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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.

<table>
<thead>
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</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Total Fat</strong>: 0.0g</td>
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<tr>
<td><strong>Trans Fat</strong>: 0.0g</td>
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<td><strong>Calcium</strong>: 2%</td>
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† 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.
**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 ¾ 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 let 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.
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

1. 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.
2. 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.
3. 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.
4. 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.
5. 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 1/2 tsp Cumin
1 tsp   Garlic powder
1/2 tsp Onion powder
1/8 tsp Brown sugar
3 cups Fresh Tomato, 3 whole diced finely; 3 diced without seeds and juice
2 1/2 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.
1. **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

<table>
<thead>
<tr>
<th>Herbs and Spices In Savory Foods</th>
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<tbody>
<tr>
<td><strong>Flavoring</strong></td>
<td><strong>Form</strong></td>
<td><strong>Suggested Uses</strong></td>
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<tr>
<td>Allspice</td>
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<tr>
<td>Dill</td>
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<tr>
<td>Turmeric</td>
<td>Fresh or powder</td>
<td>Curries, relishes, rice, eggs, breads</td>
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*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 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 woody 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 tablespoons 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 tablespoons 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
- ⅛ cup dried thyme
- ⅛ 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
- ⅛ cup dried basil
- ⅛ cup dried oregano
- ⅛ 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 chili 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

c. Fruit and Veggie Quantity Cookbook

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

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<thead>
<tr>
<th>Fruit</th>
<th>April</th>
<th>May</th>
<th>June</th>
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</tr>
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</tr>
<tr>
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<td>X</td>
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<td>Plums</td>
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<td>Raspberries</td>
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<td>Raspberries, Fall</td>
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<td></td>
<td></td>
<td>X</td>
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<td>X</td>
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<td></td>
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<td>Strawberries</td>
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<td>X</td>
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</tr>
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<td>Strawberries, Ever bearing</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tr>
<tr>
<td>Tayberries</td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>

Adopted from: [http://www.pickyourown.org/WAharvestcalendar.htm](http://www.pickyourown.org/WAharvestcalendar.htm)
### Washington State Typical Crop Ripening Dates / Harvest Calendar cont.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Green</td>
<td></td>
<td>mid July</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td>mid July</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td>mid-Sept</td>
<td>X</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td>late July</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Corn, sweet</td>
<td></td>
<td>mid July</td>
<td>X</td>
<td>X</td>
<td>mid-Oct</td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td>mid-Sept</td>
<td></td>
</tr>
<tr>
<td>Dill</td>
<td></td>
<td></td>
<td></td>
<td>mid-Sept</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>mid-Oct</td>
</tr>
<tr>
<td>Green Peppers</td>
<td></td>
<td></td>
<td></td>
<td>mid-August</td>
<td>X</td>
</tr>
<tr>
<td>Gourds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Lettuce, Leaf &amp; Head</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>mid-Sept</td>
<td></td>
</tr>
<tr>
<td>Onions (Walla Walla)</td>
<td></td>
<td>mid July</td>
<td></td>
<td>mid-August</td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td>mid-August</td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td></td>
<td></td>
<td></td>
<td>mid-Sept</td>
<td>X</td>
</tr>
<tr>
<td>Squash, Winter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Squash, Summer</td>
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</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Zucchini</td>
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<td>X</td>
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</tbody>
</table>

Adopted from: [http://www.pickyourown.org/WAharvestcalendar.htm](http://www.pickyourown.org/WAharvestcalendar.htm)
## Top 40 Agricultural Commodities in Washington State

**Top Forty Agricultural Commodities, Washington, 2008-2010**

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

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.

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

Adopted from: [http://www.mayoclinic.com/health/legumes/NU00260](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.
**List of Whole Grains**

<table>
<thead>
<tr>
<th>Grains</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>Seeds are nutty, almost malt-like, but mild and sweet.</td>
</tr>
<tr>
<td>Barley</td>
<td>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.</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Hearty wheat flavor</td>
</tr>
<tr>
<td>Bulgur</td>
<td>Whole wheat berries that are steam-cooked, dried and cracked into 3 types, coarsest-used for pilaf, medium-for cereal, and fine for tabbouleh.</td>
</tr>
<tr>
<td>Couscous</td>
<td>Made from semolina wheat that has been precooked and dried. Cooking only requires soaking in hot water.</td>
</tr>
<tr>
<td>Kamut</td>
<td>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.</td>
</tr>
<tr>
<td>Millet</td>
<td>A small hard grain that is gluten-free but cannot replace wheat flour.</td>
</tr>
<tr>
<td>Oats</td>
<td>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.</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Fresh flavor, fluffy texture and gluten-free</td>
</tr>
<tr>
<td>Rice, brown</td>
<td>Only the husk is removed, a richer flavor and chewier texture than white rice.</td>
</tr>
<tr>
<td>Rye berries</td>
<td>Bluish-gray in color, same shape as wheat berries. Stronger flavor than wheat berries.</td>
</tr>
<tr>
<td>Spelt/Faro</td>
<td>A strain of wheat that is higher in protein than common wheat and can be used like wheat berries</td>
</tr>
<tr>
<td>Wheat berries</td>
<td>Chewy, can be soaked overnight to cut down on the cooking time and can be made into side dish, salad or chilies and stews.</td>
</tr>
</tbody>
</table>

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  
Recipes  
http://www.thegraincouncil.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

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

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

Ingredients to look for:

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

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 butter
- Peanut flour

Foods containing peanuts:

- Ground nuts
- Cookies, pastries and other baked goods
- Mixed nuts
- Candy
- Artificial nuts
- Egg rolls
- Nougat
- Marzipan
- African, Chinese, Thai and other ethnic dishes
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](http://my.clevelandclinic.org/disorders/Allergies/hic_Special_Diets_For_Food_Allergies.aspx) and [http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/UCM220117.pdf](http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/UCM220117.pdf)

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.
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
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.
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 cheddar cheese. Add sliced tomatoes and/or avocado.

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 a muffin tin coated with olive oil and bake at 350°F for 20 minutes for a healthy, crustless mini-quesadilla.

5. Spike your egg salad! Chop hard boiled eggs, capers, jalapeños, and pickles and toss with olive oil and lemon juice and mustard vinaigrette.

6. Bake whole wheat pizza dough for 8 minutes at 500°F. Spread sauced cooked salami and asparagus (cut into 1-inch pieces) over the dough. While 2 eggs and pour or the top of the vegetables. Sprinkle with goat cheese and bake for approximately 3-10 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), and kale with heated hard boiled eggs and toss 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 egg beaten with grated Parmesan cheese. Cook, tossing gently, until the eggs are 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 30-45 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.
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 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.
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.
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 antioxidants 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 heightened 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.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.
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 ½-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.
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.
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**

![Serving Size 1 cup (228g) Servings Per Container 2](#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).**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>250</td>
</tr>
<tr>
<td><strong>Calories from Fat</strong></td>
<td>110</td>
</tr>
</tbody>
</table>

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. **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** (on sample label):

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percent of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
</tbody>
</table>

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):
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**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 cup (236ml)</td>
</tr>
<tr>
<td>Servings Per Container: 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories (120)</th>
<th>Calories from Fat (45)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>5g (6%)</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g (18%)</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg (7%)</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg (5%)</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g (4%)</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9g (17%)</td>
<td></td>
</tr>
</tbody>
</table>

*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**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 cup (236ml)</td>
</tr>
<tr>
<td>Servings Per Container: 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories (88)</th>
<th>Calories from Fat (0)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9g (17%)</td>
<td></td>
</tr>
</tbody>
</table>

*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:
### Whole Foods Menu Assessment

**Childcare Facility:** ______________________________

**Date:** ______________________________

**Cook:** ______________________________

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

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you using 100% whole grains? Examples include breads, crackers and cereals made from whole wheat flour, brown rice or whole grains.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using barley?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using buckwheat?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using bulgur?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using cornmeal?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using whole wheat couscous?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using whole rolled oats? (not instant oatmeal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using quinoa?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using brown rice?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using whole grain berries, (rye, spelt, wheat)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using whole wheat pasta?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you using whole corn tortillas?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are any of the grain products grown locally?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you serving fresh fruit?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you serving frozen fruit?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are any of the fruits locally grown?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you serving fresh vegetables?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you serving frozen vegetables?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are any of the fresh vegetables you serve grown locally?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEGUMES</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you rinsing and serving canned beans?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you preparing dried legumes (beans, lentils, chickpeas, etc.)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are any of the legumes you serve grown locally?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total number of “Yes” answers:**

### How are you doing?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
<th>Suggestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>Amazing Potential</td>
<td>Think of some ways you can add more whole foods!</td>
</tr>
<tr>
<td>4-6</td>
<td>On Your Way!</td>
<td>Great Start! Do your menus describe whole foods?</td>
</tr>
<tr>
<td>7+</td>
<td>Tell us how you do it!</td>
<td>Consider yourself a leader in whole foods!</td>
</tr>
</tbody>
</table>
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?

________________________________________________________________________________
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
### 5 Colors of Phytonutrients

#### 8/10 Americans Don't Eat Enough Color...

<table>
<thead>
<tr>
<th>Color</th>
<th>Phytonutrients</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Red</strong></td>
<td>Lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins</td>
<td>Supports prostate, urinary tract and DNA health. Protects against cancer &amp; heart disease.</td>
</tr>
<tr>
<td><strong>Purple/Blue</strong></td>
<td>Resveratrol, anthocyanidins, phanestics, flavonoids</td>
<td>Good for heart, brain, bone, arteries, &amp; cognitive health. Fights cancer &amp; supports healthy aging.</td>
</tr>
<tr>
<td><strong>Green</strong></td>
<td>Lutein/zeaxanthin, isoflavonones, EGCG, indoles, isothiocyanates, sulphoraphane</td>
<td>Support eye health, arterial function, lung health, liver function, &amp; cell health. Helps wound healing &amp; gum health.</td>
</tr>
<tr>
<td><strong>White</strong></td>
<td>EGCG, allin, quercetin, indoles, glucosinolates</td>
<td>Supports healthy bone, circulatory system, &amp; arterial function. Fights heart disease &amp; cancer.</td>
</tr>
<tr>
<td><strong>Yellow/Orange</strong></td>
<td>Alpha-carotene, beta-carotene, beta cryptoxanthin, Lutein/zeaxanthin, hesperidin</td>
<td>Good for eye health, healthy immune function, &amp; healthy growth &amp; development.</td>
</tr>
</tbody>
</table>

**Goal:** Eat two foods from each color group daily

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[Sources:](#)
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)

Sharpening a knife with a wet stone (Whetstone) - YouTube
http://www.youtube.com/watch?v=KFlp9Cm-nJg

Search online for other knife sharpening options. Prices start as low as under $10.00.
## 1. Children’s Books about Food

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>A little Bit of Soul Food</td>
<td>Amy Wilson Sanger</td>
</tr>
<tr>
<td>Bee-Bim Bop</td>
<td>Linda Sue Park</td>
</tr>
<tr>
<td>Berenstain Bears Eat Too Much Junk Food</td>
<td>Stan and Jan Berenstain</td>
</tr>
<tr>
<td>Berenstain Bears Forgot Their Manners</td>
<td>Stan and Jan Berenstain</td>
</tr>
<tr>
<td>Blueberries for Sal</td>
<td>Robert McCloskey</td>
</tr>
<tr>
<td>Bread and Jam for Frances</td>
<td>Russell and Lillian Hoban</td>
</tr>
<tr>
<td>Cloudy with Chances of Meatballs</td>
<td>Judi Barrett</td>
</tr>
<tr>
<td>Cora Cooks Pancit</td>
<td>Dorina Lazo-Gilmore</td>
</tr>
<tr>
<td>Eating the Alphabet</td>
<td>Lois Ehler</td>
</tr>
<tr>
<td>Everybody Bakes Bread</td>
<td>Norah Dooley</td>
</tr>
<tr>
<td>Everybody Brings Noodles</td>
<td>Norah Dooley</td>
</tr>
<tr>
<td>Everybody Cooks Rice</td>
<td>Norah Dooley</td>
</tr>
<tr>
<td>Everybody Serves Soup</td>
<td>Norah Dooley</td>
</tr>
<tr>
<td>First Book of Suchi</td>
<td>Amy Wilson Sanger</td>
</tr>
<tr>
<td>From Seed to Plant</td>
<td>Gail Gibbons</td>
</tr>
<tr>
<td>Good Enough to Eat: A Kid’s Guide to Food</td>
<td>Lizzy Rockwell</td>
</tr>
<tr>
<td>Green Eggs and Ham</td>
<td>Dr. Seuss</td>
</tr>
<tr>
<td>Gregory the Terrible Eater</td>
<td>Mitchell Sharmat</td>
</tr>
<tr>
<td>Happy Belly, Happy Smile</td>
<td>Rachel Isadora</td>
</tr>
<tr>
<td>Hola! Jalapeno</td>
<td>Amy Wilson Sanger</td>
</tr>
<tr>
<td>How a Seed Grows</td>
<td>Gail Gibbons</td>
</tr>
<tr>
<td>How are you Peeling? Foods with Moods</td>
<td>Saxton Freymann and Joost Elffers</td>
</tr>
<tr>
<td>How Did That Get In My Lunch Box? The Story of Food</td>
<td>Chris Butterworth</td>
</tr>
<tr>
<td>I Eat Fruit</td>
<td>Hannah Tofts</td>
</tr>
<tr>
<td>I Eat Vegetables</td>
<td>Hannah Tofts</td>
</tr>
<tr>
<td>I Will Never Not Ever Eat a Tomato</td>
<td>Lauren Child</td>
</tr>
<tr>
<td>Mangia! Mangia!</td>
<td>Amy Wilson Sanger</td>
</tr>
<tr>
<td>Oliver’s Fruit Salad</td>
<td>Alison Bartlett and Vivian French</td>
</tr>
<tr>
<td>Oliver’s Vegetables</td>
<td>Vivian French and Alison Bartlett</td>
</tr>
<tr>
<td>Perfect Soup</td>
<td>Lisa Moser</td>
</tr>
<tr>
<td>Potluck</td>
<td>Anne Shelby</td>
</tr>
<tr>
<td>Pretend Soup and Other Real Recipes: A Cookbook for</td>
<td>Mollie Katzen</td>
</tr>
<tr>
<td>Preschoolers and Up</td>
<td>Marcia Leonard</td>
</tr>
<tr>
<td>Rainboots for Breakfast</td>
<td>Melissa Iwai</td>
</tr>
<tr>
<td>Soup Day</td>
<td>Ann McGovern</td>
</tr>
<tr>
<td>Stone Soup</td>
<td>Tomie dePaola</td>
</tr>
<tr>
<td>Title</td>
<td>Author</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>The Carrot Seed</td>
<td>Ruth Krauss</td>
</tr>
<tr>
<td>The Little Mouse, The Red Ripe Strawberry, and</td>
<td>Don Wood</td>
</tr>
<tr>
<td>the Big Hungry Bear</td>
<td></td>
</tr>
<tr>
<td>The Little Red Hen</td>
<td>J.P. Miller</td>
</tr>
<tr>
<td>The Runaway Wok</td>
<td>Ying Chang</td>
</tr>
<tr>
<td>The Toddler Cookbook</td>
<td>Annabel Karmel</td>
</tr>
<tr>
<td>The Tortilla Factory</td>
<td>Gary Paulsen</td>
</tr>
<tr>
<td>The Vegetables we Eat</td>
<td>Gail Gibbons</td>
</tr>
<tr>
<td>The Very Hungry Caterpillar</td>
<td>Eric Carle</td>
</tr>
<tr>
<td>We Eat Food That’s Fresh</td>
<td>Angela Russ-Ayon</td>
</tr>
<tr>
<td>Yum Yum Dim Sum</td>
<td>Amy Wilson Sanger</td>
</tr>
</tbody>
</table>

### 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.
## Food Inventory

### Perishables

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

### Dry Goods

<table>
<thead>
<tr>
<th>Supplier Name</th>
<th>Item</th>
<th>Units of Measure</th>
<th>Par Level*</th>
<th>On Hand</th>
<th>To Order</th>
<th>Date Ordered</th>
</tr>
</thead>
<tbody>
<tr>
<td>SYSCO</td>
<td>Napkins</td>
<td>Case</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>26-Aug</td>
</tr>
<tr>
<td>SUPER 1</td>
<td>Beans</td>
<td>lb</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>26-Aug</td>
</tr>
<tr>
<td>WINCO</td>
<td>Paper Towels</td>
<td>Each</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>26-Aug</td>
</tr>
<tr>
<td>WINCO</td>
<td>Lentils</td>
<td>lb</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>26-Aug</td>
</tr>
</tbody>
</table>

### Freezer

<table>
<thead>
<tr>
<th>Supplier Name</th>
<th>Item</th>
<th>Units of Measure</th>
<th>Par Level*</th>
<th>On Hand</th>
<th>To Order</th>
<th>Date Ordered</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC FOOD COMPANY</td>
<td>Frozen Green Beans</td>
<td>Bag</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>26-Aug</td>
</tr>
<tr>
<td>EFG FOOD COMPANY</td>
<td>Frozen Corn</td>
<td>Bag</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>26-Aug</td>
</tr>
<tr>
<td>COSTCO</td>
<td>Frozen Fruit</td>
<td>Bag</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>26-Aug</td>
</tr>
</tbody>
</table>

*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:
**Introduction**

Name  
Childcare facility  
Your favorite seasonal recipe  
Your training expectations

**Start Healthy. Start Now.**  
Nourishing the whole child, body & mind

**PHYSICAL HEALTH**  
[Let's Cook Whole Foods!](#)  
for healthy kids

**EMOTIONAL HEALTH**  
Trauma-Informed Care  
Training on trauma-sensitive childcare practices
YOU are so important!

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

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.

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!
Training Day 1

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

Training Day 2

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

Knife Safety

√ New Kitchen
√ Don’t talk with your knife
√ Sharp = Safe
√ Anatomy off limits
√ Cut away, not towards
Knife Skills

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

Vegetable Stock

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

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

___________________________________

___________________________________

___________________________________

___________________________________
Whole foods & children’s health

The 6 essential nutrients in their original packaging

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

Bran:
- Protects the seed
- B vitamins
- Minerals

Germ:
- Nourishment for the seed
- B vitamins
- Vitamin E
- Minerals
- Phytochemicals

Endosperm:
- Energy for the seed
- Some protein
- Some B vitamins

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

Nine Grain vs 100% Whole Wheat Bread

<table>
<thead>
<tr>
<th>Nine Grain Ingredients</th>
<th>100% Whole Wheat Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.)</td>
</tr>
</tbody>
</table>

Enriched flour adds back niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid.
**Food Allergies**
The Major 8

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

---

**What do food labels tell us?**

- Start here
- Limit these nutrients
- Get enough of these
- Footnote

---

**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.
Vegetable Stock
Ingredient Comparison

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

---

**Childhood Obesity**

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

Prevalence of obese kids in US (2007-08)

---

**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

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Oatmeal</td>
<td>Cheerios</td>
<td>French toast</td>
<td>Bagel</td>
<td>Krispies</td>
</tr>
<tr>
<td></td>
<td>Apples slices</td>
<td>Pears</td>
<td>Banana</td>
<td>Rice</td>
<td>Fruit salad</td>
</tr>
<tr>
<td></td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
</tr>
<tr>
<td>A.M. Snack</td>
<td>Fish crackers</td>
<td>Graham crackers</td>
<td>Granola bar</td>
<td>Oatmeal cookie</td>
<td>Rice Crispies</td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Apple sauce</td>
<td>Fresh peaches</td>
<td>Cookie</td>
<td>Orange slices</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td>Lunch</td>
<td>Spaghetti with meat sauce</td>
<td>Turkey sandwich</td>
<td>Grilled cheese sandwich</td>
<td>Hot dog</td>
<td>Tuna noodle casserole</td>
</tr>
<tr>
<td></td>
<td>Pineapple milk</td>
<td>French fries</td>
<td>Tomato soup</td>
<td>Ice cream</td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>Peas</td>
<td>Fruit cocktail</td>
<td>Milk</td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>P.M. Snack</td>
<td>Cucumbers</td>
<td>String cheese</td>
<td>Brownie</td>
<td>Peanut butter</td>
<td>Salad</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>Ritz crackers</td>
<td>Sandwich</td>
<td>Sandwich</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>

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?

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
Peach Dream Breakfast

Slide 43

Rainbow Salad

Slide 44

Fiesta Salad

Slide 45
**Veggies on the Beach**

---

**Cooking Activity Directions**

---

**Recipe Tasting & Discussion**

- Preparation
- Seasonal suggestions?
- Your experiences
- How would you make these recipes for your kids?
**How To Introduce New Foods**

- Give out tastes
- Learn about harvest
- Reintroduce
- Children vote
- Teacher taste-tests
- Share history

---

**Where to Purchase**

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

---

**Cost of whole foods**

- Changing menus may raise food expenses
- Over time, these expenses decrease
- Beans, peas and legumes are less expensive than meat
Chef William’s Cost Saving Tips

- 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

Whole food cost examples

- Replace meat with legumes
- Fresh versus canned vegetables
- Purchase in bulk

“Show me the money”

- Purchase
  - $3.29/32 oz.
- Prepare
  - $0.22/32 oz.
“Show me the nutrition”
Homemade vs.
Store bought
• Ingredients
• Nutrients

Vegetarian Chili
Ingredient Comparison

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Store Bought Chili</th>
<th>Homemade Chili</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 guanylate, disodium inosinate) spice, paprika, natural flavor, soy lecithin. Contains soy and wheat.</td>
<td>Homemade vegetable stock, fresh tomatoes, kidney beans, onions, green pepper, bulgur, chili powder, cumin, garlic powder, onion powder, yogurt</td>
<td></td>
</tr>
</tbody>
</table>

Vegetarian Chili
Nutritional Comparison

<table>
<thead>
<tr>
<th>Nutrient (1 cup)</th>
<th>Store Bought Chili</th>
<th>Homemade Chili</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
<td>172</td>
</tr>
<tr>
<td>Fat</td>
<td>1.5</td>
<td>0.2</td>
</tr>
<tr>
<td>Sodium</td>
<td>1020</td>
<td>180</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10 %</td>
<td>32 %</td>
</tr>
</tbody>
</table>
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!
What's Your Whole Food Goal?

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509-324-1531 (work)
775-303-5352 (mobile)