Let's Cook Whole Foods!

for healthy kids

Resource Manual

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1. Recipes

a. Vegetable Stock

Yield approx. 128 oz

8 oz Onion
4 oz Celery
4 oz Carrots
1 Bay Leaf
1 tsp Thyme or 1 sprig
1 tsp Cracked peppercorn
1 gal Water

- Chop vegetables into 1-inch chunks. Remember to use vegetable trimmings, as well.
- Place vegetables in a pot, add seasonings and cover with water. Bring to boil, turn down to a simmer and cook for 30 minutes.
- Strain, the vegetables and seasonings, cool the stock and refrigerate or freeze.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving	
Calories 11	Calories from Fat 0
	% Daily Value*
Total Fat 0.0g	**0%**
Trans Fat 0.0g	
Cholesterol 0mg	**0%**
Sodium 7mg	**1%**
Total Carbohydrates 2.4g	**1%**
Dietary Fiber 0.7g	**3%**
Sugars 1.0g	
Protein 0.3g	

Vitamin A 25%	•	Vitamin C 4%
Calcium 2%	•	Iron 1%

Nutrition Grade A

* Based on a 2000 calorie diet

b. Peach Dream Breakfast

24 (1/4 cup servings of bread/grain and ½ cup servings of fruit/vegetable) Servings for 3-5 year olds in the CACFP

4 cups	Bulgur
12 cups	Peaches, diced (can use 6 cups peaches and 6 cups apples)
5-10	Mint leaves, julienned
½ tsp.	Cinnamon

Warm milk is optional

- Bring 4 cups of water to a boil. Add bulgur reduce heat to a simmer and cover. Cooking time is approximately 25-30 or until bulgur has absorbed water.
- While bulgur is cooking finely dice 2 cups of peaches and mint set aside.
- Once bulgur is done cooking, pour into mixing bowl and add peaches and cinnamon and mint. Stir until well combined.
- Serve either hot, or cold, warm milk is optional if desired.

This recipe would credit 1 serving of bread/grain and 1 serving of the fruit/vegetable component

What is bulgur?

Bulgur is a quick-cooking form of whole wheat that has been cleaned, parboiled (precooked), dried, ground into particles and sifted into distinct sizes. The result is a nutritious, versatile wheat product with a nut-like flavor and an extended shelf-life that allows it to be stored for long periods. It is ready to eat with minimal cooking or, after soaking in water or broth, can be mixed with other ingredients without further cooking. Bulgur is high in fiber and rich in B vitamins, iron, phosphorus and manganese.

Bulgur holds a place in recipes similar to rice or couscous but with a higher nutritional value. Best known as an ingredient in tabouli salad, bulgur is also a tasty, low-fat ingredient in pilaf, soup, bakery goods, stuffing or casseroles.

c. Sweet Potato Dip

24 (1.5oz) Servings for 3-5 year olds in the CACFP

3 large Sweet Potato, cooked and cut into chunks
2- 15.5 oz. cans plus 2/3 cup Chickpeas, drained and rinsed
1 tsp. Curry Powder
Water

- Dependent upon time allowance bake, microwave or boil your sweet potato, with skin on, until tender.
- Puree the sweet potato, chickpeas, tahini paste and curry powder. Add enough to water to make a smooth paste.
- We recommend dipping fresh vegetables or whole grain crackers.

This recipe would credit 1 serving of the meat/meat alternate component

This recipe would be impractical to credit both the meat/meat alternate and the fruit/vegetable for snack.

d. Corny Salad

24 (1/4 cup) Servings for 3-5 year olds in the CACFP

2 1/2 cups	Zucchini, diced
1 cup	Red bell pepper, diced fine
1/2 cup	Onion, diced fine
¼ cup	Cilantro, chopped fine
2 cups	Corn
2 Tbsp	Olive oil
¼ tsp	Salt
¼ tsp	Pepper
¼ tsp	Cumin
2 ½ Tbsp.	Lime juice (Of ½ of a lime)
½ tsp	Dry oregano

- Dice 1 large zucchini or several small zucchinis into a small bowl and set aside.
- Finely dice 1 red bell pepper, onion and cilantro. Place into a bowl and set aside.
- Measure out corn place into bowl and set aside.
- Heat olive oil in a sauté pan. Once oil is hot take the corn and place into pan, heat corn all the way through.
- Take zucchini, pepper, onion, cilantro, and corn and combine into a larger bowl. Add cumin, salt, pepper, lime juice, dry oregano. Mix until well combined. Serve and enjoy.

This recipe would credit 1 serving of the fruit/vegetable component for lunch or supper (Serve an additional ¼ cup fruit/vegetable component to meet the minimum portion for lunch/supper)

e. Rainbow Salad

24 (1/4 cup) Servings for 3-5 year olds in the CACFP

1 ¼	Purple beet
1 ¼	Golden beet
1 cup	Cauliflower, small rough chop
2 tsp	Olive oil
1 tsp	Thyme
½ tsp	Garlic salt
1 ½ cup	Tomato (optional), diced
¼ cup	Red onion, julienne
8 oz	Spring mix

- Pre heat oven to 400 degrees.
- Cube both purple and golden beets and place into a bowl. Roughly small chop cauliflower and place into same bowl with beets.
- Take olive oil, garlic salt, and thyme and combine with beet and cauliflower bowl and mix. Pour bowl onto sheet pan and place into oven and roast for 20-25 min. After cooking, place into freezer and rapidly cool for 5-8 min.
- Julienne red onion and set aside.
- Place spring mix onto platter and then take your onion and sprinkle on top of lettuce mix. Take beet and cauliflower mix and place on top of onion and lettuce mix. Serve and enjoy. This recipe could also have a dressing if desired.

This recipe will credit 1 serving of the fruit/vegetable component for lunch or supper an additional ¼ cup f/v is required to meet the minimum portion.

f. Fiesta Salad

4 cups Quinoa (rinse in cold water 2-3 times)
1 cup Red Onion, finely diced
5 cups Tomato, diced
¼ cup Cilantro, chopped fine
2 cans plus 2/3 cup Black Bean, rinsed and drained
2 tbsp Lime Juice
¼ tsp Cumin Powder
½ tsp Garlic Salt

- In a small pot bring 2 cups of water to a boil, then add quinoa. Turn heat to low and simmer with a lid for 20 minutes.
- While quinoa is cooking finely dice onion, tomato, and cilantro in put in a bowl and set aside.
- Open 1 can of black beans a place into a colander, rinse and drain; measure out 1 cup of beans and set aside.
- Quinoa should be tender to the taste and all the liquid should be absorbed. Combine quinoa, onion, black bean, tomato and cilantro in a mixing bowl. Stir till combined.
- Add cumin, garlic salt and lime juice, mix till combined. Either serve immediately or chill and serve later.

This recipe will credit:
1 Bread/Grain component
1 Meat/Meat Alternate component
½ of the fruit/vegetable component for 3-5 year olds on the CACFP
If you use the black beans as a vegetable component in this recipe you may cut the tomatoes to 1 ½ cup.

You would then need to serve a meat/meat alternate and a ¼ cup serving of a fruit/vegetable and milk to meet the minimum portions for lunch/supper

g. Super Hero Rice

This recipe would serve 24 3-5 year old children in the CACFP

¼ cup	Brown rice
1 ¾ cup	Barley grains would yield approx. 6 cups or 48 ounces
1 cup	Quinoa (rinse 2-3 times)
1 cup	Bulgur
10 cups	Water
2 cups	Carrot
½ cup	Green bell pepper
1 cup	Yellow bell pepper vegetables would yield approx. 48 ounces
1 ½ cup	Red bell pepper
2 tbsp.	Olive oil
1/3 cup	Ginger, diced
1 tsp	Garlic, minced
1/8 tsp	Clove
1 cup	Orange juice

- In two separate pots bring 2 ½ cups of water to a boil. In one pot add brown rice and barley. In the second pot add quinoa and bulgur. Reduce both pots to a simmer. The rice and barley will take 20 to 30 minutes to cook and the quinoa and bulgur will take 20 minutes.
- While the grains are cooking dice and measure out the yellow, green and red bell peppers and the ginger, set aside. Mince garlic, set aside. Mix the clove and orange juice together, set aside.
- Once the grain mixtures are cooked, the water is fully absorbed and the grains are tender remove from heat and set aside to cool.
- In a sauté pan heat the olive oil. Add carrots and sauté for 15 minutes then add the peppers. Cook until soft then add the ginger and garlic, and cook another 2 minutes. Next add the orange juice mixture and cook until the juice begins to reduce and thicken slightly. Remove mixture from heat and let cool.
- Mix the grains into a bowl, add the pepper mixture and stir together. Serve and enjoy.

1 serving of a bread/grain and 1 serving of a fruit/vegetable component. You would need to add a meat/meat alternate and a fruit/vegetable component and fluid milk to meet the requirement for a lunch or supper.

h. Veggies on the Beach

8 cups Water
2 ¼ cup Red lentils (sort and rinse)
2 ¼ cup Green lentils (sort and rinse)
2 cups Corn
2 cups Tomato, diced
2 cups Carrots, small cube
1 tsp Curry powder
½ tsp Garlic powder
½ tsp Salt
½ tsp Pepper
4 Tbsp. Olive oil

- In a pot bring 4 cups of water to a boil. Add both lentils to the water and turn down to low and cover, occasionally stirring making sure not to stick to the bottom of the pot. Cooking time will vary between 20-30 min depending upon age of lentils. Older lentils will tend to cook longer.
- Cut the carrots into small cubes and set aside in small bowl. Next cut the tomato into a small dice, then set aside in a small bowl.
- Once lentils are finished cooking remove from heat and drain. Rinse lentils under cool water to remove the outer shell of lentil and excess cooking liquid. Let drain for 5 min.
- In a sauté pan, heat 2 tbsp of olive oil and carrots over medium heat. Sauté till soft about 3 min. Add in corn and heat it through, remove from heat and set aside.
- Pour the lentils and the carrot mixture into a large mixing bowl. Add the curry, garlic, salt and pepper to the mixture and gently stir. Serve and enjoy.

This recipe would serve 24 (3-5 year olds) and would meet 1 serving of the meat/meat alternate, and ¼ cup of the fruit/vegetable component.

i. Cowboy Vegetable Chili

1 cup	Onion, diced
2 cups	Green pepper, diced
2 tsp	Chili powder
1 ½ tsp	Cumin
1 tsp	Garlic powder
½ tsp	Onion powder
1/8 tsp	Brown sugar
3 cups	Fresh Tomato, 3 whole diced finely; 3 diced without seeds and juice
2 ½ 15.5 oz	Kidney beans
4 cups	Bulgur
6 cups	homemade vegetable stock or water
2 Tbsp	Yogurt

- Dice vegetables.
- In a medium size pot sauté the onions till translucent and or soft. Add the green peppers to the onions and cook another 3 minutes. At this point add the chili powder, cumin, garlic powder, onion powder and brown sugar, and all the tomatoes. Cook this for 15 min.
- Add the kidney beans and bulgur and water. Cook this until the bulgur has softened and the chili has thickened approx. 15-20 min.

This recipe would serve 24 (3-5 year olds) and credit 1 serving of mea/meat alt, 1 serving of a bread/grain and ¼ cup of the fruit/vegetable component.

48 ounces of vegetables would be 2 ounces per child and would meet ½ of the fruit/vegetable requirement for lunch/supper. 4 cups bulgur would be 6 cups of cooked bulgur or ¼ cup per child. The beans would be 38 ounces and would be over the 1.5 ounce per child minimum requirement.

j. Fruity Tooty Banana Split

24 servings for the 3-5 age group

3 pounds Bananas or 2 whole split and halved
1 ¼ cup Kiwi fruit, peeled
2 cups Pineapple
2 cups Blueberries

- Take 2 bananas and split them length wise in half, then split the halves into halves width wise.
- Coarsely chop kiwi fruit and set aside in small bowl. Do the same step with the pineapple. Next take the blueberries and cut them into half and set aside.
- Place the banana into serving bowl by stacking them into layers. Take the rest of the fruit and place on top of banana into little piles like a traditional banana split. Serve and enjoy.
- This recipe can have several substitutes for the fruit due to seasonality.

k. Silly Fruit

This recipe would serve 24 (3-5) year olds ¼ cup of the fruit/vegetable requirement at lunch supper. You would need to serve double the portion to meet the minimum portion for breakfast. At lunch/supper you would be required to add a second vegetable/component.

2 cups Strawberries, chopped in small bite size (approx. 10 berries depending on size)
2 cups Watermelon, chopped small bite size
2 cups Cantaloupe, chopped small bite size
1 cup Blueberries
¼ cup Mint
2/3 cup Plain yogurt
1 Tbsp Agave nectar, honey or sugar
1/8 tsp Cinnamon

- Remove the rind off the watermelon, and cantaloupe. Next chop the watermelon, cantaloupe, and strawberries into small bite size pieces.
- Place the above ingredients including the blueberries into a mixing bowl.
- Add the yogurt and the mint and the cinnamon, then mix gently. Serve and enjoy.

I. Kitchen Resources

Spices & Herbs

Herbs are aromatic plants, that leaves, stems or flowers are used as a flavoring, dried or fresh.

Spices are aromatic plants, that the bark, roots, seeds buds or berries are used for flavoring, dried either whole or ground

Herbs and Spices In Savory Foods		
Flavoring	**Form**	**Suggested Uses**
Allspice	Whole or ground	Fruits, relishes, braised meats
Anise	Whole or ground	Asian cuisines, pastries, breads, cheeses
Basil	Fresh or dried	Tomatoes, salads, eggs, fish, chicken, lamb, cheeses
Caraway	Whole or ground	Rye bread, cabbage, beans, pork, beef, veal
Chervil	Fresh	Chicken, fish, eggs, salads, soups, vegetables
Chives	Fresh or dried	Eggs, fish, chicken, soups, potatoes, cheeses
Cilantro	Fresh leaves	Salsa, salads, Mexican cuisine, fish, shellfish, chicken
Cloves	Whole or ground	Marinades, baked goods, braised meats, pickles, fruits, beverages, stocks
Cumin	Whole or ground	Chili, sausages, stews, eggs
Dill	Fresh or dried leaves; whole seeds	Leaves or seeds in soups, salads, fish, shellfish, vegetables, breads; seeds in pickles, potatoes, vegetables
Fennel	Whole seeds	Sausages, stews, sauces, pickling, lamb, eggs
Ginger	Fresh or powder	Asian, Caribbean and Indian cuisines, pastries, curries, stews, meats
Marjoram	Fresh or dried	Sausages, pates, meats, poultry, stews, green vegetables, tomatoes, game
Nutmeg	Whole or ground	Curries, relishes, rice, eggs, beverages
Rosemary	Fresh or dried	Lamb, veal, beef, poultry, game marinades, stews
Saffron	Threads or ground	Rice, breads, potatoes, soups, stews, chicken, fish, shellfish
Sage	Fresh or dried	Poultry, charcuterie, pork, stuffing's, pasta, beans, tomatoes
Tarragon	Fresh or dried	Chicken, fish, eggs, salad dressings, sauces, tomatoes
Thyme	Fresh or dried	Fish, chicken, meats, stews, charcuterie, soups, tomatoes
Turmeric	Fresh or powder	Curries, relishes, rice, eggs, breads

On Cooking, by Labensky & Hause

Purchase & Storage

- *Dried herbs*, ground and whole spices usually last about 6 months, if they are kept in a dry, cool, dark place. The spice rack should not be near or above the stove.
- *Fresh herbs* need to be rinsed in cool water, dried on paper towels or dried in a salad spinner. Store the fresh herbs in a damp paper towel, in a plastic bag, in the refrigerator; for several weeks.

List of Herbs

Basil is used in Mediterranean style cooking and when purchasing fresh basil, look for bright green leaves and avoid flower buds and wilted or rust colored leaves.

Bay leaf has a sweet balsamic aroma and peppery flavor.

Chervil is similar to parsley and is used in traditional fines herbs.

Chives has a mild onion flavor, bright green stems; excellent garnish to dishes.

Cilantro is the green leafy portion of the plant; also known as Chinese parsley and is used in Asian, Mexican and South American cuisines in salads and sauces.

Dill is used in Scandinavian and central Europe cuisines; used with fish, vegetables, pickles and breads.

Lemongrass has a citrus flavor, with stocky stems, use only the lower base and white leaves, is used in Southeast Asian cuisines.

Marjoram has a strong flavor, sweeter than thyme and its flavor becomes stronger, when dried; used in Mediterranean cuisine.

Mint has a strong aroma, purchase only bright leaves, is usually served with fruits or fatty meats.

Oregano is used in Mediterranean and Mexican cuisines.

Parsley use fresh, whenever possible, the bright green leaves have more flavor, than dried.

Rosemary is best fresh, the leaves are soft and easy to cut, and dried rosemary becomes tough and unpleasant to chew.

Sage is used with poultry and fatty meats.

Savory is used in sausages and beans; is used in fines herb blends.

Tarragon has a strong flavor that diffuses quickly, use with fish or tomatoes.

Thyme complements meats, poultry, fish, shellfish, and vegetables. It has an earthy aroma.

List of Spices

Allspice or Jamaican pepper is one ingredient that tastes like a blend of cinnamon, cloves and nutmeg.

Anise, gray-green egg-shaped seeds that have a licorice flavor.

Star anise, dried, star-shaped fruit, tastes similar to a pungent, bitter licorice flavor.

Caraway used mostly in German and Austrian dishes.

Cardamom has lemony camphor flavor, used in sweet and savory dishes.

Chiles are members of the capsicum plant family, with varying degrees of heat and taste.

Cayenne is a blend of hot types of dried chili peppers.

Paprika, ground powder made from red-ripened and dried chilies (sweet or smoked).

Chilies powders, dried chili peppers from sweet and mild to extremely hot and pungent.

Crushed chilies or chili flakes are blend of dried, coarsely chopped chili peppers.

Cinnamon, ground or sticks, used mostly in pastries and sweet dishes.

Cloves, ground or whole, extremely pungent with a sweet, astringent aroma

Coriander, seeds from the cilantro plant, whole or ground, used in Indian cuisine and pickling mixtures.

Cumin, whole or ground, used in Indian, Middle Eastern and Mexican cuisines, and sausages

Fennel, whole seeds, has a licorice flavor and used in European cuisines and sausages.

Fenugreek is a bittersweet flavor with a bitter aftertaste, used in Indian cuisines, curries and chutneys.

File powder used in Cajun and Creole cuisines, should be added at the end of the cooking process.

Ginger, fresh or ground is used in savory and sweet and dishes. Dried ginger is spicier that fresh.

Horseradish, a spicy hot flavor, used in Russian and Central European cuisines.

Mustard seeds are available in black, brown, and yellow.

Nutmeg has strong, sweet aroma, once ground can lose its flavor quickly. Grate directly into a dish.

Peppercorns, black, white and green, are from the same plant just picked and processed differently.

Saffron is the dried stigmas of the saffron crocus and each strand must be picked by hand, good quality saffron is bright orange and has strong aroma and a bitter, honey like taste.

Turmeric, a mild woodsy aroma, with a distinctive flavor and yellow color

Wasabi, pale green root with a strong horseradish flavor, not related to the horseradish family. Asian cuisine

***** *On Cooking*, by Labensky & Hause

Definitions

Bouquet garni

A French seasoning blend of fresh herbs and vegetables tied in a bundle with twine.

Nouet

A muslin bag containing herbs, spices or other flavorings and tied with a string to add flavor without leaving solid particles behind

Sachet

A French seasoning blend of aromatic ingredients tied in a cheesecloth bag.

Enclosed tea strainers that shut well can replace of muslin bags or cheesecloth.

Make your own NO-Salt Spice Blends

Asian 5-Spice

2 tablespoons anise powder
1 tablespoon ground black pepper
1 tablespoon ground fennel
1 tablespoon ground cinnamon
1 tablespoon ground cloves

Cajun

½ cup paprika
¼ cup garlic powder
2 tablespoons black pepper
2 tablespoons onion powder
2 table spoons dried oregano
1 tablespoon dried thyme
Optional
1 tablespoon cayenne pepper (will not be spicy without the cayenne pepper)

Chili Seasoning

½ cup chili powder
¼ cup garlic powder
3 tablespoons onion powder
¼ cup dried oregano
2 tablespoons paprika
¼ cup cumin
1 tablespoon dried thyme

Curry powder

½ cup paprika
¼ cup cumin powder
¼ cup turmeric
1 tablespoon fennel powder
2 tablespoon fenugreek powder
2 tablespoons ground mustard
1 teaspoon ground cinnamon
Optional:
1 tablespoon ground red pepper flakes
2 tablespoons ground coriander
½ teaspoon ground cloves

Fajita Seasoning

¼ cup chili powder
2 tablespoons paprika
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon cumin powder
Optional
1 teaspoon cayenne powder

Fine herbs

1 tablespoon dried tarragon
1 tablespoon dried chervil
1 tablespoon chopped chives
1 tablespoon chopped parsley

Herbs de Provence

½ cup dried thyme
¼ cup dried marjoram
2 tablespoons dried Rosemary
2 tablespoons savory
1 teaspoon ground lavender
1 teaspoon ground fennel

Herb Blend for Chicken or Pork

1 tablespoon ground thyme
1 tablespoon dried basil
1 tablespoon dried Rosemary
1 tablespoon dried sage
1½ teaspoons dry mustard
1 tablespoon chopped fresh parsley

Italian Seasoning Blend

½ cup dried basil
¼ cup dried oregano
¼ cup thyme

Pumpkin Pie Spice

¼ cup ground cinnamon
1 teaspoon ground ginger
2 teaspoons ground nutmeg
2 teaspoons ground allspice
½ teaspoon ground cloves (optional)

Ranch Blend

¼ cup dried dill
¼ cup garlic powder
¼ cup onion powder
2 teaspoon dried basil

Taco Seasoning Blend

¼ cup **c**hili powder
2 tablespoons ground cumin
2 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons paprika

m. Websites for More Kid-Friendly Recipes

a. FNCS Recipe Box, www.fns.usda.gov/fncs-recipe-box

b. Improving Nutrition & Physical Activity Quality
http://healthymeals.nal.usda.gove/hsmrs/Delaware/nhpsmenuplanning.pdf

c. Fruit and Veggie Quantity Cookbook
www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf

d. Specialty Crops Recipe Resource Book, Produced by Washington Food Coalition,
https://fortress.wa.gov/ga/apps/Food/MiscFiles/SpecialtyCropRecipes.pdf

2. Whole Foods

a. Fruits and Vegetables

Fresh Fruit and Vegetable Availability

Winter

- Bananas
- Grapefruit
- Lemons
- Mushrooms
- Onions and Leeks
- Oranges
- Pears
- Potatoes
- Sweet Potatoes and Yams
- Turnips
- Winter Squash

Spring

- Apricots
- Bananas
- Broccoli
- Cabbage
- Green Beans
- Honeydew Melon
- Lettuce
- Mangos
- Mushrooms
- Onions and Leeks
- Peas
- Pineapple
- Rhubarb
- Spinach
- Strawberries

Summer

- Apricots
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Corn
- Cucumbers
- Eggplant
- Garlic
- Grapefruits
- Grapes
- Green Beans
- Honeydew Melon
- Kiwifruit
- Lima Beans
- Mushrooms
- Peaches
- Peas
- Plums
- Radishes
- Raspberries
- Strawberries
- Summer Squash and Zucchini
- Tomatoes
- Watermelon

Fall

- Apples
- Bananas
- Beets
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Cranberries
- Garlic
- Ginger
- Grapes
- Mushrooms
- Parsnips
- Pears
- Pineapple
- Pumpkins
- Sweet Potatoes and Yams
- Winter Squash

Adopted from: http://healthymeals.nal.usda.gov/features-month/whats-season

Washington State Typical Crop Ripening Dates / Harvest Calendar

Fruit								
	April	May	June	July	Aug	Sept	Oct	Nov
Apples					X	X	X	X
Apricots				X	X			
Blackberries					X	X		
Blueberries				X	X	X		
Boysenberries				X	X			
Cherries			X	X	X			
Currants			X	X	X			
Figs					X	X	X	
Gooseberries				X	X			
Loganberries				X	X			
Marion berries				X	X			
Melons					X	X	X	
Nectarines					X	X		
Peaches					X	X		
Pears						X	X	
Plums						X	X	
Quince							X	
Raspberries			X	X	X			
Raspberries, Fall					X	X	X	
Rhubarb	X	X	X					
Strawberries			X	X				
Strawberries, Ever bearing			X	X	X	X		
Tayberries			X	X				

Adopted from: http://www.pickyourown.org/WAharvestcalendar.htm

Washington State Typical Crop Ripening Dates / Harvest Calendar cont.

Vegetables					
	June	**July**	**August**	**September**	**October**
Beans, Green		mid July	X	X	
Beets		mid July	X	X	mid-Oct
Carrots				mid-Sept	X
Cauliflower		late July	X	X	
Corn, sweet		mid July	X	X	mid-Oct
Cucumbers			X	mid-Sept	
Dill			X	mid-Sept	
Garlic			X	X	mid-Oct
Green Peppers			mid-August	X	
Gourds				X	X
Lettuce, Leaf & Head	X	X	X	mid-Sept	
Onions (Walla Walla)		mid July	mid-August		
Peas		X	mid-August		
Pumpkins				mid-Sept	X
Squash, Winter				mid-Sept	X
Squash, Summer		X	X	X	
Tomatoes			X	X	X
Zucchini	X	X	X	X	

Adopted from: http://www.pickyourown.org/WAharvestcalendar.htm

Top 40 Agricultural Commodities in Washington State

Top Forty Agricultural Commodities, Washington, 2008-2010	
Commodity	Commodity Rank
Apples	1
Milk	2
Wheat	3
Potatoes	4
Cattle & Calves	5
Hay, All	6
Cherries, All	7
Nursery & Greenhouse Products	8
Grapes, All	9
Pears, All	10
Onions, All	11
Hops	12
Sweet Corn, All	13
Corn for Grain	14
Eggs	15
Aquaculture(incl. trout eggs & fish)	16
Corn for Silage	17
Broilers	18
Mint Oil	19
Blueberries	20
Red Raspberries	21
Christmas Trees	22
Dry Edible Beans	23
Kentucky Bluegrass Seed	24
Lentils	25
Barley	26
Haylage	27
Mushrooms	28
Alfalfa Seed	29
Green Peas for Processing	30
Asparagus	31
Dry Edible Peas	32
Other Grass Seed	33
Carrots for Processing	34
Wrinkled Seed Peas	35
Farm Forest Products	36
Strawberries	37
Apricots	38
Cranberries	39
Peaches	40

http://www.nass.usda.gov/Statistics_by_State/Washington/Publications/Annual_Statistical_Bulletin/2011/ab4.pdf

The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use Environmental Working Group's Shopper's Guide to Pesticides™ to reduce your exposures as much as possible, but remember that eating conventionally-grown produce is far better than not eating fruits and vegetables at all. The Shopper's Guide to Pesticides in Produce™ will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic. You can lower your pesticide intake by avoiding the 12 most contaminated fruits and vegetables and choosing the least contaminated produce.

Dirty Dozen for 2013

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot Peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet bell peppers

Dirty Dozen Plus: Kale/collard greens and Summer squash

Clean 15 for 2013

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions
12. Papayas
13. Pineapples
14. Sweet peas (frozen)
15. Sweet potatoes

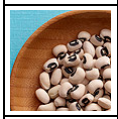
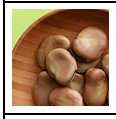
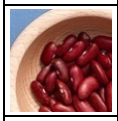
Adopted from:

http://www.ewg.org/foodnews/?tag=2012FoodnewsAd&gclid=CNz2z93Kt7kCFazm7Aodby4AcA

b. Legumes

Type of legumes

Many supermarkets and food stores stock a wide variety of legumes — both dried and canned. Below are several of the more common types and their typical uses.

Type of legume		Common uses
	Adzuki beans Also known as field peas or red oriental beans	Soups, sweet bean paste, and Japanese and Chinese dishes
	Anasazi beans Also known as Jacob's cattle beans	Soups and Southwestern dishes; can be used in recipes that call for pinto beans
	Black beans Also known as turtle beans	Soups, stews, rice dishes and Latin American cuisines
	Black-eyed peas Also known as cowpeas	Salads, casseroles, fritters and Southern dishes
	Chickpeas Also known as garbanzo or ceci beans	Casseroles, hummus, minestrone soup, and Spanish and Indian dishes
	Edamame Also known as green soybeans	Snacks, salads, casseroles and rice dishes
	Fava beans Also known as broad or horse beans	Stews and side dishes
	Lentils	Soups, stews, salads, side dishes and Indian dishes
	Lima beans Also known as butter or Madagascar beans	Succotash, casseroles, soups and salads
	Red kidney beans	Stews, salads, chili and rice dishes
	Soy nuts Also known as roasted soybeans or soya beans	Snacks or garnish for salads

Adopted from: http://www.mayoclinic.com/health/legumes/NU00260

Preparing legumes

Dried beans and legumes, with the exceptions of black-eyed peas and lentils, require soaking in water, a step that rehydrates them for more even cooking. Before soaking, pick through the beans, discarding any discolored or shriveled ones or any foreign matter. Depending on how much time you have, choose one of the following soaking methods:

- **Slow soak.** In a stockpot, cover 1 pound dried beans with 10 cups water. Cover and refrigerate 6 to 8 hours or overnight.
- **Hot soak.** In a stockpot, bring 10 cups of water to a boil. Add 1 pound dried beans and return to a boil. Remove from the heat, cover tightly and set aside at room temperature for 2 to 3 hours.
- **Quick soak.** In a stockpot, bring 10 cups of water to a boil. Add 1 pound dried beans and return to a boil. Boil 2 to 3 minutes. Cover and set aside at room temperature for 1 hour.
- **Gas-free soak.** In a stockpot, place 1 pound of beans in 10 or more cups of boiling water. Boil for 2 to 3 minutes. Then cover and set aside overnight. The next day 75 to 90 percent of the indigestible sugars that cause gas will have dissolved into the soaking water. Drain the water, rinse beans and add fresh water to cook.

Cooking tips

After soaking, rinse beans and add to a stockpot. Cover the beans with three times their volume of water. Add herbs or spices as desired. Bring to a boil. Then reduce the heat and simmer gently, uncovered, stirring occasionally, until tender. The cooking time depends on the type of bean, but start checking after 45 minutes. Add more water if the beans become uncovered.

Other tips:

- Add salt or acidic ingredients, such as vinegar, tomatoes or juice, near the end of the cooking time, when the beans are just tender. If these ingredients are added too early, they can make the beans tough and slow the cooking process.
- Beans are done when they can be easily mashed between two fingers or with a fork.
- To freeze cooked beans for later use, immerse them in cold water until cool, then drain well and freeze.
- One pound of dried beans yields about 5 or 6 cups cooked beans. A 15-ounce can of beans equals about 1 1/2 cups cooked beans, drained.

c. Grains

List of Whole Grains

Grains	Characteristics
Amaranth	Seeds are nutty, almost malt-like, but mild and sweet.
Barley	More flavorful and chewy than white rice and not quite as strongly flavored as brown rice. Pearled barley is not the whole grain since the husk (bran) has been removed.
Buckwheat	Hearty wheat flavor
Bulgur	Whole wheat berries that are steam-cooked, dried and cracked into 3 types, coarsest-used for pilaf, medium-for cereal, and fine for tabbouleh.
Couscous	Made from semolina wheat that has been precooked and dried. Cooking only requires soaking in hot water.
Kamut	Is an heirloom variety of wheat regaining popularity especially in organic farming. It has a rich, buttery taste and has higher levels of protein and Vitamin E than common wheat.
Millet	A small hard grain that is gluten-free but cannot replace wheat flour.
Oats	Whole, old-fashion rolled oats have a sweet flavor that makes them a favorite for breakfast cereal. Steel cut oats consist of the entire kernel.
Quinoa	Fresh flavor, fluffy texture and gluten-free
Rice, brown	Only the husk is removed, a richer flavor and chewier texture than white rice.
Rye berries	Bluish-gray in color, same shape as wheat berries. Stronger flavor than wheat berries
Spelt/Faro	A strain of wheat that is higher in protein than common wheat and can be used like wheat berries
Wheat berries	Chewy, can be soaked overnight to cut down on the cooking time and can be made into side dish, salad or chilies and stews.

Adapted from Whole Grains Council Whole Grains, A to Z
http://wholegrainscouncil.org/files/WholeGrainsAtoZ.pdf

Whole Grain Council Website - http://wholegrainscouncil.org/

- Whole grain 101 overview
  - http://wholegrainscouncil.org/files/WhatIsAWholeGrain_0.pdf
- Recipes
  - http://www.wholegrainscouncil.org/recipes/cooking-whole-grains
- About the whole grain stamp
  - http://wholegrainscouncil.org/whole-grain-stamp
- Materials for teaching children
  - http://wholegrainscouncil.org/resources

Quick Guide to Cooking Whole Grains

To 1 cup of this grain:	Add this much water or low-sodium broth:	Bring to a boil, then simmer for:	Amount after cooking:
Amaranth	2 cups	20-25 minutes	3 ½ cups
Barley, hulled	3 cups	45-60 minutes	3 ½ cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 ½ cups
Couscous, whole wheat	2 cups	10 minutes (heat off)	3 cups
Kamut grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 ½ cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 ½ cups	25-45 minutes (varies by variety)	3-4 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 ½ cups

Adopted from: http://www.nutritionnc.com/snp/pdf/kidsesmm/HealthyMenusToolkitFinal.pdf

d. Major Food Allergies

Food Allergies – What You Need to Know

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences.

FDA's Role: *Labeling*

To help Americans avoid the health risks posed by food allergens, Congress passed the **Food Allergen Labeling and Consumer Protection Act of 2004** (FALCPA). As a result, food labels help allergic consumers to identify offending foods or ingredients so they can more easily avoid them.

What Are *Major Food Allergens*?

While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

The eight foods identified by the law are:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as "major food allergens" by FALCPA.

Major Food Allergies

Milk allergy diet

If you have an allergy to milk, you will need to remove milk and other dairy products made with milk from your diet. Dairy products are a good source of calcium and Vitamin D, so it's important that you eat other foods rich in these nutrients, such as broccoli, spinach and soy products.

Always check the label ingredients before you use a product. Many processed or prepared foods contain milk. In addition, check the label each time you use the product. Manufacturers occasionally change recipes, and a trigger food may be added to the new recipe.

Examples of milk products and foods containing milk

Milk/dairy products:

- Milk and milk solids
- Non-fat milk, skim milk or powdered milk and milk solids
- Buttermilk
- Evaporated milk
- Yogurt
- Cream, cream cheese, sour cream
- Cheese, cheese powder or cheese sauce
- Curds
- Whey and whey products
- Cottage Cheese

Foods containing milk/milk products:

- Au gratin foods
- Chocolate and cream candy
- Coffee creamers
- Creamed or scalloped foods
- Custard
- Nougat
- Ice cream
- Malted milk
- Margarines (some, check the label)
- Many puddings
- White sauces

Ingredients to look for:

- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Casein or sodium caseinate
- Lactose (milk sugar)

Diet tip: Try substituting soy, rice or almond milk for cow's milk. In addition, many non-dairy products are now available including non-dairy ice cream, non-dairy chocolate, non-dairy cheese and non-dairy yogurt.

Egg allergy diet

Egg allergies are very common in infants, young children and adults. An egg-free diet eliminates eggs and products that may contain eggs. Read food labels carefully and avoid any egg products or egg-related ingredients, as well as foods that may be made with eggs.

Examples of egg products and products containing eggs

Egg products:

- Eggs, egg whites, egg yolks
- Dried eggs or egg powder
- Egg solids

Foods containing eggs:

- Eggnog
- Bavarian creams
- Breaded foods (some)
- Cake
- Candy (some)
- Cookies
- Creamed foods
- Cream pies
- Cream puffs
- Custard
- Doughnuts
- Egg rolls
- Egg noodles
- Frosting
- Hollandaise sauce
- Ice cream
- Mayonnaise
- Marshmallows
- Meat or fish cooked in batter
- Meringue
- Muffins
- Pretzels
- Pudding
- Simplesse (fat substitute)
- Soufflés
- Tartar sauce
- Waffles

Ingredients to look for:

- Globulin
- Albumin
- Apovitellenin
- Livetin
- Ovalbumin
- Ovomucin
- Ovomuciod
- Ovovitellin
- Phosvitin

Diet tip: Be sure to read labels carefully. For example, some egg substitutes contain egg white.

Peanut allergy diet

Peanuts are one of the most common food allergens (substances that trigger an allergic reaction). Peanut allergies also are among the most serious—and potentially fatal—of the food allergies.

Examples of peanut products and foods containing peanuts

Peanut products:

- Cold-pressed or expressed peanut oil
- Peanut flour
- Peanut butter

Foods containing peanuts:

- Ground nuts
- Mixed nuts
- Artificial nuts
- Nougat
- African, Chinese, Thai and other ethnic dishes
- Cookies, pastries and other baked goods
- Candy
- Egg rolls
- Marzipan

Ingredients to look for:

- Hydrolyzed plant protein
- Hydrolyzed vegetable protein

Diet tip: Many prepared foods—including baked goods, candy and ethnic foods—can be contaminated with peanuts if products containing peanuts are prepared in the same place or by the same manufacturer. Always be prepared for this possibility and the risk of a reaction.

Tree nut allergy diet

There is a risk of cross contamination during the processing of nuts in foods. For that reason, many allergists recommend that you stay away from all tree nuts and all products that list "nuts" as an ingredient, even if you are allergic to only one type of nut.

Examples of tree nuts and tree nut products

Tree nuts:

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filberts
- Hazelnuts
- Hickory nuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

Tree nut products:

- Marzipan/almond paste
- Nougat
- Artificial nuts
- Nut butters (such as cashew butter and almond butter)
- Nut oil
- Nut paste (such as almond paste)
- Nut extracts (such as almond extract)

Diet tip: Tree nuts are sometimes used in lotions and shampoos. Be sure to check product labels on these products, as well as food labels.

Fish allergy diets

The proteins in various species of fish can be very similar, so you may need to stay away from all types of fish, unless your allergist is able to determine which species of fish triggers your allergies.

Examples of foods containing fish

- Worcestershire sauce (may contain anchovy)
- Caviar
- Imitation seafood
- Caesar Salad
- Roe (fish eggs)

Diet tip: It may be wise to avoid seafood restaurants if you have a fish allergy. Even if you order a non-fish meal, your food may become contaminated with fish proteins from a spatula, cooking oil or grill exposed to fish.

Shellfish allergy diet

As with fish, different types of shellfish have similar proteins. You may wish to avoid all types of shellfish, unless your allergist is able to determine which species of shellfish triggers your allergies.

Examples of shellfish

- Abalone
- Clams
- Crab
- Crawfish, crayfish
- Lobster
- Oysters
- Scallops
- Shrimp
- Cockle, sea urchin
- Mussels

Diet tip: Be careful with fried foods. Some restaurants use the same oil to fry shrimp, chicken and French fries. Imitation shellfish still may use shellfish for flavoring. Before you use it, read the label to be sure.

Soy allergy diet

Soybeans are legumes. Other foods in the legume family include navy beans, kidney beans, string beans, black beans, pinto beans, chickpeas (garbanzo or chichi beans), lentils, carob, licorice and peanuts. Many people are allergic to more than one legume.

Examples of soy products

- Soy flour, fruits, nuts, milk sprouts
- Soybean granules or curds

Products that may contain soy:

- Miso
- Soy sauce
- Tofu (as an ingredient, may indicate the presence of soy protein)
- Tamari
- Tempeh
- Vegetable broth

Ingredients to look for:

- Soy protein
- Textured vegetable protein (TPV)
- Hydrolyzed plant protein
- Hydrolyzed soy protein
- Hydrolyzed vegetable protein
- Natural and artificial flavoring (may be soy based)
- Vegetable gum
- Vegetable starch

Diet tip: Soybeans are widely used in processed food products. Soybeans and soybean products are found in many baked goods, cereals, crackers, infant formula, sauces and soups. In addition, soy is sometimes used as a meat extender in prepared meats, such as sausage or deli meats.

Wheat allergy diet

Foods made with wheat are staples of the American diet. The proteins found in wheat are collectively referred to as "gluten."

Examples of wheat products and products that may contain wheat

Wheat products:

- Whole wheat or enriched flour
- High gluten flour
- High protein flour
- Bran
- Farina
- Graham flour
- Bulgur
- Durum
- Semolina
- Wheat malt
- Wheat starch
- Modified starch
- Starch

Foods made with wheat:

- Breads, cookies, cakes and other baked goods made with wheat flour
- Bread crumbs
- Crackers
- Many cereals
- Acker meal
- Couscous
- Cracker meal
- Pasta
- Spelt

Ingredients to look for:

- Gluten
- Gelatinized starch
- Hydrolyzed vegetable protein
- Vital gluten
- Wheat bran
- Wheat germ
- Wheat gluten
- Vegetable gum
- Vegetable starch

Diet tip: Read all product labels carefully. Many processed foods—including ice cream and catsup—may contain wheat flour. If you have a wheat allergy, you may try substituting flours and other products made from oats, rice, rye, barley or corn

Food Allergies: What to Do If Symptoms Occur

Know the Symptoms
Symptoms of food allergies typically appear from within a few minutes to two hours after a person has eaten the food to which he or she is allergic. *Severe Food Allergies Can Be Life-Threatening*

Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness

About Other Allergens Persons may still be allergic to — and have serious reactions to — foods *other* than the eight foods identified by the law. So, always be sure to read the food label's ingredient list carefully to avoid the food allergens in question.

Allergy Alert:
Mild Symptoms Can Become More Severe

Adopted from: http://my.clevelandclinic.org/disorders/Allergies/hic_Special_Diets_For_Food_Allergies.aspx and http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/UCM220117.pdf
Additional Food Allergy Resource: http://fnic.nal.usda.gov/diet-and-disease/allergies-and-food-sensitivities

e. Tasting Success with Cutting Salt

Twenty-Five Science-Based Strategies & Culinary Insights

The Big Picture: Total Diet Focus

- ☐ 1. Downsize your portions: You'll scale back the sodium (and the calories).
- ☐ 2. Produce first: Fill half your plate with fruits and vegetables.
- ☐ 3. Get fresh: Choose unprocessed and minimally processed foods.
- ☐ 4. Embrace healthy fats and oils: A savory strategy to lower sodium.

Salt, Perception, and Psychology

- ☐ 5. Stealth health: The most delicious approach to sodium reduction.
- ☐ 6. Retrain your taste buds: You can learn to savor foods with less salt.
- ☐ 7. Try a little romance: Sea salt and other secrets of the healthy kitchen.

Buyer Beware: Know Your Salt Facts, Ask Questions

- ☐ 8. Target high-volume sodium sources: Prioritize your efforts.

Top 10 list of food sources of sodium in the US diet is:

1. Meat Pizza	6. Ham
2. White bread	7. Catsup
3. Processed cheese	8. Cooked rice
4. Hot dogs	9. White rolls
5. Spaghetti with sauce	10. Flour tortillas

- ☐ 9. Scan the label: Look for foods with less than 300 milligrams of sodium per serving.
- ☐ 10. Compare, compare, compare: Sodium levels vary widely for the same or similar grocery items.
- ☐ 11. Watch out for hidden sodium: Looks – and taste – can be deceiving.
- ☐ 12. Scan the menu, speak to your server: Seek low-salt menu options when dining out.

Flavor Strategies and Culinary Insights

- ☐ 13. Farming for flavor: Growing more flavorful food.
- ☐ 14. Know your seasons, and even better, your local farmer.
- ☐ 15. Spice it up: Simple flavor additions can enhance food with less salt.
- ☐ 16. Go nuts for healthy fats in the kitchen.
- ☐ 17. The flavor multiplier: Use "umami" or savory flavor found in mushrooms, tomatoes, seaweed, carrots, etc. to boost flavor.
- ☐ 18. Sear, sauté, and roast: The right cooking method can help you spare the salt.
- ☐ 19. Wait! Be careful how you spend that sodium budget.
- ☐ 20. Condiments and sodium: A lighter hand can solve this issue.
- ☐ 21. Go global: Discover international seasonings for ideas for flavor development.
- ☐ 22. Double jeopardy: How to cook without layering on the sodium.
- ☐ 23. Rinse, wash, and dilute: You can easily cut some of the excess sodium in processed foods with no loss of flavor.
- ☐ 24. Whole grains: Beyond bread and sandwiches.
- ☐ 25. Kick the "auto-salt" habit: Taste before you salt.

For more details please refer to the source:
Adopted from: Harvard School of Public Health and The Culinary Institute of America
http://www.hsph.harvard.edu/nutritionsource/files/2012/10/tasting-success-with-cutting-salt-042110.pdf

f. 12 Great Ways to Use…

MEDITERRANEAN FOODS ALLIANCE
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12 Great Ways to Use…

Canned Beans

Looking for ways to put healthy meals together in minutes? Reach for the canned beans. Traditional cooks soak dried beans overnight before cooking them. But when you're in a hurry, canned beans are a great convenience. And they deliver plenty of inexpensive protein as well as fiber. Include canned cannellini beans, pinto beans, black beans, or chick peas (garbanzo beans) in your weekday Mediterranean Diet meals. Get into the habit of always draining them in a colander and rinsing them well under cold water to remove as much sodium as possible.

1. Add cannellini or black beans to your signature pasta dishes.
2. Top salads with beans to add protein and texture.
3. Add zucchini, summer squash, eggplant, peppers, and oregano to sautéed onion and garlic. Stir in cannellini beans, chopped tomatoes and 1 tablespoon red-wine vinegar, and serve over brown rice or bulgur.
4. Mash beans and avocado in a bowl and spread on a whole grain wrap. Add cilantro, and for crunch, some onion, carrot, or cabbage.
5. Mash pinto beans with some ground cumin and heat in the microwave. Spread on a tortilla, add scrambled eggs and salsa for a protein-packed breakfast or lunch.
6. Mash black beans in a bowl, and add onion, whole wheat flour, crushed garlic, and onion powder. Form into patties and sauté in a small amount of olive oil until slightly firm. Top with hummus or feta and serve on a whole grain bun.
7. Combine one can red kidney beans, one can garbanzo beans, bell pepper, onion, and parsley, mix with a citrus vinaigrette, and let marinate for several hours.
8. Mash pinto beans and spread on a whole wheat pizza crust. Add tomato sauce and sprinkle with cheese of your choice. Bake or microwave.
9. Combine white kidney beans, sun-dried tomatoes, garlic, rosemary, oil, and red-wine vinegar in a food processor or blender. Fold in kalamata olives and enjoy with fresh vegetables or whole grain crackers.
10. To make a creamy bean dip combine red kidney beans, Greek yogurt, chopped onion, red wine vinegar, chili powder, and ground cumin in a food processor.
11. Mix a can of beans, a can of drained tuna, chopped cucumber, black olives, hard boiled eggs, red onions, and marinated artichoke hearts and serve over arugula.
12. Briefly sauté onions and then add kidney beans, corn, peppers, tomato sauce, garlic, paprika, and chili powder. Simmer for about 30 minutes. Add a dollop of plain Greek yogurt to thicken this vegetarian chili.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

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12 Great Ways to Use…

Eggs

Packed with protein, eggs are a staple in the Mediterranean Diet. They're easy to find, easy to keep on hand in the refrigerator, economical, nutritious, and versatile. One large egg contains about 70 calories, 5 grams of fat and 6 grams of protein. It also contains 13 essential vitamins and minerals, most in the yolk. The yolk, which has about 50% of the egg's protein, is also a source of vitamin D, so unless you are on a restricted diet, eat the entire egg, as many as one a day. Here are 12 delicious ways to enjoy this egg-cellent food:

1. Scramble or fry an egg in olive oil. Place on one side of a whole wheat English muffin and sprinkle the other side with shredded cheese. Add sliced tomatoes and/or avocados.

2. Sauté onions, tomato, and olives in olive oil. Then, beat 2 eggs with a bit of feta cheese, add to the vegetables in the skillet, cover, and cook for about 5 minutes, or until the eggs are set.

3. Mash hummus, avocado, or Greek yogurt with egg yolks to make a healthy filling for deviled eggs. Add olives to jazz it up even more!

4. Mix spinach, broccoli and diced peppers with several beaten eggs. Pour the mixture into muffin tins coated with olive oil and bake at 350°F for 20 minutes for a healthy, crustless mini-quiche.

5. Spice up your egg salad! Chop hardboiled eggs, capers, jalapenos, and pickles and toss with olive oil and vinegar or a mustard vinaigrette.

6. Bake whole-wheat pizza dough for 8 minutes at 500°F. Spread sautéed shallots and asparagus (cut into 2- inch pieces) over the dough. Whisk 2 eggs and pour on the top of the vegetables. Sprinkle with goat cheese and bake for approximately 8-10 minutes until the eggs are set and the cheese is melted.

7. Add cooked scrambled eggs to tortillas or stuff into pita pocket sandwiches for an extra protein boost.

8. Combine corn, red onion, grape or cherry tomatoes, arugula, beans (white, red, or garbanzo) with halved hard-boiled eggs and splash with lemon juice and olive oil for a colorful, filling salad.

9. Sauté garlic in extra-virgin olive oil, add cooked pasta, and top with several eggs beaten with grated Parmesan cheese. Cook, tossing gently, until the eggs are hot and set.

10. Add leftover rice to diced vegetables sautéed in olive oil, stir, and add two beaten eggs. Continue stirring until the eggs are set.

11. For an easy protein-packed meal, toss cannellini beans, hard-boiled eggs, olives and arugula with lemon vinaigrette.

12. For a quick breakfast, lightly coat a mug with cooking spray, add one egg and one tablespoon milk, beat together and microwave on high for 45 seconds. Stir, microwave for another 35-40 seconds (or until set), add cheese and season with salt and pepper.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

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12 Great Ways to Use…

Hummus

This nutritious, creamy, and tangy Mediterranean spread and dip provides heart-healthy fats, protein, and fiber, which helps keep you feel full after you eat it. You can buy traditional hummus, made from chickpeas, plus varieties made from edamame, white beans, or yellow lentils, plus flavors ranging from lemon to horseradish. Hummus with baby carrots probably heads the list of healthy snacks in America; the duo is delicious, portable, and inexpensive. But if your experience with hummus is limited to this pairing, try these ideas:

1. Use hummus instead of mayonnaise as a spread when making sandwiches and wraps.
2. Make an instant salad dressing by blending hummus, vinegar, and salt and pepper.
3. Blend hummus with chopped eggs, chicken, tuna, or other cooked seafood for a tangy, protein-rich sandwich filling.
4. Mound several tablespoons of hummus into an avocado half for a quick mini-meal.
5. Mash hummus with cooked egg yolks to make a filling for deviled eggs.
6. Spread toast or bagels with hummus, rather than butter or cream cheese.
7. Grill or broil Portobello mushroom caps and then top with a tablespoon of hummus.
8. Serve a bowl of hummus as a sauce for kebabs of all kinds.
9. Toss hot cooked pasta with hummus, season with cracked black pepper, and sprinkle with chopped fresh chives or parsley.
10. Spread hummus on a pizza crust, top with roasted vegetables and olives, and bake at 425°F for about 10 minutes.
11. Stir a spoonful of hummus into scrambled eggs or omelets before cooking.
12. Spread hummus lightly on fish fillets, top with herb-seasoned bread crumbs, and bake at 400°F for 10 to 15 minutes, or until the fish flakes easily with a fork.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

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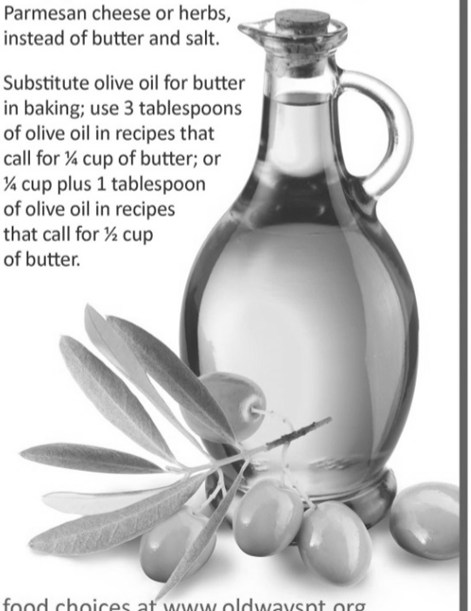
12 Great Ways to Use…

Olive Oil

It's hard to think of a reason not to use olive oil every day. It keeps well, has a delicious taste, and offers remarkable health benefits. Studies show that people who make olive oil a part of their diets have lower rates of diabetes and other chronic illnesses. Supermarkets and gourmet shops offer dozens of choices. Buy several different kinds to discover the range of flavors. Think of it as you do wine: Sample and taste to find your favorites. Here are some easy ways to use olive oil:

1. Bring out the sweet flavors of vegetables by chopping, tossing them with olive oil and roasting at 425°F until just tender.
2. Scramble or fry eggs, and cook omelets in olive oil instead of butter.
3. Use olive oil in marinades or sauces for meat, fish, poultry, and vegetables.
4. Drizzle olive oil over cooked vegetables just before serving, for a burst of flavor.
5. Pour a little olive oil into a shallow dish, add a small bit of crumbled feta cheese, and season with salt and pepper to create a delicious and healthy dip for whole grain bread.
6. Toast baguette slices under the broiler, rub them lightly with a cut clove of garlic, and add a drizzle of olive oil for an easy bruschetta appetizer.
7. Replace butter with olive oil when making mashed or baked potatoes. For the ultimate mashed potatoes, whip together cooked potatoes, roasted garlic, and olive oil, and season to taste with salt and pepper.
8. Combine cooked or canned, drained white beans, garlic, and olive oil in a food processor. Season to taste with salt, pepper, and your favorite herbs for a delicious dip or spread.
9. Brush olive oil on meats before grilling or broiling to seal in the flavor and juices and create a crispy exterior.
10. Add a thin layer of olive oil to the top of homemade pesto after putting it in a jar so the sauce will retain its bright green color.
11. Toss popcorn with olive oil and a sprinkling of Parmesan cheese or herbs, instead of butter and salt.
12. Substitute olive oil for butter in baking; use 3 tablespoons of olive oil in recipes that call for ¼ cup of butter; or ¼ cup plus 1 tablespoon of olive oil in recipes that call for ½ cup of butter.



Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

MEDITERRANEAN FOODS ALLIANCE
AN OLDWAYS PROGRAM

OLDWAYS

12 Great Ways to Use…

Spices

It's a smart idea to find ways to flavor your food with spices, which provide both a regional and a cultural identity to whatever you prepare, along with many health benefits. Spices are made from the aromatic dried buds, flowers, fruits, seeds, berries, bark, and roots of plants. They can add both flavor and antioxidents to your food and help you wean your palate from salt, which many of us rely upon too much for its familiar flavor. Start with adding just a little spice (measure about ¼ teaspoon) to familiar foods and go from there. Here's a quick look at some popular spices, from A to Z! Experiment with just one, and then combine several to come up with your own flavors.

1. **Allspice** tastes like several spices at once--pepper, cloves, and nutmeg. Crush whole berries in a spice mill or with a mortar and pestle. Sprinkle on baked squash or add to cooked beans.
2. **Cayenne**, which is ground hot red chili pepper, boosts the flavor and adds a little kick to sauces, stews, and seafood dishes. Or, instead of butter, sprinkle it on popcorn.
3. **Cinnamon** is a good spice for applesauce or stewed fruit. Sprinkle a little on ground coffee before brewing.
4. **Coriander** comes from the seeds of the cilantro plant. Sprinkle it dried into chili and bean dishes.
5. **Cumin** is an important Middle Eastern spice. Stir it into Greek yogurt for an instant dip or sauce for wraps, or sprinkle a little bit on hummus.
6. **Curry** powder is a mixture of spices and a great convenience for busy cooks. Add a pinch or two to chicken or tuna salad, or toss it with potatoes or sweet potatoes before roasting.
7. **Ginger** spices up fruit salad or sliced melon. Or, dust it over carrots, squash, or sweet potatoes before roasting.
8. **Nutmeg** works well in quiches, sautéed spinach and other greens, and cheese sauces served with pasta. Buy a few whole nutmegs, keep them in a tightly sealed jar, and grate them against the small holes of a box grater.
9. **Paprika** is not just for sprinkling on hard-cooked eggs. Look for "smoked paprika," which has a pungent, hot flavor that wakes up grain dishes, seafood and vegetable stews, hummus, and dips of all kinds.
10. **Pepper** tastes best when freshly ground. Use it to flavor avocados, pasta dishes, soups, stews, and vegetables. Use a little bit on top of melon or peach slices for a spicy dessert.
11. **Turmeric** adds heighted flavor and a warm yellow color to rice and grain dishes. Or blend it with cumin for chilies and vegetable stews.
12. **Za' atar** gets its flavor note from dried sumac berries. Its tart, sour, and fruity flavor is stronger and more memorable than lemon making it a good substitute. Blend with thyme, oregano, and olive oil and spread on pita bread before toasting.

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12 Great Ways to Use...

Summer Squash

With a one-cup serving offering a mere 20 calories and more than 30% of the recommended daily value of vitamin C, summer squash makes a great healthy addition to any meal! Whether you grow it in your own garden or purchase it at the supermarket, summer squash is a versatile vegetable in the kitchen.

1. Steam ¼-inch zucchini rounds on the stovetop. Drizzle with extra-virgin olive oil and season with chopped fresh herbs like chives or dill.
2. Thread ½-inch pieces of squash onto skewers, drizzle with olive oil, and season with salt and pepper. Grill over direct heat until the squash is tender.
3. Make zucchini "noodles" using a mandolin or vegetable peeler to make zucchini ribbons. Steam the ribbons for about 2 minutes and top with your favorite sauce.
4. Slice a squash lengthwise and lay the halves on a baking sheet cut side up. Brush with olive oil and sprinkle with finely grated Parmesan cheese and pepper. Bake at 400°F for 12-15 minutes until the cheese is browned and the squash is tender.
5. Bake a zucchini bread or cake. Try the NH Zucchini Bread recipe from the Oldways website at oldwayspt.org/recipes/new-hampshire-zucchini-bread.
6. Slice a zucchini lengthwise and scoop out the seeds. Fill the hollow with rice pilaf or other whole-grain salad, then bake at 400°F for 12-15 minutes until the zucchini is tender and the grains are warmed through.
7. Include zucchini sticks on your next crudité platter.
8. Add finely diced zucchini to a frittata, omelet, or quiche.
9. Sauté a pound of zucchini rounds, a diced onion and garlic clove in olive oil. Add 2 cups of vegetable broth and bring to a simmer. Puree the soup, then season with salt, pepper, grated cheese, and fresh herbs like dill or tarragon. Serve hot or chill and garnish with a spoonful of Greek yogurt on a hot day.
10. Use shredded zucchini in place of potatoes to make vegetable pancakes.
11. Mix finely diced summer squash into your next chopped salad.
12. Make zucchini pizza by slicing a zucchini lengthwise. Slice the skin off the backs of each half so they sit flat on a baking sheet. Top with tomato sauce, cheese, and your favorite pizza toppings. Bake at 400°F until the cheese begins to brown.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

MEDITERRANEAN FOODS ALLIANCE
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12 Great Ways to Use…

Canned Tuna

Canned tuna is a great Mediterranean Diet food. It is rich in protein, low in fat and calories, and is an excellent source of essential omega-3 fatty acids, which science has shown to improve heart health and brain function. With a shelf life of over four years, canned tuna is also affordable and versatile. Here are 12 ways to easily incorporate this nutritional powerhouse into your daily meals.

1. Combine canned tuna with avocados, berries, apples, and mango chunks in a food processor to make a tangy, creamy spread.
2. Combine flaked tuna with hard-boiled eggs and hummus for a protein-packed sandwich filling or salad topping.
3. Toss canned tuna, roasted red peppers, chopped red onions, fresh basil, garlic and tomatoes with whole wheat pasta to make a filling, tasty dinner.
4. Combine cooked barley, tuna, and a sprinkling of cheese and microwave until heated through. Add milk to reach desired consistency.
5. Saute an onion, 2 stalks of celery, and a diced red pepper in olive oil. Add a can of tuna and a can of drained, rinsed cannellini beans and cook for several minutes until heated through.
6. Spoon an even layer of tomato sauce over whole wheat pizza dough. Add a can of flaked tuna, capers, olives, oregano, basil and olives, and bake until golden brown.
7. Combine tuna, beans, scallions, cherry tomatoes, olive oil, and lemon juice and serve over arugula.
8. Mix canned tuna with chili powder, lime juice and olive oil. Spread over a whole wheat tortilla, and add Greek yogurt, salsa, black beans, and sprinkling of cheese.
9. Mix canned tuna with artichoke hearts, kalamata olives, chopped canned hearts of palm, lemon juice, and cilantro. Roll in a large leaf of lettuce, drizzle with balsamic vinegar, and sprinkle with feta cheese.
10. Add canned tuna, diced plum tomatoes, sliced scallions, diced parsley, and olive oil to cooked bulgar. Toss and serve over greens.
11. Flake tuna, mix with olive oil, lemon juice and parsley, and cover a whole grain English muffin or roll. Sprinkle with mozzarella cheese and broil until the cheese melts.
12. Add canned tuna to boiled potatoes and mix with diced celery, lemon juice, wine, and olive oil. Add Dijon mustard to taste.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

MEDITERRANEAN FOODS ALLIANCE
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12 Great Ways to Use…

Walnuts

Walnuts are nutritious foods that complement a wide range of flavors. They contain a significant amount of alpha-linolenic acid (ALA), the plant-based source of omega-3 fatty acids, and provide protein, too. Plus, they're easy to find everywhere. Get into the habit of adding them to grain dishes, tossing them along with fresh herbs into salads, sprinkling them on pasta, grinding them to make delicious dips and spreads, and pairing them with vanilla, cloves and cinnamon in desserts. Here are some easy ways to use them in the kitchen.

1. Combine a banana, plain Greek yogurt, walnuts, and honey in a blender for a morning smoothie that will keep you feeling energized throughout the day.
2. Add chopped walnuts to your morning oatmeal or whole grain cereal.
3. Make a delicious spread: Toast ½ cup of walnuts in the oven at 350°F for about 10 minutes. Blend with a chopped clove of garlic, a can of drained and rinsed chickpeas, the juice of 1 lemon, and salt and pepper.
4. For a creamy dip, combine thawed frozen edamame, walnuts, parsley, 1 clove garlic, and plain Greek yogurt in the food processor and mix until smooth.
5. Combine canned tuna with an avocado, a chopped apple, and diced celery. Sprinkle with fresh lime juice and lightly toasted walnuts for a citrusy, protein punch!
6. Toss watermelon cubes, blueberries, bell pepper and walnuts with vinaigrette and serve on arugula.
7. Sprinkle olive oil on whole grain pizza dough, top with red onions, sliced bell peppers, a few olives, add a little shredded cheese, top with walnuts and bake at 400°F for about 15 minutes.
8. Add diced mango, red pepper, green onion, mint, and walnuts to cooked quinoa, brown rice, barley, farro, or bulgur.
9. Create your own walnut butter! Toast walnuts, put them in a food processor, and blend until smooth. Add honey or cinnamon if you wish.
10. Combine whole grain pasta with crumbled goat cheese, sundried tomatoes, walnuts, and arugula for a quick, creamy, crunchy meal.
11. Make your own pesto. Combine basil, walnuts, olive oil and garlic in a food processor. Serve with pasta, on sandwiches, or mix with grains.
12. Cut an apple into wedges and toss with lemon juice, cinnamon, vanilla and raisins. Cover and microwave. Sprinkle with walnuts and enjoy!

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

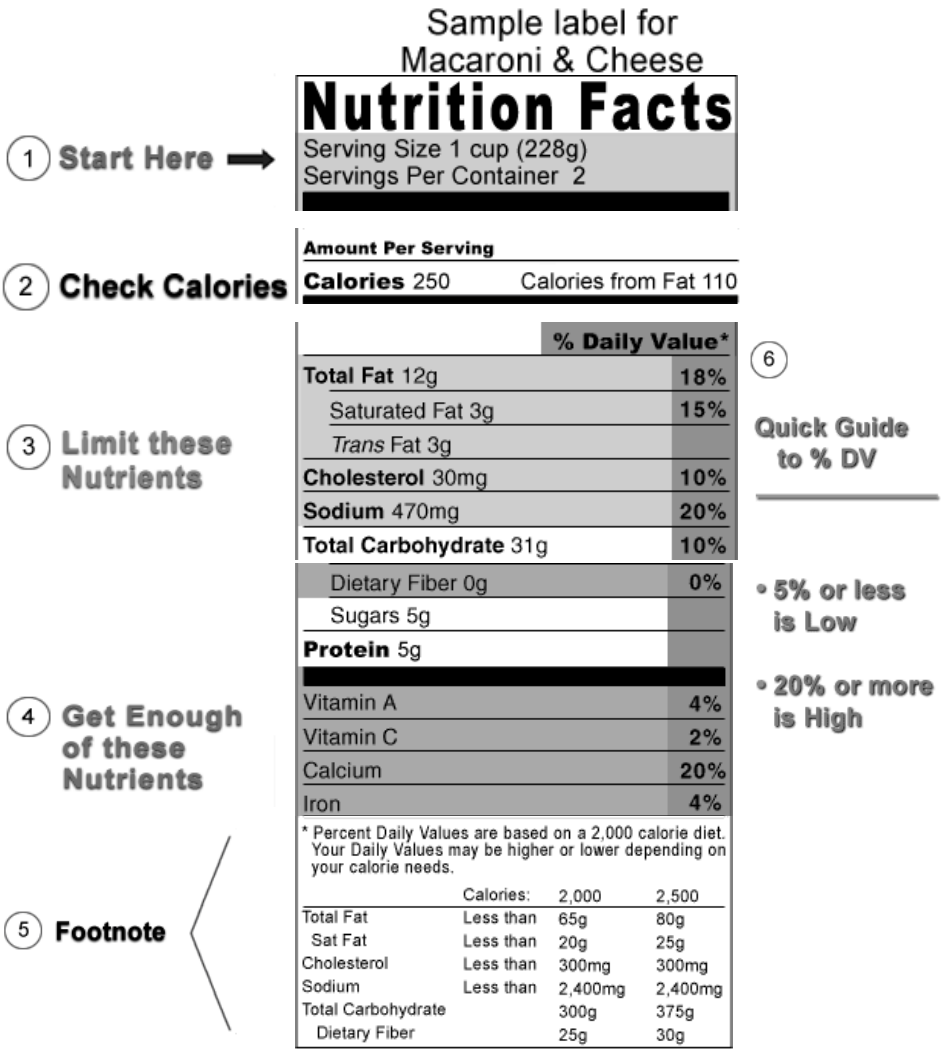
3. Best Practices

a. Understanding Food Labels

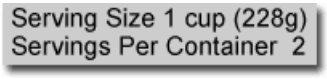
The Nutrition Facts Label - An Overview:

The information in the main or top section (see #1-4 and #6 on the sample nutrition label below), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5 on the sample label below) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

In the following Nutrition Facts label we have colored certain sections to help you focus on those areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.



1 **The Serving Size**



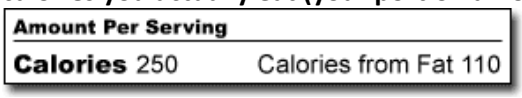
(#1 on sample label):

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. **Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more)** In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat **two** cups.

2 Calories (and Calories from Fat)

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) **Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).**



(#2 on sample label):

In the example, there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in ONE serving? Answer: 110 calories, which means almost half the calories in a single serving come from fat. What if you ate the whole package content? Then, you would consume two servings, or 500 calories, and 220 would come from fat.

General Guide to Calories

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

The **General Guide to Calories** provides a general reference for calories when you look at a Nutrition Facts label. This guide is based on a 2,000 calorie diet.

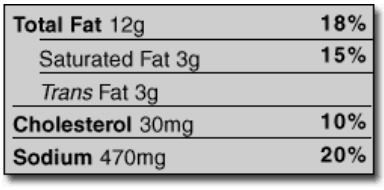
Eating too many calories per day is linked to overweight and obesity.

---

3 4 The Nutrients: How Much?

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

Limit These Nutrients (#3 on sample label):



The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as **Limit these Nutrients.** Eating too much fat, saturated fat,

trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Important: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get Enough of These
(#4 on sample label):

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages (see calcium section below). Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

Remember: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.

Ingredient list:

Plain Yogurt - contains no added sugars

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt - contains added sugars

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L. ACIDOPHILUS CULTURES.

If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

Comparison Example

Below are two kinds of milk- one is "Reduced Fat," the other is "Nonfat" milk. Each serving size is one cup. Which has more calories and more saturated fat? Which one has more calcium?

REDUCED FAT MILK
2% Milkfat

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving
Calories 120 Calories from Fat 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 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:

NONFAT MILK

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving
Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 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:

Answer: As you can see, they both have the same amount of calcium, but the nonfat milk has no saturated fat and has 40 calories less per serving than the reduced fat milk.

Adopted from:
http://www.nutritionnc.com/snp/pdf/kidsesmm/HealthyMenusToolkitFinal.pdf

b. Whole Foods Menu Assessment

Childcare Facility: _____

Date:_____

Cook:_____

In answering the following questions, please put an "x" in the column that represents your response.

GRAINS	YES	NO
Are you using 100% whole grains? Examples include breads, crackers and cereals made from whole wheat flour, brown rice or whole grains.		
Are you using barley?		
Are you using buckwheat?		
Are you using bulgur?		
Are you using cornmeal?		
Are you using whole wheat couscous?		
Are you using whole rolled oats? (not instant oatmeal)		
Are you using quinoa?		
Are you using brown rice?		
Are you using whole grain berries, (rye, spelt, wheat)?		
Are you using whole wheat pasta?		
Are you using whole corn tortillas?		
Are any of the grain products grown locally?		
FRUITS	**YES**	**NO**
Are you serving fresh fruit?		
Are you serving frozen fruit?		
Are any of the fruits locally grown?		
VEGETABLES	**YES**	**NO**
Are you serving fresh vegetables?		
Are you serving frozen vegetables?		
Are any of the fresh vegetables you serve grown locally?		
LEGUMES	**YES**	**NO**
Are you rinsing and serving canned beans?		
Are you preparing dried legumes (beans, lentils, chickpeas, etc.)?		
Are any of the legumes you serve grown locally?		
Total number of "Yes" answers:		

How are you doing?		
0-3	Amazing Potential	Think of some ways you can add more whole foods!
4-6	On Your Way!	Great Start! Do your menus describe whole foods?
7+	Tell us how you do it!	Consider yourself a leader in whole foods!

c. Goal Sheet

What Whole Food Changes Can You Make?

Name: _____ Date: _____

Name of your childcare facility: _____

What are your whole foods goals?

_____

_____

_____

_____

What challenges do you anticipate in obtaining your goals?

_____

_____

_____

_____

What is your number one goal from today's training?

_____

_____

d. 85210

STEPUP & GO 85210

What is 85210?

85210 is the Inland Northwest's new health code! The numbers represent 5 simple things you can do to improve your health.

- **8** or more hours of sleep*
- **5** or more fruits & vegetables
- **2** hours of less recreational screen time*
- **1** hour or more of physical activity
- **0** sugary drinks, more water & low fat milk

The ultimate goal of 85210 is to help you create a lasting lifestyle change. So, let's all Step UP and Go and make the Inland Northwest a healthier place to live. Get started with the free resources in our tool kits today!

*Children and teens need more sleep and less screen time. Contact your health care provider to talk about your child's needs.

Go to www.StepUPandGo.org for more information!

This flyer was adapted from Let's Go! 5210

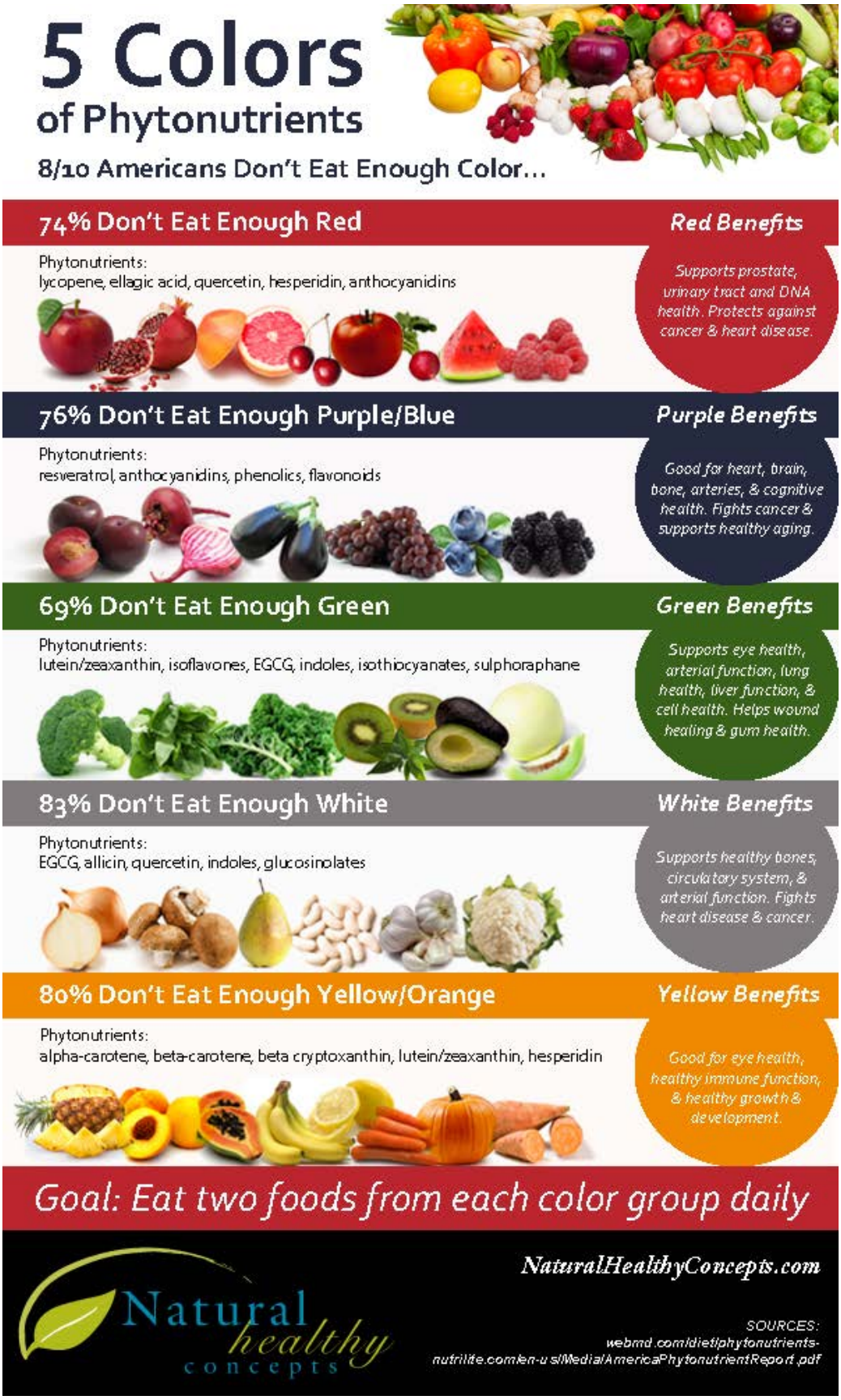
STEPUP AND GO FOR A HEALTHIER LIFE

Version 1

PREMERA BLUE CROSS
An Independent Licensee of the Blue Cross Blue Shield Association

INHS
INLAND NORTHWEST HEALTH SERVICES

e. 5 Colors of Phytonutrients



f. Food Safety Facts

Every year, millions of people may experience one or more episodes of foodborne illness, without ever knowing that it was food that caused their illness. Generally, these illnesses are preventable if safe food handling practices are followed. Below are some facts and tips to teach you the basics of food safety. Make sure that you and your family aren't victims of preventable foodborne illness!

1. Keep hot foods hot! If a food is cooked and put out to serve, make sure that you keep the food hot if it is not going to be eaten right away. If you are going to cool the food in the refrigerator, be sure to cool it quickly in a shallow container. Perishable food should never be kept at temperatures between 40°F and 140°F for more than 2 hours. Bacteria can grow well at these temperatures and may grow to levels that could cause illness.

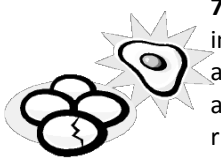
2. Keep cold foods cold! Cold salads, lunchmeats, dairy products and other foods which require refrigeration should always be kept cold (below 40°F). If they are allowed to warm up, bacteria may be able to grow to dangerous levels.

3. Always wash your hands well with soap and warm water, both before and after handling food! Our hands naturally carry bacteria on them. If we transfer that bacteria to food, the food is a good place for those bacteria to grow! On the other hand, foods contain a certain amount of bacteria on them as well, especially raw foods. It is important not to let the bacteria from raw foods stay on your hands where you may transfer them to your mouth or other foods.

4. Don't cross contaminate! You cook meat and poultry thoroughly to kill the harmful bacteria that may be on them. That is why it is very important to make sure that you don't allow the juices associated with raw meat and poultry to contaminate other areas of your kitchen. If you do, you may then allow those bacteria to get onto foods that don't get cooked before you eat them.

5. Thaw foods safely! Frozen raw meat and poultry should never be thawed by leaving them on the counter at room temperature. The proper way to thaw such products is to either thaw them in the refrigerator or thaw them in the microwave oven.

6. Wash fresh fruits and vegetables thoroughly! Because fresh fruits and vegetables are grown outside, they may come in contact with a wide range of bacteria. Most of these bacteria are harmless, but it is important to realize that they should be washed thoroughly under running water before you consume them.



7. Keep eggs refrigerated and never eat raw eggs! Eggs may contain the bacteria Salmonella in their yolks, and so it is very important never to leave eggs at room temperature, or you will allow Salmonella to multiply and grow. Because there may be Salmonella in eggs, you should also always make sure that you cook your eggs thoroughly before eating them. This means no runny yellow yolks, and it also means no eating any cookie or cake batters made with raw eggs!

8. Cook ground beef thoroughly! E. coli O157:H7 is a pathogenic bacteria that may be present in raw ground meat. Because of this it is important that hamburgers and other ground meat products be cooked thoroughly to kill this bacteria. Ground beef must reach an internal temperature of 160°F in order to ensure that the bacterial E. coli O157:H7 has been killed. The interior of the meat may turn brown before this temperature is reached, making it look like the hamburger is done, but you cannot assure its safety until the temperature reaches 160°F.

9. When in doubt, Throw It Out! Never taste food which you think may be spoiled. If you are uncertain as to whether or not a food is still safe to eat, do not eat it. Even reheating foods cannot destroy the toxins of some bacteria if a food has been handled incorrectly. Never eat canned food if the can is bulging or looks like it has had a leak. The consequences of foodborne illness are not worth the money you will save trying to salvage the food!

g. How to Properly Sharpen a Knife

Adapted from Le Cordon Bleu College of Culinary Arts in Boston march 23, 2012

Culinary professionals know that a sharp knife is a safe knife. That's because a sharp knife requires significantly less pressure to be applied for it to do its job. Dull knives require more pressure, making them more likely to slip and cause injury. Your dull knife might not be doing such a good job on those tomatoes, but you'd be surprised how easy it can slip and slice your finger.

A sharp knife is also an efficient knife that will help you improve your cooking and make your job in the kitchen a lot easier. Cutting jobs simply go much faster with sharper knives. A sharp knife will also enable you to create more uniform cuts, which will aid in more even cooking and improve the taste of your dishes.

Quality vs. Sharpness

Even cheaper and lower quality knives can be very beneficial if kept as sharp as possible. The biggest benefit to buying high-quality knives is that they will hold a sharp edge much longer than cheaper ones. They, too, will eventually need to be sharpened, however.

Sharpening Your Kitchen Knives

If used with regularity, you should sharpen your blades about every 60 days, especially the most used ones like your chef's knife. The best way to sharpen your knives is with a whetstone. There are other methods, especially sharpening machines, but they tend to grind away more of the blades surface, which may reduce the knives useful lifespan.

Honing vs. Sharpening

If you have a higher quality set of knives, you may also have a honing steel. That's the long, abrasive steel rod with a handle that you see TV chefs running their knives across. The honing steel is a tool made to maintain the edge of blade, to keep it smooth and straight. It isn't for sharpening and shouldn't be used as a substitute for sharpening. Use it once every few cutting jobs to maintain the quality of the cutting edge.

Sharpening is the process of actually reshaping the cutting edge of knife to make it sharper. A small amount of steel is ground away to create a sharper edge. The honing steel is then used to smooth out the rough edges created by sharpening.

Five Steps to a Sharp Knife (Whetstone)
http://www.chefs.edu/Student-Life/Culinary-Central/March-2012/How-To-Properly-Sharpen-A-Kitchen-Knife

Sharpening a knife with a wet stone (Whetstone) - YouTube
http://www.youtube.com/watch?v=KFIg9Cm-nJg

Search online for other knife sharpening options. Prices start as low as under $10.00.

h. Children's Books about Food

Title	Author
A little Bit of Soul Food	Amy Wilson Sanger
Bee-Bim Bop	Linda Sue Park
Berenstain Bears Eat Too Much Junk Food	Stan and Jan Berenstain
Berenstain Bears Forgot Their Manners	Stan and Jan Berenstain
Blueberries for Sal	Robert McCloskey
Bread and Jam for Frances	Russell and Lillian Hoban
Cloudy with Chances of Meatballs	Judi Barrett
Cora Cooks Pancit	Dorina Lazo-Gilmore
Eating the Alphabet	Lois Ehlert
Everybody Bakes Bread	Norah Dooley
Everybody Brings Noodles	Norah Dooley
Everybody Cooks Rice	Norah Dooley
Everybody Serves Soup	Norah Dooley
First Book of Suchi	Amy Wilson Sanger
From Seed to Plant	Gail Gibbons
Good Enough to Eat: A Kid's Guide to Food	Lizzy Rockwell
Green Eggs and Ham	Dr. Seuss
Gregory the Terrible Eater	Mitchell Sharmat
Happy Belly, Happy Smile	Rachel Isadora
Hola! Jalapeno	Amy Wilson Sanger
How a Seed Grows	Gail Gibbons
How are you Peeling? Foods with Moods	Saxton Freymann and Joost Elffers
How Did That Get In My Lunch Box? The Story of Food	Chris Butterworth
I Eat Fruit	Hannah Tofts
I Eat Vegetables	Hannah Tofts
I Will Never Not Ever Eat a Tomato	Lauren Child
Mangia! Mangia!	Amy Wilson Sanger
Oliver's Fruit Salad	Alison Bartlett and Vivian French
Oliver's Vegetables	Vivian French and Alison Bartlett
Perfect Soup	Lisa Moser
Potluck	Anne Shelby
Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up	Mollie Katzen
Rainboots for Breakfast	Marcia Leonard
Soup Day	Melissa Iwai
Stone Soup	Ann Mcgovern
Strega Nona's Harvest	Tomie dePaola

Title	Author
The Carrot Seed	Ruth Krauss
The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear	Don Wood
The Little Red Hen	J.P. Miller
The Runaway Wok	Ying Chang
The Toddler Cookbook	Annabel Karmel
The Tortilla Factory	Gary Paulsen
The Vegetables we Eat	Gail Gibbons
The Very Hungry Caterpillar	Eric Carle
We Eat Food That's Fresh	Angela Russ-Ayon
Yum Yum Dim Sum	Amy Wilson Sanger

i. Whole Foods Best Practices and Policy Ideas

- ☐ The child care facility has a written guideline or policy in support of providing whole or minimally processed foods.
- ☐ Toddlers and preschoolers are offered a variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including potatoes, corn, and green beans).
- ☐ Seasonal produce is included in meals and/or snacks.
- ☐ A variety of whole grains are served daily. (breads, crackers, and cereals made from whole wheat flour, brown rice, whole wheat couscous, bulgur, barley, quinoa, and oatmeal)
- ☐ Legumes are served. (black beans, black-eyed peas, garbanzo beans (chickpeas), green peas, lentils, lima beans, navy beans, pinto beans, soy beans, split peas and white beans)
- ☐ Menus are developed in the cycle of 3 weeks or greater using descriptive words to identify whole and minimally processed foods.
- ☐ The childcare facility has written guidelines stating the foods that are served follow the developed menu and any substitutions are equally nutritious/healthy.
- ☐ Recipes use whole food or minimally processed cooking practices.
- ☐ Staff model healthy eating behaviors during meal and snack times by eating healthy meals and snacks themselves and avoiding eating or drinking unhealthy foods (especially sweets, fast food, salty snacks, soda and sugary drinks) in front of children.

j. Food Inventory

Perishables						
Supplier Name	Item	Units of Measure	Par Level*	On Hand	To Order	Date Ordered
ABC FOOD COMPANY	Banana	Bunch	5	2	3	26-Aug
EFG FOOD COMPANY	Carrots	lb	4	1	3	26-Aug
HIJ FOOD COMPANY	Green Beans	lb	3	2	1	26-Aug
KLM FOOD COMPANY	Oranges	Each	1	1	1	26-Aug
COSTCO	Onions	lb	2	1	1	26-Aug
WALMART	Yogurt	Each	5	3	2	26-Aug
FARMERS MARKET	Tomatoes	Lb	6	3	3	26-Aug

Dry Goods						
Supplier Name	Item	Units of Measure	Par Level*	On Hand	To Order	Date Ordered
SYSCO	Napkins	Case	1	0	1	26-Aug
SUPER 1	Beans	lb	1	1	0	26-Aug
WINCO	Paper Towels	Each	3	1	2	26-Aug
WINCO	Lentils	Lb	1	1	0	26-Aug

Freezer						
Supplier Name	Item	Units of Measure	Par Level*	On Hand	To Order	Date Ordered
ABC FOOD COMPANY	Frozen Green Beans	Bag	2	1	1	26-Aug
EFG FOOD COMPANY	Frozen Corn	Bag	3	1	2	26-Aug
COSTCO	Frozen Fruit	Bag	1	1	0	26-Aug

*Par level indicates ideal stores - inventory in storage.

k. Whole Foods Pantry

Suggested Whole Foods Pantry List

Fruit and Vegetables

- ☐ **Canned tomatoes-** Consider lower sodium variety and read label for sodium per serving and added sugar on ingredient list.
- ☐ **Carrots**, **celery** and **onions** (fresh) are available year round.
- ☐ **Fresh vegetables*** shop for what's in season for best taste, appearance and price
- ☐ **Frozen vegetables and fruits-** great to have on hand during off season times of the year

Whole Grains

- ☐ **Grains*- barley, brown rice, bulgur, oats, quinoa** (salads, soups, breakfast, stews, etc.)
- ☐ **Whole grain pasta-**great whole food alternative to enriched grain pasta
- ☐ **Whole grain crackers-** great whole food alternative to enriched grain crackers
- ☐ **Rice cakes-** gluten-free, lower fat alternative to most crackers

Legumes

- ☐ **Legumes* –** any dry beans, split peas, chickpeas, lentils (red, green, yellow) (salads, soups, chili, meat substitute)

Flavor enhancers

- ☐ **Dry herbs-** Italian mix, oregano, thyme, bay leaf, cumin and any others you like to have on hand
- ☐ **Fresh herbs -** cilantro, mint, basil, sage, thyme, oregano, rosemary and parsley
- ☐ **Garlic –**fresh garlic or pre chopped or minced in jar
- ☐ **Lemon/limes** (fresh) **-** great fresh when in season for adding flavor, acid and making dressings. Zest for full use of aromatic oils.
- ☐ **Spices –** salt, pepper, peppercorns, onion powder, garlic powder, curry powder, chili powder, cinnamon, clove and nutmeg

Miscellaneous

- ☐ **Corn starch-** thickener for stews and sauces, best agent for those who need to be gluten free
- ☐ **Oils: olive or canola**

* LCWF Resource guide provides detailed information.

I. Site Visit – Childcare Whole Food Capacity Assessment

Here are the things Chef William will be asking and checking out during his first site visit:

1. Site Demographics
2. Days and hours of operation
3. Enrollment capacity for childcare center
4. Name of Director
5. Name of Primary Cook
6. Best way to contact cook
7. Who assists with cooking?
8. Number of meals and snacks served per week
9. Who creates food purchasing list?
10. Who purchases/orders food?
11. Is food delivered to the center?
12. How much time is spent purchasing food? (driving, purchasing, unloading)
13. What are your goals for preparing healthier foods?
14. What are your current whole foods practices and policies?
15. What type of trainings do cooks receive? (ongoing?)
16. Layout of Kitchen
17. Estimate Storage Capacity
    a. Dry storage % utilization
    b. Dry storage additional capacity

       Notes/recommendation:

    c. Refrigerated storage % utilization
    d. Refrigerated storage additional capacity

       Notes/recommendation:

    e. Freezer storage % utilization
    f. Freezer storage additional capacity

       Notes/recommendation:

18. Assess Inventory System
    a. Forms
    b. Process for identifying purchasing needs
19. Prep time needed
20. What is the cook's perception of director and teacher support for whole foods cooking?
    a. Ideas for improving or maintaining?

       Notes:

21. Overall impressions:
22. Next steps:

Slide 1

Slide 2

Introduction

Name
Childcare facility
Your favorite seasonal recipe
Your training expectations

Chop
Bake
Stew
Roast
Yum!

Slide 3

Start Healthy. Start Now.

Nourishing the whole child, body & mind

PHYSICAL HEALTH

Let's Cook Whole Foods! for healthy kids

training on cooking whole foods

LETS MOVE! ChildCare

training on physical activity and nutrition

EMOTIONAL HEALTH

Trauma-Informed Care

training on trauma-sensitive childcare practices

Slide 4

YOU
are so important!

(2 meals + 2 snacks) x 5 days/week
71% of a child's weekly nutrition

Slide 5

Let's Cook Whole Foods!

Designed to help child cares increase their use of whole foods.

Our goal is to give you the tools to successfully make whole food changes in your operation.

Small changes today can add up to large changes in the future.

Slide 6

Help me help you!

- Let's Cook Whole Foods training
- Personalized visits by Chef William
- Food purchasing options
- Cook's Connection
- Lots of resources for you!

Colorful Tasty Nourishing

Slide 7

Training Day 1

- Knife skills
- Sanitation
- Vegetable stock
- Benefits of whole foods
- Food labels
- Your menus
- Whole foods cooking demonstration

Slide 8

Training Day 2

- Review day 1
- Prepare recipes
- Taste & discuss recipes
- Discuss how to introduce whole foods
- Work within your budget

Slide 9

Knife Safety

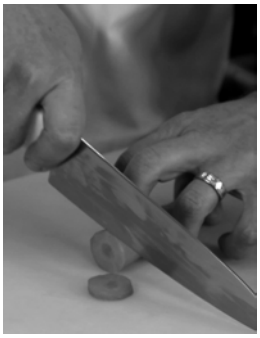
✓New Kitchen

✓Don't talk with your knife

✓Sharp = Safe

✓Anatomy off limits

✓Cut away, not towards



Slide 10

Knife Skills

- Knife safety
- Types of cuts
  - Julienne
  - Cube
  - Dice
- Fruit & Vegetables
  - Melon
  - Celery
  - Carrots
  - Onions

Slide 11

Vegetable Stock

- Ingredients
- Directions
- Stock as a base for other dishes

Slide 12

Cowboy Chili Recipe Demonstration

Slide 13

How do I know if it is a whole food?

Slide 14

How do I know if it is a whole food?

- Can I imagine it growing?
- How many ingredients does it have?
- Are all the original edible parts still there?

Slide 15

What are the benefits of whole foods?

Taste Creativity Cost Health

Slide 16

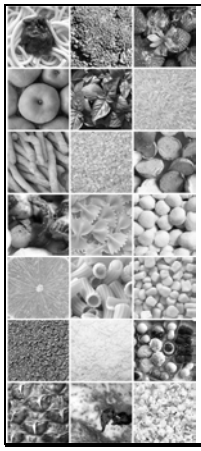
Whole foods & children's health

Slide 17

The 6 essential nutrients

in their original packaging

Slide 18



Which whole foods will we focus on?

- Fresh/frozen fruit & vegetables
- Legumes- beans, dried peas, lentils
- Whole grains

Slide 19

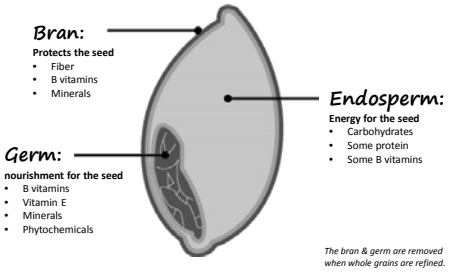
Fresh Fruit & Vegetables

Slide 20

Legumes
(beans, dried peas, lentils)

Slide 21

The Whole Grain Tour
Meet the Kernel

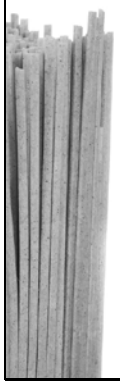


The bran & germ are removed when whole grains are refined.

20

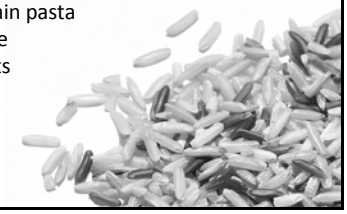
Slide 22

Whole Grains



Substitute refined or enriched grains with whole-grain options

- 100% whole wheat grain bread
- Whole-grain crackers or rice cakes
- Whole grain pasta
- Brown rice
- Rolled oats



Slide 23

Nine Grain vs 100% Whole Wheat Bread

Slide 24

Nine Grain Ingredients	100% Whole Wheat Ingredients
Enriched* unbleached wheat flour, water, granola mix, vegetable oil, raisin paste, sunflower seeds, cultured wheat flour, distilled vinegar, xanthan gum, salt, dough conditioner, calcium sulfate, enzymes, nonfat dry milk, soy flour.	**Whole wheat flour**, water, whole grain crushed wheat, whole grain bulgur wheat, sugar, yeast, wheat **gluten**, brown sugar, sunflower oil, honey, molasses, sea salt, calcium **sulfate**, vinegar, cultured **whey** (milk), wheat bran, **soy** lecithin. (May contain **hazelnuts, walnuts**, sesame seeds.)

Enriched flour adds back niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid

Slide 25

Food Allergies
The Major 8

- Milk
- Eggs
- Fish (white)
- Shellfish (shrimp)
- Tree nuts (almonds, walnuts, pecans)
- Peanuts
- Wheat
- Soybeans

Slide 26

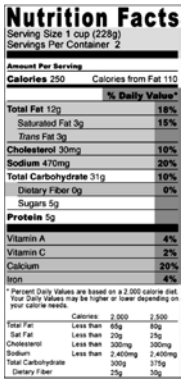
What do food labels tell us ?

Start here

Limit these nutrients

Get enough of these

Footnote



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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.

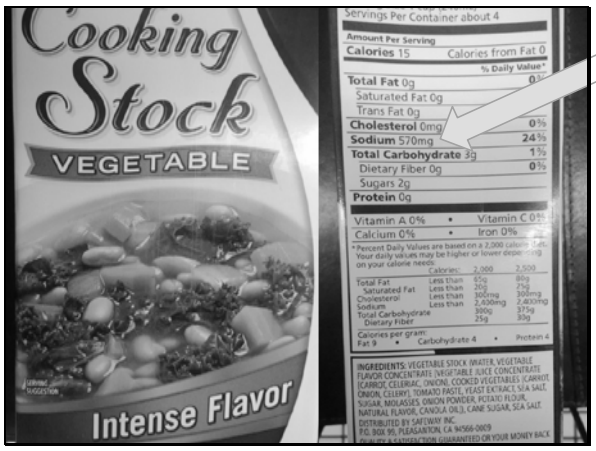
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Slide 27

List of Ingredients

- **Enriched Macaroni Product (**Wheat Flour, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid**), Cheese Sauce Mix (**Whey, Modified Food Starch, Whey Protein Concentrate**, Cheddar Cheese** [Milk, Cheese Culture, Salt, Enzymes]**, Granular Cheese** [Milk, Cheese Culture, Salt, Enzymes]**, Salt, Calcium Carbonate, Potassium Chloride**, Contains Less than 2% of **Parmesan Cheese** [Part-Skim Milk, Cheese Culture, Salt, Enzymes]**, Dried Buttermilk, Sodium Tripolyphosphate, Blue Cheese** [Milk, Cheese Culture, Salt, Enzymes]**, Sodium Phosphate, Medium Chain Triglycerides, Cream, Citric Acid, Lactic Acid, Enzymes, Yellow 5, Yellow 6**.

Slide 28



Slide 29

Vegetable Stock Ingredient Comparison

Store Bought	Home made
Vegetable stock (water, vegetable flavor concentrate, cooked vegetables (carrot, onion, celery), tomato paste, yeast extract, sea salt, sugar, molasses, onion powder, potato flour, natural flavor, canola oil, cane sugar, sea salt	Onions, celery, carrots, bay leaf, thyme, cracked peppercorn, water

Slide 30

Slide 31

Childhood Obesity

12.5
million children and adolescents Ages 2-19 years are obese

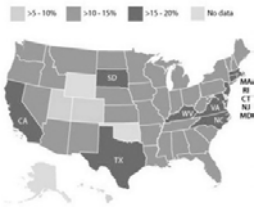
1 of 7
low-income, preschool- age children is obese

70%
of obese children had at least one cardiovascular disease risk factor
(high blood pressure / cholesterol)

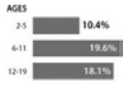
Slide 32

Childhood Obesity

State prevalence among low-income children (2009 ages 2-4)

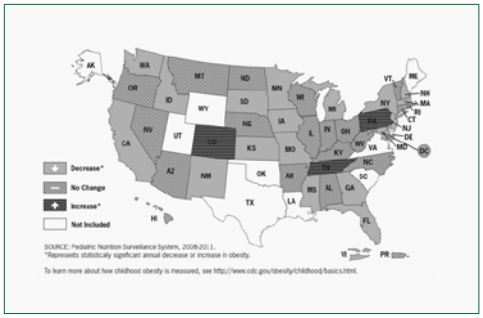


Prevalence of obese kids in US (2007-08)



Slide 33

Signs of Progress



Slide 34

What can we do?

- Be the parent
- Have fun
- Be active
- Set limits
- Make a plan
- Limit processed foods
- Reward good behavior

Slide 35

Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Apples slices 1% Milk	Cheerios Pears 1% Milk	French toast Banana 1% Milk	Bagel Kiwi 1% Milk	Kix cereal Fruit salad 1% Milk
A.M. Snack	Fish crackers Orange slices Water	Graham crackers Applesauce Water	Granola bar Fresh peaches Water	Oatmeal cookie 1% Milk	Rice Cakes Orange slices Water
Lunch	Spaghetti with meat sauce Carrot sticks Pineapple Milk	Turkey sandwich French fries Peas Milk	Grilled cheese sandwich Tomato soup Fruit cocktail Milk	Hot dog Bun Jo Jo's Peaches Milk	Tuna noodle casserole Pears Green beans Milk
P.M. Snack	Cucumbers Carrots Saltines Water	String cheese Ritz crackers Water	Brownie Milk	Peanut butter Banana Sandwich Water	Salsa WW tortilla Water

Slide 36

Your Menus

Circle the whole foods on your menus

Whole Foods
Menu Assessment Form p. X

Where can you add more whole foods?

Slide 37

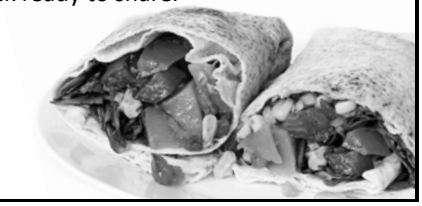
What Whole Food Changes Can You Make?

Cost-effective
Efficient
Healthy

Slide 38

Homework

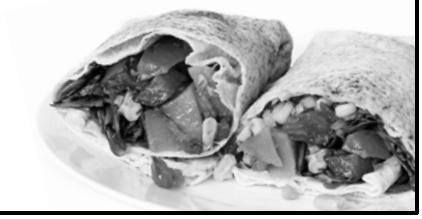
- When preparing lunch tomorrow identify one whole foods change for that meal.
- Come back ready to share.



Slide 39

Wrap up

- Today's training highlights
- How did the training go for you?
- Get ready for day 2!
  - -Homework
  - -Apron



Slide 40

Homework

- When preparing lunch tomorrow identify one whole foods change for that meal.
- Come back ready to share.

Slide 41

Training Day 2

- Homework
- Review day 1
- Prepare recipes
- Taste and discuss recipes
- Discuss how to introduce whole foods
- Work within your budget

Slide 42

Recipes

4 recipes

4 teams

Slide 43

Peach Dream Breakfast

Slide 44

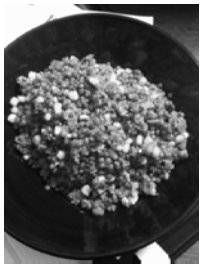
Rainbow Salad

Slide 45

Fiesta Salad

Slide 46

Veggies on the Beach



Slide 47

Cooking Activity Directions

Slide 48

Recipe Tasting & Discussion

- Preparation
- Seasonal suggestions?
- Your experiences
- How would you make these recipes for your kids?

Slide 49

How To Introduce New Foods

Give out tastes

Learn about harvest

Reintroduce
(7–10 times)

Children vote

Teacher taste-tests

Share history

Slide 50

Where to Purchase

- Your food suppliers
- Big box stores: Costco, Winco, Walmart
- Grocery stores
- In bulk with other childcare facilities
- Farmer's markets

Slide 51

Cost of whole foods

- Changing menus may raise food expenses
- Over time, these expenses decrease
- Beans, peas and legumes are *less expensive than meat*

Slide 52

Chef William's Cost Saving Tips

Smarter not harder

Save $$$

- ❑ Create an inventory system (p. XX)
- ❑ Track your inventory
- ❑ Figure out your par count
- ❑ Label and date food
  - ❑ FIFO, Left overs
- ❑ Schedule deliveries/ shop early in the week
- ❑ Work smarter not harder

Slide 53

Whole food cost examples

Replace meat with legumes

Fresh versus canned vegetables

Purchase in bulk

Slide 54

"Show me the money"

- Purchase $3.29/32 oz.
- Prepare $0.22/32 oz.

Slide 55

"Show me the nutrition"

Homemade vs.
Store bought

- Ingredients
- Nutrients

Slide 56

Vegetarian Chili Ingredient Comparison

Store Bought Chili	Homemade Chili
Water, beans, textured soy flour, tomato paste, modified corn starch, seasoning, wheat flour, malted barley flour, salt, seasoning hydrolyzed soy protein, MSG, seasoning (hydrolyzed corn, wheat and soy gluten, yeast extract, hydrolyzed corn gluten, natural and artificial flavoring, partially hydrogenated soybean/cottonseed oil, disodium gluanylate, disodium inosinate) spice, paprika, natural flavor, soy lecithin. Contains soy and wheat.	Homemade vegetable stock, fresh tomatoes, kidney beans, onions, green pepper, bulgur, chili powder, cumin, garlic powder, onion powder, yogurt

Slide 57

Vegetarian Chili Nutritional Comparison

Nutrient (1 cup)	Store Bought Chili	Homemade Chili
Calories	210	172
Fat	1.5	0.2
Sodium	1020	180
Vitamin C	10 %	32 %

Slide 58

Planning for success

- Set a goal
- Have a plan
- Find the champions
- Connect with other cooks
- Spread the word
- Be patient
- Keep the momentum going

Slide 59

Cooks Connection

- Communication
- Sharing resources
- Purchasing in bulk together
- Encouragement

Slide 60

YOU are so important!

Provide ¾ of a child's weekly nutrition
Expose children to new experiences
Create lifelong memories
A child's healthy start begins with you!

Slide 61

Slide 62