 1½ inches of water. • Simmer until tender.	• Preheat the oven to 350°F. • Cut food into pieces that are about the same size. • Coat a baking sheet with nonstick cooking spray. Spread out veggies in a single layer. • Bake for 20 minutes, or until food begins to brown at the edges.

Whole grains cook differently than refined grains. Use this chart as a guide.

To cook 1 cup of a whole grain …	Use this much broth or water	Cook for this amount of time	To make
Whole barley	3 cups	1½ hours	4 cups
Brown rice	2 cups	45 minutes	3 cups
Whole wheat couscous	1½ cups boiling liquid	5 minutes	2½ cups
Quick oats	3 cups	5 minutes	1¾ cups
Whole wheat pasta	4 cups	7-10 minutes	2½ cups
Quinoa (rinse well)	2 cups	15 minutes	4 cups
Wild rice	3 cups	45-60 minutes	2 cups



Cooking Safely

Washing Your Hands

Washing your hands is the best way to prevent the spread of germs.

Wash your hands and children's hands:

- **Before, during, and after you prepare food**
- **Before you eat**
- **After you use the bathroom, change a diaper, or clean with chemicals**
- **After touching animals or animal waste**
- **More often when someone in your home is sick**

Wash your hands properly with these steps:

1. Use warm running water and soap.
2. Rub your hands together for at least 20 seconds (the time it takes to sing "Happy Birthday" twice). Scrub under your fingernails, between fingers, and the backs of your hands.
3. Rinse and dry hands well.

Use Knives Safely

Our recipes call for a lot of slicing, dicing, chopping, and mincing. Use these tips to cut like a pro:

- **Watch your fingers.** Tuck your fingers toward your palm on the hand that is holding the food.
- **Lead down with the tip.** Angle the tip of the knife toward the cutting board.
- **Slice.** Cut through the food with a slicing or sawing motion. Don't just push down.
- **Create a flat surface.** When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.

Delicious Dips & Spreads

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon.

Bean Dip

- Using a blender, mix 1 (15½-ounce) can beans (cannellini, chickpeas, black beans, etc.) rinsed and drained, 1 minced garlic clove, ¼ cup water, 1 Tablespoon canola oil, ½ teaspoon salt, ½ teaspoon ground black pepper.
- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.
- Serve with cut-up fresh veggies, with whole wheat pita wedges or crackers, or as a sandwich spread.

Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with baked chicken fingers or soft whole grain pretzels.

Vegetable Dip

- Mix ½ cup nonfat plain yogurt, ½ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Pumpkin Dip

- Using a blender, mix 1 (15-ounce) can pumpkin puree, 1 cup low-fat cream cheese (softened), ¼ cup powdered sugar, 1 teaspoon ground cinnamon, and ⅛ teaspoon ground nutmeg.
- Serve with whole wheat graham crackers or apple wedges. Or, use as a spread on whole wheat toast or bread.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.

Drink Smart

Make smart choices to quench your thirst.

Instead of sodas ...

✦ Make your own fruit sodas

- Fill a pitcher or glass, half with 100% fruit juice and half with seltzer water.
- Cut a lime in half. Remove seeds. Squeeze the juice into your drink.
- Stir together and enjoy!

Instead of fruit-flavored or sports drinks ...

✦ Drink 100% juice

✦ Drink water

✦ Make your own fruit smoothies (page 85)

✦ Make your own flavored water

- Cut up fruit slices, like lemons, limes, oranges, watermelon, or cucumbers.
- Pour a pitcher or glass of ice water. Add fruit slices and stir.
- For a different flavor, add chopped fresh herbs like mint or rosemary to your water.

Drink to Your Health

Drink smart to play hard!

Drink Water and Milk Often

Water and milk have fewer calories and are better for our health.

Water

- Choose tap water over bottled water. It's safe and it's free.
- Add flavor to water by mixing in fresh fruit slices or mint leaves.

Milk

- Choose low-fat (1% or skim) milk. It has the same amount of calcium as regular milk, but less saturated fat and fewer calories.

Drink 100% Juice Sometimes

Juice can provide important nutrients but is high in sugar and calories.

100% Fruit Juice

- Check the label to be sure it's 100% juice.
- Cut the sugar in half. Mix with sparkling water to make "fruit sodas."
- Choose whole fruits instead of juice when you can.

Limit or Avoid Sugary Drinks

Sugary drinks are packed with calories. They don't give you the nutrients you need.

Instead Of...	Try This
Soft Drinks	Combine 100% juice and seltzer water to make your own healthy sodas with less sugar and fewer calories.
Fruit-Flavored Drinks	Choose 100% juice. Or, flavor tap water with fresh fruit slices or mint leaves.
Sports or Energy Drinks	Replace the fluids you lose being active with water.

Fresh, Frozen, and Canned

Enjoy fruits and vegetables in all their forms.

There is not a "best" form of fruits and vegetables. Each has its pros and cons:

	Pros	Cons	Try These Tips
Fresh	• Greater variety • Able to touch, smell, and see before buying • Can cost less when purchased in season	• Must be used quickly before going bad • Need to learn about ripeness and storage • Can cost more if not in season	• Purchase fresh produce when in season to save money. • Ask the produce clerk how to select or store unfamiliar produce. • Purchase enough for 1 week, or the amount of time before you will shop again. • See tips for using up fresh produce before it goes bad.*
Frozen	• Frozen at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (up to 6 months) • Little preparation required • Available year-round	• May have added sodium, sugar, and/or fat • Texture changes with freezing	• Choose frozen fruits or vegetables with no sodium, sugar, or fat added. • Store at 0˚F or lower to prevent nutrient loss.
Canned	• Canned at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (2–4 years) • Little preparation required • Available year-round	• May have added sodium, sugar, and/or fat • Texture changes with canning	• Choose canned vegetables low in sodium and fat. • Choose fruit canned in juice. • Rinse off canned vegetables before using to reduce sodium.

*Use up fresh fruits and vegetables before they go bad:

- Combine fruits in a fruit salad. Or, cook a tasty fruit dessert.
- Top cereal with sliced fruit.
- Chop and store fresh fruits in freezer. Use for smoothies (page 85).
- Use overripe produce in muffins, breads, or to top pancakes.
- Add vegetables to soups, stews, casseroles, pastas, sauces, or omelettes.
- Combine vegetables and a little salad dressing for a side dish or snack.

Fun with Fruits and Veggies

Offer fruits and vegetables at each meal in ways that are fun for kids.

Let kids play with their food.

- Ask kids to describe the shapes of fruits and veggies.
- Make faces on bread or bagel halves. Spread cream cheese or peanut butter. Use fruits and veggies to make eyes, eyebrows, nose, cheeks, and a smile.
- Let them hold, touch, smell, or just look at foods to explore them — even if they don't eat them.

Talk about all the colors.

- Help kids learn their colors by telling you which ones are on their plate.
- Make a wall chart. Let kids put a sticker by each color they eat that day.
- Connect colors to things kids know. Relate red tomatoes to a red toy they like or to Spiderman's red cape.

Add new flavors.

- Add a small amount of canola oil, a dab of syrup, and some salt and pepper to sweeten cooked veggies.
- Serve raw or lightly steamed veggies with a healthy dip recipe (page 57).

Try different cooking methods.

- Kids often don't like the mushy look or taste of overcooked vegetables. Lightly steam or sauté veggies just until tender.
- Use fruit in a fruit salad or Yogurt Parfait (page 104). Try mashing, steaming, baking, or broiling veggies.

Make a game out of trying new things.

- Have kids taste-test vegetables seasoned with different flavors. Let them vote for the one they like most.
- Make up silly songs about a new fruit or vegetable. Have kids sing them as you show them the new food.

Know Your Fats

Fats and oils are vital to our health — but not all fats are created equal.

What you need to know about the fats we eat:

	Unsaturated	Saturated	*Trans*
Are these fats good for you?	**Yes.** • Lower "bad" cholesterol (LDL) • Lower your risk of heart disease and stroke • Provide fats your body needs, like omega-3 fatty acids	**No.** • Raise your "bad" cholesterol (LDL) • Raise your risk of heart disease and stroke	**No.** • Raise your "bad" cholesterol (LDL) • Lower your "good" cholesterol (HDL) • Raise your risk of heart disease and stroke

Which foods contain these fats?	• Vegetable oils (like olive oil, canola oil, or sunflower oil)
	• Avocados
	• Peanut butter
	• Fatty fish
	• Many nuts and seeds
		• Many animal foods (like fatty beef, poultry with skin, lard, cream, butter, cheese, and whole milk)
		• Baked goods
		• Fried foods
		• Coconut oil
			• Baked goods such as:
			  • Pastries
			  • Pie crusts
			  • Biscuits
			  • Cookies
			  • Crackers
			  • Stick margarines
			  • Shortenings

How much should you eat each day?	Most of the fat you eat should be unsaturated.	Limit the amount of saturated fats you eat each day.	Avoid *trans* fats.

Use these steps to limit unhealthy fats:

- For protein, choose lean cuts of meat or poultry. Or, choose non-meat proteins like fish, beans, lentils, nuts, and seeds.
- Cook meats by roasting, grilling, or stir-frying. Avoid deep-frying.
- Read labels. Choose foods with less saturated fat and no *trans* fats.
- Read the ingredients list. Avoid foods that list "hydrogenated" or "partially hydrogenated" oils.
- Watch out for baked goods, crackers, margarines, and shortenings. They often contain *trans* fat.

Label Lingo

Use the label to guide your food choices.

Watch out! Make sure you know how many servings are in each package.

Look for foods with less saturated fat and no trans fat.

Look for foods with more fiber and less added sugar.

Nutrition Facts

Serving Size 1 1/4 cups (322g)
Servings per Package 6

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 440mg	**18%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 9g	**36%**
Sugars 9g	
Protein 9g	

Vitamin A 20%	• Vitamin C 80%
Calcium 8%	• Iron 15%

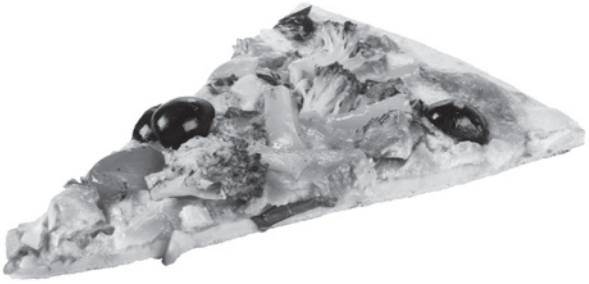
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Menu Mania

Order smart when you're out to eat.

Look for fruits, vegetables, and whole grains on the menu.

- Choose a salad with dressing on the side for your main meal.
- Add vegetables to your pizza.
- Order a small side salad, baby carrots, or a fruit cup instead of fries.
- Ask for whole wheat bread or brown rice.
- Order low-fat yogurt with fruit instead of a milkshake.



Choose healthy drinks.

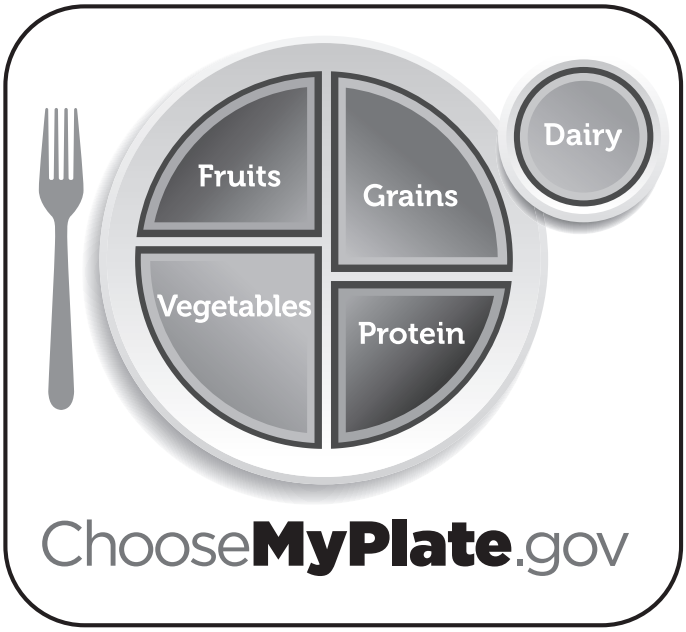
- Order low-fat milk, water, or 100% juice instead of sugary drinks.

Watch your portions.

- Choose a single instead of double- or triple-decker burgers.
- Order a small if you choose fries or a sugary drink.
- Split larger meals with a family member or friend.

MyPlate

Find your healthy eating style.



Vegetables
Vary your veggies.

Make half your plate fruits and veggies.

Color your plate! Fill it with dark green (like broccoli or spinach), orange (like carrots or sweet potatoes), and other colorful veggies.

Fruits
Focus on fruits.

Make half your plate fruits and veggies.

Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.

Whole fruits are a better choice than juice.

Grains
Make at least half your grains whole.

Start smart with breakfast. Look for whole grain cereals.

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."

Protein
Go lean with protein.

Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

Mix it up! Beans, lentils, nuts, seeds, and eggs are all great sources of protein, too.

Dairy
Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).

Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.

ChooseMyPlate.gov courtesy of United States Department of Agriculture (USDA).

Snack Smart

Instead of fruit-flavored snacks ...

Make Fruit Salad

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-size pieces. Combine in a large bowl.
- Cut a lime in half. Squeeze the juice over the fruit.
- Drizzle a Tablespoon of honey if you like.
- Stir ingredients to combine and enjoy!

Instead of snack or energy bars ...

Make Banana Crunch

- Mash a large, ripe banana in a bowl.
- Add ¼ cup of granola.
- Add a dash of cinnamon.
- Mix ingredients together.
- Spread mixture onto whole wheat wafers or graham crackers and enjoy!

Make Avocado Crunch

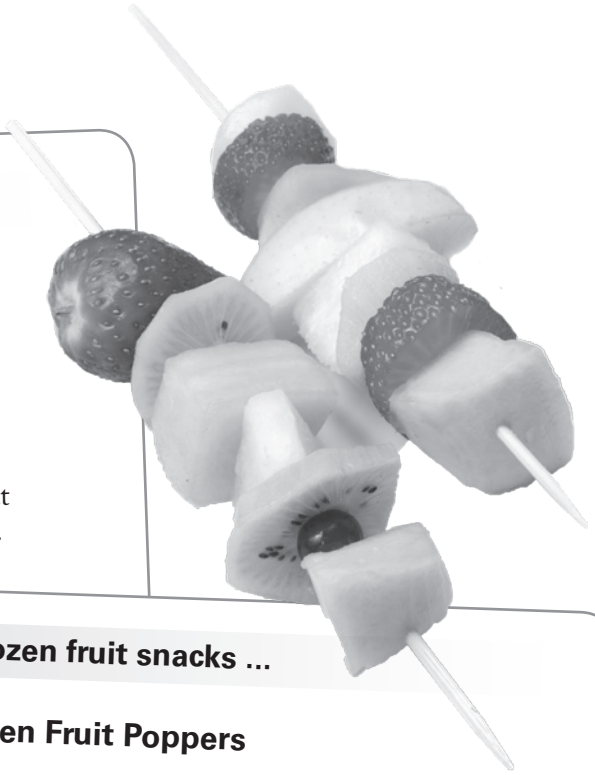
- Mash a ripe avocado in a bowl.
- Add juice from half a lemon, 2 teaspoons of sunflower seeds, and a pinch of salt.
- Spread over whole wheat crackers. Or, eat with vegetable slices.

Instead of peanut butter crackers ...

Make Peanut Butter Sticks

- Wash and cut celery into short sticks.
- Spread a thin layer of peanut butter onto celery sticks.
- Top peanut butter with raisins and enjoy!

Instead of cheesy crackers ...



Make Fruit and Cheese Kabobs

- Cut block cheese into small cubes.
- Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- Slide food onto coffee stirrer "skewers" or whole wheat pretzel sticks. Switch between fruit and cheese pieces.

Make Cucumber Sammies

- Cut cucumbers into thin slices.
- Top half of the slices with small pieces of turkey and cheese.
- Cover each one with another cucumber slice.

Instead of frozen fruit snacks ...

Make Frozen Fruit Poppers

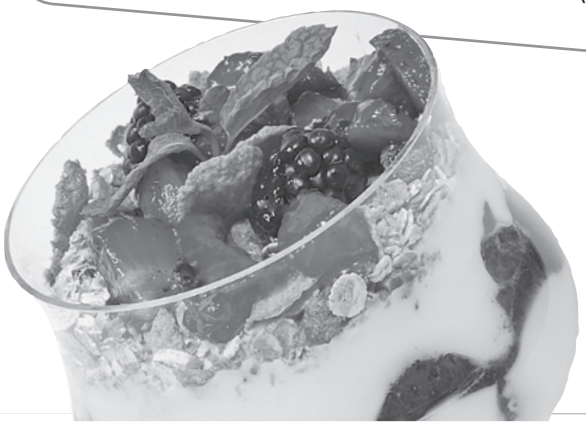
- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-size pieces. Place in a freezer-safe plastic bag.
- Let freeze in the freezer. Pull out and enjoy!

Make Fruit Pops

- In a blender, combine fresh or frozen fruit pieces, water, and a small amount of honey or sugar. Blend together.
- Pour mixture evenly into empty ice cube trays.
- Freeze until slushy, about 45 minutes. Stick a popsicle stick or toothpick into each cube. Place back in the freezer for 1 hour or until frozen.

Instead of ice cream ...

Make your own yogurt parfaits (page 104)



Instead of potato chips or salty snacks ...

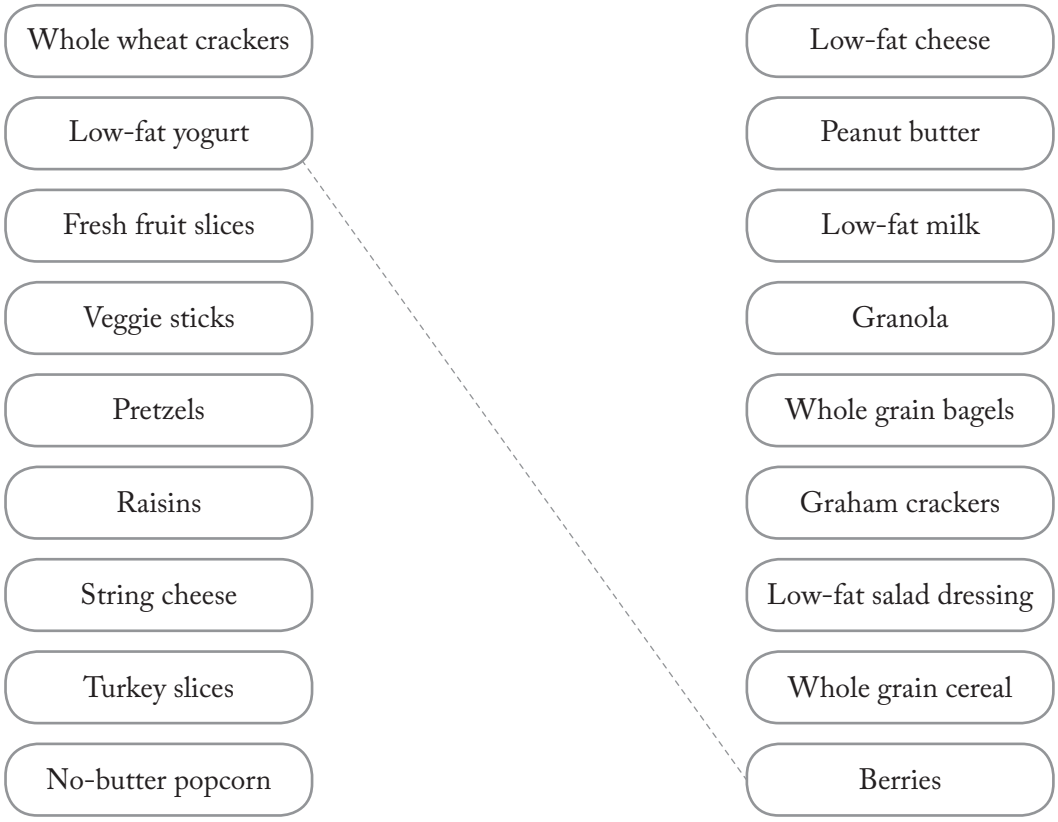
Make your own trail mix (page 99)

Super Snackers

Power up with healthy snacks between meals.

- Make snacks using foods from at least two food groups.
- Go for the food groups you haven't eaten yet that day.
- Eat snacks 2-3 hours before meal time. Keep portions small.
- Check Nutrition Facts on the food package. Avoid snacks high in saturated fat, added sugar, or salt.
- Plan ahead so you always have healthy, tasty snacks on hand.

Draw a line between foods in each column to create healthy snacks. Connect foods from different food groups!



Our other healthy snack ideas:

_____

_____

_____

Vary Your Fruits and Veggies

Choose fresh, frozen, and canned produce to meet your daily goals.

Choose from all the color groups. Check out what each color can do for you.

Red

- Improved memory
- A healthy heart
- Lower risk for some cancers

Orange/Yellow

- Sharp vision
- A healthy heart
- Strength to fight off colds and illness
- Lower risk for some cancers

White

- A healthy heart

Green

- Sharp vision
- Strong bones and teeth
- Lower risk for some cancers

Blue/Purple

- Good memory
- Healthy aging
- Lower risk for some cancers

Eat different parts of the plant that appeal to your tastes.

Seeds

Lima beans, pinto beans, pumpkin seeds, black beans, peas, dry split peas, corn

Roots

Beets, onions, carrots, parsnips, potatoes, radishes, rutabaga, sweet potatoes, jicama

Stems

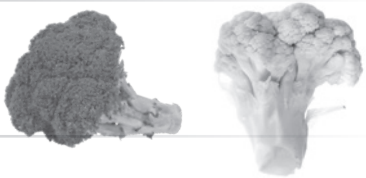
Asparagus, bamboo shoots, bok choy, broccoli, celery, rhubarb

Leaves

Brussels sprouts, parsley, cabbage, spinach, collards, turnip greens, kale, chard, lettuce, endive, watercress

Flowers

Broccoli, cauliflower

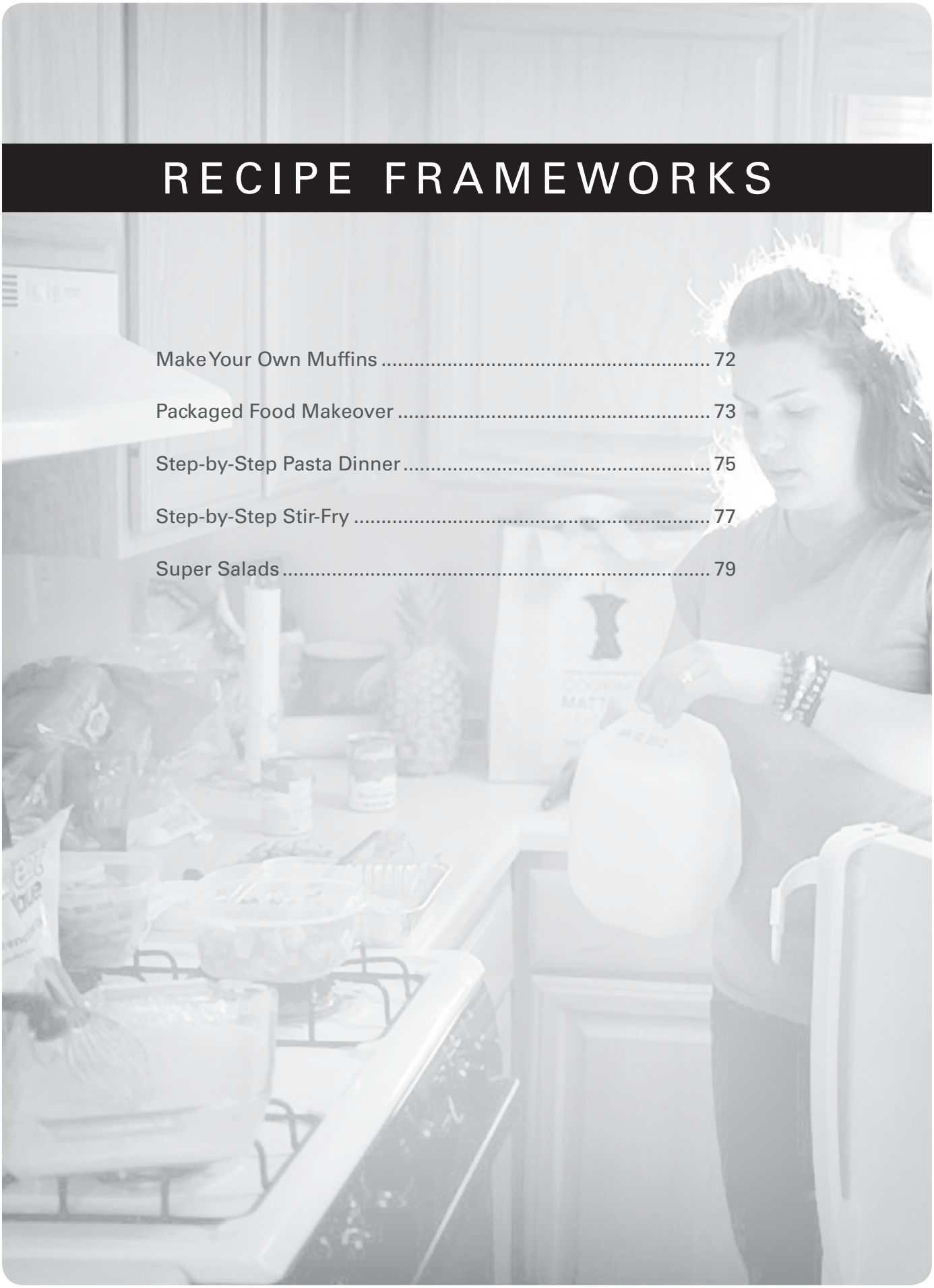


Fruit

Apples, avocados, grapes, cucumbers, bananas, pumpkins, bell peppers, dates, grapefruit, berries, eggplant, plums, melons, oranges, strawberries, tomatoes

N O T E S

RECIPE FRAMEWORKS



Make Your Own Muffins

Muffins make a great grab-and-go breakfast or snack.

Make a large batch on a day you have some extra time. Then pull one out to take on the go! Follow these steps to make 12 muffins.

1. Preheat oven to 400˚F.
2. Coat a 12-cup muffin pan with non-stick cooking spray. Or, use muffin tin liner cups.
3. Make muffin dry mix: In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. Add **Optional Dry Flavorings**.
4. Make muffin wet mix: In a medium bowl, whisk together 2 large eggs, 1 cup nonfat or low-fat milk, ⅔ cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. Add **Optional Wet Flavorings**.
5. Add wet mix to dry mix. Stir until just combined. Fold in **Fruits and Veggies** and **Optional Add-Ins**.
6. Bake muffins until a toothpick inserted in the center comes out with just a couple of moist crumbs attached, 20–25 minutes.
7. Let cool in the pan for 10 minutes. Remove from pan and let cool completely.

Optional Dry Flavorings (1–1½ teaspoons total)
Ground cinnamon
Ground nutmeg
Ground allspice
Ground ginger
Pumpkin pie spice

+

Optional Wet Flavorings
½ teaspoon coconut or almond extract
1 Tablespoon lemon, lime, or orange zest

+

Fruits and Veggies (2 cups total)
Fresh or frozen (not thawed) berries
Diced or mashed bananas
Diced mango or pineapple
Shredded apples or pears
Shredded carrots, zucchini, or parsnips

+

Optional Add-Ins (up to ½ cup total)
Dried fruit, such as raisins, cherries, currants, or cranberries
Toasted chopped or slivered nuts
Mini chocolate chips
Shredded unsweetened coconut

Try these combos!

Spiced Banana-Nut Muffins
Add ½ teaspoon each ground cinnamon, nutmeg, and allspice to the dry mix. Combine wet and dry mixes. Stir in diced bananas and chopped pecans.

Zucchini-Raisin Muffins
Add 1 teaspoon ground cinnamon to the dry mix. Combine wet and dry mixes. Stir in zucchini and raisins.

Blueberry-Ginger Muffins
Add 1½ teaspoons ground ginger to the dry mix. Combine wet and dry mixes. Stir in blueberries.

Chef's Notes:

- To freeze leftover muffins, wrap each one in plastic wrap. Place in an airtight container. Freeze up to 1 month.
- Use up fruits and veggies that are starting to get too ripe.
- To make bread instead of muffins, coat a loaf pan with non-stick cooking spray. Bake at 375°F for 50–60 minutes.

Packaged Food Makeover

Love the convenience of packaged foods? Try these tips for making them healthier — or making them yourself!

Packaged Food	Make It Healthier	Make It Yourself
Ramen noodles	• Look for brands that bake the noodles instead of frying them. • Stir in fresh or frozen veggies. Try broccoli, peas, edamame (soy beans), or spinach. • Add protein if you like. Try leftover cooked chicken, fish, or beef. Or, add cubes of tofu. • Use only half of the seasoning packet.	Cook whole grain angel hair pasta and your favorite chopped veggies in low-sodium broth until tender. Add leftover cooked chicken, fish, or beef, cubed tofu, or thawed edamame. Cook until heated through. Season with low-sodium soy sauce.
"Just add meat" boxed meals	• Use lean ground beef, chicken, or turkey. • Drain fat from cooked meat. • Add whatever veggies you have on hand. Try broccoli, carrots, or spinach.	Try these recipes: • Turkey Burger Macaroni* • Barley Jambalaya* • Tex-Mex Skillet*
Boxed macaroni and cheese	• Add fresh or frozen broccoli or spinach to the pasta during the last few minutes of cooking.	Homemade mac and cheese is easier to make than you may think! Try our stovetop version.*
Frozen pizza	• Buy a plain cheese pizza. Add your own toppings. • Top with your favorite cooked veggies. Try broccoli, peppers, onions, and olives. • If you want meat, add low-fat turkey pepperoni. Or, use cooked chicken or turkey sausage. • Look for whole grain crusts if you can find them. If not, look for thin crusts.	Making your own pizza is fun for the whole family. Try The Works Pizza.* If you have time, make your own whole grain crust using our dough recipe.*

* Recipes are available at CookingMatters.org

Continued >

Packaged Food	Make It Healthier	Make It Yourself
Taco dinner kits	• Look for taco kits with whole wheat or corn tortillas. • Use lean ground beef, chicken, or turkey. • Cook half the amount of ground meat called for. Drain fat. Stir a can of rinsed and drained black beans or pinto beans into the cooked meat. • Add cooked veggies like chopped tomatoes or shredded zucchini. • Top with low-fat cheese or sour cream.	Set up a taco buffet! Start with our Turkey Tacos recipe.* Let each family member add toppings to suit his or her taste.
Frozen or prepackaged Chinese food	• If veggies aren't included, stir them in! Try bell peppers, broccoli, carrots, cauliflower, and edamame.	Try our Noodles with Peanut Sauce* or, make your own stir-fry (page 77).
Canned ravioli or pasta dishes	• Look for products made with whole grain pasta. • Add your favorite cooked veggies. Try zucchini, yellow squash, or spinach. Or, serve with a veggie-filled side salad (see page 79).	Make your own pasta dinner using the options on page 75! Or, try some of our tasty pasta recipes like Spaghetti and Meatballs* or Pasta with Beans and Greens.*
Frozen chicken nuggets or fish sticks	• Compare labels. Choose a brand with less saturated fat and sodium. • Look for chicken nuggets made with white meat instead of dark. • Serve with a hearty salad (page 79) or a colorful vegetable side dish (page 88 or 90). • If fries on the side are a must, make your own Sweet Potato Fries.*	It's easy to make your own chicken fingers or fish sticks! Try our Baked Flaked Chicken* or Baked Flaked Fish With Tartar Sauce* for healthy, baked versions. Serve with colorful side dishes.
Frozen waffles or pancakes	• Look for whole grain pancakes or waffles. • Top with fresh fruit and yogurt instead of syrup.	Make a batch of our Orange Oatmeal Pancakes* on a day you have extra time. Freeze them in single servings. Pull them out when you're in a hurry.

* Recipes are available at CookingMatters.org

Step-by-Step Pasta Dinner

Pinching pennies? Make it a pasta night!

Pasta is a budget-friendly whole grain. Choose ingredients from the chart below to make a meal for four. Then, follow the step-by-step directions and review the chef's notes.

Pasta (½ pound)	**Protein**	**Veggies** (2 cups total, any combo)	**Sauce** (1–2 cups)	**Seasonings** (Optional, to taste)
Whole grain pasta	Lean ground beef, turkey, or chicken, cooked and drained (1 pound)	Spinach, chard, or kale	Marinara	Dried basil
Brown rice pasta	Extra-firm tofu, drained and crumbled (14-ounce package)	Broccoli	Peanut Sauce	Dried oregano
	Beans, rinsed and drained (1 can or 2 cups cooked)	Carrots	Canned diced or crushed tomatoes	Garlic powder or minced fresh garlic
	Frozen peas or edamame (soy beans), thawed and drained (2 cups)	Sugar snap or snow peas	Quick Cheese Sauce (recipe on page 76)	
	Chicken or turkey sausage, cooked and sliced (1 pound)	Zucchini or yellow squash	Simple White Sauce (recipe on page 76)	

Directions

1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed. If using, add optional fresh garlic during the last minute of cooking time.
3. Cook veggies by steaming, grilling, roasting, sauteing, or adding to boiling pasta water during the last few minutes of cooking. See Cooking Produce and Whole Grains (page 55) for other tips.
4. In a large pot over medium heat, heat sauce. If using, add optional dried herbs and spices now. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

Chef's Notes

- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.

Continued >

Try these combos!

Asian Noodles
Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

Summer Pasta Primavera
Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

Spaghetti and Meat Sauce
Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic

Sauce Recipes

Simple White Sauce

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with ¼ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

Quick Cheese Sauce

1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Simple White Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.

Step-by-Step Stir-Fry

Want a quick and healthy weeknight meal? Try a stir-fry!

Stir-fries are a great way to use up veggies that may soon go bad. Choose ingredients and follow the directions below to make a tasty meal for four.

Veggies (2–3 cups total, any combo)	+	**Protein**	+	**Optional Flavoring** (1 Tablespoon)	+	**Sauce** (1 recipe batch, see page 78)	+	**Grain** (1 cup dry)
Bell pepper, sliced		Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 pound)		Minced garlic		Peanut Sauce		Brown rice
Carrots or celery, sliced		Sirloin or flank steak, trimmed and cut into bite-size pieces (1 pound)		Minced ginger (or ½ teaspoon ground ginger)		Spicy Soy Sauce		Whole grain cous-cous
Snow peas, sugar snap peas, or green beans, trimmed		Pork tenderloin or boneless loin chops, trimmed and cut into bite-size pieces (1 pound)				Lemon Stir-Fry Sauce		Instant barley
Broccoli or cauliflower florets		Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package)						Rice noodles or whole grain pasta
Mushrooms or onion, sliced		Frozen edamame (soy beans), thawed and drained (2 cups)						
Zucchini or yellow squash, sliced								
Cabbage, thinly sliced								
Canned water chestnuts, rinsed and drained								

Continued >

Step-by-Step Stir-Fry continued >

Try these sauces!

Peanut Sauce
In a small bowl, stir together ¼ cup peanut butter, ⅓ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 4 teaspoons sugar.

Spicy Soy Sauce
In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and ½ teaspoon ground ginger.

Lemon Stir-Fry Sauce
In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

Directions

If using meat or poultry as your protein:

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.
4. If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using peanut sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1–2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

If using tofu or edamame as your protein:

- Follow directions above, omitting step 2. Add tofu or edamame in step 3, during the last 3–5 minutes of vegetable cooking time. Heat through.

Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.

Greens (4 cups)	+	**Veggies** (1–2 cups total, any combo)	+	**Optional Protein** (2 cups)	+	**Optional Add-Ins** (½ cup)	+	**Salad Dressing** (¼ cup, recipes on page 80)
Leaf lettuce		Raw beets or carrots, peeled and shredded		Canned beans, rinsed and drained		Toasted nuts or seeds, chopped or sliced		Oil and vinegar
Spinach		Broccoli or cauliflower, chopped		Hard-boiled eggs, chopped		Cheese, shredded or crumbled		Honey mustard
Romaine lettuce		Cucumber, chopped or sliced		Roasted chicken, turkey, beef, or pork, shredded or sliced		Cooked barley, brown rice, or whole grain pasta		Citrus dressing
Mixed salad greens		Tomatoes, diced (canned or fresh)		Extra-firm tofu, crumbled and drained		Olives, sliced		Balsamic vinaigrette
		Corn kernels or peas (fresh or frozen, thawed)		Frozen peas or edamame (soy beans), thawed and drained		Orange or grapefruit, cut into segments		Low-fat ranch
		Radishes, sliced				Whole grain croutons		
		Bell pepper, chopped				Dried fruit		

Try these combos!

Simple Spinach Salad
Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

Winter Salad
Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

Fast Southwestern Dinner Salad
Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder

Continued >

Super Salads continued >

Dress foods up with homemade salad dressing.

Make salad dressing just the way you like it with a few basic items. Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

Chef's Notes:

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.

Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons olive oil 2 Tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	6 Tablespoons mustard ½ Tablespoon fresh lemon juice or cider vinegar 1½ Tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 Tablespoons lime, lemon, or orange juice 3-4 Tablespoons oil Salt and pepper to taste	2 Tablespoons balsamic vinegar 1 Tablespoon Dijon mustard 3-4 Tablespoons oil Salt and pepper to taste	1 (6-ounce) container plain nonfat or low-fat yogurt ⅓ cup low-fat mayonnaise 2 Tablespoons white vinegar 1 Tablespoon dried dill ¼ teaspoon garlic powder ⅛ teaspoon salt

RECIPES

Apple Wraps

Virginia Cooperative Extension

Serves 4, ½ wrap per serving
Prep time: 15 minutes • Cook time: None

Ingredients

1 large apple
2 medium, ripe bananas
2 Tablespoons peanut butter
2 (8-inch) whole wheat tortillas

Materials

Cutting board • Measuring spoons • Medium bowl • Sharp knife

Directions

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in refrigerator until ready to serve, up to 24 hours.

Nutrition Facts

Serving Size 1/2 wrap (147g)
Servings per Recipe 4

Amount Per Serving	
Calories 190	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 5g	**20%**
Sugars 15g	
Protein 5g	
Vitamin A 2% • Vitamin C 15%	
Calcium 8% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Banana Pudding in a Bag

Virginia Cooperative Extension

Serves 4, ½ cup per serving
Prep time: 10 minutes • Cook time: None

Ingredients

½ cup low-fat granola
3 medium bananas
½ cup applesauce, unsweetened
½ cup nonfat vanilla yogurt

Materials

Large zip-top plastic bag • Measuring cups

Directions

1. In a large zip-top plastic bag, add granola. Squeeze any air out of bag and seal. Lightly crush granola using a can or the bottom of a measuring cup.
2. Peel bananas. Use your fingers to break them up into the bag of crushed granola.
3. Add applesauce and yogurt to banana mixture in bag.
4. Press out any extra air before sealing bag again.
5. Use your fingers to squish and mash ingredients together until well blended.
6. Chill pudding inside sealed bag in the refrigerator until ready to serve.

Chef's Notes

- Make your own granola! Use the recipe on page 87.

Nutrition Facts

Serving Size 1/2 cup per serving (160g)
Servings per Recipe 4

Amount Per Serving	
Calories 160	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 25mg	**1**%
Total Carbohydrate 38g	**13**%
Dietary Fiber 4g	**16**%
Sugars 20g	
Protein 4g	
Vitamin A 2% •	Vitamin C 15%
Calcium 6% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Black Bean and Vegetable Quesadillas

Chef Deborah Kelly • Chicago, Ill.

Serves 6, 1 folded quesadilla per serving
Prep time: 25 minutes • Cook time: 20 minutes

Ingredients

½ (15½-ounce) can black beans, no salt added
2 medium zucchini
1 bunch fresh spinach (about 4 cups)
1 ear fresh corn or 1 cup canned corn
4 ounces low-fat cheddar cheese
1 Tablespoon canola oil
Pinch ground cayenne pepper
1–2 teaspoons water
½ teaspoon ground black pepper
6 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Optional Ingredients

3 Tablespoons fresh parsley or cilantro

Materials

Box grater • Can opener • Colander • Cutting board • Fork • Large skillet with lid • Measuring spoons • Medium bowl • Rubber spatula • Sharp knife

Nutrition Facts

Serving Size 1 folded quesadilla (228g)
Servings per Recipe 6

Amount Per Serving	
Calories 250	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 500mg	**21%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 13g	
Vitamin A 80% •	Vitamin C 40%
Calcium 30% •	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
10. Spread vegetable mixture evenly on half of each tortilla. Sprinkle cheese on top. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Fruit Smoothies

Chef Susan Goss • Chicago, Ill.

Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Ingredients

1 medium banana
½ cup ice cubes
1 cup low-fat plain yogurt
½ cup 100% orange juice
4 frozen strawberries

Optional Ingredients
½ teaspoon ground cinnamon

Materials

Measuring cups

Special Materials
Blender

Directions

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Chef's Notes

- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don't have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Nutrition Facts

Serving Size 1 cup (299g)
Servings per Recipe 2

Amount Per Serving	
Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 65mg	**3**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 2g	**8**%
Sugars 19g	
Protein 6g	
Vitamin A 4% •	Vitamin C 50%
Calcium 15% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Homemade Corn Tortilla Chips

Serves 12, 4 chips per serving
Prep time: 5 minutes • Cook time: 10 minutes

Ingredients

8 (6-inch) corn tortillas
Non-stick cooking spray

Materials

Baking sheet • Cutting board • Sharp knife

Directions

1. Preheat oven to 375˚F.
2. Cut each corn tortilla into six triangles.
3. Coat a baking sheet with non-stick cooking spray.
4. Place tortilla slices on baking sheet. Lightly spray the chips with non-stick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 8–10 minutes.

Chef's Notes

- Try whole wheat tortillas instead of corn tortillas.
- If serving chips with savory or salty foods, sprinkle with garlic powder before baking.
- For a sweet treat, sprinkle with cinnamon and sugar before baking.
- Try serving with salsa, hummus, bean dip, or chili.

Nutrition Facts

Serving Size 4 chips (19g)
Servings per Recipe 12

Amount Per Serving	
Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 25mg	**1**%
Total Carbohydrate 9g	**3**%
Dietary Fiber 1g	**4**%
Sugars 0g	
Protein 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Homemade Granola

Chef Joyce Roland • Seattle, Wash.

Serves 9, ⅓ cup per serving
Prep time: 15 minutes • Cook time: 10–15 minutes

Ingredients

4 Tablespoons honey
2 Tablespoons canola oil
½ teaspoon ground cinnamon
2 cups old-fashioned rolled oats
4 Tablespoons sliced or chopped almonds
Non-stick cooking spray
½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes)

Materials

Baking sheet • Fork • Large bowl • Measuring cups • Measuring spoons • Medium bowl

Directions

1. Preheat oven to 350˚F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10–15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.

Chef's Notes

- Make large batches. Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.
- Add milk to granola and eat like cereal. Use it to top a fruit salad or nonfat plain yogurt. Or, pack single servings in a zip-top plastic bag. Eat on its own for a tasty afternoon snack.
- Use homemade granola in the Yogurt Parfait (page 104) recipe.
- Use leftover rolled oats to make oatmeal for breakfast.

Nutrition Facts

Serving Size 1/3 cup (42g)
Servings per Recipe 9

Amount Per Serving	
Calories 170	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 3g	**12%**
Sugars 14g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Kale with Sautéed Apples and Onions

Adapted from Gourmet Magazine, December 2000

Serves 4, 1 cup per serving
Prep time: 5 min • Cook time: 10 min

Ingredients

1 pound kale
1 large apple
1 medium onion
1 Tablespoon canola oil
½ teaspoon curry powder
½ cup water
¼ tsp salt

Materials

Cutting board • Measuring cups • Measuring spoons • Medium pot with lid • Mixing spoon • Sharp knife

Directions

1. Rinse kale. Remove tough stems and ribs. Chop leaves coarsely.
2. Rinse apple. Peel onion. Cut apple and onion into ¼-inch-thick wedges.
3. In a medium pot, heat oil over medium-high heat until hot but not smoking.
4. Add onion, stirring occasionally until golden, about 3 minutes.
5. Add apple and curry powder. Sauté, stirring until apple is almost tender, about 2 minutes.
6. Add kale and water. Put lid on the pot and cook. Stir occasionally, until kale is tender and most liquid is evaporated, about 5 minutes.
7. Season with salt before serving.

Chef's Notes

- You can use any hearty green in place of kale, like chard or spinach.

Nutrition Facts

Serving Size 1 cup (156g)
Servings per Recipe 4

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 180mg	**8**%
Total Carbohydrate 16g	**5**%
Dietary Fiber 3g	**12**%
Sugars 7g	
Protein 3g	
Vitamin A 210% •	Vitamin C 150%
Calcium 10% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mango Salsa

Serves 6, ½ cup per serving
Prep time: 20 minutes • Cook time: None

Ingredients

2 large ripe mangoes
1 small cucumber
2 medium green onions
1 medium jalapeño pepper
2 medium limes
½ teaspoon salt
Pinch of cayenne pepper

Optional Ingredients
1 medium bell pepper
¼ cup fresh cilantro

Materials

Cutting board • Measuring spoons • Medium bowl • Plastic wrap • Sharp knife

Directions

1. Rinse mangoes, cucumber, green onions, jalapeño pepper, limes, and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber, and bell pepper, if using. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
8. Add mangoes, cucumber, green onions, jalapeño, salt, and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.
9. Cover and refrigerate for at least one hour before serving.

Chef's Notes

- Mangoes usually feel a little softer when ripe. If mangoes are not in season or not in your store, use canned peaches or pineapple, packed in juice. Drain before using.
- Serve salsa as a dip with Homemade Corn Tortilla Chips (page 86). Or, use as a topping for fresh fish or pork, black bean soup, or tacos.

Nutrition Facts

Serving Size 1/2 cup (142g)
Servings per Recipe 6

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Sugars 12g	
Protein 1g	
Vitamin A 15% •	Vitamin C 45%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Moroccan Carrot Salad

Chef Nadine Nelson • Boston, Mass.

Serves 6, ¾ cup per serving
Prep time: 20 minutes • Cook time: None

Ingredients

6 medium carrots
½ small onion
1 large lemon
3 Tablespoons canola oil
1 teaspoon curry powder
½ teaspoon salt
¼ teaspoon ground black pepper
¼ cup dark or golden raisins

Materials

2 small bowls • Box grater • Cutting board • Measuring cups • Measuring spoons • Medium bowl • Sharp knife • Vegetable peeler

Directions

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 Tablespoons of the lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.

Chef's Notes

- Replace half of the carrot with grated jicama or apples.
- For best taste, allow flavors to blend before serving. Let sit 15–20 minutes after you have mixed in the sauce in step 6.
- Serve as a colorful side dish for fish, poached chicken, or baked or broiled chicken legs.
- Layer onto a sandwich with lean turkey and fresh veggies like cucumber.

Nutrition Facts

Serving Size 3/4 cup (87g)
Servings per Recipe 6

Amount Per Serving	
Calories 110	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 240mg	**10**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 2g	**8**%
Sugars 8g	
Protein 1g	
Vitamin A 200% •	Vitamin C 10%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Northwest Apple Salad

Chef Linette True • Portland, Ore.

Serves 4, ¾ cup per serving
Prep time: 10 minutes • Cook time: 5 minutes

Ingredients

2 medium Granny Smith apples
2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
3 Tablespoons plain low-fat yogurt
1 Tablespoon whole, shelled walnuts

Optional Ingredients
1 Tablespoon honey

Materials

Cutting board • Measuring spoons • Medium bowl • Sharp knife • Small skillet

Directions

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.
4. Chop cooled nuts with a knife. Or, put in a plastic bag and crush with a can.
5. Add crushed nuts to bowl. If using, add honey. Toss and serve.

Chef's Notes

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. Or, omit nuts if someone has an allergy.

Nutrition Facts

Serving Size 3/4 cup (86g)
Servings per Recipe 4

Amount Per Serving	
Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 0% •	Vitamin C 6%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Peanut Butter and Banana Pockets

Chef Lauren Klatsky • Boston, Mass.

Serves 4, 1 folded (8-inch) quesadilla per serving
Prep time: 10 minutes • Cook time: 15 minutes

Ingredients

3 ripe bananas
3 Tablespoons creamy peanut butter
1½ teaspoons honey
¼ teaspoon ground cinnamon
4 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Materials

Large skillet • Measuring spoons • Rubber spatula • Sharp knife • Small bowl

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the quesadilla while cooking.

Nutrition Facts

Serving Size 1 folded quesadilla (163g)
Servings per Recipe 4

Amount Per Serving	
Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 6g	**24%**
Sugars 17g	
Protein 8g	
Vitamin A 2% •	Vitamin C 15%
Calcium 15% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Peanut Butter Hummus

Chef Heidi Brueggeman • Denver, Colo.

Serves 6, ¼ cup per serving
Prep time: 5 min • Cook time: None

Ingredients

1 clove garlic
1 (15½-ounce) can chickpeas
⅓ cup warm water
4 tablespoons peanut butter
3 tablespoons lemon juice
2 tablespoons canola or olive oil
¼ teaspoon salt

Materials

Can opener • Colander • Measuring cups • Measuring spoons • Medium bowl • Sharp knife

Special Materials
Blender

Directions

1. Peel and mince garlic clove.
2. In a colander, drain and rinse chickpeas.
3. In a blender, add garlic, chickpeas, water, peanut butter, lemon juice, oil, and salt. Blend until smooth.
4. Transfer dip to medium bowl for serving.

Chef's Notes

- Serve hummus with whole wheat pita bread and cut vegetables.
- Use any white beans in place of the chickpeas.

Nutrition Facts

Serving Size 1/4 cup (66g)
Servings per Recipe 6

Amount Per Serving	
Calories 170	Calories from Fat 100
	%Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 6g	
Vitamin A 0% •	Vitamin C 6%
Calcium 2% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Pumpkin Chili

Serves 6, 1 cup per serving
Prep time: 5 min • Cook time: 40 min

Ingredients

2 medium zucchini
1 small yellow onion
2 cloves garlic
1 (15 ounce) can kidney beans
2 Tablespoons canola oil
1 (14½-ounce) can diced tomatoes, no salt added
1 (15 ounce) can pumpkin puree
1 cup water
1 Tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
½ teaspoon ground black pepper

Materials

Can opener • Colander • Cutting board • Large pot with lid • Measuring cups • Measuring spoons • Mixing spoon • Sharp knife

Directions

1. Rinse zucchini. Peel onion and garlic.
2. Chop zucchini and onion. Mince garlic.
3. In a colander, rinse and drain beans.
4. Heat oil in a large pot over medium-high heat.
5. Add onions. Cook, stirring frequently, until tender, about 5 minutes.
6. Add zucchini. Cook for 3 minutes.
7. Add garlic. Cook for 2 minutes.
8. Add tomatoes and their juices, pumpkin, water, chili powder, cumin, salt, and pepper. Bring to a boil.
9. Reduce heat to low. Add beans.
10. Cover and cook, stirring occasionally, about 30 minutes. Serve hot.

Chef's Notes

- Try serving with brown rice or whole grain cornbread.
- Use whatever kind of veggies you like or have on hand. Try carrots, celery, spinach, or kale.
- Consider doubling the recipe and freezing some for later.

Nutrition Facts

Serving Size 1 cup (303g)
Servings per Recipe 6

Amount Per Serving	
Calories 160	Calories from Fat 50
	%Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 500mg	**21%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 8g	**32%**
Sugars 8g	
Protein 7g	
Vitamin A 190% • Vitamin C 45%	
Calcium 6% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Raspberry-Lime Fizz

Serves 5, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Ingredients

1 cup cranberry-raspberry juice
4 cups seltzer water
1 large lime

Materials

Cutting board • Measuring cups • Mixing spoon • Sharp knife

Special Materials
Large pitcher

Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Remove seeds. Squeeze juice from each half into the pitcher.
3. Mix well before serving.

Chef's Notes

- Pour over ice and garnish with a lime wedge.
- Replace cranberry-raspberry juice with any 100% juice you prefer.
- For more fruit flavor, increase juice or decrease seltzer water.
- Add thin slices of lemon, lime, or orange for more flavor.
- If you do not have a large pitcher, prepare in a large bowl. Use a measuring cup or ladle to serve.

Nutrition Facts

Serving Size 1 cup (212g)
Servings per Recipe 5

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
Sugars 19g	
Protein 0g	
Vitamin A 0% •	Vitamin C 6%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Salmon Pasta Bake

Chef Christine Carroll • Roosevelt Island, N.Y.

Serves 9, ⅑ of recipe per serving
Prep time: 25 minutes • Cook time: 30 minutes

Ingredients

2 cups whole wheat penne pasta
2 medium green onions
1 (14½-ounce) can pink salmon in water
1 cup frozen peas
1 cup nonfat or low-fat plain yogurt
2 teaspoons dried dill or dried parsley
¼ teaspoon salt
¼ teaspoon ground black pepper
½ cup Parmesan cheese, grated

Materials

9-inch square baking dish • Can opener • Colander • Cutting board • Large bowl • Large pot • Measuring cups • Measuring spoons • Mixing spoon • Sharp knife

Directions

1. Preheat oven to 400˚F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to the touch, to keep noodles from sticking together.
3. Rinse and finely chop green onions.
4. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Chef's Notes

- Try using 1 (12-ounce) can low-sodium tuna in water instead of the salmon.
- Kick up the flavor by adding a pinch of ground cayenne pepper to the pasta mixture. Or, top with hot sauce when served.

Nutrition Facts

Serving Size 1/9 of recipe (116g)
Servings per Recipe 9

Amount Per Serving	
Calories 180	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 340mg	**14%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 16g	
Vitamin A 6% •	Vitamin C 6%
Calcium 20% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Southwestern Black-eyed Pea and Corn Salad

Chef Roland Ulber • Denver, Colo.

Serves 10, ¾ cup per serving
Prep time: 20 minutes • Cook time: None

Ingredients

1 medium bell pepper
1 small red onion
2 (15½ ounce) cans black-eyed peas
1 (15¼ ounce) can corn kernels, no salt added
3 Tablespoons canola oil
2 Tablespoons vinegar
1 teaspoon cumin
¼ teaspoon salt
½ teaspoon ground black pepper

Optional Ingredients
¼ cup fresh cilantro leaves

Materials

Can opener • Colander • Cutting board • Large bowl • Measuring spoons • Mixing spoon • Sharp knife

Directions

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

Chef's Notes

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad. Use leftovers in other recipes later in the week.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use any type of vinegar you have on hand. Try balsamic, cider, or red or white wine vinegar.
- Use black beans in place of black-eyed peas if you like.
- When corn is in season, use fresh in place of canned. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.

Nutrition Facts

Serving Size 3/4 cup (119g)
Servings per Recipe 10

Amount Per Serving	
Calories 100	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 280mg	**12**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 3g	**12**%
Sugars 2g	
Protein 3g	
Vitamin A 2% •	Vitamin C 20%
Calcium 2% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Spicy White Bean Dip

Serves 6, ¼ cup per serving
Prep time: 15 minutes • Cook time: None

Ingredients

2 cloves garlic
1 (15½ ounce) can cannellini beans
⅓ bunch fresh parsley
¼ cup water
1 Tablespoon canola oil
¼ teaspoon salt
½ teaspoon ground black pepper
Pinch of cayenne pepper

Materials

Can opener • Colander • Cutting board • Measuring cups • Measuring spoons • Medium bowl • Sharp knife

Special Materials
Blender

Directions

1. Peel and mince garlic cloves.
2. Drain and rinse cannellini beans.
3. Rinse and chop parsley.
4. In a blender, add garlic, cannellini beans, water, canola oil, salt, ground black pepper, and cayenne pepper. Blend until smooth.
5. Transfer dip to medium bowl. Top with parsley and stir.

Chef's Notes

- Use ½ teaspoon garlic powder in place of minced fresh garlic cloves.
- Use 2 teaspoons dried parsley in place of chopped fresh parsley.
- Serve with whole wheat pita bread, tortilla chips, or cut-up fresh veggies.
- Use Great Northern or navy beans instead of cannellini beans.
- For a chunkier dip, or to make without a blender, mash beans, oil and water together with a fork until well blended. Stir in rest of ingredients.

Nutrition Facts

Serving Size 1/4 cup (90g)
Servings per Recipe 6

Amount Per Serving	
Calories 80	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 5g	
Vitamin A 8% •	Vitamin C 10%
Calcium 4% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Trail Mix

Serves 8, ½ cup per serving

Prep time: 5 minutes • Cook time: None

Ingredients

¾ cup unsalted roasted peanuts
⅓ cup raisins
1¼ cup crispy whole wheat cereal squares
1 cup mini pretzels
⅓ cup chocolate chips

Materials

Large bowl • Measuring cups • Zip-top plastic bag

Directions

1. In a large bowl, combine peanuts, raisins, cereal, pretzels, and chocolate chips.
2. Place in an air-tight container or zip-top plastic bag. Store in a cool, dry place.

Chef's Notes

- Use any of your favorite nuts or dried fruit in place of the peanuts and raisins.
- If peanut allergies are a concern, use almonds or sunflower seeds instead.
- Use any whole grain, low-sugar cereal instead of the crispy whole wheat cereal squares.
- This snack is a great way to add fruit, nuts, and whole grains to your day. However, it can also be high in calories. Pack ½-cup portions.

Nutrition Facts

Serving Size 1/2 cup (43g)
Servings per Recipe 8

Amount Per Serving	
Calories 190	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**12%**
Sugars 11g	
Protein 5g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tomato Salsa

Chef Deborah Kelly • Chicago, Ill.
Serves 6, ⅓ cup per serving
Prep time: 15 minutes • Cook time: 15 minutes

Ingredients

2 medium jalapeño peppers
½ medium red onion
2 cloves garlic
1 Tablespoon cider vinegar
1 (14½ ounce) can diced tomatoes, no salt added

Optional Ingredients
¼ cup fresh cilantro leaves

Materials

Can opener • Cutting board • Measuring spoons • Medium pot • Mixing spoon • Sharp knife

Directions

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onion, cider vinegar, and canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

Chef's Notes

- Use any kind of onions or hot peppers you like.
- For an extra kick, add a third jalapeño or a serrano pepper.
- When in season, use 3 medium or 2 large fresh tomatoes in place of canned.
- Use juice from half a lime in place of cider vinegar if you like.
- Try serving this salsa as a dip with Homemade Corn Tortilla Chips (page 86), as a topping on baked potatoes or tacos, or as a sauce for grilled meats and fish.
- Make a bigger batch and freeze.

Nutrition Facts

Serving Size 1/3 cup (87g)
Servings per Recipe 6

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 1g	
Vitamin A 6% •	Vitamin C 20%
Calcium 0% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tuna Boats

Serves 4, ½ cucumber and 6 ounces filling per serving
Prep time: 15 minutes • Cook time: None

Ingredients

2 large cucumbers
1 lemon
2 green onions
1 (6-ounce) can low-sodium tuna, packed in water
1 (15 ½-ounce) can white beans
1 Tablespoon canola oil
1 Tablespoon Dijon or country mustard
½ teaspoon salt
¼ teaspoon ground black pepper

Materials

Box grater • Can opener • Colander • Cutting board • Fork • Measuring spoons • Medium bowl • Sharp knife • Small bowl • Spoon • Vegetable peeler

Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Chef's Notes

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.
- Add chopped bell pepper or celery for extra nutrition and crunch.
- Try canned salmon, packed in water, instead of tuna.

Nutrition Facts

Serving Size 1/2 cucumber and 6 ounces filling (316g)
Servings per Recipe 4

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 410mg	**17**%
Total Carbohydrate 28g	**9**%
Dietary Fiber 7g	**28**%
Sugars 3g	
Protein 20g	
Vitamin A 4% •	Vitamin C 15%
Calcium 10% •	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tuna Melt

Chef Carolyn Tesini • Portland, Maine

Serves 4, 1 sandwich per serving
Prep time: 15 minutes • Cook time: 20 minutes

Ingredients

1 large or 2 small stalks celery
1 large tomato
½ medium lemon
2 (5- or 6-ounce) cans light tuna, packed in water, no salt added
2 ounces low-fat cheddar cheese
¼ cup low-fat mayonnaise
¼ teaspoon ground black pepper
4 slices whole wheat sandwich bread

Optional Ingredients
¼ teaspoon dried dill or tarragon
Hot sauce, to taste

Materials

Box grater • Can opener • Colander • Cutting board • Fork • Large skillet with lid • Measuring cups • Measuring spoons • Medium bowl • Sharp knife • Small bowl

Directions

1. Rinse and dice celery. Rinse, core, and cut tomato into 4 thick slices.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain tuna.
4. Grate cheese.
5. In a medium bowl, add tuna. Flake apart with a fork. Add celery, lemon juice, mayonnaise, and black pepper. Mix with fork until combined. If using dried herbs and hot sauce, stir in now.
6. In a large skillet over medium heat, add 2 slices bread. Cook until toasted on bottom, about 5 minutes. Remove from pan. Repeat with other 2 slices. Remove pan from heat.
7. On the toasted side of each bread slice, add ½ cup tuna salad. Top with tomato slice and sprinkle with cheese (about 2 Tablespoons each).
8. Return skillet to medium heat. Place 2 sandwiches in skillet. Cover and cook until cheese is melted and underside is browned, about 3–5 minutes. Remove from pan. Repeat with other 2 sandwiches.

Chef's Notes

- Tuna salad is also great for cold sandwiches. Or, use to make a pasta salad. Combine with leftover whole wheat pasta, a handful of thawed frozen peas, and a little extra low-fat mayonnaise and lemon juice.
- Use diced radishes in place of celery, if you like.
- To make all 4 sandwiches at once, use the oven. Toast bread on a baking sheet at 450˚F for 10 minutes. Remove from oven and turn each slice over. Top with tuna salad, tomato slices, and cheese. Return to oven and bake until cheese is melted, about 3–5 minutes.

Nutrition Facts

Serving Size 1 sandwich (220g)
Servings per Recipe 4

Amount Per Serving	
Calories 270	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 390mg	**16**%
Total Carbohydrate 19g	**6**%
Dietary Fiber 5g	**20**%
Sugars 5g	
Protein 30g	
Vitamin A 10% •	Vitamin C 20%
Calcium 25% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Turkey Tacos

Chef John Haddock • Baltimore, Md.

Serves 8, 2 tacos per serving
Prep time: 20 minutes • Cook time: 25 minutes

Ingredients

1 medium carrot, small sweet potato, or small zucchini
¼ medium head lettuce
2 large tomatoes
7 ounces low-fat cheddar cheese
1 (15½-ounce) can low-sodium pinto beans
Non-stick cooking spray
1 pound lean ground turkey
1 (15½-ounce) can chopped or crushed tomatoes, no salt added
1 Tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon dried oregano
½ teaspoon salt
½ teaspoon ground black pepper
16 taco shells

Materials

Box grater • Can opener • Colander • Cutting board • Large skillet • Measuring spoons • Sharp knife • Vegetable peeler

Directions

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Chef's Notes

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or cornbread.
- For more heat, add minced hot peppers to sauce in step 6.

Nutrition Facts

Serving Size 2 tacos (308g)
Servings per Recipe 8

Amount Per Serving	
Calories 290	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15**%
Saturated Fat 3g	**15**%
Trans Fat 1.5g	
Cholesterol 40mg	**13**%
Sodium 500mg	**21**%
Total Carbohydrate 28g	**9**%
Dietary Fiber 5g	**20**%
Sugars 4g	
Protein 22g	
Vitamin A 20% •	Vitamin C 30%
Calcium 15% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Yogurt Parfait

Chef Joyce Roland • Seattle, Wash.

Serves 6, 1 parfait per serving
Prep time: 10 minutes • Cook time: None

Ingredients

4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
3 cups nonfat plain yogurt
1½ cups granola

Optional Ingredients
2 Tablespoons sliced almonds

Materials

6 cups or bowls • Cutting board • Measuring cups • Measuring spoons • Sharp knife

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in Fruit Smoothies (page 85).
- Use Homemade Granola (page 87).

Nutrition Facts

Serving Size 1 parfait (239g)
Servings per Recipe 6

Amount Per Serving	
Calories 260	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 90mg	**4%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 4g	**16%**
Sugars 34g	
Protein 9g	
Vitamin A 6% •	Vitamin C 100%
Calcium 25% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Zucchini Blueberry Pancakes

Serves 4, 2 (4-inch) pancakes per serving
Prep time: 5 min • Cook time: 40 min

Ingredients

2 medium zucchini
3 eggs
⅓ cup nonfat milk
1 cup whole wheat flour
½ cup quick oats
¼ cup sugar
1 Tablespoon ground cinnamon
2 teaspoons baking powder
¼ teaspoon salt
Non-stick cooking spray
1 cup blueberries, fresh or thawed frozen

Materials

Box grater • Colander • Fork • Large skillet • Measuring cups • Measuring spoons • Medium bowl • Mixing spoon • Paper towels

Directions

1. Rinse and grate zucchini.
2. Place zucchini into a colander. Press firmly with paper towel, removing as much liquid as possible.
3. In a medium bowl, add zucchini, eggs, and milk. Whisk together using a fork.
4. Add whole wheat flour, oats, sugar, cinnamon, baking powder, and salt to the bowl. Mix well.
5. Coat large skillet with non-stick cooking spray. Heat over medium heat for 2 minutes.
6. Spoon ¼ cup of the batter onto the heated pan for each pancake. Sprinkle blueberries on top. Cook until bubbles appear on the top of the batter. Note that this will take longer than for conventional pancakes.
7. Flip and cook until pancake is cooked through and light brown in color.

Chef's Notes

- Top with warmed fruit, peanut butter, yogurt, or warmed honey if you like.
- If using an electric griddle instead of a skillet, preheat to 375°F before using.
- Chop and add 3 Tablespoons of your favorite nuts if no one is allergic to them.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster over for a quick breakfast.
- Add chopped bell pepper or celery for extra nutrition and crunch.

Nutrition Facts

Serving Size 2 (4-inch) pancakes (251g)
Servings per Recipe 4

Amount Per Serving	
Calories 300	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 140mg	**47**%
Sodium 490mg	**20**%
Total Carbohydrate 54g	**18**%
Dietary Fiber 7g	**28**%
Sugars 20g	
Protein 12g	
Vitamin A 10% •	Vitamin C 35%
Calcium 15% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

N O T E S