

COOKING MATTERS[®]

DRINK TO YOUR HEALTH

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



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Drink To Your Health: Getting Started

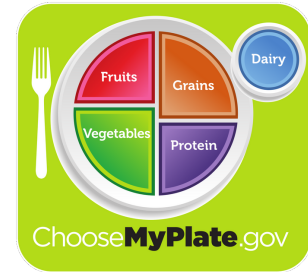


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain culture will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

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Drink To Your Health: Lesson Plan



FOR FACILITATORS

GOAL

Encourage caregivers to offer more water to the children in their care and limit beverages with added sugar

OBJECTIVES

- Understand how sugary drinks impact health.
- Learn about a variety of healthy beverages that you can make at home.

KEY MESSAGES

- Drinking more water and low-sugar drinks can help your kids avoid tooth decay, cavities, and other health problems - all while saving you money.
- You can make drinks at home with a few ingredients commonly found in the WIC package.
- Make your own drinks at home together - it's an activity for you and your kids to enjoy, and builds healthy habits.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Samples of different types of bottled beverages (with varying amounts of sugar) • Pre-made samples of healthy beverage (in addition to those you prepare together in class - optional) • Materials for kids' activity (if using - optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Drink To Your Health
- Reading Food Labels
- Cut Back On Added Sugar

RECIPE OPTIONS

Choose at least 2-3 drinks (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

Drink Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Make Your Own Smoothies	Prep Time: 10 minutes Cook Time: 0 minutes	Make a variety of smoothies in advance Allow caregivers to taste all of the types in addition to the option they make in the lesson.	"A smoothie can be a great meal, especially you need a quick breakfast for on-the-go. You can add whatever frozen fruits you like, some water, milk, or 100% juice, and even a vegetable like spinach." "Smoothies are a good way to get lots of nutrients along with calories from a drink, instead of drinking sugary beverages with lots of calories but little nourishment."
Any of the drinks from Healthy Drinks Taste Test	Prep Time: 5-10 minutes Cook Time: 0 minutes	Make a variety of flavored waters in advance. Allow caregivers to taste all of the types in addition to the option they make in the lesson.	"Flavoring water with fruit or herbs is a great way to increase its appeal to kids who need to hydrate. You can just fill up a jar or pitcher and leave it in your fridge to use as needed!" "Cutting fruit juice with seltzer, or plain water, is a great way to save money by stretching out the juice AND a great way to reduce sugar for your kids."

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain caregivers will learn how to save time and money by preparing healthy beverages at home and learn how to compare drink nutrition labels at the store so they can choose healthier beverages their kids still enjoy.
3. **Get acquainted:**

ASK

“Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?”

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. **Begin by having caregivers view and discuss the sugar content of popular beverages**

NOTE: If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.

ASK

“What beverages did you buy this week for yourself and for your kids? Which of these beverages would you like yourself or your kids to drink less of? More of?”

- Write down caregivers' ideas. Point out that often our beverages contain water, but they may also contain a lot of sugar. Sugary drinks can lead to a variety of health concerns, like early tooth decay and cavities, and can lead to other health concerns, like diabetes or prediabetes, in the future.



Prep for Success! Create beverage display in advance of lesson to ensure you use the lesson time for discussion, not set up. Note that 4 grams of sugar = 1 teaspoon = 1 packet of sugar. You can find the number of grams of sugar per serving or per container on the nutrition facts panel of the beverage.

- Show caregivers a display of popular beverages, including those commonly offered to kids (e.g. juice, sports drinks, fruit-flavored "juices", flavored milks, etc.). Have sugar packets set out in front of each beverage that represents the number of packets in each drink. Ask caregivers to comment on any that surprise them. Draw attention to any packages that are designed to help caregivers think the drinks are more nutritious than they really are - for example, by showing pictures of fruit or using terms like "organic" or "natural". Explain that looking at the sugar content on the Nutrition Facts Label is the only way to know just how sugary that beverage really is!

2. If children and caregivers have been separated, bring them back together to prepare a variety of healthy beverages.

- Have caregivers wash hands using proper technique.
- Introduce the recipes you have chosen. Draw attention to ways drinks made at home can help you save money, be participatory for children, help introduce new foods, or even serve as on-the-go meals, e.g. smoothies. There are a variety of beverages you can make at home with a few versatile ingredients commonly found in the WIC package.

- While caregivers are working:



"What makes it challenging for you and/or your kids to drink water or other healthy beverages more often? Why do you choose to drink and buy sugary drinks?"

- Address 1-2 common challenges and let caregivers offer each other ideas to overcome those challenges. Use the following table to offer additional ideas as needed. Address other challenges as time permits.

Healthy Beverage Challenges	
Caregiver	Ideas
"I'm short on time and money. making my own drinks feels like one more thing to do and at least one more thing to buy."	<p>"These healthy options can be a good way to use WIC ingredients, like yogurt, juice, fruit, and peanut butter. And you might already have a lot of the ingredients on hand at home!"</p> <p>"If your kids already like smoothies or flavored water, making those options at home tends to be much less expensive than buying them pre-made."</p> <p>"Make frozen ice cubes or a pitcher of water with fruit when you have extra time and then use it throughout the week."</p>
"It is expensive to buy water and my kids and I don't like how it tastes."	<p>"If you cannot use tap water, buying a water filter costs more up front but saves on bottled water. Buying big jugs of water is cheaper than buying individual bottles."</p> <p>"Adding a little bit of frozen fruit or 100% fruit juice to water might be enough flavor for kids, or you, to like it. Let's see how you like the tastes of the drinks we made today!"</p>

Healthy Beverage Challenges	
Caregiver	Ideas
"My family's weeks are so busy and we need drinks on the go. Packaged ones are so convenient."	<p>"Water bottles and sippy cups can be found at low cost. Have a few filled with water in the fridge, in the car, or in your purse for easy grabbing."</p> <p>"Save the purchased drinks for when you really need the convenience. Only drink juice boxes and bottled water while on the go, not at home."</p>
"My kids are picky about their drinks and sometimes I just want to give them what they want for some peace and quiet."	<p>"You can use these drink recipes as a framework and choose ingredients that your kids like. Letting your kids actually choose the ingredients usually helps to get them excited about a healthier beverage option."</p> <p>"Consider offering sugary beverages only as a dessert/sometimes food. This way your child can have positive associations with a favorite drink without having too much sugar day to day."</p> <p>"It's not all or nothing! Eliminating a few sugary beverages a week can go a long way toward helping kids develop healthier habits. Start small, think about some "easy wins", and work your way up."</p>

3. Allow kids and caregivers to taste the prepared recipes.

- Set out all the drinks that have been prepared by caregivers and any that you prepped in advance for tasting. As kids and caregivers taste the drinks,



"What ideas or tips have you used in your household to switch to lower sugar beverages?"

- Affirm caregiver responses and share additional tips as needed.
 - Reduce how much sugar you add to coffee, tea, or other drinks one packet at a time.
 - Wean kids off of high-sugar drinks. Mix water with juice or fruit flavored juices. Over time, gradually increase the amount of water in the mixture.
 - Make sugar-sweetened beverages only for special occasions, like birthday parties or long road trips.
 - Be a good role model. If kids see you drinking and enjoying more water yourself, they'll get the message that sugar-sweetened beverages are not "every day" drinks.
 - Make fun ice cubes with kids that have a little lemon or lime juice and some frozen berries. They look great and add interest to water.
 - Freeze water into popsicle molds (because even just a water ice pop is fun!).

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.

SHARE: Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram


TAKE: Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

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Drink To Your Health: Recipes



Kids love to help in the kitchen and there are lots of ways to include them.

- The recipes in this packet include steps marked with the "little helping hand." 
- These steps are good for kids, but help from adults may be needed. Use these tips to help kids safely build their skills doing common cooking tasks.
- Trying new foods? Check out the Taste Test: Name that Food handout. Hang it on the fridge or another spot that is easy to find. Use it to introduce new foods to kids in a fun way.

Make Your Own Fruit Smoothies

Smoothies can be easy, healthy, and made to your liking!



Fruit



Liquid



Thickener



Fruit Smoothie

Fruit (1/2 -1 cup sliced or chopped per smoothie – fresh or frozen)	+	Liquid (to 1 cup per smoothie)	+	Optional Flavorings (up to 1/2 tsp. per smoothie)	+	Thickener (up to 1/2 cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Zest from lemon, lime, or orange		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Coconut flakes, unsweetened		Silken tofu
Peach		Soy milk, plain or flavored		Honey or maple syrup		
Mango		Almond milk				
Pineapple						

Try these combos!

Very Berry:

1/2-cup mixture of strawberry, blueberry, and raspberry + 1/2 cup apple juice + 1/4 cup plain yogurt + 1 tsp honey + 1/4 cup ice

Banana-Honey:

1/2 cup sliced, frozen banana + 1/4 cup apple juice + 1/4 cup nonfat milk + 1/4 cup plain yogurt + 1 tsp honey

Triple-C Blaster:

1/2-cup mixture of mango and papaya + 1/2 cup orange juice + 1/4 cup nonfat vanilla yogurt + 1 tsp honey + 1/4 cup ice

Tropical Sunrise:

1/2-cup mixture of banana and mango + 1/2 cup low-fat milk + 1/2 tsp coconut flakes + 1/4 cup nonfat yogurt + 1/4 cup ice

Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Make Food Fun! – Smoothies

Easy and fast tips for making food fun for kids.



Freeze leftover smoothie for a frozen treat!

Tips and Tricks:

If you freeze leftover fruit before it goes bad, this is a great way to use it up.

Tips and Tricks:

Kids can choose the fruits that go into the smoothie and depending on what you add, can guess the color that it will become once blended.

Layer different flavors of smoothies to make a rainbow or design.



Eat your smoothie with a spoon! Put the smoothie in a bowl, top with your favorite fruit or crunchy snacks.

Tips and Tricks:

Smoothies are a good way to get lots of nutrients along with calories from a drink, instead of drinking sugary beverages with lots of calories but little nourishment.

Haga su propio batido de frutas

¡Los batidos son fáciles, saludables y se pueden hacer a su gusto!



Frutas



Líquido



Espesador



Batido de frutas

Fruta (½ a 1 taza, rebanada o picada, por batido - fresca o congelada)	+	Líquido (½ a 1 taza por batido)	+	Sabores opcionales (hasta ½ cucharadita por batido)	+	Espesador (hasta ½ taza por batido)
Bananas		Jugo 100% de manzana		Canela molida		Hielo
Fresas		Jugo 100% de naranja		Extracto o sabor de vainilla		Yogur bajo en grasa o descremado (regular o congelado)
Frambuesas enteras		Jugo al 100% o de azúcar reducido de arándano rojo		Ralladura de limón, lima o naranja		Helado de yogur bajo en grasa o descremado
Arándanos enteros		Leche baja en grasa o descremada, regular o con sabor		Hojuelas de coco, sin azúcar		Tofu blando
Duraznos		Leche de soya, regular o con sabor		Miel o jarabe de arce		
Mango						
Piña		Leche de almendras				

Prueben estas combinaciones!

Montones de bayas:

½ taza de mezcla de fresas, arándanos y frambuesas +
½ taza de jugo de manzana + ¼ de taza de yogur regular + 1 cucharadita de miel + ¼ de taza de hielo.

Banana con miel:

½ taza de bananas congeladas rebanadas + ¼ de taza de jugo de manzana + ¼ de taza de leche descremada + ¼ de taza de yogur regular + 1 cucharadita de miel.

Triple Carga "C":

½ taza de mezcla de mango y papaya + ½ taza de jugo de naranja + ¼ de taza de yogur de vainilla descremado + 1 cucharadita de miel + ¼ de taza de hielo.

Amanecer tropical:

½ taza de mezcla de banana y mango + ½ taza de leche baja en grasa + ½ cucharadita de hojuelas de coco + ¼ de taza de yogur descremado + ¼ de taza de hielo.

Consejos del chef:

- Usen leche, tofu o yogur para crear un batido más cremoso.
- Si piensan agregar frutas congeladas, usen menos hielo o no usen hielo.
- Congelen rebanadas de frutas que estén muy maduras y úsenlas en batidos.

¡Haga que la comida sea divertida! - Batido de frutas



¡Congele las sobras de los batidos para tener un dulce helado!

Consejos y Trucos:

Si congela la fruta que le sobre antes de que se ponga mala, es una forma fantástica de usarla.

Consejos y Trucos:

Los niños pueden elegir qué frutas poner en el batido y, dependiendo de lo que eche, pueden adivinar de qué color saldrá el batido.

Eche capas de diferentes sabores de batidos para hacer un arcoíris o un diseño.




¡Cómase el batido con una cuchara! Póngalo en un cuenco, eche por encima su fruta o botanas crujientes favoritas.

Consejos y Trucos:

Los batidos son una buena forma de incluir muchos nutrientes con las calorías en una bebida en lugar de tomar bebidas azucaradas que tienen muchas calorías, pero poca sustancia.

Healthy Drink Taste Test

Jazz up water and seltzer with these tasty ideas. Try a few different combinations!




 = Have kids help with the steps marked with the "little helping hand"!

Flavored Water

Ingredients

- Lemons, limes, oranges, or cucumbers
- Fresh herbs, like mint leaves, rosemary, or other fresh herbs

How to Prepare




-  • Rinse and slice fresh lemons, limes, oranges, or cucumber.
-  • Snip mint leaves, rosemary, or other fresh herbs.
-  • Fill glass or pitcher with ice water and add any combination of ingredients.

Fruit Juice Sodas

Ingredients

- Seltzer
- Variety of 100% juices
- Lime
- Optional: Lemon, lime, or orange slices.

How to Prepare

-  • Fill a large pitcher, $\frac{1}{2}$ juice and $\frac{1}{2}$ 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.

Make Food Fun! – Healthy Drinks

Easy and fast tips for making food fun for kids.



Adding water to juice helps to reduce calories and sugar in our drinks.

Tips and Tricks:

The options are endless with this recipe: you can use any 100% fruit juice and either tap or seltzer water.

Tips and Tricks:

Try adding different fruits, like berries or citrus, to add flavor without adding sugar. Adding herbs such as mint also works great.

Try serving in a clear glass so kids can see the fruit and point out the colors.



Freeze leftover unused drink for later as a colorful and flavorful ice cube.

Tips and Tricks:

Make a mixture of juice, water and fruit and have your kids guess what is flavoring the water to create a fun taste test experience.

Prueba de degustación de bebidas saludables

Haz que el agua con gas y el agua mineral sean sabrosas. ¡Prueba algunas combinaciones diferentes!






= ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda!"!

Agua saborizada

Ingredientes

- Limones, limas, naranjas y pepinos
- Hojas frescas de menta, romero u otras hierbas frescas

Preparación





-  Lave y corte limones, limas, naranjas y pepinos frescos en rodajas.
-  Recorte hojas de menta, romero u otras hierbas frescas.
-  Llene varias jarras con agua helada y agregue una combinación de ingredientes a cada jarra.

Sodas con sabor a fruta

Ingredientes

- Agua mineral con gas
- Varios jugos 100% naturales
- Lima
- Opcional: rodajas de limón, lima o naranja

Preparación

-  Llene una jarra grande con la mitad de jugo y la otra mitad con agua mineral con gas.
-  Lave la lima y córtela por la mitad.
-  Exprima el jugo de las dos mitades en la jarra.
-  Mezcle bien y agregue hielo antes de servir. Añada rodajas de fruta, si las va a usar.

¡Haga que la comida sea divertida! - Bebidas Sanas



Echarle agua al jugo ayuda a reducir las calorías y el azúcar en las bebidas.

Consejos y Trucos:

Las opciones con esta receta son ilimitadas: puede usar cualquier jugo 100% de fruta y agua del grifo o con gas.

Consejos y Trucos:

Pruebe a echar frutas diferentes, como bayas o cítricos, para darle sabor sin añadirle azúcar. Echarle hierbas como la menta también funciona muy bien.

Pruebe a servirlo en un vaso transparente para que los niños puedan ver la fruta y decir los colores



Congele la bebida que le sobre como un cubito de hielo de colores y sabores.

Consejos y Trucos:

Haga una mezcla de agua y fruta y deje que los niños adivinen qué le da sabor al agua para crear una prueba de sabores.

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Drink To Your Health: Caregiver Handouts



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 fat and fewer calories.
- Limit flavored milk. It's full of added sugar and calories.

Drink 100% Juice Sometimes

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

100% Fruit Juice

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

Limit or Avoid Drinks with Added Sugar

Drinks with added sugar are packed with calories. They don't give you the nutrients you need.

Instead Of...	Try This
Soda or pop	Combine 100% juice and seltzer to make your own healthy "sodas" with no added 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.

Brinde por su salud

Enséñeles a sus niños a escoger bebidas saludables.

Ofrézcales agua y leche con frecuencia

El agua y la leche tienen menos calorías y son mejores para la salud de los niños.

Agua

- Elija agua de la llave en vez de agua embotellada. Es apta para beber y es gratis.
- Añádale sabor al agua. ¡Échele rodajas de fruta u hojas de menta!

Leche

- Ofrezca el tipo y la cantidad adecuada de leche de acuerdo a la edad de su niño.
- La leche es buena para los niños, pero demasiada puede disminuir su apetito por otros alimentos saludables.
- Limite la cantidad de leche con sabores que les sirve. Contienen muchas azúcares agregadas y calorías.

Ofrezca de vez en cuando jugos 100% de fruta natural

El jugo puede suministrar nutrientes importantes, pero contiene muchas calorías y poca fibra.

Jugo 100% de fruta natural

- Revise la etiqueta para asegurarse que sea 100% de fruta natural.
- Haga bebidas más saludables. Mezcle con agua con gas para hacer “sodas de fruta”.
- Ofrezca frutas enteras en vez de jugo, cuando pueda.

Limite o evite ofrecer bebidas con azúcar agregada

Las bebidas con azúcar agregada tienen muchas calorías y no les brindan a los niños los nutrientes que necesitan.

En lugar de	Trate esto
Refrescos o gaseosas	Combine jugo 100% de fruta natural con agua mineral con gas para hacer “sodas” con menos azúcar y menos calorías.
Bebidas con sabor a fruta	Elija jugo 100% de fruta natural. O póngale sabor al agua de la llave con rodajas de fruta fresca u hojas de menta.
Bebidas deportivas o energéticas	Reemplace con agua los líquidos que pierden los niños con la actividad física.

Reading Food Labels

Use the label to guide your food choices.

The amounts on the label are based on just one serving. Ask yourself, “How many servings am I eating?”

Serving Size

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount of Calories

Amount per serving
Calories 230

Calories tell you how much energy you get from one serving. Make sure calories fit within your energy needs for the day.

Nutrients

Aim low on “unhealthy fats”. When comparing foods, look for less saturated fat and no trans fat. When comparing foods, look for more fiber and less sugar.

Footnote

2,000 calories a day is used for general nutrition advice

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Percent Daily Value

The %DV tells you if a food is high or low in a certain nutrient. 20% or more is high, 5% or less is low.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

You may see lots of words on the front of the package that make you think a food is healthy, like “good source of Vitamin D” or “low fat.” Always check the Nutrition Facts panel to be sure you get the whole story.

Cómo leer las etiquetas de los alimentos

Use la etiqueta como guía para seleccionar sus alimentos.

Las cantidades que aparecen en la etiqueta se basan solo en una porción. Pregúntese, “¿cuántas porciones estoy comiendo?”

Serving Size



Amount of Calories



Las calorías le dejan saber la cantidad de energía que usted obtiene de una porción. Asegúrese que las calorías corresponden a la energía que usted necesita para su día.

Nutrients



Propóngase consumir pocas “grasas no saludables”. Cuando compare alimentos, busque los que tienen menos grasa saturada y no grasa trans.

Footnote



2.000 calorías al día se utilizan para el asesoramiento nutricional general

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
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Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Percent Daily Value



El % de Valor Diario le permite saber si un alimento tiene un contenido alto o bajo de un nutriente. 20% o más es alto, 5% o menos es bajo.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Usted quizás vea muchas palabras en el paquete que le harán pensar que el alimento es saludable, como “buena fuente de vitamina D” (good source of Vitamin D) o “bajo en grasa” (low fat). Revise siempre el panel de Datos de Nutrición para asegurarse de que tiene toda la información.

Cut Back On Added Sugar

Less added sugar means more room for healthy foods!

Be a sugar detective

Added sugar is added by the manufacturer during preparation or processing. Check the ingredient list. If these names for added sugars are on the list, it means the food or drink has added sugar.

- Brown sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose
- Glucose
- High-fructose corn syrup sugar
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltose
- Molasses
- Raw sugar
- Sucrose
- Trehalose
- Turbinado sugar

You may see Sugars or Added Sugar on the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
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Compare Labels

Sugars includes both added sugars and natural sugars. Healthy foods like fruit, 100% juice, plain milk and yogurt, and vegetables contain sugar naturally. These are not added sugars.

You can compare the amount of sugars on the label for two similar products (like two brands of strawberry yogurt). If the products have similar ingredients, the brand lower in sugars probably has less added sugar.

Reduzca la azúcar agregada

¡Menos azúcar agregada da más lugar para alimentos sanos!

Sea un detective del azúcar.

La azúcar agregada es añadida por el fabricante durante la preparación o el procesamiento. Revisen la lista de ingredientes. Si estos nombres de azúcares agregadas aparecen en la lista, significa que el alimento o la bebida tiene azúcar agregada.

- Azúcar morena (Brown sugar)
- Endulzante de maíz (Corn sweetener)
- Sirope/Jarabe de maíz (corn syrup)
- Dextrosa (Dextrose)
- Fructosa (Fructose)
- Glucosa (Glucose)
- Sirope de maíz de alta fructosa (High-fructose corn syrup)
- Miel (honey)
- Azúcar invertida (invert sugar)
- Lactosa (Lactose)
- Sirope de malta (Malt syrup)
- Maltosa (Maltose)
- Melazas (Molasses)
- Azúcar sin refinar (Raw sugar)
- Sucrosa (Sucrose)
- Trehalosa (Trehalose)
- Azúcar turninada (Turbinado sugar)

Tal vez vea Azúcares o Azúcar agregada en el etiqueta de Datos de Nutrición.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
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Comparen etiquetas

Las azúcares incluyen tanto azúcares agregadas como azúcares naturales. Los alimentos saludables como la fruta, jugo 100% natural, leche y yogur natural y los vegetales contienen azúcar por naturaleza. Estas no son azúcares agregadas.

Pueden comparar la cantidad de azúcares en la etiqueta de dos productos similares (como dos marcas de yogur de fresa). Si los productos tienen ingredientes parecidos, la marca con menor cantidad de azúcares probablemente tenga menos azúcar agregada.

COOKING MATTERS®

Waiver & Release Printable Promotion





Cooking Matters by Share Our Strength Waiver and Release

Please read carefully, initial, sign and date at the bottom of the page.

Assumption of risk and liability waiver: I want to participate in or volunteer for Cooking Matters. I recognize that doing so could present potential 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 acknowledge that by participating in Cooking Matters, I may be in a class with other participants and members of the public and that there is a risk of transmission of illnesses, including COVID-19, from person-to-person contact, by contact with contaminated surfaces and objects and/or even possibly in the air. I voluntarily assume all risks and dangers of injury to my person or property arising from, incidental to, or related in any way to my participation in Cooking Matters. **I release and forever discharge and covenant not to sue Share Our Strength, program partners, sponsors and each of their officers, directors, agents, employees, and volunteers ("Releasees") from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses, including attorneys' fees that I may have or that may hereafter accrue to me, arising out of or related to any harm, loss, damage or injury, including but not limited to disability, death, property loss or illness, including from the transmission of COVID-19 or other communicable disease, that may be sustained by me or my child, whether caused by my/his/her action or negligence or the action or negligence of Releasees or third parties in connection with my participation in Cooking Matters. I also agree not to sue Releasees in connection with any such harm, loss, damage or injury.**

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I certify that I am at least 18 years of age. If under 18 years of age, signature of guardian is also required.

Name of Participant or Volunteer (please print): _____

Signature of Participant or Volunteer: _____

Signature of Legal Guardian (if applicable): _____

Date: _____ Program Code: _____



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Nombre del participante o voluntario (en letra de molde): _____

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