### Eating Well But Cooking Less - Week 2 at-a-Glance

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<th>Day 6</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>French Toast Sticks</td>
<td>Skillet Granola Yogurt</td>
<td>Peanut Butter Toast</td>
<td>Frozen Whole Wheat Waffles</td>
<td>Cold Cereal</td>
<td>English Muffin Spreads</td>
<td>Breakfast Burritos Salsa</td>
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<tr>
<td>Orange Slices Juice Milk</td>
<td>Juice</td>
<td>Blueberries Juice Milk</td>
<td>Juice Milk</td>
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<td>Juice Milk</td>
<td>Breakfast Salad</td>
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<table>
<thead>
<tr>
<th>Lunch</th>
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<tbody>
<tr>
<td>Asian Beef and Noodles</td>
<td>Tuna Pasta Salad Crackers Orange Slices Milke</td>
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<tr>
<td>Dinner Rolls Milk</td>
<td>Leftover Calico Beans Cornbread Fresh Vegetable Slices Fruit Milk</td>
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<th>Dinner</th>
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<tr>
<td>Chicken Spinach Salad Cheese Slices French Bread Milk</td>
<td>Calico Beans Carrots Cornbread Fruit Cocktail Milk</td>
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## EATINGS WELL

### WEEK 2 Shopping List

### Staple Items
- Beef bouillon
- Bread crumbs - 1 can
- Brown sugar
- Catsup
- Cider vinegar
- Cooking spray
- Cornmeal or cornflake crumbs
- Honey
- Mayonnaise or salad dressing - light
- Mustard
- Powdered sugar
- Raspberry Vinaigrette
- Salad dressing - Ranch light
- Vegetable oil

### Herbs & Spices
- Chili powder
- Cinnamon
- Cumin
- Garlic powder
- Ginger - ground
- Light salt
- Onion - dried, minced
- Onion powder
- Paprika
- Pepper

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**Grocery**

**Grains**
- Bread, whole wheat
- Cereal - ready to eat
- Cornbread mix
- Crackers - your choice
- Dinner rolls
- Elbow macaroni - 16 oz.
- English muffins - 1 pkg
- Flour tortillas - 12
- French bread - 1 loaf
- Hamburger buns
- Long-grain rice - 1 pkg
- Muffins - purchased
- Rolled oats - old fashioned

**Canned Beans, Sauces, Soups & Vegetables**
- Green beans - 15 oz. can
- Kidney beans - 16 oz. can
- Lima beans - 16 oz. can
- Pork 'n Beans - 20 oz. can
- Vegetarian Baked Beans - 2-16 oz. cans
- Salsa - 1 - 32 oz. jar
- Tomato juice - 32 oz. bottle

**Canned Fruit & Juice**
- Fruit cocktail - 15 oz. can
- Mandarin oranges - 15 oz. can

**Canned Meat**
- Chicken - white meat - 8 oz. can
- Tuna - water pack - 6 to 7 oz. can

**Other Grocery Items**
- Chicken gravy - canned or jar
- Instant mashed potatoes - 1 box
- Peanut butter - 1 jar
- Pretzels
- Ramen noodles - oriental, low-fat, 2-pkg
- Raisins
- Walnuts or pecans - 2½ cups

**Dairy**
- Cheddar cheese - shredded - 8 oz. pkg
- Cheese - block - your choice - 8 oz.
- Cottage cheese - 16 oz. container
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Yogurt - your choice - 32 oz.

**Frozen Foods**
- Blueberries - 16 oz. pkg
- Green pepper, chopped - 16 oz. pkg
- Mixed vegetables - 16 oz. pkg
- Mixed vegetables - oriental style
- Onions, chopped - 2 pkg
- Whole wheat waffles - 1 pkg

**Fruit - Fresh**
- Apples - 2
- Bananas - 8
- Cantaloupe - 1
- Fruit - your choice - 3 meals
- Fruit - mixed fruit cup - 1 meal
- Melon - your choice
- Oranges - 8
- Peaches - 4
- Strawberries - 2 pints
- Juice - your choice

**Meat**
- Chicken breasts - boneless, skinless - 4
- Deli meat - your choice ½ lbs
- Ground beef - 2½ lbs
- Pork chops - 6
- Salmon fillets - 4 - 6 oz. each

**Vegetables - Fresh**
- Asparagus - 1 bunch
- Broccoli - 1 head
- Broccoli slaw - 1 pkg
- Carrots - 1 bunch
- Potatoes - 4 med, 4 baking
- Salad in a Bag - 2 bags
- Spinach in a bag - baby, 1 bag
- Salad bar items - ¼ cup shredded carrots, 1¼ cup sliced celery, 2 Tbls green onions, ½ cup red onion
- Tomatoes - cherry - 1 pint
- Vegetables - for vegetable slices - your choice - 1 meal

*Amount of milk assumes that 4 people will be drinking 1 cup of milk 3 times a day plus cooking. Package sizes are also estimates. Buy amount of milk appropriate for your family and purchase package sizes close to what is needed for the recipe.
Menu Suggestion
French Toast Sticks
Orange Slices
Juice
Milk

Equipment Needed
Pancakes
☐ knife
☐ cutting board
☐ baking sheet
☐ mixing bowl
☐ fork
☐ measuring cup
☐ hot pad

Shopping Tip
Check “best if purchased by” dates on bread to make sure you are buying the freshest. Only buy what you can use before it molds, or if you have room to freeze it. Store tightly covered at room temperature. Don’t store bread in the refrigerator as it quickly becomes stale.

Nutrition Tip
Not all wheat breads are the same. For bread to be a whole grain, look for “whole wheat” as the first ingredient on the label. If “enriched wheat flour” is listed, the bread is not a whole grain.

FRENCH TOAST STICKS
Servings - 4
(1 slices of bread)

4 slices 100% whole wheat bread
2 eggs
2 tablespoons milk
powdered sugar and cinnamon for topping

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You’ll have 16 strips in all.
4. In a small bowl, combine eggs and milk and beat with a fork until frothy.
5. Dip each ‘stick’ of bread in egg mixture and place on baking sheet.
6. Bake for about 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.
Food Safety Tip
Throw out any remaining raw egg mixture.

Other Creative ideas
Dip in warm applesauce or other toppings such as fruit preserves. Use different types of bread such as cinnamon.

Quick Tip
These can be done in a hot skillet on top of the stove. Turn to brown on both sides. Tongs may be easier than a pancake turner.

“Let me help.”
Put powdered sugar in a shaker and teach children how to “sprinkle.” Sprinkle means to shake the powdered sugar lightly over the toast sticks.

Mealtime/Family Time
For late risers on the week-ends, have family brunch instead of breakfast.

Physical Activity
Play musical chairs while the French toast is baking.
**ASIAN BEEF AND NOODLES**

Servings - 4

1 pound lean ground beef  
2 packages (3 ounces each) -  
   Oriental flavor instant ramen noodles (low fat)  
2 cups water  
2½ cups frozen Oriental vegetable mixture  
¼ teaspoon ground ginger (optional)  
2 tablespoons thinly sliced green onions

1. In a large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes. Remove with slotted spoon and pour off grease. Season beef with one seasoning packet from noodles; set aside.  
2. In same skillet, combine water, vegetables, noodles broken up, ginger and remaining seasoning packet. Bring to a boil; reduce heat. Cover and simmer 3 minutes or until noodles are tender; stirring occasionally.  
3. Return beef to skillet; heat through to 165° F. Stir in green onions before serving.
Quick Tip
Although they are a little high in fat, Ramen noodles are ready in less than 5 minutes. They are also a good source of iron so try substituting them for pasta and rice in other recipes to speed up cooking time.

Food Safety Tip
This recipe is a mixed food so when all ingredients are combined, the dish needs to reach 165°F minimum internal temperature.

“Let me help.”
Children can help with breaking up the noodles.

Mealtime/Family Time
When serving ethnic-type dishes, have everyone in the family research foods from the particular country or countries, and then discuss their findings during the meal.

Physical Activity
Have a scavenger hunt.

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**Nutrition Facts**

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<th>Serving Size (324g)</th>
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<td>Vitamin C 15%</td>
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<tr>
<td>Calcium 6%</td>
<td></td>
</tr>
<tr>
<td>Iron 15%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4
**Menu Suggestion**
Chicken Spinach Salad
Cheese Slice
French Bread
Milk

**Equipment Needed**
- ☐ paring knife
- ☐ plate or cutting board
- ☐ large bowl
- ☐ measuring cups
- ☐ tongs or 2 mixing spoons

**Shopping Tip**
Bag salad mixes and vegetables are pre-washed and ready to eat. They are a little more expensive but will save you time.

**Nutrition Tip**
Spinach and walnuts are good sources of omega-3 fatty acids. These fatty acids may help protect you against heart disease, stroke and many other health conditions.

**Quick Tip**
This is a great salad to take to a pot-luck dinner or on a picnic. It can be made on site.

**Food Safety Tip**
Wash apples and other fresh fruit under plenty of cold, running water. Refrigerate leftovers of the salad.

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**CHICKEN SPINACH SALAD**

**Servings - 4**

1 - 9 oz bag baby spinach
2 apples, diced
1 can (15 oz) mandarin oranges
1 cup pecan or walnut halves
1 - 8 oz can or pouch white meat chicken (drained)
¾ cup bottled Raspberry Vinaigrette dressing

1. Toss first 5 ingredients in a large bowl.
2. Add dressing, toss to coat. Serve.
Other Creative Ideas
Use cooked beef strips or shrimp in place of chicken. Use other types of fruits such as strawberries.

“Let me help.”
Children can help with adding ingredients to the bowl.

Mealtime/Family Time
As mentioned, this is a great meal for a picnic even in your own backyard. Family mealtime can happen in many places besides the dining room.

Physical Activity
Walk the dog.

Nutrition Facts

Serving Size (192g)
Servings Per Container 4

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<tr>
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<tr>
<td>Protein</td>
<td>8g</td>
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Vitamin A 50%  Vitamin C 45%
Calcium 4%  Iron 6%

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

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
Menu Suggestion
Skillet Granola
Yogurt
Juice

Equipment Needed
☐ large skillet
☐ measuring cups
☐ mixing spoon
☐ air tight container

Shopping Tip
Walnuts are less expensive when bought in bulk. To keep them fresher longer, store them in your freezer.

Nutrition Tip
Oats provide soluble fiber which helps keep your stools soft. It also helps with lowering cholesterol and maintaining good blood sugar control.

Food Safety Tip
Freezing grains for 3-4 days will help prevent insect infestations especially if you keep dry staples longer than 60 days. Store in tightly closed glass or plastic containers.

Other Creative ideas
Substitute dried cranberries for the raisins and use other nuts such as almonds or pecans.

SKILLET GRANOLA
Servings - 12 - ½ cup

¼ cup vegetable oil
¼ cup honey
¼ cup brown sugar
1 teaspoon cinnamon
4 cups old fashioned rolled oats
1 cup walnut pieces
1 cup raisins

1. In a large skillet, stir together first four ingredients, and heat on medium heat.
2. When bubbly, add rolled oats and nuts.
3. Stir mixture and cook until brown. Stir occasionally.
4. Add raisins.
5. Cool and store in an air tight container.
Quick Tip
This recipe can be prepared ahead and stored in an air tight container.

“Let me help.”
Show children how to make granola-yogurt parfaits by layering the ingredients in a cup or glass. You could also add in some other fruit such as peaches, berries, etc.

Mealtime/Family Time
Even if you don’t have time in the mornings to sit down to a family meal, encourage all family members to at least eat something within 2 hours of getting up.

Physical Activity
Play recipe popcorn. Pick a word from the recipe you are making such as “granola” and every time you say the word, everyone squats down and then jumps up. (Make sure you are in a safe place.)

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 12

Amount Per Serving
Calories 290 Calories from Fat 120

% Daily Value *
Total Fat 13g 20%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 40g 13%
Dietary Fiber 4g 15%
Sugars 19g
Protein 6g

Vitamin A 0% Vitamin C 2%
Calcium 4% Iron 10%

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Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

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Menu Suggestion
Tuna Pasta Salad
Sliced Tomatoes
Whole Grain Crackers
Orange Slices
Milk

Equipment Needed
☐ large sauce pan
☐ mixing spoon
☐ strainer
☐ paring knife
☐ plate or cutting board
☐ measuring cups
☐ large bowl with lid

Shopping Tip
Pasta and noodles come in many shapes and sizes. Generally pasta in the bag is less expensive than boxed pastas.

Nutrition Tip
Pasta is low in fat and sodium, and high in carbohydrates which give us energy. Whole grain pastas are also available. They are darker in color and will take a little longer to cook. They are higher in fiber compared to pastas made with refined flour.

Food Safety Tip
Tuna is highly perishable. When making your salad, it is best to chill all ingredients first before combining and then keep refrigerated. Throw out leftovers after 2 days.

EATING WELL BUT COOKING LESS

LUNCH

TUNA PASTA SALAD
Servings - 4

1 - 6 oz. can tuna in water, drained
2 cups elbow macaroni, cooked, drained
¼ cup sliced celery
¼ cup chopped onion
¼ cup salad dressing, mayonnaise-type
(low fat, if desired)
salt, pepper to taste

1. Mix tuna, macaroni, celery, and onion.
2. Mix in salad dressing, salt and pepper.
3. Chill.
Other Creative ideas
Add in other vegetables such as sweet peppers, zucchini, carrots, etc.

Quick Tip
Some pastas cook in as little as 3 minutes. Read package labels for cooking time.

“Let me help.”
Kids can mix the salad when you are ready to combine ingredients.

Mealtime/Family Time
Family mealtime is a great time to talk about the importance of nutrition. If you need to learn more about nutrition, contact your local county extension office.

Physical Activity
Because you are eating tuna today, have everyone pretend to swim like a fish.

Nutrition Facts
Serving Size (130g)
Servings Per Container 4

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<td>Protein</td>
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Vitamin A 0%  Calcium 2%  Vitamin C 2%  Iron 15%

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<td>375g</td>
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<td>Dietary Fiber</td>
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Calories per gram:
Fat 9  ·  Carbohydrate 4  ·  Protein 4
Menu Suggestion
- Calico Beans
- Carrots (cooked or raw)
- Cornbread (box)
- Fruit Cocktail
- Milk

Equipment Needed
- ☐ large skillet
- ☐ mixing spoon
- ☐ measuring cups
- ☐ can opener
- ☐ measuring spoons
- ☐ food thermometer

Shopping Tip
Beans are very economical and can help stretch your protein dollars. Dry beans are the most economical but require soaking and cooking time. Canned beans are a great time saver for a few cents more.

Nutrition Tip
Beans are a good source of iron and protein, and 1 cup of beans is equal to a 2-ounce serving of meat. Beans are also a great source of fiber. Eat them two to three times a week. If gas is a problem, your body will learn to adapt and the gas will subside if you gradually increase the number of servings you eat each week.

CALICO BEANS
Servings - 8

½ pound ground beef or pork
¼ cup chopped onion
2 cups (cooked) kidney beans (or 16-ounce can) drained
2 cups (cooked) lima beans (or 16-ounce can) drained
2 cups pork and beans (or 20-ounce can)
¼ cup catsup
¼ cup brown sugar
1 teaspoon mustard

1. Brown meat and onion in a large frying pan. Drain the fat.
2. Add remaining ingredients and mix well.
3. Simmer for 15-20 minutes or temperature reaches 165°F.
4. While Calico Beans are simmering, prepare cornbread according to package directions.
Quick Tip
This recipe makes eight servings so it can be used for tomorrow's lunch. If brown bagging, put leftovers in microwave safe containers so that they can be quickly reheated and eaten without extra dishes. (Reheat to 165°F.)

Food Safety Tip
Leftovers like Calico Beans need to be divided into single serving containers and refrigerated immediately after eating so that they cool quickly and bacteria does not grow.

Other Creative Ideas
Use other types of beans such as pinto. If you don't like lima beans, try baby limas which have a milder texture and flavor.

“Let me help.”
Teach children kitchen safety such as using dry hot pads as wet ones may cause steam burns.

Mealtime/Family Time
As a society, most people are eating too much. Start with smaller portions, eat slowly and then wait a few minutes to see if you are really hungry for that second helping. Help your children regulate their intake by encouraging them to do the same.

Physical Activity
Calico Beans are something cowboys might eat. Have the kids pretend to ride a horse.
Menu Suggestion
Peanut Butter Toast
Banana
Juice
Milk

Equipment Needed
☐ toaster
☐ knife
☐ plate

Shopping Tip
An unopened jar of peanut butter will stay fresh in a cool, dry place for 2 years. Once opened, it needs to be used within 3 months as the flavor deteriorates. Buy only the amount of peanut butter you can use within that time.

Nutrition Tip
Peanut butter is in the protein food group along with meats, poultry, fish, etc. 2 tablespoons of peanut butter is equal to the amount of protein in 1-ounce of meat.

Food Safety Tip
Peanut butter is not recommended for children under 2 years of age because it is a choking hazard.

Other Creative ideas
If peanut butter is too thick and sticky for you by itself, add a little honey, syrup, jam, jelly or yogurt.

PEANUT BUTTER TOAST
Servings - 1

2 slices of whole wheat bread
2 tablespoons peanut butter
Quick Tip
Make a “banana dog” for the kids: Spread peanut butter on a lightly toasted slice of bread and wrap it around a half of a banana. Eat like a hot dog.

“Let me help.”
Spreading helps young children develop motor skills. Have them spread the peanut butter on the toast.

Mealtime/Family Time
Mealtime doesn’t always have to be inside. When weather permits, eat outside.

Physical Activity
Put on some music and have the kids pretend they are music conductors.

Nutrition Facts
Serving Size (82g) Servings Per Container  1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 310 Calories from Fat 160 % Daily Value *</th>
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<td>Total Carbohydrate 28g</td>
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</tr>
<tr>
<td>Dietary Fiber 4g</td>
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</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
</tr>
<tr>
<td>Protein 12g</td>
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</tr>
</tbody>
</table>

Vitamin A 0% Vitamin C 0%
Calcium 6% Iron 10%

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

<table>
<thead>
<tr>
<th>Calories:</th>
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<th>2,500</th>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</tbody>
</table>

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
Menu Suggestion
Leftover Calico Beans
Leftover Cornbread
Fresh Vegetables
Fruit of your choice
Milk

Equipment Needed
☐ insulated lunch box
☐ microwave-safe, airtight containers
☐ ice packs
☐ silverware/paper goods
☐ food thermometer

Shopping Tip
Invest in microwave-safe, sealable containers for storing and then reheating leftovers. The dollars you spend will be saved if you eat leftovers for lunch instead of eating out.

Nutrition Tip
Taking your lunch instead of eating out can save you calories, fat and $$. A typical cheeseburger value meal contains about 60 grams of fat or the amount of fat you should have in one day.

Quick Tip
Divide leftovers into single-serving storage containers and put them in a visible, easy-to-reach spot in your refrigerator. Then you can quickly pack your lunch in the morning.

Eating Well But Cooking Less

LUNCH

BROWN BAGGIN’ IT!

Leftover Calico Beans
Food Safety Tip
Use a well insulated lunch box or bag to keep your food cool until lunch time, especially if you don’t have a refrigerator. Purchase re-freezable ice packs or freeze water in margarine tubs to place inside your lunch box. Your lunch box temperature should be like your refrigerator - 40°F or less. Check it when it is packed with your food thermometer. Reheat Calico Beans to 165°F.

Other Creative ideas
Wrap Calico Beans up in a tortilla or use as a topping on a baked potato.

“Let me help.”
To save time in mornings, teach children how to pack their own lunch.

Mealtime/Family Time
Once in a while, arrange to eat lunch with your child at school.

Physical Activity
Trace imaginary letters with your steps to spell out “LUNCH”.

Nutrition Facts
Serving Size (233g)
Servings Per Container 8

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<th>Amount Per Serving</th>
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</tr>
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<td>Sugars 14g</td>
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<tr>
<td>Protein 17g</td>
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Vitamin A 4%  Vitamin C 8%
Calcium 6%  Iron 20%

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
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<tbody>
<tr>
<td>Fat 9</td>
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Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777
Eating Well But Cooking Less

Menu Suggestion
Honey-Walnut Salmon
Carrots/Broccoli
Baked Potato
Bread
Milk

Equipment Needed
☐ baking sheet
☐ small bowl
☐ fork
☐ spatula
☐ food thermometer

Shopping Tip
Salmon fillets can be expensive. Watch for sales and buy extra to freeze if you have room.

Nutrition Tip
Both salmon and walnuts are high in omega-3 fatty acids. These are fats that are good for your heart.

Quick Tip
Most fish cooks very quickly so include it more often for quick and healthy meals.

Food Safety Tip
Fish is highly perishable. Store in the refrigerator and cook within 1-2 days. Or freeze in freezer bags or containers. Thaw in refrigerator and use within 6 months.

HONEY-WALNUT SALMON
Servings - 4

4 salmon fillets - 6 oz each
½ cup finely chopped walnuts
1 egg white, beaten
1 tablespoon honey
⅛ teaspoon salt

1. Preheat oven to 425°F. Line baking sheet with foil. Place salmon fillets on baking sheet, skin side down.
2. Combine walnuts, egg white, honey and salt in a small bowl. Spread mix over top of each fillet.
3. Bake for 8 to 10 minutes or until internal temperature reaches 145°F.
4. While salmon is baking, microwave potatoes.
Nutrition Facts

Serving Size (199g)  Servings Per Container  4

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

- Total Fat: Less than 65g
- Saturated Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: 300g
- Dietary Fiber: 25g

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Other Creative Ideas

Use other types of nuts such as slivered almonds or chopped pecans.

“Let me help.”

Handwashing is important after handling raw fish. Teach children how to wash their hands properly: wet hands with warm water, add soap and wash for 20 seconds (say the alphabet). Rinse hands well and dry with a paper towel.

Mealtime/Family Time

If salmon is a new food for your family, encourage but don’t force your children to eat it. With less pressure, they will be more likely to try it.

Physical Activity

Have everyone pretend they are fishing either with a fishing pole or net.
Eating Well But Cooking Less

Breakfast

Menu Suggestion
Frozen Whole Wheat Waffles
Hot Blueberries (topping)
Juice
Milk

Equipment Needed
☐ toaster
☐ plate
☐ microwave-safe container

Shopping Tip
All types of berries are available year round in the freezer section of your grocery. Most come without added sugar.

Nutrition Tip
Blueberries are full of phytonutrients that may help protect you against cancer and heart disease.

Food Safety Tip
Kitchen sinks and counters can be contaminated with bacteria even if they look clean. To “santize” or reduce bacteria to an acceptable amount, spray counter and sinks with a bleach solution of 1 teaspoon of non-scented chlorine bleach to 1 quart of water. Let air dry.

Other Creative ideas
Frozen waffles come in many varieties including low-fat and waffle sticks.

Whole Wheat Waffles
Servings - 1

No recipe needed!

While toasting waffles, heat frozen blueberries in microwave (about ½ cup per person).

Use blueberries as a topping for waffles in place of syrup.
Quick Tip
This breakfast is ready in about 3 minutes, so you will have time to sit down and enjoy it.

“Let me help.”
This would be a good time to teach your child about toaster safety: Unplug the toaster first before dislodging any food that is stuck.

Mealtime/Family Time
Breakfast is a great time to go over any last minute homework but make it fun, not stressful.

Physical Activity
If you are going over homework, have your kids stand up when they answer your questions.
COTTAGE CHEESE POTATO SALAD

Servings - 4 (1 cup)

4 medium potatoes, cooked in skin and cooled
1 cup low-fat cottage cheese
½ cup low-fat mayonnaise
½ cup diced red onion

1. Peel cooked potatoes and dice into ½ inch chunks.
2. Mix cottage cheese, mayonnaise and onion together and pour on to potatoes and mix thoroughly.
3. Refrigerate for at least 4 hours.
Cooked, diced potatoes can be found in the refrigerated section of the grocery store. If cooking your own, cook them the night before, so they can cool overnight in the refrigerator. The salad can be quickly assembled the next morning.

Other Creative ideas
For variety, add pickle relish, chopped hard-cooked eggs, and other favorite seasonings.

“Let me help.”
Teach your child how to measure various ingredients such as the mayonnaise.

Mealtime/Family Time
Taking a break for lunch during the work day is good for you. You need fuel to keep going and nutrients for overall health. If you can’t meet a family member for lunch, eat with a friend or co-worker but leave “work” at the office.

Physical Activity
Have a relay! Drop clothes pins into a milk jug. Run back to the starting line.
Menu Suggestion
Taco Macaroni
Bag Tossed Salad
Tortillas
Melon
Milk

Equipment Needed
☐ large skillet
☐ measuring cups
☐ measuring spoons
☐ mixing spoon
☐ food thermometer

Shopping Tip
Look for frozen, chopped onions and green peppers in the freezer section of the grocery store.

Nutrition Tip
To further reduce the fat in the ground beef, place a strainer inside a large bowl. Place cooked meat in the strainer, then rinse with hot water. Drain well. Place cooled grease in a container and put in the trash, not down the drain.

Food Safety Tip
This is a mixed dish so the minimum internal temperature of the food needs to reach 165°F. Insert the food thermometer into the center of the mixture. Make sure the end of the thermometer is covered by food past the small dimple on the stem, but not touching the skillet. Read when the needle quits moving.

TACO MACARONI
Servings - 6

1 pound ground beef
½ cup chopped onion (frozen)
½ cup chopped green pepper (frozen)
2 teaspoons cumin
2 teaspoons chili powder
½ teaspoon pepper
½ teaspoon garlic powder
2 cups tomato juice
2 cups water
1½ cups uncooked elbow macaroni

1. Brown the meat, onion and green pepper in a large skillet. Drain the fat.
2. Stir in remaining ingredients. If desired, use 1 tablespoon of South of the Border Mix in place of all 4 spices.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally. Uncover and add more water if necessary and cook to desired consistency (165°F).

SOUTH OF THE BORDER MIX
Makes about ⅓ cup

3 tablespoons chili powder
2 teaspoons ground cumin
1½ teaspoons garlic powder
1 teaspoon dried parsley
1 teaspoon onion powder
1 teaspoon ground coriander (optional)
½ teaspoon ground red pepper

1. Combine all ingredients.
2. Cover and store in airtight container.
3. Shake before using to blend.
(Use 1 tablespoon per pound of ground beef.)
### Quick Tip
Mix up the South of the Border Mix and keep on hand. Use 1 tablespoon of the seasoning mix in place of the spices listed in this recipe. You will only have to measure this one ingredient. For other recipes use about 1 tablespoon per pound of ground beef.

### Other Creative Ideas
- Add cooked pinto beans or other favorite beans. Use whole wheat pasta to increase fiber.

### “Let me help.”
Children can help with putting salad on plates and pouring milk.

### Mealtime/Family Time
Mealtime is a great time to teach children language skills such as vocabulary. Teach names of different foods and terms used in cooking.

### Physical Activity
After enjoying the Taco Macaroni, dance around a large hat on the floor.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (291g)</th>
<th>Servings Per Container 6</th>
</tr>
</thead>
<tbody>
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</tr>
<tr>
<td>Calories</td>
<td>330</td>
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<tr>
<td>Calories from Fat</td>
<td>150</td>
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<tr>
<td>% Daily Value</td>
<td></td>
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<tr>
<td>Total Fat</td>
<td>16g 25%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6g 32%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g 0%</td>
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<tr>
<td>Cholesterol</td>
<td>55mg 19%</td>
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<tr>
<td>Sodium</td>
<td>290mg 12%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>26g 9%</td>
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<tr>
<td>Dietary Fiber</td>
<td>2g 9%</td>
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<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>18g</td>
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</table>

- Vitamin A: 10%
- Vitamin C: 30%
- Calcium: 2%
- Iron: 20%

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<table>
<thead>
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<th>Calories: 2,000</th>
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<tr>
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<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4

---

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Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777
Eating Well But Cooking Less

Breakfast

Menu Suggestion
Cold Cereal
Banana
Juice
Milk

Equipment Needed
☐ table service

Shopping Tip
Cereals in the bag are often cheaper than box varieties.

Nutrition Tip
Breakfast cereals can be high in added sugar. Read food labels to find out sugar content. Four grams of sugar equals 1 teaspoon. Low sugar cereals contain 6 grams or less.

Food Safety Tip
When buying cereal, check the package for any holes or tears. Once home, seal in air tight containers to keep out pests.

Other Creative ideas
Cereal makes a great snack anytime of day or mix it in yogurt for a quick dessert.

Quick Tip
For commuter meals (passengers only) fill a sealable bag with bite-size cereal and dried fruit, and put milk in a drink container with a pop-up straw.

COLD CEREAL
Servings - 1

No recipe needed!
“Let me help.”
Teach children how to slice foods. A plastic knife will work well with a soft banana.

Mealtime/Family Time
Children may learn to get attention by refusing to eat which can be frustrating on a busy morning. Give them plenty of attention for their good behavior throughout the day so mealtime is not a battle.

Physical Activity
Pretend to climb a banana tree to pick a banana.

Nutrition Facts
Serving Size  3/4 cup
Servings Per Container  1 - Cornflakes
Amount Per Serving
Calories:  70
% Daily Value *
Total Fat: 0g  0%
Saturated Fat: 0g  0%
Trans Fat: 0g
Cholesterol: 0mg  0%
Sodium: 180mg  7%
Total Carbohydrate: 16g  5%
Dietary Fiber: 0g  0%
Sugars: 1g
Protein: 1g

Vitamin A: 2%
Calcium: 0%
Sodium: 180mg  7%
Total Carbohydrate: 16g  5%
Dietary Fiber: 0g  0%

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

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

Calories per gram:
Fat: 9  Carbohydrate: 4  Protein: 4

Nutrition Facts
Serving Size  3/4 cup
Servings Per Container  1 - Frosted Flakes
Amount Per Serving
Calories:  110
% Daily Value *
Total Fat: 0g  0%
Saturated Fat: 0g  0%
Trans Fat: 0g
Cholesterol: 0mg  0%
Sodium: 180mg  7%
Total Carbohydrate: 26g  9%
Dietary Fiber: 0g  0%
Sugars: 13g
Protein: 1g

Vitamin A: 20%
Calcium: 0%
Iron: 20%
Sodium: 180mg  7%
Total Carbohydrate: 26g  9%
Dietary Fiber: 0g  0%

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

Calories per gram:
Fat: 9  Carbohydrate: 4  Protein: 4
**Menu Suggestion**
Leftover Mexican Macaroni
Tortillas
Peaches
Milk

**Equipment Needed**
- ☐ insulated lunch box
- ☐ microwave-safe, airtight container
- ☐ ice packs
- ☐ silverware/paper goods
- ☐ food thermometer

**Shopping Tip**
Spend a little more on individual containers of fruit and vegetables for your lunch. You get more nutrition for your dollars compared to expensive, high-fat chips.

**Nutrition Tip**
When packing a lunch, include servings from each food group: grain, vegetable, fruit, dairy and protein.

**Food Safety Tip**
Reheat leftovers to 165°F.

**Quick Tip**
Fruits like apples, bananas and peaches are “fast foods” and easy to add to a lunch.

**Other Creative Ideas**
To stretch this leftover for more than 2 lunches, add in a can of your favorite beans.
“Let me help.”

Kids can help with washing fresh fruit. Just rinse with plenty of cold water.

Mealtime/Family Time

Mealtime is a great time to talk about where our food comes from, especially with fruits and vegetables.

Physical Activity

Pretend to take a trip to the Fast Food restaurant. Talk about how healthy you will be by eating at home.

---

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (291g)</th>
<th>Servings Per Container</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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<td></td>
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<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Vitamin A</td>
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<td>Vitamin C</td>
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<td>40g</td>
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Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4
### Menu Suggestion
- Pork Chops
- Asparagus
- Convenience Rice Mix
- Applesauce
- Rolls
- Milk

### Equipment Needed
- ☐ large skillet
- ☐ measuring cup
- ☐ measuring spoon
- ☐ spatula
- ☐ food thermometer

### Shopping Tip
When shopping, separate raw foods like pork chops from ready-to-eat foods like salad. Refrigerate foods immediately when you get home. Cook pork chops within 3-4 days or freeze.

### Nutrition Tip
Pork is high in thiamine, a B-vitamin. Thiamine helps us use carbohydrates, protein, and fat. It is important for nerve functioning.

### Food Safety Tip
Cooking pork chops to a minimum of 145°F will make the meat safe, and tender and moist instead of over-done.

### Quick Tip
When cooking meats, cook extra to use in other meals. Use cooked meats within 2 days or freeze.

---

### PORK CHOPS
Servings - 6

- cooking spray or 1 tablespoon vegetable oil
- 6 pork chops

1. Coat large skillet with cooking spray or oil, and heat on medium high heat.
2. When hot, brown pork chops on each side.
3. Reduce heat to medium-low, and cook until pork chops reach 145°F. Don’t overcook.
4. Two pork chops will be used in Saturday night’s dinner. Cover those two and refrigerate.
5. While pork chops are cooking, select and cook a seasoned rice. (See Convenience Rice Mixes)
### Nutrition Facts

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<td>Cholesterol 75mg</td>
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</tr>
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</tr>
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</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 23g</td>
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<table>
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</thead>
<tbody>
<tr>
<td>Calcium 2%</td>
<td>Iron 6%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
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<tr>
<th>Calories</th>
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<tr>
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<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9 · Carbohydrate 4 · Protein 4

### Other Creative Ideas

Many meats such as pork taste great without extra ingredients. If desired, you could add other seasonings such as garlic, onion or even some apple juice during cooking.

### “Let me help.”

Kids can help with putting the rolls and applesauce on the table.

### Mealtime/Family Time

Mealtime is a great time to talk about family stories and growing up.

### Physical Activity

Draw shapes onto paper plates such as circles, triangles and squares. Make a second set. Lay the plates down on the floor so that the shapes don’t show. Have the kids move around the room turning over one plate at a time until they remember where the same shapes are and can match up the plates.
EATING WELL BUT COOKING LESS

Breakfast

Menu Suggestion
- English Muffin
- Spread of your choice
- Fruit or Juice
- Milk

Equipment Needed
- ☐ toaster
- ☐ spreading knife

Shopping Tip
Check “sell by” dates to make sure you are buying the freshest.

Nutrition Tip
English muffins are low in fat and a regular size one is 2 servings of grain.

Food Safety Tip
Store in an airtight container or bag at room temperature. Use up before they mold.

Quick Tip
Don’t slice English muffins with a knife because it ruins the airy texture. Gently pull the muffin apart with your fingers.

Other Creative Ideas
- Whole wheat, sour dough and raisin muffins are available.

ENGLISH MUFFIN
Servings - 1

No recipe needed!
Nutrition Facts

Serving Size: (57g)
Servings Per Container: 1

Amount Per Serving
Calories: 130  Calories from Fat: 10

% Daily Value *
Total Fat: 1g  2%
  Saturated Fat: 0g  0%
  Trans Fat: 0g
Cholesterol: 0mg  0%
Sodium: 260mg  11%
Total Carbohydrate: 0g  0%
  Dietary Fiber: 2g  6%
  Sugars: 2g
Protein: 4g

Vitamin A: 0%  Vitamin C: 0%
Calcium: 10%  Iron: 8%

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

<table>
<thead>
<tr>
<th>Calories</th>
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<tr>
<td>Total Fat</td>
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<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4

“Let me help.”
Teach kids how to spread such as spreading jelly on an English muffin.

Mealtime/Family Time
If an English muffin is a new food for your family, talk about the fun of trying new foods.

Physical Activity
Play with scarves, throwing them up and catching them with different body parts such as an elbow or knee.
Menu Suggestion
Veggie Burritos
Pretzels
Peaches
Milk

Equipment Needed
☐ measuring cups
☐ mixing bowl
☐ mixing spoon

Shopping Tip
Look for shredded carrots and broccoli slaw in the bagged salad section of the grocery store.

Nutrition Tip
Broccoli and carrots are high in Vitamin A. Vitamin A is necessary for normal eye sight and helps with your immune system so that you can fight infections.

Food Safety Tip
Bag salads and other prepared raw vegetables have been washed and are ready-to-eat.

Quick Tip
Shredded carrots, broccoli slaw and coleslaw mixes are also great for a quick stir fry.

Other Creative ideas
Add other vegetables to your burritos such as chopped onions, tomatoes or green peppers.

VEGGE BURRITOS
Servings - 4

½ cup shredded carrots
1 cup broccoli slaw
4 ounces (1 cup) shredded cheddar cheese
¼ cup lowfat ranch salad dressing
4 (7-inch) flour tortillas

1. Mix first four ingredients in a mixing bowl.
2. Spoon about ½ cup of mixture into center of each tortilla and roll or fold tortilla around mixture.
“Let me help.”
Kids can help with mixing up the filling and spooning it onto the tortillas.

Mealtime/Family Time
Often kids will eat raw vegetables such as the ones in the burritos because the flavors aren’t as strong as cooked vegetables.

Physical Activity
Have the kids pretend that they are a burrito by lying on a rug or towel on the floor and rolling themselves up.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (176g)</th>
<th>Servings Per Container 4</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 310 Calories from Fat 120</td>
</tr>
<tr>
<td>% Daily Value *</td>
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<td>Total Carbohydrate 36g 12%</td>
<td>Dietary Fiber 2g 9%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td>Protein 14g</td>
</tr>
<tr>
<td>Vitamin A 110%</td>
<td>Vitamin C 70%</td>
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<tr>
<td>Calcium 35%</td>
<td>Iron 10%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
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<tr>
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</tr>
<tr>
<td>Cholesterol Less than 300mg 300mg</td>
</tr>
<tr>
<td>Sodium Less than 2,400mg 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate 300g 375g</td>
</tr>
<tr>
<td>Dietary Fiber 25g 30g</td>
</tr>
</tbody>
</table>

Calories per gram:

| Fat 9 | Carbohydrate 4 | Protein 4 |
**Menu Suggestion**

Oven Fried
Chicken Nuggets
Mashed Potatoes (instant)
Chicken Gravy (can or jar)
Green Beans
(can or frozen)
Strawberries
(fresh or frozen)
Milk

**Equipment Needed**

**Herbed Breading**
- airtight container
- measuring spoons

**Chicken Nuggets**
- small pan
- sharp knife
- plate or cutting board
- measuring cup
- small bowl
- baking sheet
- food thermometer

**Shopping Tip**
Purchased bread crumbs can be a little expensive. You can substitute part or all of the bread crumbs with corn meal or crushed cornflakes. Keep in mind the flavor and texture will change.

**Nutrition Tip**
This breading can be used with fish, whole chicken breast/pieces, and pork chops.

**Other Creative Ideas**
Slice into strips for chicken strips. Use leftovers to top a green salad.

---

**OVEN FRIED CHICKEN NUGGETS**

*Makes 24 pieces*

*Serving - 6 pieces*

- 4 boneless skinless chicken breasts
- 1 cup milk, low-fat
- ½ cup Herbed Breading

1. Pour breading into small pan.
2. Cut chicken breast into 1-inch pieces.
3. Dip chicken in milk.
4. Roll chicken in Herbed Breading to coat.
5. Place breaded chicken on a baking sheet and bake at 400°F for 15-20 minutes - 170°F.
6. Discard any unused breading and milk. The juices from raw chicken will cause the food to spoil.

---

**HERBED BREADING**

- 1 can plain dry bread crumbs
- 4 teaspoons paprika
- 3 teaspoons garlic powder
- ½ teaspoon black pepper
- 2 teaspoons onion powder
- 1 teaspoon lite salt
- ½ cup cornmeal or cornflake crumbs (optional)
- other herbs to your taste

Combine all ingredients and store in tightly covered container until used.
Food Safety Tip
Always discard breading and liquids used with raw meats. The juices from the meats have contaminated the breading and milk making them unsafe for future use.

Quick Tip
Slicing the chicken breast is easier when they are still partially frozen. While chicken is baking, prepare mashed potatoes, and heat gravy and green beans.

“Let me help.”
If serving fresh strawberries, teach children how to wash them with plain, cool water.

Mealtime/Family Time
Everyone has likes and dislikes. Don’t force children to eat foods that they don’t like. This makes mealtime unpleasant and can lead to life-long, poor eating habits.

Physical Activity
Pretend to be chickens.

---

Nutrition Facts
Serving Size (208g) 4 Servings Per Container

<table>
<thead>
<tr>
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<tr>
<td>Total Fat</td>
<td>4g</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
<td>75mg</td>
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<tr>
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<td>Total Carbohydrate</td>
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<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>33g</td>
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</table>

Vitamin A 10%  Vitamin C 4%
Calcium 15%  Iron 15%

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 · Carbohydrate 4 · Protein 4</th>
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<tbody>
<tr>
<td>Calories:</td>
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<tr>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg  2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g  375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g  30g</td>
</tr>
</tbody>
</table>

Calories:

- Fat: 9
- Carbohydrate: 4
- Protein: 4

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Menu Suggestion
Breakfast Burritos
Salsa
Juice
Milk

Equipment Needed
☐ mixing bowl
☐ measuring cups
☐ measuring spoons
☐ fork or whisk
☐ skillet
☐ spatula
☐ spoon

Shopping Tip
Eggs are sold by grade and size. Grade AA are the highest quality with high firm yolks and whites. Grade A is less firm than AA. Grade B spreads the most once broken out of the shell.

Nutrition Tip
Egg yolks are good sources of Vitamin A. Besides eyesight and immune system, Vitamin A is also needed for the formation of bones and soft tissues.

Food Safety Tip
Store eggs in their carton in the refrigerator rather than the egg containers in the door of the refrigerator. This will keep them at a more constant temperature and they won’t absorb odors.

BREAKFAST BURRITOS
Servings - 4

6 eggs
½ cup chopped frozen onions
½ cup chopped frozen green peppers
½ cup shredded cheddar cheese
½ cup milk
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons butter or margarine
4 (7-inch) flour tortillas

1. Break eggs into a medium-size bowl.
2. Pour milk into bowl with eggs. Add onion, green pepper, cheese, salt and pepper.
3. Beat egg mixture with fork or wire whisk.
4. Place 2 tablespoons of butter or margarine in frying pan. Put pan on stove over low heat.
5. When butter is melted, add beaten egg mixture.
6. Stir eggs with spatula. Cook eggs until they are firm.
Quick Tip
Eggs make a quick and easy meal any-time of the day.

Other Creative ideas
Add cooked chicken, sausage or bacon to your burritos.

“Let me help.”
Kids can help with mixing up the eggs. Be sure to wash hands before and after handling raw eggs.

Mealtime/Family Time
Serving ethnic foods is a great way to teach your child about diversity. Talk about different cultures and what makes them special.

Physical Activity
Don’t forget to stretch to start the day.

Nutrition Facts

Serving Size  (198g)
Servings Per Container  4

Amount Per Serving
Calories  380       Calories from Fat  190

% Daily Value *
Total Fat  21g  32%
  Saturated Fat  7g  35%
  Trans Fat  0g
Cholesterol  335mg  112%
Sodium  650mg  27%
Total Carbohydrate  29g  10%
  Dietary Fiber  0g  0%
  Sugars  2g
Protein  18g

Vitamin A  20%     Vitamin C  15%
Calcium  25%     Iron  15%

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

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

Calories per gram:
  Fat  9   ·   Carbohydrate  4   ·   Protein  4
Menu Suggestion
Hot Chicken Sandwiches
Green Beans
Cantaloupe
Milk

Equipment Needed
☐ measuring cups
☐ measuring spoons
☐ mixing bowl
☐ mixing spoon
☐ baking sheet

Shopping Tip
Boneless, skinless chicken breasts are often on sale such as “Buy one, get one free.” Stock up and freeze if you have room.

Nutrition Tip
Light meat chicken without skin is about 147 calories, 4 grams of fat and 72 milligrams of cholesterol.

Food Safety Tip
Cut up, cooked chicken can be stored in the refrigerator for up to 2 days.

Quick Tip
Keep canned chicken on hand for quick sandwiches, salads and casseroles.

Other Creative ideas
Different types of buns or rolls can be used such as onion, whole wheat or hot dog buns.

HOT CHICKEN SANDWICHES
Servings - 4

1 cup chopped cooked chicken or turkey
1 cup chopped celery
½ cup shredded cheddar cheese
1 teaspoon dried minced onion
¼ teaspoon each salt and pepper (optional)
¼ cup low-fat salad dressing
4 hamburger buns

1. Mix all filling ingredients together.
2. Divide evenly among buns.
3. Place on cookie sheet.
4. Bake at 350°F for 15 or 20 minutes.
**Nutrition Facts**

**Serving Size** (139g)

**Servings Per Container** 4

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<td>Trans Fat</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<td>7%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
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<tr>
<td>Protein</td>
<td>18g</td>
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Vitamin A 4% Vitamin C 4%
Calcium 15% Iron 8%

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<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
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<th>Dietary Fiber</th>
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<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

**“Let me help.”**
Kids can help with mixing up the filling and making the sandwiches. This would be a good time to teach oven safety.

**Mealtime/Family Time**
Name colors eaten at this meal.

**Physical Activity**
Place a long string or rope in a circle on the floor for each person and play pretend games inside the circle such as rowing a boat, squatting down very short or standing tall.
**Eating Well But Cooking Less**

**Dinner**

**Menu Suggestion**
- Skillet Pork 'N' Beans
- Bag Salad
- Purchased Muffins
- Grapes
- Milk

**Equipment Needed**
- ☐ measuring spoons
- ☐ measuring cups
- ☐ can opener
- ☐ large skillet
- ☐ spatula
- ☐ food thermometer

**Shopping Tip**
Watch sales and stock up on canned baked beans and pork ‘n’ beans. They are a quick healthy side dish.

**Nutrition Tip**
“Vegetarian” canned beans are usually lower in fat. Read labels when buying different types of canned beans to determine fat content.

**Food Safety Tip**
Cooked beans are potentially hazardous foods just like meats. If reheating, reheat to 165°F. Divide leftovers into small amounts and refrigerate promptly.

**Quick Tip**
This is a one-pot main dish. Add a few sides and your meal is ready!

---

**SKILLET PORK ‘N’ BEANS**

*Serving - 4*

1 tablespoon vegetable oil or cooking spray
½ cup frozen, chopped onion
2 pork chops, cooked and cut up
2 - 16 oz. cans vegetarian beans in tomato sauce
1 tablespoon brown sugar
1 tablespoon cider vinegar

1. Oil or spray skillet and heat on medium heat.
2. When hot, add onions and pork. Cook for 2-3 minutes, stirring occasionally.
3. Add remaining ingredients. Mix well. Reduce heat to low and simmer for 10 minutes. Heat to a minimum internal temperature of 165°F.
### Nutrition Facts

<table>
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<td>0%</td>
</tr>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A | 30% |
| Vitamin C | 2%  |
| Calcium   | 8%  |
| Iron      | 8%  |

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<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat: 9</th>
<th>Carbohydrate: 4</th>
<th>Protein: 4</th>
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<tbody>
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<td>80g</td>
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<tr>
<td>Saturated Fat</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>375g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

---

**Other Creative Ideas**

In place of pork chops, you could brown \( \frac{1}{2} \) pound ground pork and use it in this skillet recipe.

**“Let me help.”**

Kids can help with washing the grapes.

**Mealtime/ Family Time**

Work on numbers and math. Have kids count different foods such as the grapes.

**Physical Activity**

Have a bean bag toss. Use a paper plate, bucket or piece of paper for the target.

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