



## Cooking with the Good Food Box Manual

**A FOOD SKILLS PROGRAM FOR ADULTS  
EMPHASIZING SEASONAL VEGETABLES AND FRUITS**





## Acknowledgments

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Many thanks to all of the participants who I was able to trial these recipes with. It has been a pleasure cooking and learning with you. I couldn't have done it without you – keep cooking!



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## Introduction

Welcome to the Cooking with the Good Food Box Manual. This manual was designed for community agencies or volunteers to introduce and build food skills in adults by preparing food and eating together. In today's world, we are surrounded by high calorie, low nutrient foods which are all too convenient. Many of us grew up without being introduced to basic food and kitchen skills, as prepackaged meals and eating out became more of a norm. The aim of this manual is to help adults become more confident in the kitchen by allowing them to cook and taste test seasonal recipes in a comfortable learning environment.

This manual builds on a fantastic program, the Good Food Box, which was introduced in Thunder Bay in 2005, and is run across the country. The Good Food Box is a non-profit program for families and individuals who want to purchase high-quality, fresh produce at a lower price than shopping at grocery stores.

As of 2013 in Thunder Bay, a family box can be purchased for \$20 or an individual box for \$12. Boxes are ordered and paid for by the first Thursday of each month. On the second last Thursday of each month food is packed and distributed from a main site to local host sites for pick up. This means food is accessible at a time when some have less money available for buying food.

Every month, the boxes are filled with fresh produce, some of which is locally grown. Depending on the season, some produce that may be in the box include: tomatoes, cucumbers, lettuce, peas, beans, carrots, onions, squash, rhubarb, spinach, potatoes, beets, apples, strawberries and cantaloupes.

### **COOKING WITH THE GOOD FOOD BOX OBJECTIVES:**

- To provide adults an opportunity to learn the skills to prepare nutritious food primarily vegetables and fruit.
- To increase food skills including all five components: knowledge, planning, conceptualizing food, mechanical techniques and food perception.
- To encourage healthy eating with an emphasis on increasing vegetable and fruit consumption.
- To provide a teaching resource that can be used by various leaders in programs that work directly with adults.
- To inspire adults to get involved in cooking, taste new foods and have fun!



There are 12 lessons in this manual. Each lesson is meant to last 20 to 30 minutes and can be led before or after the cooking and eating is complete. The cooking session will take approximately 2 hours including preparation, cooking time and eating together. The menus are seasonal coinciding with the months of the year. Recipes were chosen to go with the contents of what usually appears in the box each month. As a program leader, you can start your program at any time of the year and choose the recipes from that month. It is suggested that you begin with lesson 1 no matter what month you start with. The manual is designed to allow you to pick and choose recipes and lessons to fit with the needs of your group.

A pre and post survey has been added which you can use to target your teaching and assess the learning from the group. There are also quizzes as part of the lessons. Based on the participants, these surveys and quizzes can be done individually or as a group - whatever best meets everyone's needs and abilities while maintaining a comfortable atmosphere. If you will not be running all 12 sessions remember to complete the post survey when you finish your program.

### **FOOD SKILLS DEFINITION**

"At an individual and household level, food skills are a complex, interrelated, person-centred set of skills that are necessary to provide and prepare safe, nutritious, and culturally-acceptable meals for all members of one's household.

#### **Food skills include:**

- Knowledge (i.e. food, nutrition, label reading, food safety, ingredient substitution)
- Planning (i.e. organizing meals, food preparation on a budget, teaching food skills to children)
- Conceptualizing food (i.e. creative thinking about leftovers, adjusting recipes)
- Mechanical techniques (i.e. preparing meals, chopping/mixing, cooking, following recipes)
- Food perception (i.e. using your senses, texture, taste, when foods are cooked)"

## **Tips for Leaders**

### **REVIEW THE MANUAL**

- Before you begin, it is a good idea to review the whole manual to get a feel for the overall program and to see what you will need.
- Leading a cooking program for adults can be a bit hectic with multiple food items being prepared at the same time, often in a small kitchen space. Hopefully you will find that the way the lessons and recipes are laid out will make the process a bit easier.

### **ADVERTISE YOUR PROGRAM**

- See the poster on the following page to give you ideas on how to advertise your program. We recommend limiting the sessions to 6-8 people. This of course, will depend on the amount of space you have in your cooking area.
- Use the electronic world to help you advertise. Facebook, websites and direct emails are often great ways to connect with people who might be interested in joining your program.



# Cooking with the Good Food Box!

Come and learn how to make simple, mouth watering meals using low cost nutritious foods, using fresh produce from the good food box.

Sessions will include:

\* Recipes \*Cooking Together \*Lunch



**Cooking with Fruits and Veggies—  
As simple as 1...2...3...!**

Friday April 19th—12-2pm

Friday May 24th—12-2 pm

Friday June 21st—12-2pm

Registration Required only 8 spots

Indian Friendship Centre Kitchen, childcare available

This project is a partnership between the Thunder Bay District Health Unit, the Indian Friendship Centre







## **INGREDIENTS AND EQUIPMENT**

- For each month, review the lists of ingredients and cooking equipment located at the start of the recipes. If you are working in a place where you can store basic dry and canned goods, such as flour, spices etc., you can purchase some of these basic shelf ingredients at the start of the program and replenish as necessary.
- At your first session, if group members do not know each other, bring along name tags.
- Aprons, hair ties for those with long hair, hairnets and rubber gloves can also be useful supplies to have on hand.

## **FOOD ALLERGIES**

- Be sure to ask participants to outline any allergies that they have before the cooking begins. If you would like more information about how to adapt recipes for those with food allergies, or for information on certain ingredients, you can contact Nutrition Services at the Thunder Bay District Health Unit at 807-625-8315 or call toll-free at 1-888-294-6630 within the Thunder Bay District. Call your local health unit if outside Thunder Bay.

## **SETTING UP**

- Plan to be in the kitchen half an hour before the participants arrive.
- Make sure all equipment, cooking surfaces, counters and cutting boards are cleaned and sanitized before cooking. You can do this with a mixture of 1 litre (4 cups) water and 1 tsp bleach.

- Lay out the recipe sheets (placed in plastic protective sleeves) around the kitchen. Set up each recipe with all the ingredients and cooking equipment.

## **CLEAN UP TIME**

- Enjoying a meal together is an important part of preparing food. The clean up can be fun too! Encourage your group to clean as they go. Find participants who have completed their recipe early and get them going on the dishes. Please refer to the Safe Food Handling section for instructions on proper washing of dishes.

## **LESSON TIME**

- Each cooking session is designed to be paired with a lesson. The 12 lessons cover various topics, including the importance of vegetables and fruit, basic cooking techniques, menu planning and goal setting. The recipes are not directly paired with a particular lesson in order to allow you to start your program at various months throughout the year. If you plan to run the program for less than 12 months, it is suggested to still complete the pre and post survey components.



## Tips for Food Safety

If you are located in the Thunder Bay District, please ensure that the Environmental Health Department of the Thunder Bay District Health Unit has been notified about your program. Phone 625-5930, toll free 1-888-294-6630, ext. 5930 to speak to a public health inspector. If you are outside our district please contact your local health unit.

### NECESSARY FACILITIES

Kitchen facilities that will be used for Cooking with the Box programs should be equipped as described below.

#### DISHWASHING FACILITIES

1. All dishes used in the preparation of foods (pots, pans, baking pans, etc.) must be washed and sanitized in a two-compartment sink according to the two-compartment sink method.
2. All dishes used for eating (plates, bowls, cups, glasses, cutlery, etc.) must be washed and sanitized in a three-compartment sink according to the three-compartment sink method or in a mechanical dishwasher.
3. Mechanical dishwashing is acceptable using a household dishwasher, which has a separate sanitizing cycle (temperature booster) and is capable of effectively cleaning and sanitizing.

#### HANDWASHING FACILITIES

1. A sink equipped with hot and cold running water, liquid soap and paper towel in dispensers is required for hand washing in any area where food is prepared. This sink is to be used for no

other purpose. If a hand washing sink is not available, please speak to a public health inspector to discuss options.

### FLOORS, WALLS & CEILINGS

1. Floors must be smooth and nonabsorbent. Materials, such as carpeting and unfinished wood, are not suitable for flooring in a food preparation area.
2. Walls and ceilings must be clean and well-maintained.

## Food Safety

### FOOD SOURCE

1. All food preparation must be carried out in a kitchen that has been visited by a Public Health Inspector for approval.
2. All food products must be from an inspected source. For example, all eggs must be graded and all meats, such as wild game, must be inspected.
3. Purchase perishable foods with 'Best Before' dates or spoilage time in mind. Remember that once opened, some foods can spoil quickly regardless of the 'Best Before' date.
4. Screen all donated foods carefully. Refuse to accept produce with spots or soft, mushy parts.
5. Canned food should be free of dents, cracks or bulging lids.
6. Buy cold and frozen foods last at the store. Take these foods straight to your cooking facility and refrigerate/freezer immediately.





## FOOD PREPARATION

1. Always wash your hands for at least 20 seconds before handling food, after handling meat, poultry, eggs and seafood, and after using the washroom, blowing your nose, touching your face etc.
2. When using raw meat, remember to keep the meat and any utensils or surfaces it touches separate from other foods. If possible, use different cutting boards for different types of food. For example, a red one for raw meat, a green one for fresh produce and a white one for cheese.
3. Prepare all foods as close to serving time as possible. Always keep perishable foods in the fridge until you are ready to use them.
4. Never thaw foods at room temperature. Thaw food in the refrigerator, in cold water or in the microwave if you will be cooking it immediately.
5. Use a clean thermometer that measures the internal temperature of cooked foods to make sure they are cooked to high enough temperatures.
6. Cook to proper temperatures. Cooking times vary for meats, poultry and fish. Refer to the following chart to ensure that minimum internal cook temperatures are reached.
7. For best results when cooking in a microwave, cover food, stir and rotate for even cooking.
8. Microwave wet sponges for one minute to help get rid of a significant portion of bacteria (ensure the sponge does not contain any metal). You can also put your cleaning sponge in the dishwasher at the end of the day.
9. If using dishcloths, start with a new one every day.
10. Never reheat leftovers more than once - no second chance for leftovers.
11. Contaminated food may not smell and may appear good. If in doubt, throw it out. Never taste food that you suspect is questionable - it may be contaminated. Never serve mouldy food, even if mould can be scraped off or cut out.
12. Thoroughly wash fresh produce under running water to remove dirt and residue. Scrub fruits and vegetables that have firm surfaces, such as oranges, melons, potatoes and carrots.
13. Work surfaces for food preparation must be cleaned before and after each use. Wash work surfaces with hot soapy water. Rinse, then sanitize by spraying with a sanitizing solution. Sanitizing solutions can be made with 1 tsp. Chlorine (household bleach) with 1 litre (4 cups) of water. Have rubber gloves on hand for use with the sanitizing solution.



## THERMOMETERS

1. All refrigerators and coolers must be equipped with an accurate thermometer, placed in a location where it is easily seen.
2. Cold foods should be kept at 4°C (40°F). Don't overstuff the refrigerator. Cold air needs to circulate above and below food to ensure it is kept cold enough.
3. An instant read probe thermometer is required in all kitchens for use in measuring the internal temperature of foods.

### Final Internal Cooking Temperatures

(Using a Probe Thermometer)

Temperatures must be maintained for a minimum of 15 seconds

<b>Poultry</b> Whole poultry Individual pieces	82°C 74°C	180°F 165°F
<b>Mixtures</b> Containing poultry, egg, meat, fish or other hazardous food	74°C	165°F
<b>Beef &amp; Veal</b> Hamburger, deboned and rolled roasts	71°C	160°F
<b>Pork</b> All products	71°C	160°F
<b>Lamb</b> Ground, deboned and rolled roasts	71°C	160°F
<b>Fish</b> All products	70°C	158°F
<b>Eggs</b>	63°C	145°F



## Tips for Kitchen Safety

### PLAN AHEAD:

- Leaders should have current First Aid/CPR training.
- Find out where the telephone, exits, fire extinguisher and first aid kit are located in the building where you will be cooking. Bring your own first aid kit and fire extinguisher if they are not already on site.

### FIRE SAFETY:

- If there is a small fire on the stove or in the oven, smother the flames by covering the pot with a metal lid or closing the oven door. Use a fire extinguisher if possible.
- If the fire is big, get the participants out of the building and call for help.

### FIRE EXTINGUISHER USE:

1. Pull the pin to release the lock and allow the extinguisher to discharge.
2. Aim at the base of the fire in order to extinguish the fuel of the fire.
3. Squeeze the lever slowly to release the extinguishing agent.
4. Sweep from side to side, back and forth until fire is completely out, while staying a safe distance back.

### PREVENT FIRES:

- Never leave cooking food unattended.
- Clean grease from stovetops and ovens.
- Keep flammable objects away from heat sources.
- Make sure pilot lights on gas stoves are working.

### AVOID BURNS:

- Always use oven mitts or pot holders to lift hot things.
- Never use oven mitts or pot holders if they are wet.
- Keep pot handles turned to the centre of the stove.
- When walking past people while carrying a "hot pot" yell, "hot pot coming through".
- Wear an apron to keep clothing close to your body and away from heat sources.
- Never put water on a grease fire.

### PREVENT CUTS:

- Use the right knife for the job and cut on a proper cutting surface/board (i.e. not a plate).
- Always use a sharp knife, as a dull one may slip.
- Hold the knife firmly by the handle for greater control.
- Cut away from your body.
- When chopping, mincing and dicing etc. keep the tip of the knife blade on, or as close to the cutting board as possible.
- If you need to leave what you are cutting, place the knife at the top of the cutting board, blade facing away from you.
- To carry a knife: hold it by your side, firmly by the handle, tip pointing down.
- If a knife begins to fall, step back and let it fall – never try to catch it.



- Wash knives separately from other dishes. Never leave a knife in a sink of water where others may not see it.
- Store knives safely in their proper place.
- Sweep up large pieces of broken glass into a dustpan. Pick-up smaller pieces with a wet paper towel.

#### **PREVENT SHOCKS AND INJURY FROM EQUIPMENT:**

- Never use electrical equipment near water, or with wet hands.
- Be sure an appliance is turned off before plugging it in.

## **First Aid Tips**

Courtesy of The Canadian Red Cross Society

When emergencies happen, always reassure the participant, that things will be okay.

#### **BLEEDING: CUTS AND WOUNDS**

Remember: Use disposable gloves when you might touch any bodily fluids.

**CHECK** the scene for dangers and check the participant.

**CALL 911** (EMS) or have someone take the participant to emergency room if:

- Bleeding does not stop within a few minutes.
- Blood is spurting from the wound.
- The wound is on the stomach, the chest or a joint.
- You can see muscle or bone inside the wound.

- The wound is longer than 2.5 cm (1 inch) or is deep.
- The wound has an object stuck in it.

#### **CARE** for minor wounds:

1. Wash the wound with running water for 5 minutes.
2. Wash the skin around the wound with soap and water. Rinse off the soap thoroughly.
3. Blot the wound with a sterile gauze dressing from the first aid kit, or medicine cabinet.
4. Cover with a sterile bandage.

If there is **HEAVY** bleeding:

1. Apply pressure by holding a clean cloth firmly against the wound. Remember to wear disposable gloves.
2. Get help if there is a lot of bleeding. Call 911 (EMS).
3. Have the person lie down and stay still.
4. If the cloth you are using soaks through, don't take it away. Put another cloth over it.
5. Tie a bandage around the cloth. If the cut is on the person's neck, don't tie a bandage on, just hold the cloth firmly.
6. If the bleeding stops, make a sling, or use bandages to keep the area from moving.
7. If the skin below the wound tingles, is cold or blue, the bandage is too tight. Loosen it slightly.
8. Wash your hands as soon as possible, even after using gloves.



### **HEAT BURNS:**

Don't take off any clothing that may be stuck to the burn. If there are any blisters, leave them alone.

1. Put the burned skin in cool water for 10 to 20 minutes. Don't use ice.
2. Once you have cooled the affected area, the participant can apply antibiotic ointment if they choose to do so.
3. Cover with a clean, dry, non-stick dressing.
4. Get help for burns that are more than five centimeters (two inches) around and for burns that are blistered, white or black. Call 911 (EMS) or have the participant go to the emergency room for all burns to the head, neck, hands, feet or genitals.

### **CHOKING (CONSCIOUS):**

You see someone coughing or breathing forcefully.

**CHECK** the scene for danger.

1. Help the person lean forward. Encourage him or her to cough. Stay with the person. Don't slap him or her on the back.
2. If the person's face is turning blue and he or she is making a whistling sound:

### **CALL**

1. Shout for help.

### **CARE**

1. Stand behind the adult and wrap your arms around the waist.
2. Make a tight fist. Put it just above his or her belly button with your thumb against the belly.
3. Put your other hand over your fist.
4. Press your fist into the person's belly with a quick, inward and upward thrust.
5. Match your strength to the person's size. The smaller the person, the gentler the thrusts.
6. Keep doing the thrusts until:
  - The object comes out
  - The person starts breathing or coughing forcefully
  - The person becomes unconscious
7. If the person becomes unconscious, call 911 (EMS) for help if you have not already called.





## Adult Education Principles

Malcolm Knowles, a pioneer in the study of adult learning, observed that adults learn best when:

1. They understand why something is important to know or do.
2. They have the freedom to learn in their own way.
3. Learning is experiential.
4. The time is right for them to learn.
5. The process is positive and encouraging.

Below are some ideas for you to consider when working with adult learners:

- 1) Adults learn when they want to. Adults must be motivated to want to obtain new knowledge or skills that will help them in their day-to-day life. Thus, their desire to learn can decrease or increase depending on the approach and methodology that is being used.
- 2) Adults learn by doing. Experiential learning helps adults to put theory into practice. So when you are teaching, try the "hands-on" approach to things as much as possible. The learning will be much more effective if an adult can take an active role in the learning process. This is one of the great things about cooking food together because you can't get more hands on than that. Keeping the environment informal can help, so get in there with the participants and learn from them while at the same time providing guidance.
- 3) Make it relatable. Adults will only learn by solving problems they can associate with their reality. If they can't apply what is being learned to some issue they have to deal with in their lives, the learning process will be significantly hindered. Thus, adult education must pay less attention to analyzing documented case studies and imaginary scenarios, and focus on "real world" problems and practical uses of what is being taught.
- 4) Experience will interfere in adult education. No person likes to be told that their "tried and tested" way of doing things is "wrong". Thus, when presenting new information try to integrate it with the individuals own experience, in such a way as to complement or even supplement what they already know. Categorically labeling something as the "right" or "best" way is a pitfall that should be avoided.
- 5) Adults need feedback. If one thing is preserved from their childhood days, it's the constant need to know how well they are doing. So it's important to provide adults with constructive feedback throughout the program. Ask participants how they feel today's cooking session went, what do they feel would have worked better and ask them what they learned today. This can be done using the workshop evaluation or informally during the meal or mini-lesson.
- 6) Adults require a variety of teaching methods. It's important that different approaches be used when trying to pass on knowledge to adults. The use of audiovisual materials is highly recommended as is the use of interactive activities.



## Evaluation Tools

PRE-SURVEY QUESTIONS	Pg. 13
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POST- SURVEY QUESTIONS	Pg. 18

### **PRE-SURVEY:**

- completed by participants at the first session
- use results to set objectives for upcoming sessions

### **WORKSHOP EVALUATION:**

- use at the end of each session to gather feedback for future sessions

### **POST-SURVEY:**

- completed by participants at the last session
- use results to determine what the participants learned and to plan future sessions



## Cooking with the Good Food Box

### PRE-SURVEY QUESTIONS

Please fill out this form to the best of your ability. The results will be used to plan future sessions.

First name: \_\_\_\_\_

Date: \_\_\_\_\_

Name one or two things you would like to learn about when preparing or cooking food?

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Name one or two things that make it difficult for you to prepare or cook food?

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1. The 4 food groups in Canada's Food guide are:
  - A. Vegetables and Fruit
  - B. Grain Products
  - C. Milk and Alternatives
  - D. Meat and Alternatives

Which food group do these foods belong to?

\_\_\_ kidney beans

\_\_\_ Cheddar cheese

\_\_\_ oatmeal

\_\_\_ 100% orange juice
2. How many food groups should you have at each meal?
  - a. 1
  - b. 2
  - c. 3
  - d. 4
3. What is a benefit of eating lots of fruits and vegetables?
  - a. reduce the risk of heart disease and cancer
  - b. maintain a healthy weight
  - c. prevent chronic disease
  - d. help you feel full longer
  - e. all of the above
4. How can you use less salt at the table and in cooking?
  - a. switch to sea salt
  - b. use a salt substitute
  - c. use garlic and onion salt
  - d. use a herb seasoning blend
5. The majority of the salt we eat comes from packaged foods.
  - a. True
  - b. False
6. Which of the following are low-fat cooking methods?
  - a. grilling
  - b. baking
  - c. steaming
  - d. roasting
  - e. all of the above
7. "Whole wheat" and "multi-grain" products may not be 100% whole grain.
  - a. True
  - b. False



8. Which of the following food items does not contain added sugar?
  - a. fruit punch beverage
  - b. ice cream
  - c. milk
  - d. baked goods
9. What is the first thing you should look for on the nutrition facts panel?
  - a. fat
  - b. calories
  - c. sugar
  - d. serving size
10. Where should fresh meats and poultry be stored in your fridge?
  - a. bottom shelf
  - b. top shelf
  - c. in the door
11. When should you wash your hands?
  - a. before preparing or eating food
  - b. after handling uncooked foods, especially raw meats
  - c. before feeding an infant or child
  - d. all of the above
12. In the past week, how many times did you cook a meal at least partly "from scratch" – that is, using basic food items, with a recipe as needed?
  - a. 0 times
  - b. 1-2 times
  - c. 3-4 times
  - d. 5-9 times
  - e. 10-14 times
  - f. 15 or more times





13. How would you rate your skills in the following areas?

<b>My Food Skill Rating</b>	<b>Very skilled</b>	<b>Skilled</b>	<b>Limited skill</b>	<b>No skill</b>
Using a kitchen knife safely				
Peeling, chopping or slicing vegetables or fruit				
Cooking a piece of raw or frozen meat				
Cooking a soup, stew or casserole using a prepackaged mix (like macaroni dinner, or rice mix)				
Cooking a soup, stew or casserole "from scratch"				
Choosing a spice or herb that goes well with the food I am cooking				
Adjusting a recipe to make it healthier (for example, decrease the amount of fat, sugar or salt)				
Baking muffins or cake using a prepackaged mix				
Baking muffins or cake "from scratch" with a recipe				
Cooking foods so they are all ready at the same time				
Making a quick, healthy meal using only foods I already have in 1 hour or less				
Freezing raw vegetables or fruit in my home freezer				
Canning fruit, vegetables, salsa etc, from raw ingredients to finished products in sealed glass jars				



## Cooking with the Good Food Box

### WORKSHOP EVALUATION

Tell us what you think about the Cooking with the Good Food Box Program.

	Not very helpful	Somewhat helpful	Very helpful
How helpful was the cooking session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How helpful was the information in the mini-lesson?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How effective was the facilitator(s)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were the written materials helpful?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What did you like most about this session?

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List one thing you learned in this session that you will use in the future.

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What should be done differently next time?

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## Cooking with the Good Food Box

### POST-SURVEY QUESTIONS

Please fill out this form to the best of your ability. The results will be used to plan future sessions.

First name: \_\_\_\_\_

Date: \_\_\_\_\_

Name one or two things you learned from this program?

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Did you try any of the new recipes at home? If so which ones were your favourites.

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Is there anything you would change or add to the program to make it better?

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1. The 4 food groups in Canada's Food guide are:
  - A. Vegetables and Fruit
  - B. Grain Products
  - C. Milk and Alternatives
  - D. Meat and Alternatives

Which food group do these foods belong to?

\_\_\_ kidney beans

\_\_\_ Cheddar cheese

\_\_\_ oatmeal

\_\_\_ 100% orange juice
2. How many food groups should you have at each meal?
  - a. 1
  - b. 2
  - c. 3
  - d. 4
3. What is a benefit of eating lots of fruits and vegetables?
  - a. reduce the risk of heart disease and cancer
  - b. maintain a healthy weight
  - c. prevent chronic disease
  - d. help you feel full longer
  - e. all of the above
4. How can you use less salt at the table and in cooking?
  - a. switch to sea salt
  - b. use a salt substitute
  - c. use garlic and onion salt
  - d. use a herb seasoning blend
5. The majority of the salt we eat comes from packaged foods.
  - a. True
  - b. False
6. Which of the following are low-fat cooking methods?
  - a. grilling
  - b. baking
  - c. steaming
  - d. roasting
  - e. all of the above
7. "Whole wheat" and "multi-grain" products may not be 100% whole grain.
  - a. True
  - b. False



8. Which of the following food items does not contain added sugar?
  - a. fruit punch beverage
  - b. ice cream
  - c. milk
  - d. baked goods
9. What is the first thing you should look for on the nutrition facts panel?
  - a. fat
  - b. calories
  - c. sugar
  - d. serving size
10. Where should fresh meats and poultry be stored in your fridge?
  - a. bottom shelf
  - b. top shelf
  - c. in the door
11. When should you wash your hands?
  - a. before preparing or eating food
  - b. after handling uncooked foods, especially raw meats
  - c. before feeding an infant or child
  - d. all of the above
12. In the past week, how many times did you cook a meal at least partly "from scratch" – that is, using basic food items, with a recipe as needed?
  - a. 0 times
  - b. 1-2 times
  - c. 3-4 times
  - d. 5-9 times
  - e. 10-14 times
  - f. 15 or more times





13. How would you rate your skills in the following areas?

My Food Skill Rating	Very skilled	Skilled	Limited skill	No skill
Using a kitchen knife safely				
Peeling, chopping or slicing vegetables or fruit				
Cooking a piece of raw or frozen meat				
Cooking a soup, stew or casserole using a prepackaged mix (like macaroni dinner, or rice mix)				
Cooking a soup, stew or casserole "from scratch"				
Choosing a spice or herb that goes well with the food I am cooking				
Adjusting a recipe to make it healthier (for example, decrease the amount of fat, sugar or salt)				
Baking muffins or cake using a prepackaged mix				
Baking muffins or cake "from scratch" with a recipe				
Cooking foods so they are all ready at the same time				
Making a quick, healthy meal using only foods I already have in 1 hour or less				
Freezing raw vegetables or fruit in my home freezer				
Canning fruit, vegetables, salsa etc, from raw ingredients to finished products in sealed glass jars				



## ANSWER SHEET

1. The 4 food groups in Canada's Food guide are:
  - A. Vegetables and Fruit
  - B. Grain Products
  - C. Milk and Alternatives
  - D. Meat and AlternativesWhich food group do these foods belong to?
  - D kidney beans
  - C Cheddar cheese
  - B oatmeal
  - A 100% orange juice
2. How many food groups should you have at each meal?
  - c. 3 or
  - d. 4
3. What is a benefit of eating lots of fruits and vegetables?
  - e. all of the above
4. How can you use less salt at the table and in cooking?
  - d. use a herb seasoning blend
5. The majority of the salt we eat comes from packaged foods.
  - a. True
6. Which of the following are low-fat cooking methods?
  - e. all of the above
7. "Whole wheat" and "multi-grain" products may not be 100% whole grain.
  - a. True
8. Which of the following food items does not contain added sugar?
  - c. milk
9. What is the first thing you should look for on the nutrition facts panel?
  - d. serving size
10. Where should fresh meats and poultry be stored in your fridge?
  - a. bottom shelf
11. When should you wash your hands?
  - d. all of the above
12. In the past week, how many times did you cook a meal at least partly "from scratch" – that is, using basic food items, with a recipe as needed?

personal answers



**Lesson 1**                      **pg 24**  
FOOD SAFETY, HANDWASHING  
AND PRE-SURVEY

**Lesson 7**                      **pg 60**  
BRING ON THE WHOLE GRAINS

**Lesson 2**                      **pg 30**  
LET'S GET COOKING

**Lesson 8**                      **pg 64**  
SHAKE THE SALT

**Lesson 3**                      **pg 38**  
EATING THE HEALTHY WAY

**Lesson 9**                      **pg 70**  
CHOOSING LESS SUGAR

**Lesson 4**                      **pg 45**  
SINGING THE PRAISES OF  
VEGETABLES AND FRUIT

**Lesson 10**                      **pg 75**  
EATING SMART WHEN EATING OUT

**Lesson 5**                      **pg 52**  
READ THE LABEL

**Lesson 11**                      **pg 81**  
MENU PLANNING ON A BUDGET

**Lesson 6**                      **pg 55**  
HEALTHY FATS ON THE MENU

**Lesson 12**                      **pg 85**  
ARE YOU GETTING ENOUGH?



## **Lesson 1: Food Safety, Handwashing and Pre-Survey**

### **LEARNING OBJECTIVES**

By the end of this lesson, the participants can:

1. Identify when hand washing should take place.
2. Describe how to wash their hands and for how long.
3. Understand some general principles of food safety.

### **LESSON PLAN**

1. As this is the first lesson, begin with introductions. Ask each person to tell you their name and a food they like to eat that starts with the first letter of their name. Another good opener is to ask what they enjoy about cooking or what they would like to learn about in relation to cooking or nutrition.
2. Talk about any food allergies the group has and take this into account as you begin the cooking. If possible it is best to find out this information before your cooking session.
3. Hand out the pre-survey and ask people to put their name on it. Ensure the participants that their answers will be kept confidential. Mention that the survey purpose is to help you reflect upon the needs of the group and to plan future sessions.
4. Once the pre-surveys are complete, tell the group that today's mini-lesson will be on hand washing and food safety.

### **HANDWASHING - WHAT'S THE BIG DEAL?**

#### **Key Messages**

- Hands are the most exposed part of the body to germs.
- Germs are hiding everywhere.
- Germs are microscopic.
- Germs are tough.
- Germs can make people very ill.

Hands are the most exposed part of the body to germs. Touching the eyes, mouth, nose or food transfers germs to the body. Have you ever watched someone sneeze heartily into his or her hands and then touch a door handle? Where do you think the germs from their hands went?

Germs are hiding everywhere. You can ask the group what they feel are some of the places where germs are most plentiful.



### High on the worst list:

- Work desk
- Kitchen sink
- Dishcloth, sponge
- Garbage can
- Refrigerator
- Telephone receiver
- Bathroom doorknob
- Keyboards
- Escalator handrail
- Shopping cart handles
- Pens, pencils and crayons
- Remote controls
- Light switches
- Bathroom cups
- Pet cages
- Toys

### HOW TO WASH HANDS

How long do you need to wash your hands to be effective? (20 seconds)

1. Wet your hands with warm running water.
2. Add soap, and then rub your hands together, making a soapy lather. Do this away from the running water for at least 20 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
3. Rinse your hands well under warm running water. Leave the water running.
4. Dry your hands with a paper towel.
5. Turn off the water with the same paper towel, use paper towel to open door then throw it in the garbage.

### ACTIVITY

1. Demonstrate the above hand washing technique. Print off the poster at the link below to use as a visual to teach the technique. Have each person practice washing their hands. If you have access to a black light from your local health unit use this to demonstrate how germs can still be present on the hands after washing.
2. Review the handout *Handle Food Safely* and discuss Clean, Separate, Cook and Chill sections.
3. Handout the Food Safety Quiz (page 28) to each participant. Have each participant complete the quiz and discuss the responses. You could do this individually or as a group.

### HANDOUTS/RESOURCES

Download these hand-washing posters to put up in your kitchen:

#### Proper Handwashing and Dishwashing

#### Handle Food Safely – Clean, Separate, Cook, Chill, Government of Ontario

Great resources on the Thunder Bay District Health Unit website on food safety can be found here: **Food Safety at Home**



## **BACKGROUND INFORMATION FOR FACILITATORS**

### **WHAT ARE GERMS?**

The word germ is used to describe different types of micro-organisms, including bacteria and viruses. Although bacteria are everywhere and make up 60 per cent of the living matter on earth, only about 50 are known to cause infection. Viruses cause far more illnesses than “bad” bacteria because they spread more easily. Influenza, or the flu and common colds, are caused by viruses.

### **WHAT IS HAND HYGIENE?**

Hand hygiene is the removing or killing of micro-organisms, or germs, on the hands. Hand hygiene can include hand washing using soap and running water, or using alcohol-based hand rubs or sanitizers.

### **WHY IS HAND HYGIENE IMPORTANT?**

All humans carry germs on their skin, some are good and some are bad. The bad germs are picked up through direct contact with other people who are sick or with contaminated items (e.g. door knobs, keyboards). Effective hand hygiene kills or removes the bad germs.

### **HOW DOES HAND WASHING KILL GERMS?**

Soap doesn’t actually kill the bad germs. It’s the combination of soap, rubbing, rinsing and drying that does the job. Regular soap and water create a slippery surface and the germs slide off and are rinsed down the drain under running water. This is why it is so important to “scrub” the hands when washing; the mechanical action breaks down the tiny bits of grease and dirt on the hands that bad germs cling to.

### **WHEN SHOULD HAND WASHING BE USED?**

Hand washing is preferred when the hands are visibly soiled or visibly dirty. It should be noted that even if the hands do not “look” dirty after using the washroom, hand washing is the preferred method of cleaning.

### **HOW DO ALCOHOL-BASED HAND SANITIZERS KILL GERMS?**

Hand sanitizers contain a high concentration of alcohol (ethanol) to kill germs on the surface of the hands. The alcohol penetrates the cell membrane, changes the nature of it and the germ is no longer harmful. At the same time, the sanitizer strips the outer layer of oil off the hands, creating an unwelcoming environment for new germs. When alcohol is rubbed over the surface of the hands for a short period of time, the alcohol makes contact with, and destroys, most of the bad germs on the hands. To be effective, the product must contain at least 60% alcohol. Be sure to check the label carefully as not all brands are the same.

### **WHEN SHOULD ALCOHOL-BASED HAND SANITIZERS BE USED?**

Hand sanitizers should be used when the hands are not visibly soiled or visibly dirty.

### **WHAT IS COUGH ETIQUETTE?**

This is an important infection control practice that involves covering coughs and sneezes with the upper sleeve to prevent the spread of germs. A tissue may also be used. The main method of spreading viral illnesses, like colds and the flu, is from person to person through the respiratory droplets of coughs and sneezes.



### **WHY SHOULDN'T WE USE OUR HANDS TO COVER COUGHS AND SNEEZES?**

Historically, it's been considered common practice, as well as the polite thing to do. People would prevent the spread by covering their mouth or nose with their hands. However, if someone coughs or sneezes on their hand, they can then spread the germs as they touch a door knob, a keyboard, a telephone or a light switch. As a result, someone else can get sick if they touch one of the contaminated surfaces.

### **ARE THERE RESOURCES AVAILABLE TO PROMOTE AND TEACH CORRECT HAND HYGIENE AND COUGH ETIQUETTE?**

You can download resources (lesson plans, colouring sheets, activity sheets, and fact sheets) from **TBDHU.COM/ID - Clean Hands**. Videos and other interactive resources are also available to borrow. Check with your local health unit.



# Food Safety Quiz

In the home, food safety is important when storing, handling and preparing food. See how you are doing in each.

1. What are the symptoms of a food borne illness?
  - a. Vomiting
  - b. Abdominal cramps
  - c. Fever
  - d. All of the above
2. Can you tell if a food will cause food borne illness by the look or smell of it?
  - a. Yes
  - b. No
3. Always wash your hands:
  - a. Before and after preparing food
  - b. Repeatedly while you prepare food
  - c. Before eating
  - d. All of the above
4. What kind of cutting board is best for cutting meat and poultry?
  - a. Wood
  - b. Plastic
  - c. Either of the above as long as you keep it clean, sanitized and in good condition.
5. After using a cutting board and knife to cut up raw meat, poultry or fish, what must you do before cutting cabbage for a salad?
  - a. Wipe the board and knife off with a damp sponge.
  - b. Wash the board and knife with soap and water, and sanitize the board and knife with a mild bleach solution
  - c. Use another clean cutting board and knife
  - d. Either b or c are correct
  - e. All of the above are correct
6. Wiping cloths and sponges can transfer harmful bacteria to surfaces.
  - a. True
  - b. False
7. In what temperature range do bacteria grow rapidly (the "Danger Zone")?
  - a. 4°C to 60°C (40°F to 140°F)
  - b. 15°C to 80°C (60°F to 175°F)
  - c. 27°C to 100°C (80°F to 210°F)
8. How soon after cooking should leftovers be refrigerated or frozen?
  - a. Within 2 hours
  - b. Within 3 hours
  - c. Within 12 hours
  - d. Within 24 hours
9. What is the recommended temperature for your refrigerator?
  - a. -18°C
  - b. 4°C
  - c. 7°C
  - d. 10°C
10. How long should you wash your hands for?
  - a. 5 seconds
  - b. 10 seconds
  - c. 20 seconds
  - d. 30 seconds

## ANSWERS TO FOOD SAFETY QUIZ

1. (d) Many fail to recognize the symptoms of food borne illness. Health Canada reports there is an estimated 11 to 13 million cases of food borne illness in Canada each year.
2. (b) If you answered no, congratulations! Most people believe that unsafe foods give off odours and look spoiled. A food can look and smell fine but contain harmful bacteria that can cause food borne illness. When in doubt, throw it out.
3. (d) Hand washing helps prevent the spread of harmful bacteria. Unwashed hands can spread harmful bacteria to food, equipment, surfaces and to people. A good hand washing technique is more important than what product you use to wash your hands.
4. (c) The most important thing is to keep your cutting board clean and sanitized. Plastic cutting boards and solid wood boards can be safely put through the dishwasher. Wooden boards should be sanitized with a mild bleach solution. Consider having separate cutting boards for meats and vegetables. Throw away any board with deep knife scars.
5. (d) Just wiping off or rinsing off a cutting board and knife is not good enough to get rid of any bacteria. The best method to keep your cutting board and knife safe is to first wash them with warm water and soap solution. Then rinse off the soap and loosened dirt with clean water. Next, sanitize the board and knife with a mild bleach solution. Then allow them to air dry. You could also use another clean cutting board and knife but be sure to follow the above procedure for cleaning all boards and knives.
6. (a) Wiping cloths and sponges need to be cleaned and sanitized too. Tiny particles of food easily get trapped in wiping cloths and sponges which provide a warm, moist environment for bacteria to grow. Change your wiping cloths and sponges often (at least daily). Sponges can be put in the microwave (as long as they do not contain any metal) for one minute to get rid of a significant portion of bacteria. If you have a dishwasher you can also put your sponge in the dishwasher for sanitizing daily.
7. (a) The food temperature "Danger Zone" is the range of temperatures over which bacteria grow rapidly. The food safety rule is Keep Hot Foods Hot at 60°C (140°F) or hotter, and Keep Cold Foods Cold at 4°C (40°F) or colder.
8. (a) Leftovers should be refrigerated or frozen within 2 hours of cooking to prevent bacteria from growing.
9. (b) Harmful bacteria will not grow well at temperatures of 4°C (40°F) or lower. The freezer temperature should be -18°C (0°F) or lower. Bacteria growth stops in the freezer. (Note freezing temperatures do not kill bacteria)
10. (c) At least 15 to 20 seconds is recommended for washing your hands. Don't forget to follow the 6 step hand washing procedure.



## Lesson 2: Let's Get Cooking

### LEARNING OBJECTIVES

By the end of this lesson, the participants will:

1. Become familiar with at least 10 cooking terms, such as slice and broil.
2. Become familiar with basic knife skills.
3. Learn how to use the conversion chart for adapting recipes.

### LESSON PLAN

#### ACTIVITY #1

Provide a basic knife demonstration. Show the participants paring, butter, serrated, and chef's knives. Discuss the different parts including the handle, blade and sharp edge. Discuss what each knife is used for. Paring knives are great for cutting all sorts of foods that need a sharp edge such as vegetables or meats. Serrated knives allow for a sawing motion and are used often for delicate things like bread or tomatoes. Chef's knives are used for cutting many foods. If you are able to have a computer available show the knife demonstration videos to participants to give them an idea on how to chop like the chefs do.

#### Discuss the importance of the following:

- **How to carry a knife** - Walk with the knife firm in your hand, tip pointing down to the ground. Warn others if they are moving through the room with a knife by calling out "knife coming through."
- **Where to put an unused knife** - Place the knife fully on the cutting board when not in use. Many people talk with their hands in the kitchen and they may have a tendency to swing the knife around as they do this. Suggesting that they set the knife on the cutting board when they are not cutting is an easy way to prevent accidents.

- **How to cut with a knife** - Always cut away from your body and curl your fingertips under as you cut.
- **How to wash a knife** - Never put a knife in a sink full of soapy water. Use care when wiping the blade of a knife and keep the sharp side away from fingers.

#### VIDEOS ON KNIFE SKILLS

Good kitchen knife basics video, information on choosing and using cutting boards  
[startcooking.com/how-to-choose-and-use-cutting-boards](http://startcooking.com/how-to-choose-and-use-cutting-boards)

**Types of knives and how to sharpen them with Nikos Mantis local Thunder Bay Chef**  
(3 minutes)

**Great video on knife safety**  
(7 minutes)



## ACTIVITY #2

On a flip chart or white board, write down ten words from the list below that are used in preparing foods. Ask learners what they think the words mean. Discuss their answers. Review the terms used in the preparation of food.

### OR

Handout the crossword puzzle (page 36) and get the group to fill it out. Have them help each other and at the end talk about what the words mean.

## BACKGROUND INFORMATION FOR FACILITATORS

- Bake:** Cook in oven. Typically used for baking cakes, cookies and desserts.
- Beat:** Mix rapidly in an under and over movement with a spoon or fork, or round and round with a beater.
- Blend:** Mix two or more ingredients until smooth.
- Boil:** Cook in steaming liquid in which bubbles break the surface.
- Broil:** Cook under the broiler (top element in an oven or toaster oven).
- Coddle:** In cooking, coddled eggs are gently or lightly cooked eggs. They can be partially cooked, mostly cooked, or hardly cooked at all.
- Combine:** Mix together.
- Chill:** Allow food to become thoroughly cold by putting it in the refrigerator or other cool place.
- Chop:** Cut into pieces with knife or chopper.
- Coat:** Cover with thin layer of flour, fine crumbs, icing sugar, crushed nuts, or other ingredients.

- Cool:** Let stand at room temperature until no longer hot.
- Cream:** Combine ingredients by pressing them against the inside of the bowl or beating with a mixer until smooth.
- Dissolve:** Mix a dry ingredient into a liquid until the whole mixture is liquid.
- Drain:** Pour off the liquid or fat.
- Flour:** Dust greased pans with flour until well coated. Shake out extra flour that does not stick to the greased pans.
- Fry:** Cook in small amount of fat in a frying pan.
- Grate:** Rub against grater to cut/shave into small pieces.
- Grease:** Spread bottom and sides of pan with butter or oil.
- Knead:** Press dough with the heel of your hands, fold it towards you, turn it, and repeat.
- Mash:** Reduce to a soft pulpy mass by beating or applying pressure.
- Mix:** Combine ingredients by stirring.
- Peel:** Take off outer skin, for example, from a potato or orange.
- Roast:** Cook in oven. Typically this term is used for meat and vegetables.
- Roll-out:** Flatten with a rolling pin.
- Shred:** Cut into very thin strips with a knife or grater.
- Sift:** Put through flour sifter or fine sieve.
- Simmer:** Cook liquid that is almost boiling or to cook something in liquid, for example, cooking potatoes in water.
- Slice:** Cut into a thin, flat slice.
- Stir:** Mix round and round with spoon.



## **HANDOUTS/RESOURCES**

In a Pinch

Conversion chart

## **ON-LINE RESOURCES**

EatRight Ontario has great videos that provide up-to-date nutrition education. See the topics below to share with families.

### **Kitchen Tips and Food Handling**

- **Washing vegetables and fruit**
- **Storing fruit**
- **Storing vegetables**
- **Simple steps to freeze food**

# In A Pinch

## SAVE THIS HANDY LIST OF SUBSTITUTIONS FOR RECIPE RESCUES

### STAPLES

- 1 tsp (5 ml) baking powder = 1/4 tsp (1 ml) baking soda + 1/2 tsp (2 ml) cream of tartar
- For thickening: 1 tbsp (15 ml) all-purpose flour = 1 1/2 tsp (7 ml) cornstarch
- For stabilizing egg whites: 1 tsp (5 ml) cream of tartar = 1 tsp (5 ml) vinegar or lemon juice
- 1 cup (250 ml) sifted cake and pastry flour = 7/8 cup (220 ml) unsifted all-purpose flour
- 1 cup (250 ml) unsifted all-purpose flour = 1 cup (250 ml) + 2 tbsp (25 ml) sifted cake and pastry flour
- 1 cup (250 ml) self-rising cake-and-pastry flour (flour that already contains baking powder) = 7/8 cup (220 ml) all-purpose flour + 1 tsp (5 ml) baking powder + 1/4 tsp (1 ml) salt
- 1 egg = 2 egg yolks
- 1 egg in batter (for muffins and other quick breads) = 1/2 tsp (2 ml) baking powder + 1/4 cup (50 ml) additional liquid in recipe
- 1 cup (250 ml) sour cream = 7/8 cup (220 ml) buttermilk or plain yogurt
- 1 cup (250 ml) butter = 1 cup (250 ml) margarine.
- For icing: 1 cup (250 ml) whipping cream = 3/4 cup (175 ml) whole milk + 1/3 cup (75 ml) butter (doesn't whip)
- For sauces: 1 cup (250 ml) light cream = 1 cup (250 ml) whole milk
- 1 cup (250 ml) shredded old Cheddar cheese = 1 cup (250 ml) shredded mild cheese + 1/4 tsp (1 ml) Worcestershire sauce + 1/8 tsp (0.5 ml) dry mustard

### SUGAR AND CORN SYRUP

- 1 cup (250 ml) granulated sugar = 1 cup (250 ml) packed brown sugar
- For muffins and other quick breads: 1 cup (250 ml) granulated or brown sugar = 2 cups (500 ml) icing sugar
- For dessert sauces: 1 cup (250 ml) light or dark corn syrup = 1 1/4 cups (300 ml) granulated or packed brown sugar + 1/4 cup (50 ml) additional liquid in recipe

### DAIRY

- 1 cup (250 ml) buttermilk = 1 tbsp (15 ml) lemon juice or vinegar plus enough whole milk to make 1 cup (250 ml); let stand for 5 minutes
- 1 cup (250 ml) plain yogurt = 1 cup (250 ml) buttermilk
- 1 cup (250 ml) 2% or whole milk = 1/2 cup (125 ml) evaporated milk + 1/2 cup (125 ml) water

### CHOCOLATE

- 1 oz (30 g) unsweetened chocolate = 3 tbsp (50 ml) unsweetened cocoa powder + 1 tbsp (15 ml) butter
- 1 oz (30 g) semisweet chocolate = 1/2 oz (15 g) unsweetened chocolate + 1 tbsp (15 ml) granulated sugar + 1 tbsp (15 ml) butter OR 3 tbsp (50 ml) unsweetened cocoa powder + 1 tbsp (15 ml) granulated sugar + 1 tbsp (15 ml) butter

### FRUIT

- 1 lb (500 g) strawberries = 1 lb (500 g) any other berries.
- 1 cup (250 ml) raisins = 1 cup (250 ml) dried currants, sour cherries, cranberries or blueberries.

### GRAINS AND CEREALS

- For coatings: 1 cup (250 ml) dry bread crumbs = 3/4 cup (175 ml) cracker crumbs OR 1 cup (250 ml) crushed corn flakes.
- 1/4 cup (50 ml) dry bread crumbs = 1 slice dry bread.



## SEASONINGS

- 1 tbsp (15 ml) chopped fresh herbs = 1 tsp (5 ml) crushed dried
- 1 tsp (5 ml) lemon juice = 1/2 tsp (2 ml) vinegar
- 1 tsp (5 ml) dry mustard = 1 tbsp (15 ml) Dijon mustard (for wet mixtures)
- 1 tbsp (15 ml) prepared mustard = 1 tbsp (15 ml) dry mustard + 1 tsp (5 ml) each vinegar, cold water and granulated sugar (when volume as well as flavour is important, let stand for 15 minutes)
- Dash hot pepper sauce = Pinch cayenne or hot pepper flakes
- 2 tbsp (25 ml) soy sauce = 1 tbsp (15 ml) Worcestershire sauce + 2 tsp (10 ml) water + pinch salt
- 1 tbsp (15 ml) Worcestershire sauce = 1 tbsp (15 ml) soy sauce + dash each hot pepper sauce and lemon juice + pinch granulated sugar
- 2 tbsp (25 ml) hoisin sauce = 2 tbsp (25 ml) oyster sauce or fish sauce (if hoisin sauce called for is less than 2 tbsp/25 ml, it can be omitted, if more than 2 tbsp/25 ml, the flavour is too important to substitute)
- 1 tbsp (15 ml) balsamic vinegar = 1 tbsp (15 ml) red wine vinegar + pinch granulated sugar

## TOMATOES

- 2 cups (500 ml) tomato sauce = 3/4 cup (175 ml) tomato paste + 1 cup (250 ml) water
- 1 cup (250 ml) tomato juice = 1/2 cup (125 ml) tomato sauce + 1/2 cup (125 ml) water
- 1 tbsp (15 ml) tomato paste = 1 tbsp (15 ml) ketchup
- 1 cup (250 ml) ketchup or chili sauce = 1 cup (250 ml) tomato sauce + 1/4 cup (50 ml) granulated sugar + 2 tbsp (25 ml) vinegar

## CHEESE

- Asiago can be replaced by provolone
- Blue cheese is similar to Roquefort, Gorgonzola and Stilton
- Brie is similar to Camembert
- Edam is similar to Gouda cheese
- Emmenthal is similar to Swiss and Gruyere
- Gorgonzola or Swiss can replace Oka
- Mozzarella can be substituted for Monterey Jack
- Parmesan is similar to Romano
- Provolone is similar to Caciocavallo

## FISH AND SEAFOOD

- Cod is similar to haddock and pollock
- Crab can be replaced with surimi (imitation crab made from pollock and other fish and flavoured to resemble crab)
- Flounder is similar to sole, halibut, orange roughy
- Halibut can replace sea bass
- Rainbow trout or salmon can be substituted for arctic char
- Salmon is similar to lake trout

# Conversion Chart

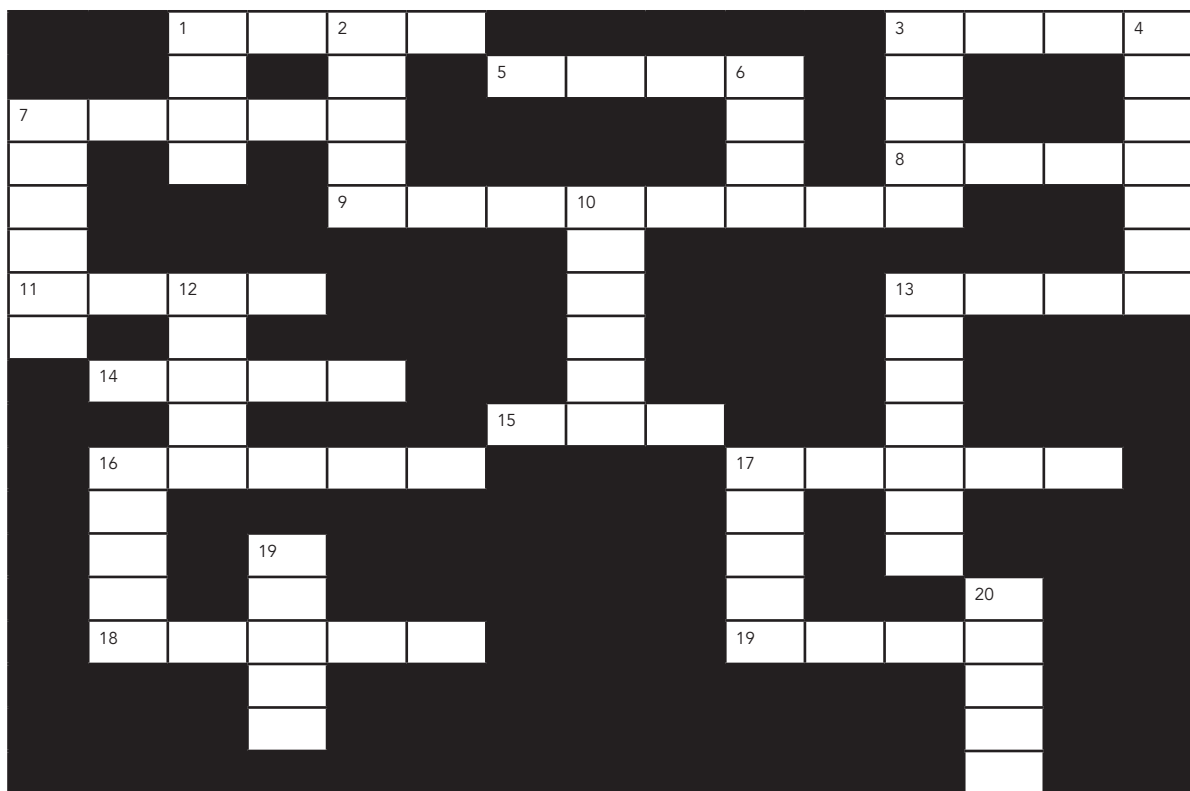
## LIQUID OR VOLUME MEASURES (APPROXIMATE)

1 teaspoon		1/3 tablespoon	5 ml
1 tablespoon	1/2 fluid ounce	3 teaspoons	15 ml
2 tablespoons	1 fluid ounce	1/8 cup or 6 teaspoons	30 ml
1/4 cup	2 fluid ounces	4 tablespoons	59 ml
1/3 cup	2 2/3 fluid ounces	5 tablespoons + 1 teaspoon	79 ml
1/2 cup	4 fluid ounces	8 tablespoons	118 ml
2/3 cup	5 1/3 fluid ounces	10 tablespoons + 2 teaspoons	158 ml
3/4 cup	6 fluid ounces	12 tablespoons	177 ml
7/8 cup	7 fluid ounces	14 tablespoons	207 ml
1 cup	8 fluid ounces or 1/2 pint	16 tablespoons	237 ml
2 cups	16 fluid ounces or 1 pint	32 tablespoons	473 ml
4 cups	32 fluid ounces or 2 pints	1 quart	946 ml
4 quarts	128 fluid ounces	1 gallon	3.78 litres

## DRY OR WEIGHT MEASURES (APPROXIMATE)

1 ounce		28 grams
2 ounces		55 grams
4 ounces	1/4 pound	125 grams
8 ounces	1/2 pound	240 grams
12 ounces	3/4 pound	375 grams
16 ounces	1 pound	454 grams
32 ounces	2 pounds	907 grams
35.2 ounces	2.2 pounds	1 kilogram

# Words Used in Preparing Food: Crossword Puzzle



## ACROSS

1. Cook in oven.
3. Mix round and round with spoon.
5. Cut into pieces with knife or chopper.
7. Rub against grater to cut into small pieces.
8. Let stand at room temperature until no longer hot.
9. Mix a dry ingredient into a liquid until the whole mixture is liquid.
11. Put through flour sifter or fine sieve.
13. Cover with thin layer of flour, fine crumbs, icing sugar or crushed nuts.
14. Cook in steaming liquid in which bubbles break the surface.
15. Cook in small amount of fat in frying pan.
16. Cook under the broiler (top element in an oven or toaster oven).
17. Allow food to become thoroughly cold by putting it in the refrigerator or cool place.
18. Pour off liquid or fat.
19. To reduce to a soft, pulpy mass, as by beating or pressure.

## DOWN

1. Mix rapidly in an under and over movement with a spoon or fork, or round and round with a beater.
2. Press dough with the heel of your hands, fold it towards you, turn it, and repeat.
3. Cut into a thin, flat slice.
4. Flatten with a rolling pin.
6. Take off outer skin, for example, from a potato or orange.
7. Spread bottom and sides of pan with butter or oil.
10. Cook liquid that is almost boiling or to cook in liquid, for example, cooking potatoes in water.
12. Dust greased pans with flour until well coated. Shake out extra flour that does not stick to the greased pans.
13. Mix together.
16. Mix two or more ingredients until smooth.
17. Combine ingredients by pressing them against the inside of the bowl or beating with a mixer until smooth.
19. Cook in oven.
20. Cut into very thin strips with a knife or grater.

Answers: bake, stir, chop, grate, dissolve, sift, coat, boil, fry, broil, chill, drain, mash, beat, kneed, slice, rollout, peel, grease, simmer, flour, combine, blend, cream, roast, shred

## Words Used in Preparing Food: Crossword Solution

		B	A	K	E					S	T	I	R
		E		N		C	H	O	P		L		O
G	R	A	T	E					E		I		L
R		T		E					E		C	O	O
E				D	I	S	S	O	L	V	E		O
A							I						U
S	I	F	T				M				C	O	A
E		L					M				O		
	B	O	I	L			E				M		
		U				F	R	Y			B		
	B	R	O	I	L				C	H	I	L	L
	L								R		N		
	E		R						E		E		
	N		O						A			S	
	D	R	A	I	N				M	A	S	H	
			S									R	
			T									E	
												D	



## Lesson 3: Eating the Healthy Way

### LEARNING OBJECTIVES

By the end of this lesson, the participants will:

1. Learn the importance of healthy eating.
2. Understand how Eating Well with Canada's Food Guide relates to them and their families.
3. Understand the basic messages from Eating Well with Canada's Food Guide and be able to incorporate them into their life.

### LESSON PLAN

1. Begin by telling participants that today's lesson will focus on the Canada's Food Guide.
    - Distribute copies of *The My Food Guide Servings Tracker*\* females 19-50 years)

\*If you can laminate this tool it can be used over again by participants to see if they are meeting the recommendations from the food guide.

They are available for each age and sex group.
  2. Start this lesson by getting each person to write down what they ate yesterday. Have them try and calculate the number of food guide servings they had from each group.
  3. After everyone has completed the worksheet, distribute copies of Eating Well with Canada's Food Guide (obtain from local health unit, order from Health Canada, or the Health Canada website has printable versions in various languages).
- Take a few minutes to explain the key features of the food guide:
- Describes the amount and type of food that people need as part of a healthy eating pattern
  - Includes foods from each of the four food groups – Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives
  - Recommends how many Food Guide Servings people should be eating from each food group and how big those serving sizes are
  - The recommended number of servings is different for people at different stages of life and for males and females
  - Provides direction on specific foods to choose within each food group
  - Provides advice for different ages and stages
4. Review with the group which food groups they were meeting the recommended number of servings and which they might need to work on
  5. Hand out the SMART goal setting worksheet (page 44) to each participant. Ask each member to think of one thing they can do to improve their eating habits.



## **BACKGROUND INFORMATION FOR FACILITATORS**

Eating Well with Canada's Food Guide describes the amount of food people need and the types of food that are part of a healthy eating pattern. This healthy eating pattern is based on extensive scientific evidence. The eating pattern in Eating Well with Canada's Food Guide will help people:

- Get enough vitamins, minerals and other nutrients.
- Reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Achieve overall health and vitality.

## **EAT REGULAR MEALS**

Eating at least three meals (including breakfast) each day is key to healthy eating. Regular eating times can help people eat the amount of food they need to stay fueled throughout the day. Regular meals help manage appetite and prevent overeating, which can help to achieve and maintain a healthy weight. There is also some evidence that eating regular meals can reduce the risk of Type 2 diabetes and heart disease.

## **ENJOY A VARIETY OF FOODS**

To accommodate different food preferences, each food group includes a wide variety of choices. Each food group has a different combination of nutrients. Eating from the four food groups, as well as different foods from within each group will help people get all the nutrients they need.

## **FOOD GUIDE SERVINGS**

Canada's Food Guide recommends how many Food Guide servings people should eat from each of the four food groups, plus a small amount of oils and fats. The recommended number of servings is different for people at different stages of life and is different for males and females. The recommended number of Food Guide servings is an average amount that people should try to eat each day. People who are at a healthy weight but need more food, such as those who are very active, should be encouraged to choose extra servings from the four food groups to continue to follow a healthy eating pattern that is lower in fat, sugar and salt.

## **VEGETABLES AND FRUIT**

The Vegetables and Fruit food group is the largest arc of the rainbow in Canada's Food Guide, emphasizing the importance of these foods. Vegetables and fruit have important nutrients, such as vitamins A and C, folic acid, potassium and fibre, and are naturally low in fat. Choosing at least 7 to 8 servings each day may help reduce the risk of cardiovascular disease and some types of cancer. Filling half the plate up with vegetables and fruit can help promote a feeling of fullness that can aid in achieving and maintaining a healthy weight. To get more fibre and other nutrients, eat whole vegetables and fruit more often than drinking juices.

Dark green and orange vegetables and fruit are especially nutritious. Dark green vegetables, such as asparagus, broccoli, brussels sprouts, green peas, romaine lettuce, spinach, and greens, are rich in folate, which helps build healthy blood and tissues. Orange vegetables, such as carrots, orange-coloured squash, and sweet potatoes, are important sources of carotenoids, like beta-





carotene, which the body converts to vitamin A. Vitamin A is needed for healthy skin, bones and teeth, as well as for vision and reproduction.

### **GRAIN PRODUCTS**

Whole-grain foods like whole grain breads, brown rice, barley, oatmeal, and cereals made with whole grains have more nutrients and fibre than grain products made with refined flours. Refined grain products, such as white bread and white pasta, are usually “enriched” with added vitamins and minerals. Even so, refined grain products have less fibre and fewer health benefits than whole grains. The fibre provided by whole-grain foods supports a healthy digestive system while promoting satiety (feeling full after a meal). Eating Well with Canada’s Food Guide recommends that people make at least half of their grain products whole grain every day.

### **MILK AND ALTERNATIVES**

Drinking milk or fortified soy beverage is an important way to get protein, calcium, vitamin D, and many other vitamins and minerals. Choose low fat milk, like skim, 1% or 2% Milk Fat (M.F.) to help reduce the amount of saturated fat and calories consumed. People should drink 500 mL (2 cups) of milk every day because it is the main food source of vitamin D. For those who do not drink milk, a fortified soy beverage can be used as an alternative. Look for products that are unsweetened.

Like milk, milk alternatives such as yogurt, kefir, and cheese, are good sources of protein, calcium, and other important vitamins and minerals. However, milk alternatives are usually not fortified with vitamin D. Canada’s Food Guide recommends that people choose lower fat milk alternatives, such as yogurt, with 2% M.F. or less, and lower fat cheese, with 15% to 20% or less M.F. This can help reduce calories and

saturated fat intake.

### **MEAT AND ALTERNATIVES**

Many Canadians are eating more meat than they need with the average portion of meat filling up half of the plate or more. The protein provided by such large portions is not needed, as Canadians generally get more than double the protein they need each day. Our bodies can’t store extra protein for later use. Instead this extra gets converted to and stored as fat. These foods are also major sources of saturated fat. Instead we should choose small, lean portions of meat or poultry, and use meat alternatives such as fish, legumes, dried beans, and tofu, more often. Eggs, nuts and seeds are also found in this food group because they are excellent sources of protein and other nutrients.

Canada’s Food Guide recommends two to three servings of Meat and Alternatives each day. One Food Guide Serving of meat, poultry, or an alternative is 75 grams (2 ½ oz).

### **MEAT ALTERNATIVES**

Dried beans, lentils, and tofu are protein-rich meat alternatives. The benefit of these foods over meats is that they are low in saturated fat. Saturated fats are harmful fats that can increase blood cholesterol levels and increase the risk of heart disease. To help limit the amount of saturated fat in the diet, Canada’s Food Guide suggests that people choose meat alternatives often. Legumes (beans, peas, and lentils) are also very high in fibre.



## TWO SERVINGS OF FISH A WEEK

Eating at least two servings of fish each week (2 servings of 75 grams, or 2 ½ oz each) offers many health benefits. Fish may reduce the risk of heart disease, and like other meat alternatives, fish is low in saturated fat. Fish contain some of the essential omega-3 fats, including DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These are fats that people must get through food because very little is produced by the body. Omega-3 fats play an important role in heart health and have been linked with other health benefits, such as healthy brain development in children and reduced risk of cancer. Types of fish that are especially high in DHA and EPA include char, herring, mackerel, rainbow trout, salmon, and sardines.

Some types of fish can have high levels of mercury, and should be eaten less often. Mercury levels are a concern especially for pregnant women and young children. Examples of these fish include fresh tuna, shark, and swordfish. When buying canned tuna, encourage participants to choose *light* versus *white* tuna to ensure lower mercury levels.

For the latest information on limiting exposure to mercury, refer to:

- Health Canada (search for fact sheets and other information)
- **Guide to Ontario Sport Fish**
- EatRight Ontario – **Get the Reel Scoop on Fish and Mercury**

## LOWER FAT OPTIONS

Canada's Food Guide encourages people to choose lower fat options to reduce the total amount of fat in their diet and reduce the amount of saturated and trans fats they consume. Research suggests that these harmful fats put people at higher risk of cardiovascular disease. Saturated fats are found in fatty meats, higher fat milk products, butter, lard, shortening, hard margarines and tropical oils, such as palm oil. Trans fats are found in many deep-fried foods, fast foods, salty snacks and baked goods made with shortening or partially hydrogenated vegetable oils. People can find the total amount of fat and the amount of saturated and trans fats in food by looking at the Nutrition Facts labels on packaged foods.

People should include a small amount of unsaturated fat as part of a healthy eating pattern. This will ensure people have enough essential fats to help our bodies absorb the fat soluble vitamins A, D, E, and K. Consuming a larger amount of added fat is not recommended, as it will increase the total calories in the diet. The food guide recommends including a small amount of unsaturated fat each day, 30 to 45 mL (2 to 3 tablespoons). This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Use vegetable oils, such as canola, olive and soybean. These oils contain mainly monounsaturated and polyunsaturated fats, which are emphasized in the diet for good heart health. Choose soft, non-hydrogenated margarines that are low in saturated and trans fats. Limit butter, hard margarine, lard and shortening. Fats that are solid at room temperature such as butter, lard and shortening contain more saturated fats or trans fats. Because saturated and trans fats are associated with an



increased risk of cardiovascular disease, these types of added fats should be limited. A few tropical plant oils, such as palm kernel oil and palm oil, are also high in saturated fats and should be limited.

### **LOW SUGAR OPTIONS**

Canada's Food Guide recommends eating foods lower in sugar to help limit extra calories in the diet. Baked goods and desserts, such as cakes, candies, chocolate, cookies, doughnuts, ice cream, muffins, pastries and pies, and sweetened cold and hot beverages, such as energy drinks, fruit flavoured drinks (including vitamin waters), soft drinks, sports drinks, hot chocolate and specialty coffees, can all be high in sugar and should be limited. Fruit flavoured drinks are not nutritionally equivalent to 100% juices. If the name of the beverage includes words such as "punch," "drink," "-ade" or "cocktail," it is not 100% juice. Although fruit juice may be higher in vitamins and minerals than some other beverages such as soda, sport drinks, or other fruit beverages, it is still high in sugar and calories. Vegetable juices are often high in sodium.

### **LOW SODIUM OPTIONS**

Most people get more sodium than they need, especially if they eat packaged, processed foods and meals made outside of the home. Some of the foods that can be high in sodium include snack foods, such as crackers, potato chips and pretzels, cheese, sauces, processed luncheon meats, canned or dried soups and frozen meals. Look for reduced sodium products, or cook with fresh, whole ingredients more often to reduce sodium intake.

### **SATISFY YOUR THIRST WITH WATER**

Soft drinks and other sweetened beverages are high in sugar and can add a significant number of calories to the diet with very few nutrients. Choose water, either hot or cold, and flavor it naturally with lemons, limes, cucumber or mint for a refreshing treat.

### **SNACKING**

Snacks throughout the day can be part of a healthy eating pattern as long as the foods chosen fit within Canada's Food Guide. Snacks or small meals that emphasize vegetables and fruit, whole grains, lower fat milk and alternatives, and leaner meats and alternatives get top marks. Snacks should include at least two food groups from Canada's Food Guide.

### **FOLIC ACID FOR WOMEN WHO COULD BECOME PREGNANT**

Canada's Food Guide recommends that all women who could become pregnant take a daily multivitamin containing 400 micrograms (0.4 mg) of folic acid. Supplemental folic acid decreases the risk of having a baby with a neural tube defect (NTD). Since the brain and spinal column develop very early, often before a woman even knows she is pregnant, it is recommended that folic acid be taken even when a pregnancy is not planned. Ideally, folic acid should be taken at least three months before becoming pregnant.



## **VITAMIN D FOR MEN AND WOMEN OVER 50**

Vitamin D needs increase after the age of 50. Along with calcium, vitamin D is important for bone strength and reduces the risk of osteoporosis and fractures in older adults. Canada's Food Guide recommends that in addition to drinking two cups of milk each day, men and women over 50 should take a daily vitamin D supplement of 10 micrograms (400 IU).

If participants have more questions or concerns about their personal vitamin D requirements, recommend they speak to their family doctor or a registered dietitian. To find a registered dietitian call EatRight Ontario or go to [www.eatrightontario.ca](http://www.eatrightontario.ca)

## **HANDOUTS AND REFERENCES**

Healthy Eating Manual - Nutrition Resource Centre

**Eating Well with Canada's Food Guide: A Resource for Educators and Communicators.**  
Health Canada

Canada's Food Guide - **My Food Guide Tracker**



## Set Yourself a Goal Toward Healthier Eating

To create a successful goal, try using the SMART principle. Be sure your goal is:

**Specific** – What do you specifically want to accomplish (think action words). Goals work better if they are your own idea. Answer the what.

**Measurable** – These are the details of how much? When? How often? With whom? This will tell you if you met your goal.

**Achievable** – Be about 70% sure you will be able to achieve this goal. Even though you want to challenge yourself you should be confident that you can accomplish your goal. You are aiming for success!

**Realistic** – Set your goal to challenge but not to overwhelm. Choosing to do something 7 days a week might be unrealistic.

**Time Limited** – Give yourself a time frame for instance, this week, or 3 times a week starting on Monday etc.

The changes I would like to make to my eating habits are:

1. *Eg. Include spinach or romaine lettuce and carrots or red peppers in my meals at least 4 days a week.*
2. \_\_\_\_\_  
\_\_\_\_\_

Over the next week, what might get in the way of these healthy changes? By anticipating the barriers you can be prepared for what might derail your goals.

1. *Eg. I may not have enough time to prepare a salad, especially on the nights when the kids have activities.*
2. \_\_\_\_\_  
\_\_\_\_\_

What are your solutions? How will you overcome these barriers or do you need to modify your goal?

1. *Eg. I could buy pre-washed spinach, lettuce, and prepared carrots or other vegetables.*
2. \_\_\_\_\_  
\_\_\_\_\_

How sure are you that you can make these changes?

☐ Not very sure

☐ Pretty sure

☐ Very sure



## Lesson 4: Singing the Praises of Vegetables and Fruit

### LEARNING OBJECTIVES

By the end of this lesson, the participants will:

1. Identify their personal experiences with and memories of vegetables and fruit.
2. Identify the benefits of eating vegetables and fruit.
3. Set a personal goal around eating vegetables and fruit.

### LESSON PLAN

1. Begin the session by distributing the handout: *My Experiences with Vegetables and Fruit* (page 48). Ask participants to fill out the spaces with different vegetables and fruits. If the participants need any help, try listing different vegetables and fruits to get ideas flowing.
2. Spend some time sharing ideas and answers. Some points of discussion may include:
  - What makes you love one vegetable or fruit?
  - What makes you dislike one vegetable or fruit?
  - Can you think of a memory related to a vegetable or fruit you loved as a child?
  - What do you remember about the vegetable or fruit you did not like as a child?
  - What has prevented you from tasting certain vegetables and fruit? As an adult? As a child?
  - How do you respond to your family's likes and dislikes of certain vegetables and fruit?
  - How does being pressured to eat a food you dislike make you feel about the food?
  - What are the reasons you buy certain vegetables or fruit? What are the reasons you don't buy others?
3. Next, brainstorm with the group about the health benefits of eating vegetables and fruit. If you have a white board or flip chart you could record the answers.

People who eat plenty of vegetables and fruit daily:

  - Are less likely to get many types of cancer
  - Are less likely to get heart disease
  - Are less likely to have a stroke
  - Have stronger immune systems
  - Have healthier eyes
  - Have regular bowel movements
  - Are less likely to get bowel disease and hemorrhoids
  - Have fewer problems with their weight
  - Have enough folate, a vitamin that protects their babies from birth defects and their hearts from cardiovascular disease
  - Are protected against some of the effects of aging





## ACTIVITIES

Discuss as a group the pros and cons of cooking and preparing vegetables, what are some of the barriers that keep them from eating more? Discuss as a group how we can overcome those barriers. Use one of the following activities to illustrate these barriers and opportunities.

Time permitting choose one of the three activities to leave participants with goals and/or tasks for the next week.

### OPTION # 1 – CHECKLISTS

Hand out the *Vegetable and Fruit Checklist* (page 49). Using the checklist, go over the serving size of vegetables and fruit and point to the description at the top of the page for participants to check at home. This can also be shown using Canada's Food Guide. Encourage participants to fill out the sheet during the week.

### OPTION # 2 – SMART GOALS

Use the Personal Goal Sheet from Lesson 3 to increase vegetable and fruit consumption. Have each group member develop a SMART goal on how they will work towards increasing their vegetable and fruit consumption before your next session. Make sure to go over what a SMART goal is, restate the principles and emphasize that food should not be used as a reward.

### OPTION # 3 – PURCHASING TRICKS

Handout the *Vegetable and Fruit Family Check-Up Discussion Points* page (pages 50 & 51). Discuss these tricks and tools for getting the whole family to eat more vegetables and fruits. Explain how parents are responsible for providing a variety of vegetables and fruit. If finances are a problem for families, discuss ways of saving money and ensuring families get access to more

vegetables and fruit. Encourage participants to

try at least one of these strategies with their family over the next week.

## BACKGROUND INFORMATION FOR FACILITATORS

Vegetables and fruit comprise the largest arc of Canada's Food Guide and therefore should make up the largest part of the diet. They provide important nutrients, such as vitamins, minerals and fibre. They do this with very little fat and calories. A diet rich in vegetables and fruit decreases the risk of chronic illnesses including cardiovascular disease, stroke and cancer.

It is important to understand serving sizes when working with Canada's Food Guide. The vegetable and fruit section of Canada's Food Guide includes many forms including fresh, frozen, canned and dried. Juices are also included as long as they are 100% fruit or vegetable juices. The serving sizes are based on reference amounts and not the regular amount that may come in the packaging or that someone would eat at one time. Here are some general guidelines for serving sizes:

1 medium	fresh vegetable or fruit
125 ml (1/2 cup)	cut up fresh, frozen or canned vegetable or fruit
250 ml (1 cup)	salad or raw leafy greens
125 ml (1/2 cup)	cooked leafy green vegetables
60 ml (1/4 cup)	dried fruit
125 ml (1/2 cup)	100% vegetable or fruit juice



For the most part, vegetables and fruit are naturally very low in fat and calories, but high in nutrition. Choosing food from this food group helps people to achieve and maintain a healthy weight.

Canada's Food Guide suggests eating vegetables and fruit more often than juice. Juice can be a high source of sugar and has less **fibre** than the whole food contains. Fibre is a nutrient found in vegetables and fruits. Fibre is great for the digestive system helping food pass more quickly and easily through the digestive tract. Fibre also provides bulk in the diet, which can help to make you feel full longer. Eating foods high in fibre may also play a role in helping you to regulate your blood sugar and cholesterol.

Vegetables and fruit contain many important nutrients. **Antioxidant** vitamins are one important group found in vegetables and fruits. They help to prevent cell damage from free radicals in the body. Vitamin C and Beta Carotene are two vitamins that are antioxidants.

**Phytochemicals** are other nutrients found in vegetables and fruits. Some phytochemicals act as antioxidants while others reduce the risk of cancer by stopping normal cells from changing into cancerous cells. Phytochemicals give produce its colour and are in all vegetables and fruits to varying degrees.

It is important when choosing vegetables and fruit to get a variety of colours. Each different colour has a different combination of nutrients. Canada's Food Guide recommends eating at least one dark green and one orange vegetable per day. Dark green vegetables are rich in folate. **Folate** is important for healthy blood and nervous system. It is particularly important for women that are or could become pregnant. Orange vegetables are rich in carotenoids, which can be

converted to Vitamin A in the body.

Some people worry about the nutritional quality of frozen and canned fruits and vegetables. However, fresh is actually not always the best nutritionally since they often have to be picked unripe to survive the trip to your grocery store.

**Frozen and canned** vegetables and fruit are usually picked at peak ripeness and canned or frozen soon after. These preservation methods help to lock in the nutrients of the fresh food. However, one characteristic you should consider is the added sugar or sodium in canned foods. Look for fruits packed in water and lower sodium brands of vegetables. Rinse and drain beans and other vegetables before consuming to help remove sodium.

It is important that parents encourage their children to consume vegetables and fruits. The number of servings recommended for children in Canada's Food Guide varies with age and gender.

Parents need to be good **role models** for children when it comes to vegetable and fruit consumption. When children see their parents happily consuming foods, they often share the same attitudes. The more they are exposed to vegetables and fruits the more they are likely to consume them without any pressure. It is important to foster a positive feeding relationship with children:

Parents are responsible for **what** their children are given to eat. Children are responsible for **how** much; and **whether** they eat.

*Division of Responsibility by Ellyn Satter*



## My Experiences with Vegetables and Fruit

Think of vegetables and fruit in your life. Finish each sentence below.

Write your answers in the boxes.

One vegetable or fruit that I love is

One vegetable or fruit that I do not like is

As a child I loved

As a child I did not like

I have never tasted

As a child I never tasted

I can think of someone in my family who loves

I can think of someone in my family who does not like

I have been pressured to eat

I have pressured others to eat

I never buy

I do not know how to eat or prepare



## Vegetable and Fruit Checklist

### VEGETABLE AND FRUIT FOOD DIARY

Keep track of the vegetables and fruit you eat each day. Aim for 7 to 8 Food Guide Servings each day! Each time you eat a serving, check it off. Remember, a serving is:

1 medium fresh vegetable or fruit



1/2 cup (125 mL) cut-up fresh, frozen or canned vegetable or fruit

1 cup (250 mL) salad or raw leafy greens

1/2 cup (125 mL) cooked leafy green vegetables

1/4 cup (60 mL) dried fruit

1/2 cup (125 mL) 100% vegetable or fruit juice

Date	Vegetables such as carrot, broccoli, salad, tomato juice, potato 	Fruits such as grapes, juice, orange, melon, banana 	Daily Total

Adapted from Colour It Up...Go for More Vegetables and Fruit Program



## Vegetable and Fruit Family Check-Up Discussion Points

### 1. AVOID POWER STRUGGLES

Pressuring children to eat vegetables and fruit does not work! In fact, it only makes things worse. Eating is one thing that young children can control. If you try to take away that control, your child will just fight harder. This is a battle that you cannot win! The best thing to do is remember your responsibilities. As the parent, you are responsible for what you give your child to eat. Your child is responsible for whether he eats, and how much to eat. It is up to you to offer vegetables and fruit along with other foods. It is up to your child to choose what he will eat from the plate. If your child believes that you think all foods on the plate are equal, there will be nothing to fight against. The power struggle will be over. Your child will learn to choose a variety of foods on his own, including vegetables and fruit!

### 2. GIVE GENTLE PRAISE

Try not to reward your child for eating vegetables and fruit. If you make a fuss about vegetables and fruit, your child will get the message that something is wrong with them. If you give too much praise or too many rewards, you also take some of the power away from your child. When you say, "No dessert until you eat your vegetables", you are taking away your child's ability to decide what and how much to eat. This will start a power struggle. Use gentle praise to encourage your child to eat vegetables and fruit. You might say, "Good for you, you ate all your vegetables. You must really like them."

### 3. COOK ONE MEAL

Offer everybody the same foods. Children will only learn to accept vegetables and fruit if they are expected to eat them. If you prepare special food for your child, she will get the message that you don't expect her to eat vegetables and fruit or try new foods. Remember, you are responsible for what your child is fed. Your child is responsible for whether to eat, and how much to eat. Don't worry, she will not let herself starve. If she doesn't like the dinner menu, she can have a snack later.

On the other hand, let your child have some say in the menu. Offer a variety of foods at mealtime. If there are two vegetables and a fruit to choose from, your child will probably accept at least one of them. To make it easier for your child, offer foods that are suitable for her age.

### 4. HAVE MEALS AT REGULAR TIMES AND ALWAYS TRY TO INCLUDE VEGETABLES AND FRUIT

Eat at regular times. Children like to know that they are going to be fed. Meals and snacks help them learn to like a variety of foods. Your child will accept that vegetables and fruit are simply a part of meals and snacks. Make vegetables and fruit available at all snack times. Limit the number of snacks your child eats so he does not spoil his appetite for meals. Your child will be more willing to eat vegetables and fruit if he comes to the table hungry.



### **5. EAT TOGETHER AND MAKE EATING TIMES PLEASANT**

Family meals are important. Eating around a table with family or friends helps children learn how to act at mealtime. Children are more likely to eat foods that they see loved ones eating and enjoying, including vegetables and fruit. Meals should be pleasant and social. Focus on enjoying everyone's company, not on making sure everyone has eaten all their vegetables. You and your partner may not share the same approach on helping children eat vegetables and fruit. Try to send consistent messages to your child. Discuss an approach that works for both of you. Have your discussions away from the dinner table.

### **6. OFFER A VARIETY OF VEGETABLES AND FRUIT**

Serve vegetables and fruit in different ways. Your child may not like cooked vegetables, but she may love them raw with a dip. Expose your child to as many different vegetables and fruit as possible. That way, she will accept them. Trying something new can also be fun for you.

### **7. SET A GOOD EXAMPLE**

Be a good role model. If you eat and enjoy a variety of vegetables and fruit, your child will be more eager to eat them. Try to be positive about vegetables and fruit even if you don't like them. Encourage your partner to also set a good example.

### **8. OFFER NEW VEGETABLES AND FRUIT MANY TIMES**

Small children are afraid of new things, including food. Often children say they don't like a food without trying it. Encourage your child to eat at least one bite of every food on his plate. You can help your child accept vegetables and fruit. Offer samples, and put some on his plate. Be patient. It can take many tries before your child will taste a new food. Once he has tasted it, it may take many more tries before he likes it.

### **9. DRESS UP VEGETABLES AND FRUIT BUT DON'T TRICK YOUR FAMILY**

You do not need to trick children into eating vegetables and fruit. Hiding them in soups, sauces and baked goods may seem like a good idea. But if you are not honest about it, your child will get suspicious of everything you offer her. Hiding vegetables and fruit gives your child the message that there is something wrong with these foods. Instead, offer vegetables and fruit in fun and attractive ways. Children enjoy raw vegetables or cut up fruits with a dip. Arrange vegetables in a happy face on a pizza. Serve cooked vegetables with cheese sauce.

### **10. INVOLVE YOUR CHILD**

Children may be more willing to try vegetables and fruit if they prepared them. Children can help peel, cut and cook vegetables and fruit. Even very young children can help wash produce and arrange it on a plate. These activities help children become more familiar with vegetables and fruit and more curious about trying them. You can also help your children learn more about vegetables and fruit by involving them in shopping or gardening.

*Adapted from Colour It Up...Go for More Vegetables and Fruit Program*





## Lesson 5: Read the Label

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Identify key ingredients on the nutrition label that we should eat more and less of.
2. Have a better understanding of how to use the percent daily value.
3. Use nutrition labels to make healthy choices.

### LESSON PLAN

1. Open by asking the group if they currently look at the nutrition labels on products and how they use the information to make purchasing decisions.
2. Print and distribute the *Using the Nutrition Facts Table: % Daily Value (% DV)* handout and review it as a group.
3. Discuss how healthier food choices can be made when at the grocery store using the Nutrition Facts tables.

### ACTIVITY

#### PACKAGING COMPARISONS

1. If possible, bring different containers/packages of common products. Cereals, granola bars, yogurt, canned food, and bread wrappers work well. Hand out the packaging to the participants and let them compare products using the Nutrition Facts table with the help from the *Using the Nutrition Facts Table: % DV* handout, making sure to check the serving sizes. Encourage people to share their findings and compare between products.

### DISCUSSION POINTS

- Variation of serving sizes between products
- The difference between the serving size and how much is usually consumed
- Nutrients you want more than 15% of in a product and ones you want less than 5% of
- Quantity of fibre in products
- How the fat quantity is divided up (saturated, unsaturated, trans fat)
- Amount of sodium
- Why no recommendation for cholesterol or sugar

### SUMMARIZE:

- Use Nutrition Facts, the ingredient list, the nutrition claims and the health claims to make informed food choices.
- Nutrition Facts are based on specific serving sizes of food - compare this to the amount you eat.
- Use the % DV to see if a food has a little or a lot of a nutrient (5% DV or less is a little, 15% DV or more is a lot).





## BACKGROUND INFORMATION FOR FACILITATORS

Labeling on food helps people make informed decisions on foods they choose to buy and eat. For these labels to be useful and meaningful, one must understand how they are read and what they mean. Therefore label reading skills are key for making healthy purchasing and eating decisions.

Almost all packaged foods must have a Nutrition Facts Panel. Some products that do not require these include: fresh products, raw meat, poultry and seafood, food prepared or processed at the store and foods that contain very few nutrients. The Canadian government regulates what needs to be on food labels and how that information is shown to ensure consistency and clarity. This also becomes important when dealing with allergies and intolerances.

Prepackaged foods must also have an ingredient list on them. The ingredient list must be listed from items that are the most in quantity by weight to the least. This becomes useful when determining the sugar content of a food. For example, it is best to avoid fruit juices when sugar appears in the first couple ingredients. The ingredient list might also be useful when looking for allergens and other dietary restrictions. One must be careful as some ingredients have many names and it can get tricky trying to determine what exactly is in the product.

The nutrition facts table gives details about the nutritional value of the food. It must include 13 core nutrients and the % DV of them. Manufacturers might also decide to include additional nutrients on their packaging.

When looking at the nutrition facts table, it is first important to look at the amount of food per serving. This amount is not consistent between

different products and is not necessarily the quantity that people usually eat in one sitting. The specific amount listed on the nutrition facts table may also not be the recommended serving size in terms of the Canada's Food Guide, so it is important to compare those as well. If you are consuming twice as much as is on the label, then you are getting twice the amount of calories and nutrients.

The % DV on a nutrition facts table helps to illustrate if the product has a little or a lot of the specified nutrients. It gives a benchmark to which nutrients can be evaluated. A general tool is to say 5% or less is a little, and 15 % or more is a lot. This helps people to determine if the product is a good source of the nutrients we want (fibre, vitamin A, calcium, iron etc.) and does not have too much of the nutrients we want to limit (fat, saturated and trans fats, sodium).

The percent daily values are determined using the dietary reference intakes based on an average 2000 calorie diet. This does not match everyone's needs but provides an estimate and comparison tool. The actual amount of energy needed for each person is different depending on his or her physical size, gender and physical activity level. The daily values are set for the general population, as a whole, and do not represent any specific individual requirements.

Nutrition claims are another tool to use when making choices at the grocery store. These claims are regulated by the Canadian government to ensure consistency. Examples of these could be "Good Source of Vitamin C" or "Trans Fat Free" (nutrient content claims).

It is important to recognize that even if a product says it is free of a certain nutrient, it doesn't necessarily mean there's no trace of that nutrient.



There could still be a small amount in the product.

Health claims are also regulated and only 5 can be used on products. These include:

- A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Naming the food) is free of saturated and trans fats.
- A healthy diet with adequate calcium and vitamin D, and regular physical activity, helps to achieve strong bones and may reduce the risk of osteoporosis.
- A healthy diet rich in vegetables and fruit may help reduce the risk of some types of cancer.
- A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease.
- "[serving size from Nutrition Facts table in metric and common household measures] of [naming the product] provides X% of the daily amount of plant sterols shown to help reduce/ lower cholesterol in adults."

These claims are generally developed by third party organizations and corporations. Consumers should not rely solely on these claims when purchasing products.

Canada's Food Guide can be used in conjunction with nutrition information on packages to make informed food decisions. For example, Canada's Food Guide recommends choosing foods with little or no added fat, sugar or salt. People can check the % DV for less than 5% sodium or compare products for lower fat options. The ingredient list can tell them if sugar has been added and nutrition claims can guide consumers to a low sodium version. Since fresh foods, like vegetables and fruit, and meats don't have nutrition facts tables or ingredient lists, we know they don't have any added fat, sugar or salt.

Food nutrition labels are a great tool when making purchasing and consumption decisions. To use this tool effectively it is important to know how it is organized and its potential limitations. It is best used combination with Canada's Food Guide.

## REFERENCES

Health Canada [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

Health Canada. **Nutrition labelling.**

Health Canada. Nutrition labelling. Activity Unit DRIs

## HANDOUTS/WORKSHEETS

**Using the Nutrition Facts Table: % Daily Value**



## Lesson 6: Healthy Fats on the Menu

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Identify the main types of fat and their health effects.
2. Identify key sources of fat in our diet.
3. Identify the difference between unsaturated fats and saturated fats.
4. Suggest ways to reduce the amount of fat, especially harmful fats at meals and snacks.

### LESSON PLAN

1. Review Canada's Food Guide, highlighting key messages that focus on fat
  - Include a small amount of unsaturated fat each day
  - Choose foods prepared with little or no added fat
  - Drink skim, 1% or 2% milk each day and select lower fat milk alternatives
  - Select lean meat and alternatives prepared with little or no added fat
  - Have meat alternatives such as beans, lentils and tofu often
  - Eat at least two Food Guide servings of fish each week
2. Begin a discussion with the participants:
  - What do they feel are the benefits of fat?
  - You could write "Why Reduce Fat" on a flipchart or white board if available and have the group brainstorm responses.
  - Why does the Food Guide suggest we eat less saturated and trans fats?
  - What types of fat should we eat to replace saturated and trans fats?

### ACTIVITY - CASE STUDIES

1. Participants complete *Healthy Eating with Fats on the Menu* case studies (page 56) in groups or pairs.
2. Distribute handout "*The Good the Bad and the Ugly*"
  - Distribute one case study per pair/group
  - Discuss answers with larger group



## HEALTHY EATING WITH FATS ON THE MENU

### CASE STUDY 1

You pick up a whole grain fruit muffin at the coffee shop. The nutrition information on the website shows that the muffin, 1 serving (130 g) has: 400 kcal, 17 g fat, 4 g of saturated fat and 0.2 g trans fat.

Some of the ingredients are: vegetable oil shortening, partially hydrogenated vegetable oil, eggs, whole milk.

You decide to make your own muffins at home. What ingredients could you use to help reduce the amount of fat?

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### CASE STUDY 2

A juicy grilled sirloin steak (8 oz), baked potato with a dollop of sour cream, a large Caesar salad, a piece of apple pie, coffee with cream.

This meal has 83 g of fat and 27 g of saturated fat – more than you should have for an entire day!

Suggest ways to make this meal lower in fat. Be sure to include a small amount of unsaturated fat.

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### CASE STUDY 3

Your weekly family supper menu includes main dishes such as:

- Macaroni and cheese
- Fish sticks and French fries
- Hot dogs
- Lasagna
- Roast beef with gravy and mashed potatoes
- Pizza

Suggest meal ideas for your menu that would lower the fat and meet the recommendations from Canada's Food Guide.

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## ANSWER SHEET

### CASE STUDY 1

Ingredients to help reduce the amount of fat:

- Pureed fruit (ie. applesauce, bananas, prunes) to replace up to ½ the fat
- Pureed vegetables (i.e. pumpkins, squashes, sweet potatoes) to replace up to ½ the fat
- Skim, 1% or 2% milk
- Low fat yogurt
- Egg whites

Healthier fats might include:

- Vegetable oil
- Omega-3 eggs
- Non-hydrogenated margarine

### CASE STUDY 2

Suggestions might include:

- A smaller steak (3oz)
- Baked potato or sweet potato with salsa, flaxseed oil or non-hydrogenated margarine
- Garden salad with an oil and vinaigrette dressing
- Add salad toppings such as nuts/seeds, avocado or ground flax seed for a source of healthy fat
- Berries with low-fat yogurt
- Coffee with milk

### CASE STUDY 3

Why not try dishes with fish, beans, lentils and tofu, such as:

- Bean soups and stews
- Lentil casserole
- Vegetarian chili
- Grilled, baked or poached fish and seafood

Dishes with leaner and smaller portions of meat:

- Grilled chicken
- Pork tenderloin
- Soups and stews with lean meat

Meals that focus on vegetables:

- Stir fries
- Vegetable pasta sauces
- Vegetarian pizza



## BACKGROUND INFORMATION FOR FACILITATOR

Fat is part of many important functions in the body. Fats provide energy to the body, structure to various cells, and help transport fat soluble vitamins. However, fats are high in calories and some harmful types can increase the risk of heart attack and stroke. Canada's Food Guide encourages a healthy eating pattern that includes lower fat foods. A diet low in saturated fat and trans fat can help reduce the risk of cardiovascular disease. The guidelines to support these choices are:

- Include a small amount of unsaturated fat each day (2-3 tbsp) in cooking, salad dressings, margarine or mayonnaise. Use vegetable oils such as canola, olive and soybean as they contain mainly monounsaturated and polyunsaturated fats. Canada's Food Guide recommends limiting harder fats such as butter, hard margarine, lard and shortening as they are high in saturated and trans fat.
- Choose foods prepared with little or no added fat. Limit the use of high fat spreads, sauces and dressings. When cooking, try using lower fat cooking methods, such as roasting, grilling, baking, stir-frying, steaming or poaching.
- Drink skim, 1% or 2% milk each day and select lower fat milk alternatives, such as yogurt and cheese.
- Select lean meat and alternatives prepared with little or no added fat. This can help reduce the amount of saturated fat consumed. Meat alternatives such as beans, peas and lentils, also offer folate and fibre.
- Eat at least two Food Guide Servings of fish each week. Eating fish can help to reduce the risk of heart attack and stroke. Aim for at least 150 grams of fish each week.

## SOURCES OF FAT

Fat is naturally present in some foods such as meat, fish, cheese, nuts and avocados. However, a large amount of fat comes from oils and fats that are added to foods during cooking. Fats are also used in baked goods such as, muffins and cookies. Other fats are added at the table and include things like salad dressings, sauces, mayonnaise and margarine.

Many sources of fat in our diet are hidden. These fats are often found in dairy products, baked goods, and fried foods. The meat and alternatives food group is the primary source of fat for both children and adults in Canada. However, children get nearly equal percentages of fat from meats and alternatives, milk and alternatives, and "other foods" (~ 25%). Adults get almost a third of their fat from the meat group, and about a quarter from "other foods." The fat that Canadians consume comes from a relatively small number of specific foods. The main contributor, accounting for 16% of fat intake, is what can be classified as the "sandwich" category, consisting of items such as pizza, sandwiches, submarines, hamburgers and hot dogs. This is followed by sweet baked goods, such as cake, cookies, and doughnuts (8.5%).





## TYPES OF FAT

The type of fat you eat is as important as the total amount of fat that you eat. You should aim to include mostly unsaturated fats in your diet. Monounsaturated or polyunsaturated fats are often liquid at room temperature. Good sources of these healthier fats include vegetable oils, non-hydrogenated margarines, nuts and seeds, avocado and fish. These foods are important sources of essential fats (omega 3 and omega 6) that cannot be made by the body and thus must be consumed in the diet.

Omega-3 fats are healthy polyunsaturated fats that have various functions in the body. Research has found that they assist with brain function, normal growth and development as well as other possible health benefits. Some hypotheses look at their role in prevention of heart disease, cancer, Alzheimers disease and rheumatoid arthritis.

Fish is the best source of omega-3 fats. Although all fish contain some omega 3, fatty fish such as salmon, rainbow trout, mackerel, sardines, herring and char, are the highest in this type of fat. For information on limiting exposure to mercury in your fish consumption look at [healthcanada.gc.ca](http://healthcanada.gc.ca) or go to [TBDHU.COM](http://TBDHU.COM). The Sports Fishing Guide produced by the Ministry of Natural Resources is a great reference for individuals who catch their own fish. Visit them at [mnr.gov.on.ca](http://mnr.gov.on.ca).

Other sources of omega-3 fats are certain vegetable oils, flaxseed, walnuts and soy products. Omega-3 eggs and milk with omega-3 fats added are also sources. Be careful of foods like desserts or snack foods with added omega-3. These foods are often high in unhealthy fats and calories as well.

Saturated fats are harmful fats because they have been shown to increase blood cholesterol, which raises the risk of developing heart disease and stroke. These types of fats are often solid at room temperature. Saturated fats are found most frequently in animal products (meat, poultry, dairy), and in tropical oils, like palm kernel oil.

Trans fats are made when hydrogenation is used to change liquid fats into spreadable solid fats. They are often found in packaged foods made with vegetable shortening, (cookies, crackers, chips), some peanut butters and hard margarines. Studies show that trans fats tend to raise "bad" blood cholesterol levels up to 10 times more than saturated fats. They also decrease "good" blood cholesterol levels.

## REFERENCES

Healthy Eating Manual – Nutrition Resource Centre

**Eat Right Ontario** – great recipes that are lower in fat

Eating Well with Canada's Food Guide: A Resource for Educators and Communicators

### Health Canada

- Information on trans fats
- Information on mercury levels in fish

Heart and Stroke Foundation – Eat Well Live Longer Simple Steps to making healthy choices handout.

Low Fat Cooking Community Food Advisor Manuals – Nutrition Resource Centre

Statistics Canada (2004) Overview of Canadians' Eating Habits Nutrition: Findings from the Canadian Community Health Survey by Didier Garriguet

## HANDOUTS/WORKSHEETS

**Dietary Fat – The Good, the Bad and the Ugly**  
– Dietitians of Canada





## Lesson 7: Bring on the Whole Grains

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Identify the health benefits of whole grain foods.
2. Suggest ways to include whole grains in meal and snack planning.

### LESSON PLAN

1. Begin with a discussion on group members' experiences with whole grains.
  - Have you tried brown rice or whole wheat pasta? Do you notice much of a difference compared to white rice or regular pasta?
  - How often do you choose whole wheat bread? Do you choose whole wheat rolls, bagels, English muffins, tortillas, etc?
  - How many of you have tried whole grains such as quinoa, bulgur, steel-cut oats, barley, wheat berries, or wild rice?
2. Review Canada's Food Guide, highlighting the Grain Products food group, including these recommendations:
  - Make at least half of your grain products whole grain each day
  - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice
  - Enjoy whole grain breads, oatmeal or whole wheat pasta
3. Have participants complete the *Planning Meals with Whole Grains* activity (page 61) in pairs or groups.
  - Distribute one worksheet to each pair/group
  - Discuss answers with larger group
  - Talk about any whole grains that are on your menu for cooking today



## Planning Meals with Whole Grains Worksheet

### SCENARIO 1

Suggest ways to add whole grain foods to the breakfast menu below.

- cornflakes with 1% milk
- white toast with peanut butter
- orange juice

Your suggestions:

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### SCENARIO 2

Suggest ways to add whole grain foods to this lunch menu below.

- chicken noodle soup
- soda crackers
- granola bar with "fibre added"

Your suggestions:

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### SCENARIO 3

Suggest ways to add whole grain foods to the supper menu below.

- roast beef
- mashed potatoes
- mixed vegetables
- rice pudding

Your suggestions:

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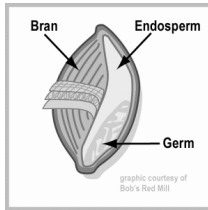
## ANSWER SHEET

SCENARIO	SUGGESTIONS
<b>SCENARIO 1</b>	
<ul style="list-style-type: none"> <li>• cornflakes with 1% milk</li> <li>• white toast with peanut butter</li> <li>• orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• high fibre bran cereal or shredded wheat</li> <li>• whole grain breads such as whole grain wheat or rye</li> <li>• fruit instead of juice for added fibre</li> </ul>
<b>SCENARIO 2</b>	
<ul style="list-style-type: none"> <li>• chicken noodle soup</li> <li>• soda crackers</li> <li>• granola bar with "fibre added"</li> </ul>	<ul style="list-style-type: none"> <li>• beef barley soup or other soup made with whole grain pasta or brown or wild rice</li> <li>• high fibre crackers made with whole grains such as Ryvita®, Wasa®, Kavli®, Triscuits or others.</li> <li>• low fat granola with fruit</li> </ul>
<b>SCENARIO 3</b>	
<ul style="list-style-type: none"> <li>• roast beef</li> <li>• mashed potatoes</li> <li>• mixed vegetables</li> <li>• rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• replace mashed potatoes with whole grain side dish such as whole wheat couscous, bulgur or quinoa salad</li> <li>• brown rice pudding</li> <li>• add bran cereal or granola to rice pudding</li> </ul>



## BACKGROUND INFORMATION FOR FACILITATOR

The grain seed or kernel, of whole grains are made up of three parts. Each layer provides different nutrients. The outer layer, the bran, provides the fibre of the grain, B vitamins, minerals such as magnesium, iron and zinc, phytochemicals and some protein. The endosperm, in the middle, is the largest part of the grain but it has the fewest number of nutrients. The germ has B vitamins, unsaturated fats, vitamin E, minerals and phytochemicals.



Most grains consumed consist of only the endosperm, which again has the least amount of nutrients. Things like white flour, white rice, pearl barley and cornmeal are highly refined and the bran and germ have been removed. Some refined grains have some of their nutrients put back in, but they are still not as healthy as whole intact grains.

Some of the health benefits of eating more whole grains include:

- lower risk of heart disease
- lower risk of type 2 diabetes
- lower risk of certain types of cancer
- improved bowel health and regularity

Fibre in whole grains may contribute to weight control by slowing digestion and prolonging satiety. On the other hand, refined grains get digested easily which leads you to feeling hungry quickly after meals. Fibre also helps to promote bowel health and regularity. Look for intact fibre rather than fibre added, such as inulin, which may not contain the whole grain nor does it have the same health benefits. The current recommendation is 20 - 38 grams of fibre per day,

depending on your age and gender.

When purchasing grains it is important to look for the words 100% whole grain. 100% whole wheat and multigrain do not necessarily mean the whole grain has been utilized. 100% whole-wheat flours may be partially refined. Multigrain means a few different grains are used, and often they contain mostly refined flour. Also look for the whole grain stamp, which is a regulated classification. Look for ingredients like:

- whole grain whole-wheat flour
- whole rye
- whole oat or oatmeal
- whole corn
- whole barley



Serving sizes for grain products based on Canada's Food Guide include:

- 1 slice of bread (35g)
- 1/2 bagel (45g)
- 1/2 pita or tortilla (35g)
- 1/2 cup cooked rice or pasta
- 3/4 cup hot cereal
- 30 g cold cereal

## REFERENCES

Healthy Eating Manual - Nutrition Resource Centre

Eating Well with Canada's Food Guide: A Resource for Educators and Communicators



## Lesson 8: Shake the Salt

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Identify the health risks of a high sodium diet.
2. State the current recommendations of sodium intake for adults.
3. Discuss strategies for decreasing sodium in meal and snack planning and preparation.

### LESSON PLAN

Test your participants' sodium knowledge using these questions to guide a discussion on where sodium comes from and why it is of concern.

1. If you do not add salt to your food, your diet will be low in sodium. **True or False**

- The sodium that Canadians add to their food in cooking and at the table accounts for only 11% of the sodium in their diet. Approximately 12% occurs naturally in food and about 77% is consumed from processed foods like pizza, hamburgers, hot dogs and deli meats.
- Soups, pasta sauces, and other canned foods are also high in sodium. Sodium is added to processed foods as a preservative and because it is an inexpensive flavor enhancer.

2. If your blood pressure is normal, you do not need to worry about your sodium intake.

**True or False**

- Even if you do not have high blood pressure it is important to reduce the amount of sodium in your diet. Studies show that too much sodium increases the risk of stroke and heart problems, even in people who do not have high blood pressure.

- Eating too much sodium can increase blood pressure therefore increasing the risk of heart disease and stroke. The clinical definition of high blood pressure is 140/90 mmHg. Ideally our blood pressure would stay at 120/80 mmHg or lower.
- Increases in sodium have also been linked to other health concerns, such as stomach cancer, osteoporosis, and fluid retention.
- Studies have shown an increased death rate of stomach cancer patients in countries where the salt intake is high. This is thought to be because salt irritates the lining of the stomach and increases the risk of cancer.
- Osteoporosis: When salt intake is high, both sodium and calcium are excreted through the urine. If calcium is not replaced in the diet, bone loss can occur. Therefore, reducing salt in the diet can help to build strong bones by preserving bone calcium levels.
- Fluid retention is more common in women and a high salt intake may play a role. Reducing salt in the diet can help relieve or prevent symptoms.



3. Most Canadians consume too much sodium.

True or False

- The average sodium intake is estimated to be 3400 mg per day. It means Canadians consume 3.1 kg or 6.8 lbs of salt in a year.
  - It is recommended that adults get less than 2300 mg of sodium per day. The adequate daily sodium intake is 1500 mg, meaning less is better for adults aged 19-50. Research shows that over 85% of men and 60% of women in Canada are consuming more than 2300 mg.
  - For those over 50 years of age, 1300 mg of sodium is recommended and 1200 mg for adults over 70 years.
  - Approximately 1 in 4 adults in Canada has high blood pressure.
4. Foods labeled "sodium reduced" are low in sodium. True or False
- There are many sodium claims that may appear on food packages. If the claim "reduced sodium" appears on the label, the product has 25% less sodium than the original product.
  - There are other claims that better help you choose low sodium products. "Sodium free" means the product contains less than 5 mg of sodium per serving. "Low sodium" means the product contains 140 mg of sodium or less per serving.
  - The Sodium101.ca website and app uses a green, yellow and red light system to point out products that have too much sodium.
    - **Too much** 400+ mg/serving
    - **Watch out** 200-400 mg/serving
    - **Go ahead** 0-200 mg/serving

5. Fresh foods are low in sodium.

True or False

- Including plenty of fresh vegetables and fruit and fewer processed and packaged foods makes it easier to achieve the recommendation of eating less than 1500 mg of sodium per day.

### BACKGROUND INFORMATION FOR FACILITATOR

Sodium (Na) is one of the chemical elements found in table salt. The chemical name for table salt is sodium chloride (NaCl). Salt is commonly used in processed and ready prepared foods, such as canned soups, crackers, salad dressings and processed meats. Salt is used to enhance flavor and as a cheap preservative. Salt is salt. Whether it is table, rock, kosher or sea salt, they are all 100% sodium chloride and contribute sodium to our diet.

Canada's Food Guide recommendations around salt:

- Choose vegetables and fruit prepared with little or no added salt.
- Choose grain products that are lower in salt.
- Select lean meat and alternatives prepared with little or no added salt.
- Limit foods and beverages high in salt.



## SODIUM LEVELS IN FOODS

FOOD ITEM	AMOUNT OF SODIUM
1 teaspoon of salt	2300 mg
1 package of Mr. Noodles	1960 mg
1 slice of pizza	1770 mg
1 cup canned soup	835 mg
1 dill pickle	833 mg
1 hot dog	670 mg
1 slice of white bread	238 mg
250 ml of milk	120 mg

## THE INGREDIENT LIST

The ingredients are always listed in descending order by weight. The ingredient with the greatest amount is listed first. Avoid products that have salt, sodium, or soda listed in the first 3 ingredients or if there are multiple ingredients on the list that are high in salt. Refer to the list below:

- Baking Soda (Sodium Bicarbonate)
- Baking Powder
- Monosodium Glutamate (MSG)
- Disodium Phosphate
- Sodium Chloride
- Sodium Caseinate
- Sodium Citrate
- Sodium Nitrate
- Sodium Propionate
- Sodium Sulfite
- Soy Sauce
- Bouillon powder
- Teriyaki Sauce
- Fish sauce
- Words like "broth", "cured", "pickled", and "smoked"





## IDEAS FOR DECREASING THE SALT IN YOUR DIET

### 1) AT HOME

- Remove the salt shaker from the table.
- Avoid adding salt to food when cooking.
- Use herbs, spices, lemon, lime, vinegar, garlic, ginger or salt-free seasoning blends.
- Read food labels and choose foods with less than 5% DV (200 mg) of sodium per serving.
- Choose fresh, frozen, or canned (low-sodium or no salt added) vegetables.
- Rinse canned foods, such as beans and tuna, to remove excess sodium.
- Use fresh poultry, fish, and lean meats, rather than canned, smoked, or processed meats.
- Limit intake of frozen pizza, frozen dinners, canned or instant soups or broths.
- Limit cured foods (bacon and ham), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as mustard, horseradish, soy sauce, ketchup, and barbeque sauce).

### 2) AT RESTAURANTS

- Ask questions to know more about how the food is prepared.
- Skip the sauces (gravy, salad dressing, etc) or ask for the sauce on the side.
- Ask for steamed vegetables with no sauce, and use a squeeze of lemon to enhance flavour.
- Taste the food first before adding salt.
- Bring along your own low-sodium spice mix, like Mrs. Dash®, to flavour your food.
- Choose meals prepared with fruits and vegetables, which are naturally low in sodium.
- Go easy on the cheese, olives, deli meat, and croutons in your salad, and ask for the salad dressing on the side.
- Order sorbet or fruit for dessert.

### REFERENCES

Healthy Eating Manual – Nutrition Resource Centre

Canada's Food Guide to Healthy Eating – Health Canada

Canadian Stroke Network [www.sodium101.ca](http://www.sodium101.ca)

### HANDOUTS/WORKSHEETS

**A Consumer's Guide: Sodium It's Everywhere! Get the Facts!** – Canadian Stroke Network

**Sodium It's Your Health** handout from Health Canada

## Use These Seasonings Instead of Salt

NAME	USE
Allspice	Baked goods, desserts, meat, preserves, relishes, seafood dishes, soups, tomatoes, root vegetables and sweet yellow vegetables.
Anise	Apple pie, cakes, coleslaw, cookies, cottage cheese, fruit dishes, salad dressing, and spicy meat mixtures.
Basil (sweet)	Eggs, fish, marinades, meat, salads, sauces, seafood dishes, stews, tomato dishes, and vegetables.
Bay Leaf	Add 2-3 leaves to gravies, sauces, soups, and stews. Remove leaves before serving.
Capers	Canapés, beef gravies, deli sandwiches, eggplant dishes, salads, sauces, tomato dishes.
Caraway	Baked goods, cabbage, cheese, carrots, coleslaw, cucumber salads, green beans, pickles, potatoes, and sausage.
Cardamom	Breads, cakes, cookies, curries, custards, punches, and rice.
Cayenne	Curries, meats, Mexican dishes, sauces, and stews.
Celery Seed	Breads, coleslaw, egg salads, potato salads, and tuna salads.
Chervil	Add after cooking to cream soups, dressings, egg salads, sauces. Heat destroys flavor.
Chive	Chicken, cream cheese, cream sauces, eggs, fish, lamb, mayonnaise, sour cream, vegetable dishes, and yogurt.
Cilantro	Salsas, guacamole, and salads.
Cinnamon	Breads, cakes, chicken, coffee, cookies, pork, spiced beverages, sweet potatoes, tea, yogurt, and other desserts. Often added with allspice, cloves, and nutmeg.
Clove	Baked goods, beets, chili sauces, cookies, curries, fruit sauces and syrups, gingerbread, squash, and tomato sauces.
Coriander	Baked goods, beverages, candies, curries, dairy desserts, meats, and relishes.
Cumin	Chili powders, curries, meats, stews, tofu, and vegetable dishes.
Dill	Breads, cream cheese, cottage cheese, chowders, dips, meat, potato salads, rice dishes, soups, stews, and vegetables.

## Use These Seasonings Instead of Salt

NAME	USE
Fennel	Fish, Italian sausage, seafood sauces, soup, spaghetti sauces, stews, and sweet potatoes.
Garlic	Breads, fish, Italian dishes, meat, soups, stews, and tomato sauce.
Ginger	Beets, beverages, breads, cakes, cheese dishes, chutneys, cookies, curries, dipping sauce, dressings, meat, poultry, soups, stews, and yellow vegetables.
Mace	Baked goods, pickling, and stews.
Mustard	Dips, cheese dishes, eggs, fish, pickling spice, salad dressings, sauces, spreads, tofu, and vegetables.
Nutmeg	Applesauce, baked goods, beverages, cheese dishes, cream dishes, desserts, ground meats, pies, sauces, soups, stews, and many vegetables.
Oregano	Eggs, fish, green salads, Italian dishes, meats, Mexican dishes, mushroom dishes, omelets, poultry, sauces, soups, spaghetti, spreads, tomato sauces, and vegetables.
Paprika	Eggs, cheese, Hungarian goulash, pasta, potatoes, and sauces.
Parsley	Parsley Dips, dressings, garnishes, herb spreads, omelets, potato dishes, sauces, soups, and vegetables.
Peppermint	Bulghur wheat, fruit, ham, ice cream, ices, jelly, juices, lamb, rice, tea, sherbet, and vegetables (cabbage, carrots, celery, green beans, peas, potatoes, tomatoes).
Rosemary	Fish dishes, herb breads, marinades, potato dishes, sauces, soups, and vegetables.
Saffron	Use small amounts, crushed in breads, cakes, fish, poultry, and rice dishes.
Sage	Cheese dishes, chowders, omelettes, pork, poultry, and rice dishes.
Savory	Barbecue dishes, bread stuffing, dressings, egg dishes, lamb, poultry, rice, summer squash, and veal.
Tarragon	Chicken, fish, salads, salad dressings, sauces, shellfish, soups, and vegetables.
Thyme	Cheese, fish, salad dressings, shellfish, soups, stews, stuffing, tomato sauces, and vegetables.
Turmeric	Curry powders, egg dishes, Indian dishes, rice dishes, and salad dressings.

Adapted from Johns Hopkins Bayview Medical Centre "Healthy Directions"



## Lesson 9: Choosing Less Sugar

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Discuss the health risks of a diet high in sugar.
2. Identify foods and beverages that are high in sugar.
3. Suggest ways to lower the amount of sugar in meals and snacks.

### LESSON PLAN

1. Facilitate a discussion using the points about sugar below:
  - Can you think of ways to enjoy vegetables and fruit without added sugar?
    - Fresh fruit or vegetables
    - Unsweetened frozen fruit
    - Canned fruit packed in juice or water
    - Lower sugar sauces and dressings on vegetables and salads
  - What are the benefits of eating vegetables and fruit rather than juices?
    - Vegetables and fruit contain fibre and are a less concentrated form of sugar
  - Can you think of grain products that are lower in sugar?
    - Lower sugar cereals
    - Whole wheat breads
    - Homemade baked goods made with less sugar
  - Many beverages have too much sugar. An easy way to reduce sugar intake in drinks is to drink water and choose beverages low in added and natural sugars.

### ACTIVITY

2. Participants complete “Sugar Shock” activity in pairs or small groups
  - Distribute one Sugar Shock Worksheet (page 71) to each pair/group (possibility of 5 different scenarios).
  - Encourage participants to first guess the choices with the highest and lowest amount of sugar and then discuss answers with large group.
  - If you have access to some of these products, bring in the labels. Encourage label reading skills, and review the concept of above 15% DV being a lot of a nutrient, and under 5% DV being a little (see label reading chapter 5). Discuss that they should look on the nutrition label under carbohydrate. The amount under sugars is the total amount of sugar. You can also check the ingredient list to see if sugar has been added.
3. If time permits, discuss some ways they as an individual can reduce their day to day sugar intake.

# Sugar Shock Activity

For each scenario, guess which has the lowest to the highest amount of sugar. Discuss the responses with the larger group.

## SCENARIO 1

Rank the highest sugar content as 4 down to the lowest as 1.

- |  |   |
|--|---|
|  | 1 can (355 ml) cola                                   |
|  | 1 cup (250 ml) chocolate milkshake                    |
|  | 1 can (355 ml) iced tea                               |
|  | 2 cups (500 ml) artificially sweetened drink crystals |

## SCENARIO 2

Rank the highest sugar content as 4 down to the lowest as 1.

- |  |   |
|--|---|
|  | 1 medium (296 ml) coffee with cream and sugar               |
|  | 1 medium (296 ml) iced cappuccino                           |
|  | 1 medium (296 ml) tea with milk and sugar                   |
|  | 1 large (355 ml) vanilla iced cappuccino with whipped cream |

## SCENARIO 3

Rank the highest sugar content as 4 down to the lowest as 1.

- |  |                                   |
|--|-----------------------------------|
|  | 2 cups water (500 ml) with lemon  |
|  | 1 cup (250 ml) apple juice        |
|  | 1 (591 ml) sports drink           |
|  | 1 cup (250 ml) cranberry cocktail |

## SCENARIO 4

Rank the highest sugar content as 4 down to the lowest as 1.

- |  |                                  |
|--|----------------------------------|
|  | 2 chocolate cream filled cookies |
|  | fruit filled cereal bar          |
|  | fruit leather                    |
|  | 2 oatmeal raisin cookies         |

## SCENARIO 5

Rank the highest sugar content as 4 down to the lowest as 1.

- |  |                             |
|--|-----------------------------|
|  | ½ cup vanilla ice cream     |
|  | 1 cup chocolate pudding cup |
|  | ½ cup vanilla frozen yogurt |
|  | ½ cup canned fruit cocktail |



## ANSWER SHEET FOR SUGAR SHOCK ACTIVITY

SCENARIO	RATING		PRODUCT	AMOUNT OF CARBOHYDRATE
1	Lowest	1	Artificially sweetened drink crystals	0 g
		2	Iced tea	34 g
		3	Cola	42 g
	Highest	4	Chocolate milkshake	52 g
2	Lowest	1	Coffee with cream and sugar	9 g
		2	Tea with milk and sugar	10 g
		3	Iced cappuccino	32 g
	Highest	4	Vanilla cappuccino with whipped cream	48 g
3	Lowest	1	Water with lemon	0 g
		2	Apple juice	28 g
		3	Cranberry cocktail	32 g
	Highest	4	Sports drink	33 g
4	Lowest	1	Oatmeal raisin cookies	6 g
		2	Chocolate cream –filled cookies	9 g
		3	Fruit leather	10 g
	Highest	4	Fruit filled cereal bar	14 g
5	Lowest	1	Canned fruit cocktail	14 g
		2	Vanilla frozen yogurt	18 g
		3	Vanilla ice cream	23 g
	Highest	4	Chocolate pudding	25 g



## BACKGROUND INFORMATION FOR FACILITATOR

Sugar recommendations from Canada's Food Guide (for more information, refer to Session 3: Eating the Healthy Way).

- Choose vegetables and fruit prepared with little or no added sugar.
- Have vegetables and fruit more often than juice.
- Choose grain products that are lower in sugar.
- Limit foods and beverages high in sugar.

Sugar is a type of carbohydrate that adds sweetness to our foods. All sugars provide 4 calories per gram (16 calories per teaspoon) no matter where they come from, natural or added.

There are many foods that contain natural sugar, such as fruits and milk. These foods usually have less sugar than processed foods and also add nutrients into the diet that other sugary foods do not.

There are many health risks associated with eating too much sugar including:

- Dental cavities
- Weight gain
- Diabetes (not directly but by causing weight gain)
- Heart disease

### WHERE IS SUGAR HIDING?

Sugar can be found in ingredient lists under many different names. Some to watch for include: white sugar, brown sugar, molasses, honey, maple syrup, corn sweeteners, corn syrup, glucose, fructose, dextrose, maltose, and sucrose.

Products that often contain the highest amount of sugar include: baked goods and desserts, cakes, candies, chocolate, cookies, doughnuts, ice cream, muffins, pastries and pies, and sweetened cold and hot beverages, (including energy drinks, fruit flavoured drinks, soft drinks, sports drinks, hot chocolate and specialty coffees). Even things you would think of as healthy may have high amounts of sugar, such as smoothies and muffins.

An easy way to cut out extra sugar is by drinking water or milk to stay hydrated. Pop and other sweetened beverages can contain large amounts of sugar without any nutritional benefit.

The World Health Organization is now proposing that adults should have no more than 25 grams or 6 teaspoons of sugar a day. There are 9 tsp of sugar in a 355 ml can of pop.

## WAYS TO CUT BACK ON SUGAR

### Beverages

- Mix juice or cocktails with water or soda water.
- Add a lemon, lime, orange, cucumber, or your favourite herb to water for flavour.
- Choose 100% fruit juice rather than punches and cocktails.

### Foods

- Substitute apple sauce for half the sugar in baking.
- Enjoy fruit or yogurt instead of baked goods.
- Choose canned fruit packed in water or its own juice rather than in syrup.
- Enjoy lower sugar cereals.
- Use small amounts of high sugar spreads such as jam, syrup and honey. Look for lower sugar or 'light' alternatives.
- Be sure to read food labels





As for artificial sweeteners it is important to know that they are safe for use as long as they are consumed in moderation. Because of their very sweet concentration less of the sweetener has to be consumed for the same sweet flavor with minimal to no calories.

Pregnant women should be careful when using artificial sweeteners. Only certain artificial sweeteners (acesulfame-potassium, aspartame, sucralose) are considered safe during pregnancy.

#### **HANDOUTS/WORKSHEETS**

- Sugar Shock Activity worksheet
- How much sugar is in your favourite drink?

#### **REFERENCES**

Canada's Food Guide to Healthy Eating –  
Health Canada

Healthy Eating Manual - Nutrition Resource Centre



## Lesson 10: Eating Smart When Eating Out

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Discuss the challenges of eating out.
2. Discuss solutions for eating well when eating out.
3. Suggest ways to ask for healthier restaurant choices.

### LESSON PLAN

1. Discuss implications of eating out on intake of calories, vegetables and fruits, sodium, and fat – highlight some of the key points from the background information for facilitators, such as portion size, kid's meals, getting more veggies, etc.
2. If you are working with a group of parents, discuss the Kids Menu section below to assist them in helping their kids eat well when they eat out.
3. Have participants complete the activity "What can you do: Solutions for Healthy Eating Out Challenges" (page 76) in pairs or small groups.
  - o Distribute one activity card to each pair/group
  - o Discuss answers with large group
  - o Handout the "You Can Ask" handouts from Eat Right Ontario



### **CHALLENGE CARD #1**

You want to order something that you don't make at home. The problem? A single portion is so big it could be served on a platter.

**What you can do:**

---

---

---

### **CHALLENGE CARD #2**

It's hard to stop eating even when you've had enough.

**What you can do:**

---

---

---

### **CHALLENGE CARD #3**

You always order a drink other than water.

**What you can do:**

---

---

---

### **CHALLENGE CARD #4**

You like to treat yourself to dessert when you eat out.

**What you can do:**

---

---

---



## ANSWER SHEET

### CHALLENGE CARD #1

You want to order something that you don't make at home. The problem? A single portion is so big it could be served on a platter.

**What you can do:** Enjoy the taste but keep portions in check.

- Enjoy half of your meal now and take the other half home for another meal. You won't waste any food, and leftovers make a great lunch!
- Order a small-sized portion. Some restaurants offer menu items in large and small sizes, or lunch-sized portions. If these options aren't on the menu, ask your server.
- Order a small appetizer and a starter salad as your meal. Hummus and pita wedges, grilled calamari, satay skewers, or soup can be satisfying, and you won't fill up on too many calories.
- Share the taste. The best way to deal with huge restaurant-size portions is to order one meal and ask for extra plates.

### CHALLENGE CARD #2

It's hard to stop eating even when you've had enough.

**What you can do:**

- Stop a couple of times during your meal to ask yourself if you're still hungry. It's easy to get distracted and eat more than you need. Don't wait until you feel full – by then, you may have overeaten.
- Think about eating only half of what you're served and taking the other half home.
- Eat slowly. To slow down your pace, put your fork down between bites and drink water.
- When you've eaten just enough, ask the server to clear your plate and wrap leftovers to go.

You won't be tempted to nibble mindlessly on food if it's not sitting in front of you.

### CHALLENGE CARD #3

You always order a drink other than water.

**What you can do:** Calories in drinks can really add up. Decide whether these extra calories are going to be worth it.

- Ask for water – it's the best thirst quencher. It's usually free and has no calories.
- Order a small drink if you want something other than water. Just remember to skip the refills.
- Want the fizz without the calories? Try club soda with a slice of lemon or lime.

### CHALLENGE CARD #4

You like to treat yourself to dessert when you eat out.

**What you can do:** Enjoy a little taste by eating slowly and enjoying every spoonful.

Small is the new big. Some restaurants have a tasting menu with bite-sized desserts. Many restaurants still serve up large desserts. Here's how to indulge a little without going overboard:

- Share the taste. The best way to deal with huge restaurant-size desserts is to order one portion and ask for many spoons.
- Pair up your decadent dessert with something lighter. For example, order fresh fruit and split a thin slice of chocolate cake.
- Look for healthier dessert options, such as frozen yogurt, angel food cake, or sorbet.



## **BACKGROUND INFORMATION FOR FACILITATOR**

Canadians, it seems, love to eat out often. By making wise choices, you can not only treat yourself to some special dishes, but you also ensure that your restaurant meals fit into your overall healthy eating plan.

When eating out, you're still in charge of what you eat even though you're not doing the cooking. More and more restaurants today are happy to accommodate individual preferences, so feel free to ask questions about how a dish is cooked or to make requests, such as asking for salad dressing on the side or having a baked potato instead of French fries. (You'll still want to avoid loading up your potato with sour cream, butter and bacon bits!) A steady diet of excess fat, calories and salt may increase your risk of heart disease and stroke.

Many restaurant chains now post nutrition information on menus or on their websites. If you have a smart phone you may be able to access this information in your hand if nutrition information is not posted in the restaurant.

### **APPETIZERS**

If you're going out for dinner, make sure you eat lunch or you may be too hungry to make healthy choices. At the restaurant, opt for a whole-grain offering from the breadbasket as opposed to higher-fat, buttery garlic bread. Appetizers tend to be very high in fat and calories, so choose a vegetable-based soup or a dark, leafy green salad with dressing on the side, instead of the deep-fried calamari or the creamy crab dip.

## **HEART-HEALTHY CHOICES**

When you see the words baked, barbecued, broiled, charbroiled, grilled, poached, roasted, steamed or stir-fried, it most likely means the food is cooked with little or no added fat and is therefore a healthier choice.

### **TAKE A PASS**

When you see the words Alfredo sauce, au gratin, cheese sauce, battered, breaded, buttered, creamed, crispy, deep-fried, en crouste, fried, hollandaise, pan-fried, pastry, prime, rich, sautéed, scalloped, gravy, mayonnaise, or thick sauce, it usually means that the food is higher in fat and calories.

Similarly, foods that are pickled, smoked, or are served with soy sauce mean that the food is higher in sodium. (Ask for sodium-reduced soy sauce.) In fact many of the sauces used in restaurants are high in sodium so beware of these hidden sources.

### **PORTION SIZES**

From jumbo-sized coffee-shop muffins to large plates full of pasta, you've probably heard that restaurant portions have gotten bigger, and it's true! Larger portions can lead to overeating, especially if you feel the pressure to eat all the food on your plate. On top of feeling too full, having big portions also means eating way too many calories.

So how can you enjoy the great taste of restaurant food without overeating? Ask for smaller portions. A simple request can make a difference in cutting your calorie, fat and salt intake especially if you eat out more than once a week. Portion sizes in restaurants are often large, so share or take half of your meal home for tomorrow's lunch or dinner.



## SHORT ON VEGGIES

Restaurant meals don't include enough vegetables and fruit and when they do they are often covered in high calorie dressings or sauces. Many sauces are high in sodium, and ones that are creamy, like those made with coconut milk, cream, or cheese, are also high in fat and calories.

Restaurants will offer healthier choices when customers start asking for better options. So veg out! Ask for extra veggies in anything you order.

### MAKING THE WISE CHOICE

- Soups: go for a lower sodium broth-based, veggie-packed soup. This will fill you up so you won't eat as much of your meal. For example, minestrone, carrot or tomato soup.
- Salads: be smart about salads. Choose leafy green salads and ask for the dressing on the side. Watch out for high calorie toppings like cheese, bacon bits and croutons.
- Burgers: pile on the lettuce, tomatoes and other veggie toppings. Try a veggie burger made from Portabella mushrooms, eggplant, or beans.
- Pizza: Load up on the veggie toppings. The possibilities are endless: mushrooms, peppers, spinach, artichokes, zucchini, tomatoes, eggplant. If you like to dip, then ask for tomato sauce instead of a creamy dipping sauce.
- Sandwiches, subs or wraps: go for half the meat and double the veggies. Add more lettuce, tomatoes, peppers, mushrooms, avocado, baby spinach, shredded carrots, or grilled vegetables. Ask to go light on the sauces.
- Desserts: keep dessert light and simple, such as fresh fruit with sherbet. If you can't resist a rich dessert, do so only occasionally or share it with your tablemates.

## KIDS MENUS

Don't like the thought of fries, hot dogs and pizza on the kids' menu at your favourite restaurant? When dining out, the last thing you want is a battle with your children over what foods they eat. You try hard to make sure your kids have healthy choices at home, and you wish there were some better options on the kids' menu.

Try these tips to fuel your kids with healthy foods the next time you eat out.

- Choose a meal from the regular menu and split it with your child, or between your kids. Try grilled chicken, pasta with tomato sauce and meatballs, a colourful stir-fry, or grilled salmon.
- Order a healthier appetizer or healthier sides as a main course for your child. For example, they could dig into chicken skewers, fresh spring rolls or quesadillas.
- Try a soup and sandwich combo from the lunch menu, if offered.
- Set some ground rules before going to the restaurant so kids know what to expect.
- Desserts on kids' menus are usually small, but if they're big, get a few spoons to share.
- If your kids have already had a treat that day, let them know that's why they won't be having a sugary dessert. Instead, they can enjoy fruit for dessert.
- Share your salad or order an extra veggie side dish.
- Give your kids a side order of fresh fruit.
- Ask for the water or milk to come with the meal. That way, kids won't fill up before the food arrives.
- Try ice water with an orange, lemon or lime slice for a "flavoured water" treat.



- If you're ordering drinks other than milk or water, get the small size (no refills). Offer water if your kids are still thirsty.
- Kids don't need to eat fries with every restaurant meal. While they may taste great, fries can add a lot of extra fat, salt and calories.
- Ask for raw veggies and dip, fresh fruit, vegetable soup, a baked potato or rice instead of fries.
- If fries are too much of a battle, ask for fewer fries on the plate, share them with the whole table, or order half fries, half veggies. Sweet potato fries are a better option. While they're still fried and have a lot of salt, they're also packed with healthy vitamins like beta-carotene.

### **BOTTOM LINE**

Eating out can be a nice treat, but most restaurant foods tend to be high in calories, fat and salt, and lower in vegetables, fruit, whole grains and milk. If you're trying to eat healthier, you're better off eating out less often. But here's the good news: if consumers ask for healthier menu choices, restaurants will offer them.

### **REFERENCES**

Healthy Eating Manual - Nutrition Resource Centre

Heart & Stroke Foundation

Check out the **"You Can Ask"** section on Eat Right Ontario





## Lesson 11: Menu Planning on a Budget

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Discuss strategies for how to save money when buying groceries.
2. Understand the importance of planning a menu for saving money and eating well.
3. Plan a healthy menu using Canada's Food Guide.

### LESSON PLAN

1. Open this session by telling the group that doing a little menu planning before going to the grocery store can help save them money. Food takes a big bite out of many household budgets but eating well is possible even on a budget. Use some of these ideas to assist families in planning healthy meals while saving them money.
2. If you have a white board or a flipchart, write the following headings and have the group brainstorm why making a menu is important and what they should consider when planning a menu including the balanced menu checklist.

### WHY MAKE A MENU

- Saves time – once a week shopping is more efficient
- Healthier meals
- Less stressful meal times
- Keeps others in the family informed
- Reduces waste
- Helps you stick to your budget
- Lets you plan leftovers

### WHAT TO CONSIDER WHEN MAKING A MENU

- Canada's Food Guide
- What's in season
- Variety – more types and colours of foods means different nutrients
- Climate/temperature
- Cooking skills and equipment
- What's on special
- Transportation
- Storage
- Family likes and dislikes

### BALANCED MENU CHECKLIST

- 3 - 4 food groups at each meal
- A variety of colours, flavours and textures
- Lots of vegetables and fruit
- Lean meats, beans, lentils, peas
- Whole grain products
- Lower fat dairy



### ACTIVITY 1

Ask the group what their key strategies are for saving money in the grocery store. Refer to the four food groups. Use the **Best Buys** handout for tips to discuss with the group.

### ACTIVITY 2

If time allows, ask the group to make up a menu for a day or a week and share it with the group. Use the sample menu worksheet (page 84).

### BACKGROUND INFORMATION FOR FACILITATOR

#### MAKING A MENU

The benefits of menu planning are not just limited to saving money. Menu planning can help ensure people eat a variety of foods, reduce waste, and limit the temptation to spend money on fast foods and convenience foods. Consider planning for 5 to 7 days at a time. Looking in store flyers to see what is on sale that week can help stretch the food dollar. Start by planning a main meal for each day of the week. Be sure to include a variety of foods from each food group. Then plan other meals and healthy snacks, considering how and where leftovers could be used.

#### SMART SHOPPING

One of the best ways to save money in a grocery store is to stick to your list. In order to stick to a list you must first make one. Making a grocery list ensures you remember to buy all the items needed for your weekly menu and helps you to stay within your budget.

### TIPS FOR IN THE STORE:

- Shop at larger grocery stores rather than convenience stores
- Stick to your list – if you have money left over stock up on sale items
- Buy only what you need and can use up before the expiry date
- Look high and low on shelves for lower priced items – companies pay to have their product at eye level which means those products will cost more
- Shop around the outside of the store first – you will find the foods from the four food groups are normally on the outsides with convenience and packaged foods in the centre aisles
- Look for generic brands versus brand name products
- Compare unit prices. A unit price equals the total price of an item divided by the number of units. For example:
  - o 4 L of milk at \$4.29 = \$1.07 per litre
  - o 2 L of milk at \$2.79 = \$1.40 per litre
  - o 1 L of milk at \$1.99 = \$1.99 per litre



## **LEFTOVERS**

Be sure to consider the use of leftovers, such as using leftover turkey in a soup or sandwiches the next day. Keep leftovers at the front of the refrigerator so you won't forget to use them. Use air-tight containers; be sure to label and date them. If you are not going to use them within 3 days put them in the freezer. Be sure to store leftovers quickly to prevent spoilage.

Ideas for using leftovers in the four food groups:

### **VEGETABLES AND FRUIT**

- Add vegetables to pasta, salads, casseroles, soups or spaghetti sauce
- Add fruit to cereal or yogurt
- Blend fruit into a smoothie

### **GRAIN PRODUCTS**

- Make bread crumbs from dry stale bread or crackers
- Cut bread into cubes and dry to make croutons
- Use stale bread for French toast

### **MILK AND ALTERNATIVES**

- Store grated cheese in a covered container in a refrigerator or freezer
- Use leftover milk to make pudding or cream soups if it will not be used up in time

### **MEAT AND ALTERNATIVES**

- Add leftover cooked meats to salads, casseroles, omelettes, soups or sandwiches
- Add cooked meats to macaroni, spaghetti sauce or stir fries
- Freeze in portion sizes for later use

## **REFERENCES**

Eat Right Ontario – **Menu Planning tool**

**Dietitians of Canada**

Community Food Advisors Training Manual –  
Nutrition Resource Centre

## **HANDOUTS/WORKSHEETS**

**Food Choices when Money is Tight**

# Sample Menu- Based on Canada’s Food Guide

INCLUDE 3 - 4 FOOD GROUPS IN A MEAL AND AT LEAST 2 IN SNACKS

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST							
LUNCH							
SUPPER							
SNACKS							
NUMBER OF SERVINGS FROM FOOD GUIDE	V & F	G.P.	V & F	G.P.	V & F	G.P.	G.P.
	Milk & A	Meat & A	Milk & A	Meat & A	Milk & A	Meat & A	Meat & A
Recommended Number of Servings	Vegetables and Fruits: 4-10			Grain Products: 3-8			
	Milk and Alternatives: 2-4			Meat and Alternatives: 1-3			



## Lesson 12: Are You Getting Enough? (self- assessment and goal setting)

### LEARNING OBJECTIVES

By the end of this lesson, the participants will be able to:

1. Set a SMART goal and outline the barriers to accomplishing that goal.
2. Complete the post-survey.

### LESSON PLAN

- Review what individuals have liked the most from their cooking and learning together.
- Go over the pros and cons of change. Discuss how they can overcome barriers and achieve their goals around healthy eating.
- Discuss that this session is about setting personal goals for the future of what they would like to focus on for their own health.
- Have participants once again complete the Set Yourself a Goal Towards Healthy Eating worksheet from Lesson 3 (page 44).
- Discuss individual goals as a large group so participants can share what they have come up with.
- Hand out the post-survey to participants.

### BACKGROUND INFORMATION FOR FACILITATOR

#### Pros and Cons of Change

Change is an individual activity and is controlled by your values and beliefs. In order to change you need to plan, which requires effort. Change can be stressful, and therefore may make us unsure about attempting a change - this is normal. Change demands that we make decisions. To make a decision we often start by weighing the pros and cons of a change.

Decisions to change behavior affect and can influence, not only the person making the change, but others in their life as well. Considering the cons may help you understand why previous efforts at changing behaviour have failed. Once you recognize these barriers you can plan ways to address them, which can lead to successful change.

Remember to focus on wanting to change, not having to change. Consider it a chance to develop such as improving your life and becoming healthier. Ask yourself what can healthy eating do for me and my family?

Come up with a **SMART** goal by answering the questions below:

**Specific** – How will I do it?

**Measurable** – How will you measure it?

**Action Oriented** – Is this an action? Weight loss is not a goal. It has to be something you can do i.e. eat less sugar, choose smaller portion sizes, eat more vegetables and fruit.

**Realistic** – Is this goal something I can achieve? Don't set yourself up for failure. Go slow and work your way up. Once you have achieved your goal, set a new goal and reach for that one.

**Time Frame** – When and how often? i.e. number of days a week or month, and by when.



### **SAMPLE GOALS**

1. I will eat at least 3 vegetable servings every day of the week starting on Monday for the month of November.
2. I will drink water throughout the day rather than sweetened beverages.

### **CONSIDER BARRIERS AND LOOK FOR SOLUTIONS**

Take a few minutes to look at the goal you have set. Now think of what barriers might get in the way. Consider the first example: "Eating at least 3 vegetable servings each day". Time, and/or lack of groceries might impact your ability to eat at least 3 servings of vegetables each day. How can you ensure that you are able to meet your goal?

#### **SOME SOLUTIONS:**

- Plan to get groceries on Sunday to ensure you have vegetables for the week
- Purchase frozen vegetables to cut down on preparation time
- Cook stew or soups on Sunday for the week that have lots of vegetables in them
- Make large salads that can be eaten for lunch the next day
- Purchase ready-made salads or pre-cut vegetables

### **HANDOUTS/WORKSHEETS**

Lesson 3 - Set Yourself a Goal Towards Healthy Eating

Post Survey – see evaluation tools



## Menu Overview

January	February	March	April
<ul style="list-style-type: none"> <li>Vegetable and Meat Stew</li> <li>Bannock</li> <li>Kale Chips</li> <li>Banana Bread</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Chili</li> <li>Cornbread</li> <li>Bananas Foster</li> </ul>	<ul style="list-style-type: none"> <li>Cesar Salad and Dressing</li> <li>Parmesan Croutons</li> <li>Chicken and Vegetable Lasagna</li> <li>Apple Crisp</li> <li>Easy Egg Custard</li> </ul>	<ul style="list-style-type: none"> <li>Baked Fish</li> <li>Couscous Pilaf</li> <li>Broccoli and Potato Soup</li> <li>Vanilla and Chocolate Pudding</li> </ul>
May	June	July	August
<ul style="list-style-type: none"> <li>Vegetable Stir Fry</li> <li>Asparagus Risotto</li> <li>Baked Apples</li> </ul>	<ul style="list-style-type: none"> <li>Citrus Spinach Salad</li> <li>Sweet Potato Fries</li> <li>Potato Frittata</li> <li>Mango Lassi</li> </ul>	<ul style="list-style-type: none"> <li>Black Bean Burgers</li> <li>Turkey Burgers</li> <li>Chicken Salad</li> <li>Sweet Potato Salad</li> <li>Fruit and Yogurt Parfaits</li> <li>Strawberry or Gooseberry Jam</li> </ul>	<ul style="list-style-type: none"> <li>Spice Rubbed Chicken</li> <li>Coleslaw</li> <li>Pasta Salad</li> <li>Veggie Kabobs</li> <li>Blueberry Pie</li> </ul>
September	October	November	December
<ul style="list-style-type: none"> <li>Manicotti: sauce, filling and shells</li> <li>Broccoli Salad</li> <li>Greek Salad</li> <li>Zucchini Cookies</li> </ul>	<ul style="list-style-type: none"> <li>Lazy Cabbage Rolls</li> <li>Roasted Fall Vegetables</li> <li>Curried Butternut Squash and Apple Soup</li> <li>Pumpkin and Apple Muffins</li> </ul>	<ul style="list-style-type: none"> <li>Sweet and Sour Meatballs</li> <li>Scalloped Potatoes and Leeks</li> <li>Honey Lemon Beets</li> <li>Pumpkin Scones</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Stuffing</li> <li>Crustless Sweet Potato Pie</li> <li>Glazed Carrots</li> <li>Glazed Ham</li> <li>Broccoli Gratin</li> <li>Date Squares</li> </ul>



# January

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Vegetable and Meat Stew 8 servings	<ul style="list-style-type: none"> <li>• 2 pounds stewing beef</li> <li>• 1 1/2 cups yellow onions</li> <li>• 1 cup celery</li> <li>• 2 tsps garlic (2 cloves)</li> <li>• 2 1/2 cups reduced sodium beef broth</li> <li>• 2 tbsp tomato paste</li> <li>• 2 large potatoes</li> <li>• 2 large carrots</li> <li>• 2 parsnips</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tsp seasoned salt (optional)</li> <li>• 2 tbsp olive oil</li> <li>• 2 bay leaves</li> <li>• 1 tsp marjoram</li> <li>• 1 tsp thyme</li> <li>• 1/2 tsp freshly ground black pepper</li> </ul>
Happy Belly Bannock 1 loaf		<ul style="list-style-type: none"> <li>• 2 cups whole-wheat flour</li> <li>• 3 cups all-purpose flour</li> <li>• 3 tbsp baking powder</li> <li>• 1/4 cup vegetable oil</li> </ul>
Kale Chips 4 - 6 servings	<ul style="list-style-type: none"> <li>• 1 bunch kale</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp olive oil</li> <li>• 1 tsp seasoned salt</li> </ul>
Banana Bread 1 loaf	<ul style="list-style-type: none"> <li>• 3-4 ripe bananas</li> <li>• 1/3 cup butter</li> <li>• 1 egg</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 cup sugar</li> <li>• 1 tsp vanilla</li> <li>• 1 tsp baking soda</li> <li>• pinch of salt</li> <li>• 1 1/2 cup flour (whole-wheat ideally)</li> </ul>
Kitchen Equipment:	paper towel, large saucepan with lid, cutting board, knives, mixing spoons, measuring cups and spoons, can opener, 2 large bowls, small bowl, baking sheets, fork, toothpicks, salad spinner, wooden spoon, cooling rack, 4x8 inch loaf pan, 8x8 inch baking dish	



## Vegetable and Meat Stew


8 servings

### INGREDIENTS

2 pounds	stewing beef (cut into 1 to 1 1/2 inch cubes)
1/2 tsp	seasoned salt (optional)
2 tbsp	olive oil
1 1/2 cups	coarsely chopped yellow onions
1 cup	chopped celery
2 tsp	minced garlic
2 1/2 cups	reduced sodium beef broth
2 tbsp	tomato paste
2	bay leaves
1 tsp each	marjoram and thyme
1/2 tsp	freshly ground black pepper
2	large thin-skinned potato, unpeeled, cut into 3/4 inch pieces
2	large carrots, chopped
2	parsnips , peeled, cut into 3/4 inch pieces

### DIRECTIONS

1. Pat beef dry with paper towels. In a large pot over medium-high, heat 1 tbsp olive oil. Add half the beef cubes and stir occasionally, until all sides are lightly browned. Remove from the pot and repeat with another 1 tbsp olive oil and the rest of the beef cubes. Set all cooked beef aside.
2. Reduce heat to medium and add onions, celery, and garlic to the pot (add beef broth if necessary to prevent sticking).
3. Cook and stir until vegetables begin to soften, about 5 minutes. Add beef cubes back into the pot and stir in marjoram and thyme.
4. Add beef broth, tomato paste, bay leaves, salt and pepper. Bring to a boil.
5. Add potatoes, carrots and parsnips. Stir to combine. Cover and simmer for 25 minutes, until vegetables are tender.
6. Mix cornstarch with 2 tbsp of water and whisk until smooth. Add slowly to stew.
7. Mix well and continue to cook until stew is thick and bubbly.



Simmering tough but tasty cuts of meat, like chuck and rump roast, will make them tender in your stew and won't break the bank!



## Happy Belly Bannock

1 loaf

### INGREDIENTS

2 cups	whole-wheat flour
3 cups	all-purpose flour
3 tbsp	baking powder
1/4 cup	vegetable oil
1 1/2 to 2 cups	warm water

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a large bowl, combine flours and baking powder.
3. In a small bowl, combine vegetable oil and water.
4. Pour water and oil, little by little, stirring until evenly blended in the large bowl with the rest of the ingredients. You will have a large ball of soft dough after everything is blended in.
5. Stir with a spoon and make a ball. Spread evenly in an 8x8 inch baking dish. Poke holes in the top of the dough with a fork, about eight times.
6. Bake for 40 minutes. You can tell if the bannock is done by poking a clean toothpick into the loaf. If the toothpick comes out clean (no moist dough sticking to the toothpick) the bannock is ready! The loaf will be golden-brown in colour when it is done.
7. Cut the loaf into 12 pieces.

From Adventures in Cooking Manual

## Kale Chips

4 - 6 servings

### INGREDIENTS

1	bunch kale
1 tbsp	olive oil
1 tsp	seasoned salt

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. With a knife, scissors, or your fingers, remove kale leaves from the thick stems and tear into bite sized pieces. Wash and thoroughly dry with salad spinner or clean dish towel.
3. Toss kale with olive oil and seasoning salt.
4. Spread in a single layer on a baking sheet. Bake for approximately 10 to 15 minutes until edges are brown but not burnt and there are no soggy pieces left.



## Banana Bread

1 loaf

### INGREDIENTS

3 or 4	ripe bananas, mashed
1/3 cup	melted butter or vegetable oil
3/4 cup	sugar
1	egg
1 tsp	vanilla
1 tsp	baking soda
	pinch of salt (optional)
1 1/2 cup	flour (whole-wheat ideally)

### DIRECTIONS

1. Preheat the oven to 350°F (175°C). In a large mixing bowl, stir butter or vegetable oil into the mashed bananas with a wooden spoon. Stir in the sugar, egg, and vanilla.
2. Add the baking soda to the mixture and stir in.
3. Add the flour and stir until mixed in. Pour mixture into a greased 4x8 inch loaf pan.
4. Bake for 1 hour or until toothpick comes out clean. Cool on a rack.
5. Once cool, remove from pan and slice to serve.

Boost nutrients and fibre in your baking by substituting half whole-wheat flour for white flour.

## February

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Vegetarian Chili 10 - 12 servings	<ul style="list-style-type: none"> <li>• 4 cloves garlic, minced</li> <li>• 1 can (28 oz) diced tomatoes</li> <li>• 1 can (8 oz) low-sodium tomato sauce</li> <li>• 1 can (6 oz) tomato paste</li> <li>• 1 can (15 oz) black beans</li> <li>• 1 can (15 oz) chick peas</li> <li>• 1 can (15 oz) kidney beans</li> <li>• 1 can (15 oz) whole kernel corn</li> <li>• 1 cup Cheddar cheese, grated</li> <li>• 1 onion</li> <li>• 1 bell pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• 4 tbsp chili powder</li> <li>• 1 tsp dried oregano</li> <li>• freshly ground black pepper</li> <li>• 1 tsp ground cumin</li> </ul>
Cornbread 12 servings	<ul style="list-style-type: none"> <li>• 1/2 cup butter or non-hydrogenated margarine</li> <li>• 2 eggs</li> <li>• 1 cup buttermilk</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup white sugar</li> <li>• 1/2 tsp baking soda</li> <li>• 1 cup cornmeal</li> <li>• 1 cup all-purpose flour</li> <li>• 1/4 tsp salt (optional)</li> </ul>
Banana Foster 4 - 6 servings	<ul style="list-style-type: none"> <li>• 1/4 cup butter or non-hydrogenated margarine</li> <li>• 3 bananas</li> <li>• 1/4 cup walnuts, coarsely chopped (optional)</li> <li>• 1 tub (750 g) vanilla frozen yogurt or vanilla yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup dark brown sugar</li> <li>• 1 1/2 tsp vanilla extract</li> <li>• 1/2 tsp ground cinnamon</li> </ul>
Kitchen Equipment:	large saucepan, can opener, wooden spoon, measuring cups and spoons, cheese grater, 2-8x8 inch baking dishes, large saucepan, large frying pan, knives, cutting board, toothpicks	



## Vegetarian Chili


8 - 10 servings

### INGREDIENTS

- 4 cloves garlic, minced
- 1 onion, diced
- 1 cup bell pepper, chopped
- 2 tbsp olive oil
- 1 can (28 oz) diced tomatoes with juice
- 1 can (8 oz) low-sodium tomato sauce
  
- 1 can (6 oz) tomato paste
- 4 tbsp chili powder, or to taste
- 1 tsp dried oregano
- freshly ground black pepper
- 1 tsp ground cumin
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) chick peas, rinsed and drained
- 1 can (15 oz) kidney beans, rinsed and drained
- 1 can (15 oz) whole kernel corn, drained and rinsed
- 1 cup grated Cheddar cheese (optional)

### DIRECTIONS

1. In a large saucepan, saute onion, garlic and bell pepper in oil. Add undrained diced tomatoes, tomato sauce, tomato paste, chili powder, oregano, pepper and cumin.
2. Add in all beans and corn and stir.
3. Bring the mixture to a boil, reduce heat, and let simmer for 20 minutes.
4. Top each bowl with cheese (optional).



Top your chili with cheese and serve it with whole grain bread (or add brown rice) to make a meal with all four food groups.



## Corn Bread

12 servings

### INGREDIENTS

1/2 cup	butter or non-hydrogenated margarine
2/3 cup	white sugar
2	eggs
1 cup	buttermilk
1/2 tsp	baking soda
1 cup	cornmeal
1 cup	all-purpose flour
1/4 tsp	salt (optional)

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease an 8x8 inch baking dish.
2. Melt butter or margarine in large saucepan. Remove from heat and stir in sugar. Add eggs right away and beat until well blended. In a small bowl, combine buttermilk and baking soda. Stir into mixture in the pot. Stir in the cornmeal, flour, and salt until well blended and not many lumps remain. Pour batter into the greased baking dish.
3. Bake for 30 to 40 minutes, or until toothpick comes out clean from the middle.

## Bananas Foster

4 - 6 servings

### INGREDIENTS

1/4 cup	butter or non-hydrogenated margarine
2/3 cup	dark brown sugar
1 1/2 tsp	vanilla extract
1/2 tsp	ground cinnamon
3	bananas, peeled and sliced lengthwise
1/4 cup	coarsely chopped walnuts (optional)
1 tub (750 g)	vanilla frozen yogurt or vanilla yogurt

### DIRECTIONS

1. In a large frying pan with high sides, melt butter or margarine over medium heat.
2. Stir in sugar, vanilla and cinnamon. When mixture begins to bubble, add bananas and walnuts to pan.
3. Cook 1 to 2 minutes until bananas are hot.
4. Serve immediately with frozen or regular vanilla yogurt.



## March

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Caesar Salad & Dressing 12 servings	<ul style="list-style-type: none"> <li>• 1 head romaine lettuce</li> <li>• bacon bits, 5 strips crumbled (optional)</li> <li>• 1/4 cup Parmesan cheese</li> <li>• 1 egg yolk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cloves garlic, minced</li> <li>• 1/4 cup olive oil</li> <li>• 2 tbsp red wine vinegar</li> <li>• 1/2 tsp dry mustard</li> <li>• 2-3 dashes Worcestershire sauce</li> <li>• fresh ground pepper</li> <li>• lemon juice</li> </ul>
Microwave Parmesan Croutons 1/2 cup	<ul style="list-style-type: none"> <li>• 1 slice whole wheat bread</li> <li>• 1 tbsp butter or non-hydrogenated margarine</li> <li>• 1 tbsp grated Parmesan cheese</li> </ul>	
Chicken and Vegetable Lasagna 10 - 12 servings	<ul style="list-style-type: none"> <li>• 1/2 lb lean ground chicken or beef</li> <li>• 1/4 cup chopped fresh parsley</li> <li>• 1/2 cup onion</li> <li>• 12 oz lasagna noodles</li> <li>• 3/4 cup part-skim Mozzarella cheese</li> <li>• 4 medium carrots</li> <li>• 1 can (28 oz) tomatoes</li> <li>• 1 bunch broccoli</li> <li>• grated Parmesan cheese</li> <li>• 1 can (5 1/2 oz) tomato paste</li> <li>• 1/2 lb mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cloves garlic, minced</li> <li>• pinch black pepper</li> <li>• 1 tbsp vegetable oil</li> </ul>

## March

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Apple Crisp 6 - 8 servings	<ul style="list-style-type: none"> <li>• 4 cups diced apples (approx 4-5 apples)</li> <li>• 3 tbsp butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>• 1/3 cup oats, large or quick</li> <li>• 1/2 cup brown sugar</li> <li>• 1/2 tsp cinnamon</li> <li>• 1/3 cup whole-wheat flour</li> </ul>
Easy Egg Custard 6 servings	<ul style="list-style-type: none"> <li>• 3 large egg yolks</li> <li>• 2 cups milk</li> <li>• 1 cup fresh or frozen berries</li> <li>• 1/4 cup unsweetened flaked coconut</li> </ul>	<ul style="list-style-type: none"> <li>• 1/3 cup honey</li> <li>• 3 tsp corn flour or cornstarch</li> <li>• 1 tsp vanilla</li> </ul>
Kitchen Equipment:	cutting board, knives, can opener, medium saucepan, large pot (if need to cook lasagna noodles), 9x13 inch baking dish, cheese grater, large bowl, small saucepan, measuring cups and spoons, pie plate/shallow baking dish or cookie sheet, 2-8x8 inch baking dishes, medium saucepan, medium bowl	



## Chicken and Vegetable Lasagna

10 - 12 servings

### INGREDIENTS

1/2 lb	lean ground chicken (or lean ground beef)
1/2 cup	onion, diced
2	cloves garlic, minced
1 tbsp	vegetable oil
1 can (28 oz)	tomatoes
1 can (5-1/2 oz)	tomato paste
3/4 cup	water
	pinch black pepper
4	medium carrots, diced or grated
1	bunch broccoli, chopped
1/2 lb	mushrooms, sliced
1/4 cup	fresh parsley, minced or 1 1/2 tbsp dried parsley
12 oz	lasagna noodles (whole-wheat if available)
3/4 cup	part-skim Mozzarella cheese, grated
	grated Parmesan cheese (as desired)

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a medium saucepan over medium-high heat, cook chicken, onion and garlic in oil until chicken is no longer pink.
3. Add tomatoes, tomato paste, water and pepper. Reduce heat to medium and cook for 15 minutes, uncovered, stirring occasionally.
4. Add carrots, broccoli, mushrooms and parsley. Reduce heat to low and cook covered for about 30 minutes or until mixture is thickened.
5. In a large pot, bring water to a boil and cook noodles according to package directions then drain well OR use oven-ready lasagna noodles (no pre-cooking required).
6. Spoon 1/4 of the sauce into a 9x13 inch baking dish. Place 1/3 of the noodles over sauce. Repeat layers two times, then end with a sauce layer. Sprinkle Mozzarella and Parmesan cheese on top.
7. Bake for about 30 minutes. Let stand for 10 minutes before serving.



We all love lasagna! Use more vegetables and less meat in your recipe to get the vegetable and fruit servings Canada's Food Guide recommends.



## Caesar Salad and Dressing

12 servings

### INGREDIENTS - Dressing

2	cloves garlic, minced
1/4 cup	olive oil
2 tbsp	red wine vinegar
1/2 tsp	dry mustard
2-3 dashes	Worcestershire sauce
1	egg yolk, coddled
	freshly ground black pepper, to taste
	lemon juice, to taste

### INGREDIENTS - Salad

1 head	romaine lettuce
bacon bits	5 strips crumbled (optional)
1/2 to 1 cup	croutons (see recipe below)
1/4 cup	Parmesan cheese

### DIRECTIONS

1. In a medium mixing bowl, combine garlic, oil, vinegar, mustard and Worcestershire sauce.
2. Put egg (in shell) in a pot of boiling water. Bring egg to a boil and cook for 1 1/2 minutes. Crack egg open and add the yolk into the oil and vinegar mixture. Whisk.
3. Add pepper and lemon juice to taste.
4. Refrigerate until ready to use then add salad and stir to coat.

## Microwave Parmesan Croutons

1/2 cup

### INGREDIENTS

1	slice whole-wheat bread
1 tbsp	butter or non-hydrogenated margarine
1 tbsp	grated Parmesan cheese

### DIRECTIONS

1. Cut bread slices into small squares or triangles. Arrange bread pieces in a shallow baking dish or pie plate.
2. Cook uncovered in the microwave on 100% power until the bread is dry, about 1 to 1 1/2 minutes.
3. In a glass or ceramic bowl, microwave butter or margarine uncovered, on 100% power until melted, about 40 to 50 seconds. Drizzle butter over bread pieces.
4. Sprinkle pieces with grated Parmesan cheese.
5. If you do not have a microwave, place bread triangles on a cookie sheet in a single layer. Bake at 350°F (175°C) for about 15 minutes, turning once with a spatula.



## Apple Crisp

6 - 8 servings

### INGREDIENTS

4 cups	diced apples
1/2 cup	brown sugar
1/3 cup	flour, whole wheat
1/3 cup	oats, large or quick cook
1/2 tsp	cinnamon
3 tbsp	butter or non-hydrogenated margarine, softened

### DIRECTIONS

1. Preheat oven to 350° (175°C).
2. Place apples in a greased 8x8 inch baking dish.
3. Combine dry ingredients then cut in butter.
4. Sprinkle mixture over fruit and then bake for about 30 minutes.

\*You can make a fruit crisp with any fruit, such as combinations of pears, strawberries, rhubarb or blueberries together with apples or on their own.

## Easy Egg Custard

6 - 8 servings

### INGREDIENTS

2 cups	milk
1/3 cup	honey
1 tsp	vanilla
3	egg yolks
3 tsp	corn flour or cornstarch
1/4 cup	unsweetened flaked coconut
1 cup	fresh or frozen berries

### DIRECTIONS

1. Add milk, sugar and vanilla to a medium saucepan and warm over medium heat
2. Add egg yolks to a medium bowl and beat lightly. Add cornstarch and mix well into a paste.
3. Pour half the warmed milk into the egg bowl. Mix thoroughly until dissolved. Add back into saucepan and keep on medium heat. Stir often so it doesn't stick. Remove from heat when mixture is very thick but not boiling.
4. Pour into a bowl and let cool. May be served warm or cold. Cover with plastic wrap to prevent a hard film from forming on the top.
5. Top with a sprinkling of lightly toasted flaked coconut and serve with berries.

# April

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Baked Fish 4 servings	<ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1/3 cup dry bread crumbs</li> <li>• 1 tbsp unprocessed wheat bran</li> <li>• 1 package (400 g) individually frozen fish fillets, (such as sole, bluefish, haddock or cod)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 tsp dried thyme leaves</li> <li>• pepper, to taste</li> </ul>
Couscous Pilaf 4 servings	<ul style="list-style-type: none"> <li>• 1 small onion</li> <li>• 2/3 cup whole-wheat couscous</li> <li>• 2 tbsp fresh Italian parsley</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsps olive oil</li> <li>• 3/4 tsp ground cumin</li> <li>• 1/4 tsp freshly ground pepper</li> <li>• pinch of cayenne pepper</li> </ul>
Broccoli and Potato Soup 6 servings	<ul style="list-style-type: none"> <li>• 1 large bunch broccoli</li> <li>• 1 tbsp butter or olive oil</li> <li>• 1 onion</li> <li>• 2 potatoes</li> <li>• 2 cups milk</li> <li>• 1/2 cup shredded Havarti, Cheddar or Mozzarella cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 3 cloves garlic</li> <li>• pepper</li> <li>• 4 cups (1 L) reduced sodium vegetable or chicken broth</li> </ul>
Vanilla Pudding 5 servings	<ul style="list-style-type: none"> <li>• 2 cups milk</li> <li>• 1 tbsp butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup white sugar</li> <li>• 3 tbsp cornstarch</li> <li>• 1 tsp vanilla extract</li> </ul>
Chocolate Pudding 5 servings	<ul style="list-style-type: none"> <li>• 2 cups milk</li> <li>• 1 tbsp butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tsp vanilla</li> <li>• 1 tbsp flour</li> <li>• 1/2 cup sugar</li> <li>• 1 tbsp unsweetened cocoa</li> </ul>
Kitchen Equipment:	baking sheet, small bowls, pie plate, 2 medium saucepans, kettle, cutting board, knives, measuring cups and spoons, 2 large saucepans, immersion blender or traditional blender	



## Baked Fish

4 servings

### INGREDIENTS

1	egg
1 tbsp	water or milk
1/3 cup	dry bread crumbs
1 tbsp	unprocessed wheat bran
1/2 tsp	dried thyme leaves
	pepper, to taste
1 package (400 g)	individually frozen fish fillets, defrosted (such as sole, bluefish, haddock or cod)

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a small bowl, lightly beat egg and water/  
milk and set aside.
3. In a pie plate, mix together the bread crumbs,  
bran, thyme and pepper.
4. Dip fish fillets in egg mixture then coat both  
sides with bread crumb mixture.
5. Place on a greased cookie sheet.
6. Bake until fish is opaque and flakes easily with  
fork, about 10 to 15 minutes. Serve with fresh  
vegetables and lemon wedges.

## Couscous Pilaf

4 servings

### INGREDIENTS

2 1/4 cups	water
2 tbsp	olive oil
1	small onion, diced
3/4 tsp	ground cumin
pinch	cayenne pepper
2/3 cups	whole-wheat couscous
1/4 tsp	ground pepper
2 tbsp	fresh Italian parsley, chopped

### DIRECTIONS

1. Bring 2 1/4 cups of water to a boil in a  
medium saucepan.
2. Meanwhile, in a large saucepan over medium-  
low heat, heat olive oil. Add onions and cook  
until lightly browned, about 8 minutes. Stir in  
cumin and cayenne pepper and sauté for  
1 minute more.
3. Add couscous, pepper and boiling water to  
the large saucepan and stir. Simmer over low  
heat, covered, until couscous is tender and  
water is absorbed, about 10 minutes. Add  
parsley and serve.





## Broccoli and Potato Soup


6 servings

### INGREDIENTS

- 1 large bunch broccoli
- 1 tbsp butter or olive oil
- 3 cloves garlic, minced
- 1 onion, chopped
- pepper, to taste
- 2 potatoes, peeled and chopped
- 4 cups reduced sodium vegetable or chicken broth
- 2 cups milk
- 1/2 cup shredded Havarti, Cheddar or Mozzarella cheese

### DIRECTIONS

1. Cut broccoli tops from stalks. Peel stalks and coarsely chop. Cut tops into small florets and set aside separately.
2. In a large saucepan over medium heat, heat butter or oil then sauté garlic, onion and pepper until softened, about 5 minutes. Add broccoli stalks and potatoes and sauté for 1 minute. Add broth and bring to a boil over high heat. Reduce heat, cover and boil gently until potatoes are almost tender, about 10 minutes. Add broccoli florets and continue to boil gently uncovered, until florets are tender, about 5 minutes.
3. Use an immersion blender to purée the soup until smooth. If you do not have an immersion blender, transfer to a blender and purée, then return to pot. Stir in milk and heat over medium-low heat, stirring regularly, until steaming (do not let soup boil).
4. Remove from heat and stir in cheese until melted and combined.



Making your own vegetable broth can be easier than you think and help to control the sodium in your diet. Look online for ideas to try it today.



## Vanilla Pudding

5 servings

### INGREDIENTS

2 cups	milk
1/2 cup	white sugar
3 tbsp	cornstarch
1 tsp	vanilla extract
1 tbsp	butter or non-hydrogenated margarine

### DIRECTIONS

1. In medium saucepan over medium heat, heat milk until bubbles form at the edges.
2. In a small bowl, stir together sugar and cornstarch. Pour mixture into hot milk slowly, stirring to dissolve.
3. Continue to cook, stirring regularly, until mixture thickens enough to coat the back of a metal spoon. Do not boil.
4. Remove from heat, stir in vanilla and butter or margarine. Pour into serving dishes. Chill until ready to serve.

## Chocolate Pudding

5 servings

### INGREDIENTS

1 heaping tbsp	unsweetened cocoa
1/2 cup	white sugar
2 cups	milk
1 tbsp	butter or non-hydrogenated margarine
1 tsp	vanilla
1 heaping tbsp	flour

### DIRECTIONS

1. In a medium saucepan, over low heat stir sugar, flour and cocoa together. Mix well.
2. Add milk slowly while stirring. Continue to heat on low and stir continuously.
3. When pudding thickens add butter and vanilla.
4. Remove from heat and pour into serving dishes. Serve or chill until ready to eat.

## May

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Easy Vegetable Stir-fry 6 servings	<ul style="list-style-type: none"> <li>• 1 medium onion</li> <li>• 2 carrots</li> <li>• 1 cup broccoli</li> <li>• 2 celery stalks</li> <li>• 1/2 cup snap peas</li> <li>• 1 cup mushrooms</li> <li>• 2 or 3 sliced green onions</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp olive or vegetable oil</li> <li>• 1 clove of garlic</li> </ul>
Stir fry Sauce		<ul style="list-style-type: none"> <li>• 1/4 cup low sodium soy sauce</li> <li>• dash sesame oil (optional)</li> <li>• 1/2 tsp garlic powder</li> <li>• 1 tsp ground ginger powder</li> <li>• black pepper</li> </ul>
Asparagus Risotto 6 servings	<ul style="list-style-type: none"> <li>• 1 large bunch of asparagus</li> <li>• 1 small onion</li> <li>• 1/4 cup butter or vegetable oil</li> <li>• 2 cups Arborio rice</li> <li>• 1 1/2 cups grated Parmigiano-Reggiano cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 4 1/2 cups reduced sodium chicken stock</li> <li>• pepper</li> </ul>
Baked Apples 4 - 8 servings	<ul style="list-style-type: none"> <li>• 4 large apples</li> <li>• 1 cup walnuts or pecans (optional)</li> <li>• 1/2 cup raisins</li> <li>• 1 cup apple juice or water</li> <li>• 1/3 cup maple syrup</li> <li>• 2 tsp lemon juice</li> <li>• 1/2 tsp ginger, (peeled and minced or dry)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 tbsp maple syrup or 1/3 cup brown sugar</li> <li>• 1 tsp cinnamon</li> </ul>
Kitchen Equipment:	cutting boards, knives, measuring cups and spoons, large frying pan or wok, small bowls, baking sheet, medium saucepan, 8x8 or 9x13 inch baking dish, small saucepan	



## Easy Vegetable Stir-fry

6 servings

### INGREDIENTS

- 1 tbsp olive or vegetable oil
- 1 medium onion, chopped
- 1 clove of garlic, minced
- 2 carrots, thinly sliced
- 1 cup broccoli, chopped
- 2 celery stalks chopped
- 1/2 cup snap peas
- 1 cup mushrooms, sliced
- 2 or 3 green onions (white and green parts), sliced

### Sauce-Mix in a cup with a fork:

- 1/4 cup low sodium soy sauce
- 1/4 cup water
- dash of sesame oil (optional-adds lots of flavour)
- 1/2 tsp garlic powder
- 1 tsp ground ginger
- shake of black pepper

### DIRECTIONS

1. In a large frying pan over medium-high, heat oil. Add onion and garlic and cook until softened, stirring regularly.
2. Increase to high heat and add carrot, broccoli and celery. Cook 3 to 5 minutes stirring often. If pan gets dry add 1/4 cup of water to help the vegetables steam.
3. Add the peas and mushrooms. Cook for 2 minutes, then add the sauce. Continue cooking until sauce is absorbed and vegetables are cooked to desired tenderness.
4. Sprinkle with sliced green onions and serve over brown rice or noodles. Cooked meat can be added if desired.

Try adding extra firm tofu or chicken to this recipe. Serve it on a bed of brown rice for a great meal.



## Asparagus Risotto

6 servings

### INGREDIENTS

- 1 large bunch of asparagus
- 1 small onion, chopped
- 1/4 cup + 1 tbsp butter or vegetable oil
- 2 cups Arborio rice
- 4 1/2 cups reduced sodium chicken stock
- 1 1/2 cups grated Parmigiano-Reggiano cheese
- pepper, to taste

### DIRECTIONS

1. Preheat oven to broil with rack in center of oven.
2. Cut asparagus into 1 inch pieces and place on a baking sheet. Toss with 1 tbsp of oil, season with pepper, then grill in oven 3 to 4 minutes. Set aside on a plate.
3. In a medium saucepan over medium heat, heat 1/4 cup of butter or oil. Add onions and cook until softened but not brown. Add rice and cook 1 minute while stirring to coat rice with butter or oil. Season with pepper.
4. Add 1/2 cup of chicken stock. Stir frequently until liquid is almost completely absorbed. Repeat process until chicken stock is all combined and the rice is tender.
5. Add asparagus and continue cooking for 2 minutes while stirring.
6. Remove from heat. Add cheese and stir until melted. Add seasoning to taste.

Make this recipe in the spring when asparagus is in season or try using other green vegetables like broccoli instead.



## Baked Apples

4 - 8 servings

### INGREDIENTS

4	large apples
1 tsp	cinnamon
1/2 cup	raisins
1 cup	apple juice or water
1/3 cup + 3 tbsp	maple syrup (can replace 3 tbsp maple syrup with 1/3 cup brown sugar)
2 tsp	lemon juice
1/2 tsp	ginger (peeled and minced or dry)
1 cup	walnuts or pecans (optional)

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Peel the top third of each apple, core from the top, making the holes about 3/4 inch wide.
3. In a small bowl, whisk together 3 tbsp of maple syrup or brown sugar and the cinnamon. Stir in raisins and walnuts or pecans, if using.
4. Fill each apple with raisin mixture, mounding it a little on top. Put apples in a baking dish just big enough for all the apples.
5. In small bowl, mix together apple juice/water, 1/3 cup maple syrup, lemon juice and ginger. Pour over apples and cover. Bake until apples are tender when pricked with tip of sharp knife, about 40 minutes.
6. After baking, pour the cooking juices into a small saucepan. Bring to a boil over high heat and cook until thickened and reduced to about 1/2 cup. Pour over top of apples in the baking dish. Serve each apple in a bowl with frozen or vanilla yogurt, if desired.

Did you know there are close to 20 different varieties of apples grown in Ontario? Choose a new one next time you shop.

## June

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Citrus Spinach Salad 4 - 6 servings	<ul style="list-style-type: none"> <li>• 1/4 cup sliced almonds (optional)</li> <li>• 1/2 cup mushrooms, thinly sliced</li> <li>• 1 green onion or chives</li> <li>• 4 cups spinach</li> <li>• 1 orange or 1/2 grapefruit</li> <li>• 1/2 cup bean sprouts</li> </ul>	
Easy Citrus Vinaigrette 1/3 cup		<ul style="list-style-type: none"> <li>• 3 tbsp oil (olive or other)</li> <li>• 1 tbsp vinegar (white, balsamic or red wine)</li> <li>• 1 tsp mustard (Dijon or regular)</li> <li>• 1/4 tsp each, pepper, granulated sugar</li> <li>• 2 tbsp lemon or orange juice</li> </ul>
Sweet Potato Fries 6 - 8 servings	<ul style="list-style-type: none"> <li>• 4 sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• pepper, to taste</li> </ul>
Potato Frittata 4 servings	<ul style="list-style-type: none"> <li>• 2 large russet potatoes</li> <li>• 1 medium onion</li> <li>• 1/2 cup red pepper</li> <li>• 1 bunch asparagus</li> <li>• 1/2 cup Cheddar cheese</li> <li>• 4 eggs</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• pepper to taste</li> </ul>
Mango Lassi 1 - 2 servings	<ul style="list-style-type: none"> <li>• 1 ripe mango *1 cup of frozen mango, berries, banana or canned peaches can be substituted for mango</li> <li>• 1/2 cup plain or vanilla yogurt</li> <li>• 1/2 cup milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup ice cubes</li> </ul>
Kitchen Equipment:	large bowls, whisk, cutting boards, knives, measuring cups and spoons, large frying pan (cast iron if you have one), baking sheet, 8x8 inch baking dish, blender	





## Citrus Spinach Salad

4 - 6 servings

### INGREDIENTS

- 1 green onion or chives, chopped
- 4 cups spinach, torn or chopped
- 1/2 cup bean sprouts
- 1/2 cup mushrooms, thinly sliced
- 1 orange or 1/2 grapefruit, peeled and sliced thinly
- 1/4 cup sliced almonds (optional)

### DIRECTIONS

1. In large bowl, combine spinach, bean sprouts, almonds (if using), mushrooms, green onion/chives and oranges.
3. Pour Easy Citrus Vinaigrette over the salad and toss to combine.

*Make your own salad: Try sliced tomato, fruit (apples, oranges), a handful of nuts, grilled vegetables on a bed of spinach or lettuce. Drizzle with Citrus Vinaigrette.*

## Easy Citrus Vinaigrette

### INGREDIENTS

- 3 tbsp oil (olive or other)
- 1 tbsp vinegar (white, balsamic or red wine)
- 1 tsp mustard (Dijon or regular)
- 1/4 tsp each pepper and granulated sugar
- 2 tbsp lemon or orange juice

### DIRECTIONS

1. In measuring cup, whisk together oil, vinegar, mustard, sugar, pepper and juice.



## Potato Frittata

4 servings

### INGREDIENTS

- 2 tbsp olive oil
- 2 large russet potatoes, peeled and diced
- 1 medium onion, diced
- 1/2 cup red pepper diced
- 1/2 bunch asparagus, chopped in 1 inch pieces
- pepper, to taste
- 1/2 cup Cheddar cheese, grated
- 4 eggs, beaten

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a large frying pan, heat oil over medium high heat. When the pan is hot, add the potatoes and fry about 15 minutes until crispy and golden, flipping often. Reduce heat to medium and then add onions, red pepper and asparagus. Cook until softened, stirring regularly, then season with pepper. Pour eggs over the potato mixture.
3. Transfer the mixture to a 9x13 inch baking dish. Cook in the oven until eggs are firm, about 10 minutes. Sprinkle shredded cheese over the top and return to the oven for about 5 minutes to melt the cheese. Cook longer if recipe is doubled or tripled.

Eggs for breakfast or dinner is a quick and low cost protein option for you and your family.



## Sweet Potato Fries

6 - 8 servings

### INGREDIENTS

- 4 medium sweet potatoes,  
cut into sticks or wedges
- 2 tbsp vegetable oil
- 1/2 tsp pepper (and other seasonings as  
desired, such as cumin, oregano,  
paprika, thyme)

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Peel sweet potatoes and cut into thin sticks or wedges and place in a large bowl.
3. Pour oil on potatoes and toss to coat.
4. Sprinkle pepper (and other seasonings, if using) on fries and toss. Spread fries in a single layer on a baking sheet.
5. Bake until tender and golden brown, about 30 to 45 minutes. Stir and flip fries every 5 to 10 minutes.
6. Serve immediately.

## Mango Lassi

1 - 2 servings

### INGREDIENTS

- 1 ripe mango,  
peeled and chopped\*
- 1/2 cup plain or vanilla yogurt
- 1/2 cup milk
- 1/2 cup ice cubes

### DIRECTIONS

1. In blender on high speed, blend all ingredients until smooth. Enjoy!
- \*1 cup of frozen mango, berries, banana or canned peaches can be substituted for mango

## July

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Black Bean Burgers 4 servings	<ul style="list-style-type: none"> <li>• 1 (16 oz) can black beans</li> <li>• 1/2 green bell pepper</li> <li>• 1/2 onion</li> <li>• 1 egg</li> <li>• 1/2 cup bread crumbs</li> </ul>	<ul style="list-style-type: none"> <li>• 3 cloves garlic</li> <li>• 1 tbsp ground chili powder</li> <li>• 1 tbsp ground cumin</li> <li>• 1 tsp Thai chili sauce or other hot sauce</li> </ul>
Turkey Burgers 12 servings	<ul style="list-style-type: none"> <li>• 3 lbs ground turkey (or lean beef)</li> <li>• 1/4 cup seasoned bread crumbs</li> <li>• 1/4 cup onion</li> <li>• 2 egg whites</li> <li>• 1/4 cup fresh parsley</li> </ul>	<ul style="list-style-type: none"> <li>• 1 clove garlic, peeled and minced</li> <li>• pepper, to taste</li> </ul>
Chicken Salad 4 - 6 servings	<ul style="list-style-type: none"> <li>• 2 cups chicken (1 lb or 3 breasts)</li> <li>• 1 cup of celery</li> <li>• 1 cup of seedless grapes</li> <li>• 1/4 cup of slivered almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 cup of reduced fat mayonnaise</li> <li>• 1/4 tsp of ground ginger</li> </ul>
Balsamic Sweet Potato Salad 4 - 6 servings	<ul style="list-style-type: none"> <li>• 2 large sweet potatoes</li> <li>• 1/2 cup red onion</li> <li>• 1/4 cup toasted pecans</li> <li>• 3 tbsp fresh parsley</li> <li>• 1/2 cup Blue or Feta cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 3 tbsp balsamic vinegar</li> <li>• 2 tbsp olive oil</li> <li>• 1/8 tsp cayenne pepper</li> </ul>

## July

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Fruit and Yogurt Parfaits	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Oranges</li> <li>• Kiwi</li> <li>• Berries</li> <li>• Yogurt vanilla or fruit flavoured</li> <li>• Granola cereal</li> </ul>	
Strawberry Gooseberry Jam 6 - 1 cup jars	<ul style="list-style-type: none"> <li>• 3 cups strawberries</li> <li>• 3 cups gooseberries</li> </ul>	<ul style="list-style-type: none"> <li>• 5 cups granulated sugar</li> </ul>
Kitchen Equipment:	baking sheet, medium bowl, food processor, small bowls, cutting boards, knives, measuring cups and spoons, meat thermometer, 2 large bowls, 1 medium bowl, medium frying pan, canning jars, canning pot, potato masher, funnel, tongs, large saucepan, whisk, can opener	



## Black Bean Burgers


6 servings

### INGREDIENTS

- |               |                                     |
|---------------|-------------------------------------|
| 1 can (16 oz) | black beans, drained and rinsed     |
| 1/2           | green bell pepper, diced            |
| 1/2           | onion, diced                        |
| 3             | cloves garlic, minced               |
| 1             | egg                                 |
| 1 tbsp        | ground chili powder                 |
| 1 tbsp        | ground cumin                        |
| 1 tsp         | Thai chili sauce or other hot sauce |
| 1/2 cup       | bread crumbs                        |

### DIRECTIONS

- Grill method:** Preheat grill on high heat and lightly oil a sheet of aluminum foil.  
**Baking Method:** Preheat oven to 375°F (190°C) and lightly oil a baking sheet
- Using a medium bowl, mash black beans with a fork until pasty.
- Using a food processor, finely chop bell pepper, onion and garlic. Then stir into mashed beans.
- Using a small bowl, stir together: egg, chili powder, cumin and chili sauce.
- Combine the egg mixture into the mashed beans, then mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into 4 patties.
- Grill Method:** Place patties on foil, and grill about 8 minutes on each side.  
**Baking Method:** Place patties on baking sheet and bake about 10 minutes on each side.
- Melt sliced cheese on top near the end of cooking and serve with plenty of veggies.



Canada's Food Guide suggests eating more beans, peas and legumes. These yummy burgers do just that while being low in fat and high in fibre.



## Turkey Burgers

12 servings

### INGREDIENTS

3 lbs (1.4 kg)	ground turkey (or lean beef)
1/4 cup	seasoned bread crumbs
1/4 cup	onion, finely diced
2	egg whites, lightly beaten
1/4 cup	fresh parsley, chopped
1	clove garlic, peeled and minced
	pepper, to taste

### DIRECTIONS

1. Using a large bowl, mix together: ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic and pepper and form 12 patties.
2. Cook the patties in a medium sized frying pan over medium heat, turning once, to an internal temperature of 160°F (71°C). Test with a meat thermometer.

## Chicken Salad

4 - 6 servings

### INGREDIENTS

2 cups	cold cooked chicken, chopped
1 cup	celery, chopped
1 cup	seedless grapes, halved
1/4 cup	slivered almonds
3/4 cup	reduced fat mayonnaise
1/4 tsp	ground ginger

### DIRECTIONS

1. Combine all ingredients in a medium bowl, stir and chill.





## Balsamic Sweet Potato Salad

4 - 6 servings

### INGREDIENTS

- 2 large sweet potatoes
- 3 tbsp balsamic vinegar
- 1/2 cup red onion, chopped
- 1/4 cup toasted pecans, coarsely chopped
- 3 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1/8 tsp cayenne pepper
- 1/2 cup crumbled Blue or Feta cheese

### DIRECTIONS

1. Peel sweet potatoes and cut into 1 inch cubes. Place in a large saucepan and cover with water. Bring to a boil, cover and simmer gently until potatoes are just tender (3 to 5 minutes).
2. Drain well and transfer to a bowl. Toss with 1 tbsp of balsamic vinegar and cool.
3. Add red onions, pecans and parsley.
4. Whisk together remaining balsamic vinegar, oil and cayenne pepper. Pour over potatoes, sprinkle with cheese, then gently toss again gently.

Toast nuts and seeds to add flavour to a meal or dish. Try sunflower seeds, slivered almonds or cashews for a flavour burst with a side of nutrients.



## Fruit and Yogurt Parfaits

### INGREDIENTS

Apples  
Bananas  
Oranges  
Kiwi  
Berries  
Yogurt vanilla or fruit flavoured  
Granola cereal

### DIRECTIONS

1. Cut fruit into bite size pieces and place in large bowl.
2. Using individual serving bowls, layer 1/2 cup vanilla yogurt with fruit and granola on top.

\*Have kids put create their own using their favourite fruit and yogurt combinations. Enjoy!

## Strawberry Gooseberry Jam

6 - 1 cup jars

### INGREDIENTS

3 cups	strawberries hulled
3 cups	gooseberries, topped and tailed
1/3 cup	water
5 cups	granulated sugar

### DIRECTIONS

1. Before starting, clean and stem berries.
2. Using a large dutch oven and potato masher, mash half of the berries to break up but not completely crush. Add remaining berries and water. Cover and cook over medium-high heat, stirring often, until tender (about 8 minutes). Add sugar, stir to combine.
3. Bring to full rolling boil over high heat, stirring constantly. Boil, stirring constantly, until setting point is reached (about 9 minutes). Remove from heat. Let cool for 5 minutes, stirring to distribute fruit and skimming off any foam.
4. Pour into six 1 cup (250 ml) canning jars, leaving 1/4 inch headspace. If necessary, wipe rims. Cover with prepared lids, screw on bands fingertip tight.
5. Boil in boiling water canner for 10 minutes.

# August

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Spice Rubbed Chicken 8 servings	<ul style="list-style-type: none"> <li>8 pieces of chicken, bone in, skin on</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup vegetable oil</li> <li>3 cloves garlic, minced</li> <li>2 tsp ground cumin</li> <li>2 tsp chili powder</li> <li>2 tsp dried oregano</li> <li>pepper, to taste</li> </ul>
Coleslaw 6 servings	<ul style="list-style-type: none"> <li>3 cups green cabbage</li> <li>2 cups carrots</li> <li>1/2 small white onion</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup olive oil</li> <li>1/4 cup reduced fat mayonnaise</li> <li>1/2 cup white vinegar</li> <li>1 tsp Dijon mustard</li> <li>2 tsp honey</li> <li>1/2 tsp pepper</li> </ul>
Pasta Salad 8 servings	<ul style="list-style-type: none"> <li>2 cups uncooked pasta</li> <li>1/2 cup cucumber</li> <li>1/2 cup green pepper</li> <li>1/4 cup green onions</li> <li>1 tomato, chopped</li> <li>1 cup Cheddar cheese (optional)</li> <li>1/2 cup chick peas</li> </ul>	<ul style="list-style-type: none"> <li>2 tbsp vegetable oil</li> <li>1 clove garlic</li> <li>2 tbsp vinegar (any type)</li> <li>1 tsp sugar</li> <li>1 tsp lemon juice</li> <li>1/2 tsp dried oregano</li> <li>1/4 tsp pepper</li> </ul>

# August

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Veggie Kabobs 6 kabobs	<ul style="list-style-type: none"> <li>• 1 yellow summer squash or zucchini</li> <li>• 16 large mushrooms</li> <li>• 1 green, red or yellow pepper</li> <li>• 16 cherry tomatoes</li> <li>• 1 (10 oz) can pineapple chunks or fresh pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp lemon or lime juice</li> <li>• 1 tbsp vegetable oil</li> <li>• 1 tbsp soy sauce</li> <li>• 2 garlic cloves</li> <li>• 1/4 tsp ground ginger</li> </ul>
Pie Crust 2 double crusts	<ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 tbsp white vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 4 cups all-purpose flour</li> <li>• 1 tsp baking powder</li> <li>• 2 tsp salt</li> <li>• 1 2/3 cups lard</li> </ul>
Blueberry Pie 1 pie	<ul style="list-style-type: none"> <li>• 4 cups fresh blueberries</li> <li>• 1 recipe pastry for a 9 inch double crust pie</li> <li>• 1 tbsp butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 cup white sugar</li> <li>• 3 tbsp cornstarch</li> <li>• 1/4 tsp salt</li> <li>• 1/2 tsp ground cinnamon</li> </ul>
Kitchen Equipment:	baking sheet, parchment paper, large mixing bowl, 3 small bowls, whisk, grater or food processor, cutting boards, knives, measuring cups and spoons, 3 large bowls, medium saucepan, 6 wooden kabob skewers, baking sheet (or if you are using a BBQ do not need), pie plate, rolling pin, can opener	



## Spice Rubbed Chicken

8 servings

### INGREDIENTS

8 pieces	chicken, bone in, skin on
1/4 cup	vegetable oil
3	cloves garlic, minced
2 tsp	ground cumin
2 tsp	chili powder
2 tsp	dried oregano
	ground pepper to taste

### DIRECTIONS

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine chicken pieces with oil, garlic and spices. Toss well.
3. Arrange chicken on baking sheet and roast for 25 minutes, or until juices run clear and chicken is crispy and brown.

## Coleslaw

6 servings

### INGREDIENTS

1/4 cup	olive oil
1/4 cup	reduced fat mayonnaise
1/2 cup	white vinegar
1 tsp	Dijon mustard
2 tsp	honey
1/2 tsp	ground pepper
3 cups	green cabbage, shredded
2 cups	carrots, peeled, shredded
1/2	small white onion, shredded

### DIRECTIONS

1. Combine olive oil, mayonnaise, vinegar, mustard, honey and pepper in a small bowl and whisk together.
2. In a large bowl, combine cabbage, carrots, onion and vinaigrette and mix well. Allow to sit for 15 minutes before serving.



## Pasta Salad

8 servings

### INGREDIENTS

2 tbsp	vegetable oil
1	clove garlic, minced
2 tbsp	vinegar (any type)
1 tsp	sugar
1 tsp	lemon juice
1/2 tsp	dried oregano
1/4 tsp	pepper
4 cups	cooked pasta (2 cups uncooked)
1/2 cup each	cucumber and green pepper, chopped
1/4 cup	green onions, thinly sliced
1	tomato, chopped
1 cup	Cheddar cheese, grated (optional)
1/2 cup	chickpeas

### DIRECTIONS

1. Cook pasta according to package directions, drain and allow to cool.
2. While the pasta is cooking, mix the oil, garlic, vinegar, sugar, lemon juice and spices in a small bowl.
3. Combine all ingredients and refrigerate until ready to serve.

## Veggie Kabobs

6 servings

### INGREDIENTS

1	yellow summer squash or zucchini, sliced in thick pieces
16	large mushrooms
1	green, red or yellow pepper, cut into 1 inch pieces
16	cherry tomatoes
1 can (10 oz)	pineapple chunks or fresh pineapple cut into 1 inch pieces
1 tbsp each	lemon or lime juice, vegetable oil and soy sauce
2	garlic cloves, minced
1/4 tsp	ground ginger

### DIRECTIONS

1. Soak wooden skewers in water. Thread vegetables onto skewers.
2. Wash and cut vegetables into 1 inch pieces, saving juice from pineapple chunks.
3. In a large shallow dish, mix pineapple juice, lemon or lime juice, vegetable oil, soy sauce, garlic and ginger. Add vegetables and coat well. Leave at room temperature for at least 15 minutes.
4. Place kabobs on a broiling pan and brush with leftover marinade. Broil for 8 to 10 minutes or until vegetables are tender (or BBQ over medium heat with the lid down for 8 to 10 minutes).



## Pie Crust

2 double crusts

### INGREDIENTS

4 cups	all-purpose flour
1 tsp	baking powder
1 tsp	salt
1 2/3 cups	lard
1/2 cup	water
1	egg, beaten
1 tbsp	white vinegar

### DIRECTIONS

1. In a large bowl, mix together flour, baking powder and salt. Cut in lard until mixture resembles coarse meal.
2. In a small bowl, mix together water, egg and vinegar. Pour into lard mixture and stir until dough is thoroughly moistened and forms a ball. Divide into 4 portions and wrap tightly.
3. Use dough within three days or freeze.

## Blueberry Pie

### INGREDIENTS

3/4 cup	white sugar
3 tbsp	cornstarch
1/4 tsp	salt
1/2 tsp	ground cinnamon
4 cups	fresh blueberries
1 tbsp	butter or non-hydrogenated margarine
1 recipe pastry for a 9 inch double crust pie	

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Mix sugar, cornstarch, salt, cinnamon and sprinkle over blueberries. Let sit while preparing pie crust.
3. Roll out pastry and line pie plate with one pie crust. Pour berry mixture into the crust, and dot with butter.
4. Cut remaining pastry into 1/2 to 3/4 inch wide strips to make lattice top. Use a fork (or pinch with fingers) to crimp the edges.
5. Bake pie on lower shelf of oven for about 50 minutes, or until crust is golden brown.



## September

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Tomato Sauce 2 cups	<ul style="list-style-type: none"> <li>• 1 large onion</li> <li>• 4 - 6 garlic cloves</li> <li>• 1 (28 oz) can of whole tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp olive oil</li> <li>• 1 tsp dried oregano</li> <li>• 1 bay leaf</li> <li>• freshly ground pepper</li> </ul>
Homemade Manicotti Shells 6 - 8 servings	<ul style="list-style-type: none"> <li>• 4 eggs</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups all-purpose flour</li> <li>• 1/2 tsp salt</li> </ul>
Manicotti Cheese Filling 6 - 8 servings	<ul style="list-style-type: none"> <li>• 2 cups ricotta cheese</li> <li>• 1 cup mozzarella cheese</li> <li>• 1 cup Parmesan cheese</li> <li>• 3 large eggs</li> <li>• 1/2 cup chopped parsley</li> </ul>	
Broccoli Salad 6 servings	<ul style="list-style-type: none"> <li>• 3 cups broccoli florets</li> <li>• 1 cup raisins</li> <li>• 1/2 cup red onion</li> <li>• 1/2 cup raw sunflower seeds</li> <li>• 1/2 cup Cheddar cheese (shredded, optional)</li> <li>• 3/4 cup plain yogurt or mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp sugar</li> <li>• 1 tbsp apple cider vinegar</li> </ul>

## September

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Greek Salad 6 - 8 servings	<ul style="list-style-type: none"> <li>• 3/4 pound tomatoes, seeded, diced (about 2 cups)</li> <li>• 2 cups cucumber (about 1 large)</li> <li>• 1 cup red bell pepper (about 1 large)</li> <li>• 1/4 cup pitted Kalamata olives or other brine-cured black olives</li> <li>• 1/4 cup red onion</li> <li>• 3 tbsp chopped fresh Italian parsley</li> <li>• 1/4 cup crumbled Feta cheese (about 2 ounces)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 tbsp extra-virgin olive oil</li> <li>• 1 1/2 tbsp lemon juice</li> <li>• 1/2 tsp dried oregano</li> </ul>
Zucchini Cookies 2 - 3 dozen	<ul style="list-style-type: none"> <li>• 3/4 cup butter or non-hydrogenated margarine softened</li> <li>• 1 egg</li> <li>• 1 1/2 cups grated zucchini</li> <li>• 3/4 cup raisins</li> <li>• 3/4 cup walnuts (chopped, optional)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup sugar</li> <li>• 1/2 cup brown sugar</li> <li>• 1 1/2 cup whole-wheat flour</li> <li>• 1 cup all-purpose flour</li> <li>• 1/2 tsp baking powder</li> <li>• 1 tsp ground cinnamon</li> <li>• 1/2 tsp ground cloves</li> </ul>
Kitchen Equipment:	medium saucepan, knives, cutting board, measuring cups and spoons, immersion blender or potato masher, 5 inch (small) non-stick frying pan, 3 large bowls, small bowl, whisk, parchment paper, cheese grater, baking sheet, can opener	



## Tomato Sauce


2 cups

### INGREDIENTS

- 1 tbsp      olive oil
- 1            large onion, minced
- 4 - 6 cloves    garlic, peeled
- 1 can (28 oz) whole tomatoes
- 1 tsp        dried oregano
- 1            bay leaf
- freshly ground pepper

### DIRECTIONS

1. Warm olive oil in medium saucepan over medium high heat. Add the onion and garlic and sauté until they just begin to turn golden brown (about 5 minutes).
2. Add the tomatoes, oregano, bay leaf and pepper and bring to a simmer.
3. Continue simmering for about 15 minutes.
4. Purée sauce with either an immersion blender, potato masher or crush with the back of a spoon.
5. Pour over rolled manicotti shells or serve with your favourite pasta.



Make your own sauce to keep the sodium content down. Halt the salt by using herbs and spices to flavour your food.



## Homemade Manicotti Shells

6 - 8 servings

### INGREDIENTS

2 cups	all-purpose flour
1/2 tsp	salt
2 1/2	cups water
4	eggs

### DIRECTIONS

1. In a large bowl, combine flour and salt.
2. In a small bowl, combine water and eggs, and whisk well. Pour egg mixture into flour mixture and mix well with a spoon until smooth and no lumps remain.
3. Heat 5 inch non-stick skillet over medium-high heat. Pour in 1/3 cup of mixture and swirl to coat. Cook for 1 to 2 minutes until small bubbles form. Carefully turn over with a small spatula and cook for 1 minute more. Remove from heat and begin to stack shells, being sure to separate the sheets with wax or parchment paper.

## Manicotti Cheese Filling

6 - 8 servings

### INGREDIENTS

2 cups	Ricotta cheese
1 cup	shredded Mozzarella cheese
1 cup	grated Parmesan cheese
3	large eggs
1/2 cup	fresh parsley, chopped

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a large mixing bowl, combine all ingredients and mix with a spoon.
3. Place 1 manicotti shell on a clean work surface. Place 1/3 cup filling down the centre of the shell. Fold edges over leaving ends open. Place manicotti seam side down in lightly greased 9x13 inch baking dish. Continue until pan is full, leaving 1/4 inch between each shell.
4. Top with tomato sauce and bake for 25 minutes or until heated through.
5. Sprinkle with extra Parmesan cheese and serve.



## Broccoli Salad

6 servings

### INGREDIENTS

3 cups	broccoli florets
1 cup	raisins
1/2 cup	red onion, diced
1/2 cup	raw sunflower seeds
1/2 cup	shredded Cheddar cheese (optional)
2 tbsp	sugar
1 tbsp	apple cider vinegar
3/4 cup	plain yogurt or mayonnaise

### DIRECTIONS

1. Using a small bowl, combine sugar and vinegar and stir to dissolve. Stir in yogurt until well combined.
2. Using a large bowl, add broccoli, raisins, red onion, sunflower seeds and cheese.
3. Pour dressing over the broccoli mixture and mix ingredients.

## Greek Salad

6 - 8 servings

### INGREDIENTS

3/4 pound	tomatoes, seeded, diced (2 cups)
2 cups	cucumber, peeled, seeded and diced
1 cup	red bell pepper, diced
1/4 cup	pitted Kalamata olives or other brine-cured black olives, halved
1/4 cup	red onion, diced
3 tbsp	fresh Italian parsley, chopped
3 tbsp	extra-virgin olive oil
1 1/2 tbsp	lemon juice
1/2 tsp	dried oregano
1/4 cup	crumbled Feta cheese (2 ounces)

### DIRECTIONS

1. In a large bowl, mix together tomatoes, cucumber, bell pepper, red onion and olives.
2. In a small bowl, whisk together parsley, olive oil, lemon juice, oregano and pour over vegetables.
3. Add crumbled Feta cheese. Toss and serve.



## Zucchini Cookies

2 - 3 dozen


### INGREDIENTS

3/4 cup	butter or non-hydrogenated margarine, softened
1/2 cup	sugar
1/2 cup	brown sugar
1	egg
1-1/2 cup	whole-wheat flour
1 cup	all-purpose flour
1/2 tsp	baking powder
1 tsp	ground cinnamon
1/2 tsp	ground cloves
1 1/2 cups	zucchini, grated
3/4 cup	raisins
3/4 cup	walnuts (chopped, optional)

- Another option is to omit spices and raisins and add 1 tsp vanilla and 3/4 cup chocolate chips.

### DIRECTIONS

1. Preheat oven to 375°F (190°C). In a large bowl, cream together butter or margarine and sugar.
2. Add egg and mix until fluffy.
3. Add dry ingredients (flours, baking powder, spices).
4. Stir in zucchini, raisins and walnuts if using. Drop onto greased baking sheets and bake for 10 to 12 minutes.



Use vegetables and fruit  
in your baking to get  
more nutrients into your  
body.

## October

### EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Lazy Cabbage Rolls 6 servings	<ul style="list-style-type: none"> <li>• 1 lb lean ground beef</li> <li>• 2 medium onions</li> <li>• 2 lb cabbage</li> <li>• 1 can (28 oz) spaghetti sauce</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup raw brown rice</li> </ul>
Roasted Fall Vegetables 6 - 8 servings	<ul style="list-style-type: none"> <li>• 6-8 cups winter vegetables: potatoes, sweet potatoes, carrots, turnips, rutabagas, beets, winter squash, onions</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp oil</li> <li>• 1 tbsp dried or 3 tbsp fresh herbs such as rosemary, thyme, parsley, oregano</li> </ul>
Curried Butternut Squash and Apple Soup 8 - 10 servings	<ul style="list-style-type: none"> <li>• 1/2 cup non-hydrogenated margarine or oil</li> <li>• 2 cups onion</li> <li>• 1 celery stick</li> <li>• 2 medium butternut squash</li> <li>• 3 medium apples</li> <li>• 1 cup pasteurized apple cider (can substitute with water)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 tsp curry powder</li> <li>• 3 cups low sodium chicken or vegetable stock (can substitute with water)</li> <li>• pepper, to taste</li> </ul>
Pumpkin & Apple Muffins 18 muffins	<ul style="list-style-type: none"> <li>• 1 tsp pumpkin pie spice* OR 1/2 tsp cinnamon, 1/4 tsp ground ginger, 1/8 tsp each allspice and nutmeg</li> <li>• 2 large eggs</li> <li>• 1 cup pumpkin</li> <li>• 2 cups chopped apples</li> </ul>	<ul style="list-style-type: none"> <li>• 2 1/2 cups all-purpose flour (can substitute half whole-wheat)</li> <li>• 2 cups granulated sugar</li> <li>• 1 tsp baking soda</li> <li>• 1/2 tsp salt (optional)</li> <li>• 1/2 cup vegetable oil</li> </ul>
Kitchen Equipment:	large frying pan, medium saucepan, large casserole dish with lid, baking sheets, cutting board, knives, measuring cups and spoons, large saucepan, muffin tray, muffin cup liners, large bowls, can opener, toothpicks	





## Lazy Cabbage Rolls

6 servings

### INGREDIENTS

- |               |                                      |
|---------------|--------------------------------------|
| 1 lb          | lean ground beef                     |
| 2             | medium onions, chopped               |
| 1 cup         | raw brown rice, 2 cups cooked        |
| 2 lb          | cabbage, finely sliced               |
| 1 can (28 oz) | spaghetti sauce (ideally low sodium) |

### DIRECTIONS

1. Preheat oven to 325°F (165°C).
2. Cook rice according to package directions.
3. Cook ground beef and onions in large frying pan on medium heat until brown. Drain and add cooked rice.
5. Blanch the cabbage by placing the cut cabbage in boiling water until it wilts. Drain well and place cabbage into a large casserole dish. Spread hamburger mixture over cabbage.
6. Pour spaghetti sauce over mixture. Mix all ingredients together, cover and cook for 1 to 1 1/2 hours.

## Roasted Fall Vegetables

6 - 8 servings

### INGREDIENTS

- |          |   |
|----------|---|
| 6-8 cups | winter vegetables: potatoes, sweet potatoes, carrots, turnips, rutabagas, beets, winter squash, onions, peeled and chopped in bite sized pieces |
| 2 tbsp   | oil   |
| 1 tbsp   | dried or 3 tbsp fresh herbs such as rosemary, thyme, parsley, oregano pepper, to taste  |

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Toss all ingredients together (keep onions separate, they will roast faster, add them to the pan 10 minutes into the baking time).
3. Spread in a single layer on greased baking sheets.
4. Roast in oven until tender, 30 to 45 minutes, stirring occasionally.
5. Season with pepper. Serve and enjoy!



## Curried Butternut Squash and Apple Soup

8 - 10 servings

### INGREDIENTS

2 tbsp	non-hydrogenated margarine or oil
2 cups	onion, chopped
1 stick	celery, chopped
4 tsp	curry powder
2 medium	butternut squash, peeled, seeded and cut in 1 inch cubes
3 medium	apples, peeled, cored and chopped
3 cups	low sodium chicken or vegetable stock (can substitute with water)
1 cup	pasteurized apple cider (can substitute with water)
	pepper, to taste

### DIRECTIONS

1. In a large saucepan, combine onions, celery, margarine and curry powder. Cover and cook low heat until vegetables are tender.
2. Add cubed squash, chopped apples and liquid (water or stock) and bring to a boil. Reduce heat and simmer 20 to 30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside.
3. Puree the apple squash mixture with 1 cup of the reserved liquid. Add cider until desired consistency is reached.
4. Season to taste with pepper. Garnish with grated apple, yogurt or low-fat sour cream.

## Pumpkin & Apple Muffins

18 muffins

### INGREDIENTS

2 1/2 cups	all-purpose flour (can substitute 1/2 whole-wheat flour)
2 cups	granulated sugar
1 tsp	pumpkin pie spice*
1 tsp	baking soda
1/4 tsp	salt (optional)
2	large eggs, lightly beaten
1 cup	canned or cooked, puréed pumpkin
1/2 cup	vegetable oil
2 cups	chopped apples

### DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease muffin tins (or line with paper muffin cups).
2. In a large mixing bowl, combine flour, sugar, spice, baking soda and salt. In another mixing bowl, combine eggs, pumpkin and oil. Stir liquid ingredients into dry ingredients until just combined. Do not over mix. Stir in apples.
3. Fill each muffin cup 3/4 full with batter. Bake 35 to 40 minutes or until a toothpick inserted into the center of a muffin comes out clean.

\* Pumpkin Pie Spice = 1/2 tsp cinnamon, 1/4 tsp ground ginger, 1/8 tsp each allspice and nutmeg.

# November

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Sweet and Sour Meatballs 5 servings	<ul style="list-style-type: none"> <li>• 1 pound lean ground beef</li> <li>• 1 egg</li> <li>• 1 onion</li> <li>• 1 cup dry bread crumbs</li> </ul>	<ul style="list-style-type: none"> <li>• pepper, to taste</li> <li>• 1/2 cup cider vinegar</li> <li>• 1/2 cup ketchup</li> <li>• 2 tbsp cornstarch</li> <li>• 1 cup brown sugar</li> <li>• 2 tbsp low sodium soy sauce</li> </ul>
Scalloped Potatoes and Leeks 6 servings	<ul style="list-style-type: none"> <li>• 2 cups leeks</li> <li>• 1 3/4 pounds (6 to 8) yellow or red potatoes</li> <li>• 1 2/3 cups 1% low-fat milk</li> <li>• 1 egg</li> <li>• 2 tbsp Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp vegetable oil</li> <li>• 2 garlic cloves</li> <li>• 3/4 tsp salt</li> <li>• 1/4 tsp freshly ground pepper</li> <li>• 1/8 tsp ground nutmeg</li> </ul>
Honey Lemon Beets 4 - 6 servings	<ul style="list-style-type: none"> <li>• 8 small beets</li> <li>• 1 tbsp butter or non-hydrogenated margarine</li> <li>• 1 onion</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbsp liquid honey</li> <li>• 2 tbsp lemon juice</li> <li>• 1/2 tsp ground nutmeg</li> <li>• 1/4 tsp pepper</li> </ul>
Pumpkin Scones 8 servings	<ul style="list-style-type: none"> <li>• 1/2 cup cold butter</li> <li>• 1/2 cup buttermilk</li> <li>• 1/2 cooked or canned pumpkin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup all-purpose flour</li> <li>• 3/4 cup whole-wheat flour</li> <li>• 1 tbsp baking powder</li> <li>• 1/2 tsp baking soda</li> <li>• 1/2 tsp each cinnamon and nutmeg</li> <li>• 1/4 tsp cloves</li> <li>• 1/4 tsp dash salt</li> <li>• 1/2 cup white sugar</li> <li>• 2 tbsp brown sugar</li> </ul>
Kitchen Equipment:	2 large bowls, 2 large frying pans, 3 medium bowls, cutting board, knives, measuring cups and spoons, medium pot, 9x13 inch baking dish or casserole dish, large saucepan, baking sheet, can opener	



## Sweet and Sour Meatballs

5 servings

### INGREDIENTS

1 pound	lean ground beef
1	egg
1	onion, chopped
1 cup	dry bread crumbs
	pepper, to taste
1 cup	water
1/2 cup	cider vinegar
1/2 cup	ketchup
2 tbsp	cornstarch
1 cup	brown sugar
2 tbsp	low sodium soy sauce

### DIRECTIONS

1. In a large bowl, combine beef, egg, onion, bread crumbs and pepper. Roll into meatballs about 1 to 1 1/2 inches in size.
2. In a large frying pan over medium heat, fry the meatballs until browned on all sides.
3. In a separate medium bowl, mix together the water, vinegar, ketchup, cornstarch, sugar and soy sauce. Pour over meatballs in the frying pan and continue to heat until the sauce thickens and just starts to bubble.

## Scalloped Potatoes and Leeks

6 servings

### INGREDIENTS

1 tbsp	vegetable oil
2 cups	thinly sliced leek
2	garlic cloves, minced
6 to 8	yellow or red potatoes, peeled and cut into 1/8 inch slices
1-2/3 cups	1% low-fat milk
3/4 tsp	salt
1/4 tsp	freshly ground pepper
1/8 tsp	ground nutmeg
1	egg
2 tbsp	Parmesan cheese

### DIRECTIONS

1. Add vegetable oil to a medium saucepan over medium heat. Add leek and garlic; stir well. Cover and cook 5 minutes or until the leek is tender. Remove from heat; set aside.
2. Preheat oven to 425°F (220°C).
3. Coat a 9x13 inch baking dish with 1 tsp vegetable oil and arrange one-third of potato slices in the bottom of the dish. Top with half of leek mixture. Repeating until complete.
4. Using a small bowl, whisk milk, salt, pepper, nutmeg and egg in a bowl. Pour over potato mixture and bake, uncovered for about 30 minutes. Sprinkle with Parmesan cheese and bake for an additional 15 minutes (or until browned).



## Honey Lemon Beets

4 - 6 servings

### INGREDIENTS

8	small beets, trim ends
1 tbsp	butter or non-hydrogenated margarine
1	onion, sliced
2 tbsp	liquid honey
2 tbsp	lemon juice
1/2 tsp	ground nutmeg
1/4 tsp	pepper

### DIRECTIONS

1. In a large pot of boiling water, cover and cook beets for about 40 minutes or until tender.
2. Drain and let cool slightly; slip off skins.
3. Cut in half then into wedges.
4. Meanwhile, in a large nonstick frying pan, melt butter over medium heat; cook onion, stirring occasionally, for 8 minutes or until tender.
5. Stir in honey, lemon juice, nutmeg and pepper.
6. Add beets; cook, stirring to coat, for 5 minutes or until glazed.

## Pumpkin Scones

8 servings

### INGREDIENTS

1 cup	all-purpose flour
3/4 cup	whole-wheat flour
1 tbsp	baking powder
1/2 tsp	baking soda
1/2 tsp each	cinnamon and nutmeg
1/4 tsp	cloves
1/4 tsp	salt
1/2 cup	white sugar
1/2 cup	cold butter
1/2 cup	buttermilk
1/2 cup	cooked or canned pumpkin
2 tbsp	brown sugar

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a large baking sheet.
2. In a large mixing bowl, combine flours, sugar, baking powder, baking soda, salt and spices. Stir to combine. Cut in cold butter with a pastry cutter or two butter knives until the size of peas.
3. In a small bowl, stir together pumpkin and buttermilk. Add to dry ingredients and stir just until moistened.
4. Transfer dough to prepared baking sheet. Using floured hands, pat dough to 8 inch circle. Using long knife, score dough into 8 wedges, but do not separate.
5. Sprinkle dough with brown sugar. Bake for 20 to 25 minutes or until top springs back when lightly touched.
6. Cool slightly and cut again into wedges.

# December

## EQUIPMENT AND INGREDIENTS

RECIPE	GROCERIES	PANTRY INGREDIENTS
Homemade Stuffing Baked Outside the Turkey 12 servings	<ul style="list-style-type: none"> <li>1 pound loaf sliced whole wheat bread</li> <li>1/4 cup butter or non-hydrogenated margarine</li> <li>1 onion</li> <li>4 stalks celery</li> </ul>	<ul style="list-style-type: none"> <li>2 tsp poultry seasoning</li> <li>pepper, to taste</li> <li>1 cup low sodium chicken or vegetable broth</li> </ul>
Crustless Sweet Potato Pie 8 servings	<ul style="list-style-type: none"> <li>1 can (16 oz) sweet potatoes, or (2 cups fresh, cooked and mashed)</li> <li>1/2 cup skim milk</li> <li>2 eggs</li> </ul>	<ul style="list-style-type: none"> <li>1/2 cup maple syrup</li> <li>1 tsp vanilla</li> <li>1/4 tsp nutmeg</li> </ul>
Broccoli Gratin 4 servings	<ul style="list-style-type: none"> <li>5 - 6 cups broccoli</li> <li>1 onion</li> <li>2 cups milk</li> <li>1 cup Cheddar cheese</li> <li>1 cup bread crumbs or cornmeal</li> <li>1 tbsp butter</li> <li>1/4 cup Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>1 clove garlic</li> <li>2 tbsp vegetable oil</li> <li>1/4 cup flour</li> <li>1 tsp pepper</li> <li>nutmeg and red pepper flakes (optional)</li> <li>1 tbsp dried parsley</li> </ul>
Glazed Carrots 4 - 6 servings	<ul style="list-style-type: none"> <li>2 cups baby carrots</li> <li>2 tbsp butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>1/3 cup brown sugar, packed</li> <li>pepper, to taste</li> </ul>
Baked Glazed Ham with Honey and Brown Sugar Glaze (servings depend on size of ham)	<ul style="list-style-type: none"> <li>ham</li> </ul>	<ul style="list-style-type: none"> <li>2/3 cup brown sugar</li> <li>3 tbsp honey</li> <li>1 tbsp prepared mustard</li> </ul>
Baked Glazed Ham with Pineapple Glaze (servings depend on size of ham)	<ul style="list-style-type: none"> <li>ham</li> <li>3/4 cup well drained crushed pineapple</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 tsp dry mustard</li> <li>1 cup brown sugar</li> </ul>
Date Squares 25 squares	<ul style="list-style-type: none"> <li>2 cups pitted dates</li> <li>3/4 cups butter or non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>1 1/4 cups all purpose flour</li> <li>1 tsp baking powder</li> <li>1 tsp baking soda</li> <li>1 1/4 cup rolled oats</li> <li>3/4 cup brown sugar</li> </ul>
Kitchen Equipment:	large saucepan, can opener, wooden spoon, measuring cups and spoons, cheese grater, 2-8x8 inch baking dishes, medium saucepan, large frying pan, knives, cutting boards, roasting pan, small saucepan, casserole dish, large bowls, pie pan	



## Homemade Stuffing Baked Outside the Turkey

12 servings

### INGREDIENTS

1 pound	loaf sliced whole wheat bread
1/4 cup	butter or non-hydrogenated margarine
1	onion, chopped
4	stalks celery, chopped
2 tsp	poultry seasoning
	pepper, to taste
1 cup	low sodium chicken or vegetable broth

### DIRECTIONS

1. Let bread slices air dry for 1 to 2 hours, then cut into cubes. Or cut into cubes and place on cookie sheet in oven on low heat until crunchy.
2. In a large saucepan, melt butter or margarine over medium heat. Cook onion and celery until soft. Season with poultry seasoning and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.
3. Bake in a buttered casserole dish at 350°F (175°C) for 30 to 40 minutes.

## Crustless Sweet Potato Pie

8 servings

### INGREDIENTS

1 can (16 oz)	sweet potatoes, or 2 cups cooked and mashed
1/2 cup	skim milk
1/2 cup	maple syrup
1 tsp	vanilla
1/4 tsp	nutmeg
2	eggs

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Boil sweet potatoes until soft if using fresh and mash in a large mixing bowl.
3. Combine mashed sweet potatoes with eggs, syrup, vanilla, milk and nutmeg. Mix well.
4. Spray 9 inch pie pan with non-fat cooking spray.
5. Bake in oven at for 50 to 55 minutes or until set.





## Broccoli Gratin

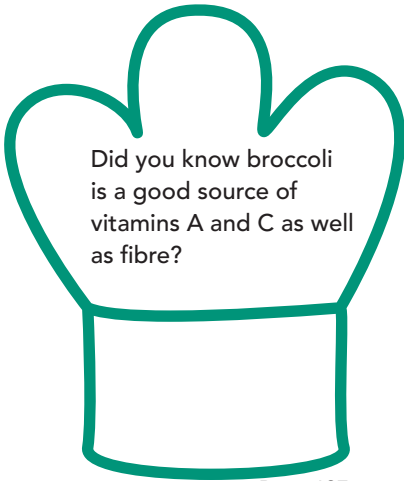
4 servings

### INGREDIENTS

5 - 6 cups	broccoli, chopped
1	onion, diced
1	clove garlic, diced
2 tbsp	vegetable oil
1/4 cup	flour
2 cups	milk
1 tsp	pepper
	pinch of ground nutmeg and red pepper flakes (optional)
1 cup	Cheddar cheese
1 cup	bread crumbs (or cornmeal for gluten-free option)
1 tbsp	butter, melted
1 tbsp	dried parsley
1/4 cup	Parmesan cheese

### DIRECTIONS

1. Steam broccoli until slightly tender for 6 to 8 minutes. Drain and set aside.
2. In small saucepan sauté onion and garlic in 2 tbsp oil until softens.
3. Sprinkle onions with flour and cook, stirring constantly to coat onions and garlic (about 3 minutes) making sure that they do not turn brown. Whisk in milk and bring to boil. Add spices (pepper, nutmeg and red pepper flakes).
4. Stir in Cheddar cheese and remove from heat. Combine with broccoli. Transfer to an 8x8 inch baking dish.
5. Mix bread crumbs, melted butter, Parmesan cheese and parsley and sprinkle on top. Bake for 20 minutes.



Did you know broccoli is a good source of vitamins A and C as well as fibre?



## Glazed Carrots

4 - 6 servings

### INGREDIENTS

2 cups	baby carrots or regular carrots, peeled and sliced
2 tbsp	butter or non-hydrogenated margarine
1/3 cup	brown sugar, packed
1 cup	water
	pepper, to taste

### DIRECTIONS

1. In a medium saucepan, combine ingredients.
2. Bring carrots to a boil over high heat. Reduce heat to medium and continue boiling (uncovered) for about 20 to 25 minutes, or until carrots are tender and the liquid has evaporated.

## Baked Glazed Ham

8 servings

### INGREDIENTS

Ham

#### Honey and Brown Sugar Ham Glaze

2/3 cup	brown sugar
3 tbsp	honey
1 tbsp	prepared mustard

#### Pineapple Glaze

1 1/2 tsp	dry mustard
1 cup	brown sugar
3/4 cup	well drained, crushed pineapple

### DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Place ham in a roasting pan and pack the top with a layer of one of the glazes. Pour enough water into the bottom of the roasting pan to come to a 1 inch depth. Cover the pan tightly with aluminum foil or a lid.
3. Bake for about 22 minutes per pound, or until the internal temperature of the ham has reached 160°F (71°C). Make sure the meat thermometer is not touching the bone.
4. Let stand for about 20 minutes before carving.



## Date Squares

25 squares

### INGREDIENTS

2 cups	pitted dates, chopped
1 cup	water (add more if needed)
1 1/4 cup	all purpose flour
1 tsp	baking powder
1 tsp	baking soda
3/4 cup	non-hydrogenated margarine or butter
1 1/4 cup	rolled oats
3/4 cup	lightly packed brown sugar

### DIRECTIONS

1. Preheat oven to 350°C (180°C) and grease an 8x8 inch baking dish.
2. Turn stove to medium heat. In a small saucepan, combine dates and water. Heat to boil, then turn heat to low. Simmer the dates uncovered until mixture is the consistency of jam (around 10 minutes).
3. Using a large bowl, add flour, baking powder and combine.
4. Cut margarine or butter into flour mixture using a pastry blender or two knives until mixture is crumbly (can be done in a food processor). Stir in the oats and sugar.
5. Press half the crumb mixture into the bottom of the pan. Spread the date mixture evenly over the crumb mixture. Sprinkle remainder of the crumbs on top, pressing the crumbs lightly into the date mixture.
6. Bake in oven about 25 minutes until lightly browned. Cool and cut into squares.

Fresh or dried fruit in desserts increases the nutritional value of the dish, while their natural sugars will satisfy your sweet tooth.