## Eating Well But Cooking Less - Week 3 at-a-Glance

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Egg in a Bread Basket  Orange Slices Juice  Milk</td>
<td>Black Bean Quesadillas Bag Salad Salsa Fresh Melon Milk</td>
<td>Hamburger Stroganoff Canned Green Beans Peaches Milk</td>
</tr>
<tr>
<td>Day 2</td>
<td>Instant Oatmeal Dried Fruit Chopped Nuts Juice Milk</td>
<td>Grilled Cheese Sandwich Canned Tomato Soup Pretzels Grapes Milk</td>
<td>Fish Sticks Oven Fried Potatoes Carrots Fruit Cocktail Milk</td>
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<tr>
<td>Day 3</td>
<td>Cinnamon Toast Grapefruit Milk</td>
<td>Leftover Hamburger Stroganoff Bag Salad Dressing Apples Milk</td>
<td>Sloppy Joe's Bag Coleslaw Bottled Dressing Canned Pears Milk</td>
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<tr>
<td>Day 4</td>
<td>Cold Cereal Banana Juice Milk</td>
<td>Sunshine Salad Pork 'n Beans Crackers Milk</td>
<td>Chef Salad French Bread Melon Milk</td>
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<tr>
<td>Day 5</td>
<td>Bagels Peanut Butter Juice Milk</td>
<td>Deli Meat Sandwich Pretzels Melon Milk</td>
<td>Baked Ham Sweet Potatoes Broccoli Dinner Rolls Applesauce Milk</td>
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<tr>
<td>Day 6</td>
<td>Breakfast Banana Split Juice Milk</td>
<td>Chicken Salad Sliced Tomatoes Crackers Milk</td>
<td>Skillet Tuna Casserole Bag Salad Dressing Orange Slices Milk</td>
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<tr>
<td>Day 7</td>
<td>Overnight Egg Casserole Toast Mixed Fruit Milk</td>
<td>Hamburger Cheese Slices Lettuce, Onion, Tomato, Pickles Whole Wheat Bun Purchased Potato Salad Watermelon Milk</td>
<td>Chicken Fried Rice Asian Mixed Vegetables Pudding Fruit Cup Dinner Rolls Milk</td>
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</tbody>
</table>
*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.

**Staple Items**
- Vanilla pudding mix - instant
- Cooking spray
- Mayonnaise or salad dressing - light
- Soy sauce - lower sodium
- Sugar (4-5 pounds)
- Vegetable oil

**Herbs & Spices**
- Black pepper
- Cinnamon
- Garlic powder
- Paprika
- Salt

**Other Items**
- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
### Grocery

**Grains**
- Bagels
- Bread, French
- Bread, whole wheat - 3 loaves
- Dinner rolls - 1 pkg
- Whole wheat hamburger buns - 1-12 ct & 1-8 ct
- White rice - 1-16 oz bag
- Noodles, egg - 16 oz - 2 pkg
- Pretzels
- Saltine crackers or others
- Tortilla, whole wheat - 12 ct

**Canned Beans, Sauces, Soups & Vegetables**
- Black beans - refried - 15 oz. can
- Pork 'n Beans - 15 oz. can
- Salsa - 1 - 32 oz. jar
- Sloppy Joe sauce
- Cream of Mushroom soup - 10.5 oz can
- Green beans - 14.5 oz can
- Peas - 15 oz can

**Canned Fruit & Juice**
- Applesauce - 25 oz can
- Fruit cocktail - 1-15 oz. can, 1-29 oz can
- Mandarin oranges - 11 oz. can
- Peaches - 29 oz can
- Pears - 2-15oz cans
- Pineapple tidbits - 3-20 oz cans

**Canned Meat**
- Chicken - white meat - 2 - 8-10 oz. cans or frozen
- Tuna - water pack - 2- 6 to 7 oz. cans

**Other Grocery Items**
- Cereal - your choice
- Nuts - chopped - your choice
- Peanut butter - 1 jar
- Oatmeal - quick cooking - 1 container
- Pickles - 1 jar
- Salad dressing - your choice
- Salad dressing - coleslaw type

### Dairy
- American cheese - 16 slice pkg
- Cheddar cheese - shredded - 12 oz pkg
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Sour cream - fat free - 16 oz container
- Yogurt - lowfat, vanilla - 8 oz.
- Yogurt - your choice - 2 - 8 oz.

### Frozen Foods
- Fish sticks - 1 pkg
- Carrots - 16 oz. pkg
- Fruit Medley - 16 oz. pkg
- Green pepper, chopped - 16 oz pkg
- Onions, chopped - 16 oz pkg
- Vegetables - Oriental Mix - 16 oz pkg

### Fruit - Fresh
- Apples - 4 medium
- Bananas - 10
- Grapefruit - 2
- Watermelon - 1
- Grapes - 1 lb
- Melon - your choice - 2
- Oranges - 8
- Orange juice - 1/2 gallon
- Dried fruit - 1 pkg - your choice
- Raisins - 1 pkg

### Meat
- Chicken, cooked - 2 - 8-10 oz pkg or use canned
- Ground beef - 2 lbs
- Ham - deli sliced - 4 oz
- Ham - baked - 1 lb
- Ham - diced - 8 oz
- Roast beef - deli - 4 oz
- Turkey - deli - 4 oz

### Vegetables - Fresh
- Broccoli - 1 head
- Carrots - 1 bag shredded (3 cups)
- Coleslaw mix - 1 bag
- Onion - 1
- Potato - 4 medium
- Potato salad - 1 pint
- Sweet potatoes - 4 small
- Romaine lettuce
- Salad bar items - 1 cup chopped celery
- Salad in a bag - 2 bags
- Tomatoes - grape or cherry - 1 - 16 oz container, Regular - 2, Roma - 2
Menu Suggestion
Egg in a Bread Basket
Orange Slices
Juice
Milk

Equipment Needed
☐ cookie cutter or small glass
☐ skillet
☐ knife
☐ small dish
☐ spatula

Shopping Tip
Brown eggs are no more nutritious than white eggs even though they may be more expensive.

Nutrition Tip
One egg contains 80 calories and is equal to one ounce of protein.

Food Safety Tip
Cook eggs thoroughly - the white should be completely set and opaque, and the yolk should be firm.

Quick Tip
If making more than one recipe, use a larger skillet to cook 2 or more at a time.

Other Creative ideas
Add cheese and ham if desired.

EGG IN A BREAD BASKET
Servings - 1

1 slice whole wheat bread
1 teaspoon margarine
cooking spray
1 egg

1. Make a hole in the center of the bread with a glass or cookie cutter. Save the “hole” for a snack. Spread margarine on both sides of bread.
2. Spray a small skillet with cooking spray and heat on medium. Place the bread in the skillet. Break the egg into a small dish and then pour into the hole in the bread. After the egg begins to bubble and cook, flip the bread over.
3. Cook until the egg is completely done. (The yolk will thicken.)
Kids can make the holes in the center of the bread with a glass or cookie cutter.

Mealtime/Family Time
Use mealtime to talk about flavors of food: salty, sweet, sour, bitter, spicy or bland. Make sure that kids know it is okay not to like something.

Physical Activity
Pretend to gather eggs.

Nutrition Facts

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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:

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<td>30g</td>
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Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4
Menu Suggestion
Black Bean Quesadillas
Bag Salad
Salsa
Melon
Milk

Equipment Needed
☐ measuring cups
☐ paring knife
☐ spreading knife
☐ large skillet
☐ spatula

Shopping Tip
Canned beans are available in many varieties. Check the ethnic sections of the grocery store if you can't find what you are looking for in the canned vegetable aisle.

Nutrition Tip
Beans are an excellent source of fiber and the best plant source for protein.

Food Safety Tip
Canned beans, once opened, are potentially hazardous foods. Refrigerate leftovers within 2 hours, and use within 2 days.

Quick Tip
Use the leftover refried beans as a snack with vegetables or tortilla chips.

BLACK BEAN QUESADILLAS
Servings - 4

4 - 8-inch flour tortillas
1 cup refried black beans
½ cup chopped green onions - frozen
½ cup chopped green peppers - frozen
2 chopped Roma tomatoes
1 cup (4 oz.) shredded cheddar cheese
cooking spray

1. Spread refried beans on 2 tortillas.
2. Top with cheese, onion, peppers, tomatoes, and remaining tortillas.
3. Spray skillet with cooking spray.
4. Place 1 quesadilla in hot skillet and cook for 2-3 minutes, turn and cook 2-3 more minutes until lightly browned.
5. Repeat with remaining quesadillas.
6. Slice each quesadilla in half.
**Nutrition Facts**

Serving Size (201g)
Servings Per Container 4

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<tr>
<td>Dietary Fiber</td>
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**Other Creative Ideas**

Use different types of refried beans such as spicy and different types of cheese such as Monterey Jack.

**“Let me help.”**

Kids can help with putting the quesadillas together.

**Mealtime/Family Time**

Use foods to teach kids about shapes: round, square, oval, rectangular, long or flat.

**Physical Activity**

Have a scavenger hunt. Find things around the house that are round, square, long, flat, etc.
HAMBURGER STROGANOFF
Serving - 8

1 package (16 oz) dry egg noodles
1 pound ground beef
½ cup onion, chopped - frozen
⅛ teaspoon garlic powder
1 can (10.5 oz) cream of mushroom soup
1 cup fat free sour cream (or plain yogurt)

1. Cook noodles according to package directions; set aside.
2. Cook meat, onion, and garlic in skillet over medium heat. Drain (see Nutrition Tip)
4. Simmer uncovered 10 minutes.
5. Stir in sour cream, cook until hot (165°F).
Quick Tip
To streamline your food preparation, read through recipes completely and start with the ingredient that takes the longest to cook. While it is cooking, prepare the other ingredients.

Other Creative Ideas
Cream style soups also come in other flavors such as garlic and herb.

“Let me help.”
Kids can learn by observing others. Let them sit on a stool out of the way while you cook. You can show them what you are doing and talk about preparing the meal.

Mealtime/Family Time
Some kids don’t like their foods mixed. With this meal, they may want their noodles separate from the meat sauce. That’s okay. Keep comments about eating positive.

Physical Activity
Play Simon Says. Simon says “Touch your toes” etc.

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### Nutrition Facts

- **Serving Size:** (194g)
- **Servings Per Container:** 8

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Vitamin A: 4%  Vitamin C: 2%
Calcium: 8%  Iron: 20%

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<th>Calories per gram:</th>
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**K-State Research and Extension**

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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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.
**Menu Suggestion**
- Oatmeal
- Dried Fruit
- Chopped Nuts
- Juice
- Milk

**Equipment Needed**
- ☐ microwave-safe bowl or saucepan
- ☐ measuring cups (if needed)
- ☐ spoon

**Shopping Tip**
Oatmeal in bulk containers is usually less expensive and lower in added sugar than individually packaged types.

**Nutrition Tip**
Not all oatmeals are iron-fortified. Read labels to find brands that are good sources of iron.

**Food Safety Tip**
Keep oatmeal in an airtight container to maintain freshness and keep pests out.

**Quick Tip**
Instant oatmeal cooked in the microwave is usually ready in 1-2 minutes. Be sure to cover it so that it does not boil over.

**Other Creative ideas**
Add your own favorite chopped nuts or dried fruit.

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**INSTANT OATMEAL**

**No recipe needed!**

Make according to package directions.
“Let me help.”
Kids can help with adding fruit and nuts to the oatmeal. Oatmeal will be hot, so watch out to prevent burns.

Mealtime/ Family Time
Keep quick breakfast foods on hand, so that everyone will have time to sit down and eat.

Physical Activity
Use empty oatmeal containers to roll on the floor or toss back and forth.

Nutrition Facts
Serving Size (28g)
Servings Per Container 1

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Vitamin A 30% Vitamin C 0%
Calcium 15% Iron 35%

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Eating Well But Cooking Less

Lunch

Day 2

Menu Suggestion
Grilled Cheese Sandwich
Tomato Soup (canned)
Pretzels
Grapes
Milk

Equipment Needed
☐ skillet
☐ knife
☐ spatula

Shopping Tip
American cheese is also known as Pasteurized Processed Cheese. It is a blend of natural cheese with fat added to it so that it melts smoothly. Pasteurized Processed Cheese Food contains cheese and other dairy ingredients. It usually contains more moisture and less fat than American Cheese, but it also may be lower in calcium.

Nutrition Tip
To cut back on fat, use a butter-flavored cooking spray and a non-stick skillet.

Food Safety Tip
Before starting to cook, wash hands for 20 seconds with soap and warm water. Sanitize counters with 1 teaspoon of chlorine bleach to 1 quart of water. Put in a spray bottle, spray counters and let air dry.

GRILLED CHEESE SANDWICH
Servings - 4

¼ cup margarine
8 slices bread
4 slices American cheese

1. Spread margarine on one side of each of the 8 slices of bread. (See Nutrition Tip)
2. Put dry sides of the bread together with a slice of cheese in the middle, making 4 sandwiches.
3. Grill in frying pan until bread is browned on both sides and cheese has melted.
4. Slice in half and serve.
### Nutrition Facts

**Serving Size (75g)**  
**Servings Per Container** 4

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<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

---

**Quick Tip**  
Before starting sandwiches, put soup on to heat, either on top of the stove or in the microwave.

**Other Creative Ideas**  
- Add deli ham or turkey to sandwiches.  
- Add leftover cooked vegetables to soup.

**“Let me help.”**  
Kids can help with spreading the margarine on the bread.

**Mealtime/Family Time**  
- Cut the sandwiches into fun shapes with cookie cutters and have a lunch party.

**Physical Activity**  
- Do chair aerobics. Sit in a chair and pretend to hike, swim, paddle or cycle.
**Menu Suggestion**
Fish Sticks
Oven Fried Potatoes
Carrots
Fruit Cocktail
Milk

**Equipment Needed**
- ☐ paring knife
- ☐ baking sheet
- ☐ small bowl
- ☐ measuring spoons

**Shopping Tip**
When buying fish sticks, select brands that have a high proportion of fish to breading.

**Nutrition Tip**
Potatoes are high in Vitamin C and potassium.

**Food Safety Tip**
Potatoes with a green tinge have been exposed to light or extreme temperatures causing “solanine,” a toxic compound to develop. Don’t eat this part of the potato as the solanine can cause cramps, diarrhea and fatigue. Peel away the green including at least ⅛-inch below the green.

**Quick Tip**
To speed up cooking time, microwave clean potatoes for 5-6 minutes, then prepare them for the oven.

---

**OVEN FRIED POTATOES**

*Serving - 4*

- 4 medium potatoes
- 2 teaspoons oil
- ½ teaspoon garlic powder (optional)
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon pepper

1. Preheat oven to 400°. Scrub potatoes, do not peel.
2. Cut in ½-inch wedges, lengthwise; blot to dry the cut surfaces.
3. Brush with oil.
4. Mix spices together. With cut surfaces up, sprinkle with spices.
5. Bake 30-40 minutes or until potatoes are lightly browned and tender.

*Adapted from “Easy, Everyday Low-fat Cooking”*
### Other Creative Ideas
Use other favorite spices such as chili powder or use purchased salt-free spice blends.

### "Let me help."
Kids can sprinkle the spices on the potatoes.

### Mealtime/Family Time
Talk about activities you can do as a family such as fishing.

### Physical Activity
Pretend to dig some potatoes.

---

### Nutrition Facts

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<tr>
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<tr>
<td>Protein</td>
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| Vitamin A          | 4%       |
| Vitamin C          | 45%      |
| Calcium            | 2%       |
| Iron               | 6%       |

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

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<td>Protein</td>
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Calories per gram:
- Fat 9 · Carbohydrate 4 · Protein 4
CINNAMON TOAST STRIPS
Servings - 4

8 slices whole wheat bread
3 tablespoons margarine (about 1 teaspoon per slice)
cinnamon sugar (½ cup sugar, 1 tablespoon cinnamon)

1. Mix up cinnamon sugar and put into shaker.
2. Toast bread.
3. Spread with margarine and sprinkle on cinnamon sugar.
4. Slice toast into strips.
Grapefruit can be eaten at room temperature or chilled. Sweeten the fruit with a small amount of sugar or honey.

Kids can help with sprinkling the cinnamon sugar on the toast and with washing the fruit.

Use foods and mealtime to teach counting such as “How many sections are in your grapefruit?”

Have some feather fun. Toss, catch and balance feathers on different body parts.
Menu Suggestion
Leftover Hamburger Stroganoff
Bag Salad/Dressing
Apple
Milk

Equipment Needed
☐ insulated lunch box
☐ microwave-safe container
☐ other airtight containers
☐ table service

Shopping Tip
Bag salads will have “Best if used by” dates on the package. Be sure to check this date when purchasing so that you get the freshest product.

Nutrition Tip
When selecting bag salad, choose colorful varieties which have more nutrients such as Vitamins A and C, and phytonutrients.

Food Safety Tip
To reheat leftovers in the microwave, be sure to use microwave-safe containers. Some plastic containers can melt or warp, and cause spills and burns.
Quick Tip
Keep healthy foods on hand at work like bag salad, crackers, string cheese, etc. in case you forget your lunch or don’t have time to make one at home.

Other Creative ideas
To include vegetables, add peas and carrots, green beans or mixed vegetables to your leftover Hamburger Stroganoff.

“Let me help.”
Kids can help with washing the apples.

Mealtime/Family Time
Sometimes eating lunch by yourself can be a time to relax and spend some time reading or meditating.

Physical Activity
Pretend to pick apples.
Menu Suggestion
Sloppy Joes
Bag Coleslaw Mix/Dressing
Canned Pears
Milk

Equipment Needed
☐ skillet
☐ strainer
☐ large bowl
☐ mixing spoon
☐ can opener

Shopping Tip
Read labels especially for fat content when shopping for ground meats. Sometimes ground turkey can be just as high in fat as ground beef.

Nutrition Tip
To lower fat in this recipe, place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz. of pan broiled ground beef.

Food Safety Tip
The end point temperature for a mixed dish like Sloppy Joes is 165°F. Spoon the mixture around the end of your instant-read thermometer to get an accurate reading.

SLOPPY JOES
Serving - 8

1 pound ground beef
1 can (15-16 oz.) sloppy joe sauce
1 package (8) hamburger buns

1. Cook meat thoroughly in skillet over medium heat. Drain grease. (See Nutrition Tip)
2. Add canned sloppy joe sauce.
3. Simmer for about 15 minutes or until mixture reaches 165°F.
4. Serve on hamburger buns.
Quick Tip
Freeze Sloppy Joe leftovers in single serve containers so they can be used for quick lunches.

Other Creative Ideas
Add chopped green peppers and/or onions to ground beef for Sloppy Joes.

“Let me help.”
Kids can help with putting the coleslaw in a bowl and mixing in the dressing. A parent should measure out the dressing first.

Mealtime/Family Time
Kids can benefit from interacting with people of all ages. If grandparents don’t live nearby, invite an older neighbor to dinner once in a while.

Physical Activity
Play Follow the Leader.

---

**Nutrition Facts**

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<tr>
<td>Sugars</td>
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<tr>
<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:

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<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

- Fat: 9
- Carbohydrate: 4
- Protein: 4
COLD CEREAL
Servings - 1

No recipe needed!
Other Creative ideas
For variety, mix two or more cereals together. Use yogurt instead of milk.

“Let me help.”
Kids can help with putting cereal in the bowls, slicing the bananas and pouring milk if supervised.

Mealtime/Family Time
Breakfast cereals are a great way to discuss farming and how grains are grown and made into cereal.

Physical Activity
 Pretend to pick corn.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>3/4 cup</th>
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<tbody>
<tr>
<td>Servings Per Container</td>
<td>1 - Cornflakes</td>
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Amount Per Serving
Calories: 70
Calories from Fat: 0

% 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%
Vitamin C: 0%
Calcium: 0%
Iron: 2%

Other Creative ideas
For variety, mix two or more cereals together. Use yogurt instead of milk.

“Let me help.”
Kids can help with putting cereal in the bowls, slicing the bananas and pouring milk if supervised.

Mealtime/Family Time
Breakfast cereals are a great way to discuss farming and how grains are grown and made into cereal.

Physical Activity
Pretend to pick corn.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
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<tr>
<td>Servings Per Container</td>
<td>1 - Frosted Flakes</td>
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Amount Per Serving
Calories: 110
Calories from Fat: 0

% 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%
Vitamin C: 30%
Calcium: 0%
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.

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4
**Menu Suggestion**
Sunshine Salad
Pork ‘n’ Beans
Crackers
Milk

**Equipment Needed**
- ☐ can opener
- ☐ measuring cups
- ☐ large mixing bowl
- ☐ grater (if needed)
- ☐ mixing spoon

**Shopping Tip**
Look for bags of grated or shredded carrots in the produce section.

**Nutrition Tip**
Carrots are an excellent source of Vitamin A which helps eyesight and the immune system.

**Food Safety Tip**
Yogurt is a potentially hazardous food so keep this salad refrigerated.

**Quick Tip**
To serve immediately, chill all ingredients ahead of time including the canned pineapple.

**Other Creative ideas**
Add other fruit such as chopped banana or apple. Use a different flavor of yogurt such as lemon.

---

**SUNSHINE SALAD**
*Serving - 6 (¼ cup)*

1 cup canned, pineapple tidbits, drained
3 cups shredded carrots
¼ cup raisins
1 - 8 oz. carton lowfat vanilla yogurt

1. Add all ingredients to a large bowl and mix well.
2. Refrigerate until served. Refrigerate leftovers.
"Let me help."
This is an easy recipe that kids can make completely and then feel proud of their hard work.

Mealtime/Family Time
Many children’s books have food themes. If dinner time is too busy, spend some family time reading before bed.

Physical Activity
Plants need sunshine to grow. Pretend to be a plant growing up from a seed.

---

### Nutrition Facts

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</table>

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

---

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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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.
Menu Suggestion
Chef Salad/Dressing
French Bread
Melon
Milk

Equipment Needed
☐ large serving bowl
☐ paring knife
☐ cutting board or plate
☐ salad tongs or 2 large serving spoons

Shopping Tip
Buy extra deli meat for sandwiches on Day 5.

Nutrition Tip
Salads can be high in fat if you use too much dressing. Salad dressing ladles at restaurants for example, are ¼ cup. A portion that size, can contain up to 40 grams of fat. Choose a light or fat free dressing and measure out how much you want to add.

Food Safety Tip
Listeria is a bacteria that can grow at refrigerator temperatures. Watch expiration dates on deli meats. When in doubt, throw it out.

Quick Tip
Salads are easy to put together if you buy packages of ready-to-eat foods such as bag salads, broccoli flowerettes and baby carrots.

CHEF SALAD
Servings - 4

4 cups lettuce
2 oz. deli turkey
2 oz. deli ham
2 oz. deli roast beef
1 cup shredded cheddar cheese
1 cup cherry or grape tomatoes
salad dressing of your choice

1. Place lettuce in a large bowl.
2. Chop meats and place on top of lettuce.
3. Sprinkle cheese on top of salad.
4. Add tomatoes.
Other Creative Ideas
Add other favorite vegetables such as carrot and cucumber. Vary the protein by adding hard-cooked eggs or beans.

“Let me help.”
Teach kids how to wash their hands and remind them to do it often, especially when handling ready-to-eat foods.

Mealtime/Family Time
This is a colorful meal, so have the kids name all the colors of their food.

Physical Activity
As you name the colors of the salad, call out something to do such as red—do jumping jacks, green—march in place, etc.
Menu Suggestion
Bagel
Peanut Butter
Juice
Milk

Equipment Needed
☐ slicing knife
☐ cutting board
☐ toaster (optional)
☐ knife

Shopping Tip
Bagels can be found in the bakery, bread or frozen section of the grocery store. Compare prices to get the best buy.

Nutrition Tip
Watch portion sizes on bagels. For example, a bagel weighing 4 ounces would be equal to 4 slices of bread.

Food Safety Tip
If you use cream cheese instead of peanut butter, keep it refrigerated as it is a food that can grow harmful bacteria if left out.

Quick Tip
Cuts from slicing bagels are very common. Take a little more time, pay attention and use cutting board and a sharp bread knife.

BAGEL
Servings - 1

No recipe needed!
Other Creative ideas
Bagels come in a variety of flavors including whole grain. Spreads like cream cheese also come in a variety of flavors and types such as light and fat free.

“Let me help.”
Kids can help with spreading on the peanut butter. If using the toaster, teach toaster safety. Unplug the toaster first before removing any food that is stuck.

Mealtime/Family Time
Start the day off right by having everyone discuss something they are looking forward to such as a visit from grandma or a trip to the park.

Physical Activity
Pretend to knead bread dough.

Nutrition Facts
Serving Size (71g) 1/2 bagel
Servings Per Container 2

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<td>30g</td>
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</table>

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
Menu Suggestion
Deli Meat Sandwich
Pretzels
Melon
Milk

Equipment Needed
☐ plate
☐ knife

Shopping Tip
Deli meats now come in resealable plastic containers. Be sure to compare prices and nutrients between meats at the deli counter and packaged products in the meat section.

Nutrition Tip
For extra crunch and nutrients, add extra vegetables to your sandwich.

Food Safety Tip
Be sure to wash and sanitize your lunch box everyday. Wash with hot, soapy water, rinse well, then rinse with a bleach solution (1 tsp of non-scented chlorine bleach to 1 quart of water) and air dry.

Quick Tip
If packing a lunch, put the vegetables in a separate plastic bag and add them to your sandwich just before you eat so that your sandwich doesn’t get soggy.

DELI MEAT SANDWICH
Servings - 1

2 slices whole grain bread
mustard (or light mayonnaise)
2 oz. deli meat
1 slice cheese
lettuce
tomato slices

1. Spread mustard or mayonnaise on bread.
2. Add deli meat, cheese and vegetables.
Other Creative ideas
Add other vegetables to your sandwiches such as baby spinach, sliced cucumbers or sweet peppers.

“Let me help.”
Kids can help with making the sandwiches.

Mealtime/Family Time
To encourage fruits and vegetables, have a contest to see who is eating the most number of cups of fruits and vegetables each day. Review family progress at mealtime.

Physical Activity
Besides keeping track of fruits and veggies, make a chart to keep track of physical activity. Adults need at least 30 minutes a day and kids need at least 60 minutes a day.
Menu Suggestion
- Ham
- Sweet Potatoes
- Broccoli
- Dinner Rolls
- Applesauce
- Milk

Equipment Needed
☐ baking pan
☐ oven

Shopping Tip
Ham comes in a variety of products depending on how much water is added. Ham with water added, and ham and water products are not as high in quality.

Nutrition Tip
Because of the way ham is processed, it contains a lot of sodium. Keep portion size to 3 ounces cooked.

Food Safety Tip
Leftover ham can be reheated to 165°F one time only. Throw out any leftover ham after reheating.

Quick Tip
While ham is baking, microwave sweet potatoes and broccoli.

Other Creative Ideas
Top ham with pineapple rings or crushed pineapple before baking.

BAKED HAM
Servings - 4

4 slices of ham (4 oz. raw, each)

1. Preheat oven to 325°.
2. Bake ham for 20-25 minutes or until 165°F.
“Let me help.”
Kids can help with setting the table.

Mealtime/Family Time
If kids are hungry and dinner isn’t ready, give them small servings of food from the meal such as the applesauce. This will help to avoid any conflicts before dinner.

Physical Activity
The kids can also help with clearing the table and doing the dishes.

---

Nutrition Facts

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<tr>
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<td>Protein 20g</td>
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| Vitamin A         | 0%           | Vitamin C | 0%           |
| Calcium           | 0%           | Iron      | 6%           |

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

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<tr>
<td>Dietary Fiber</td>
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Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
BREAKFAST BANANA SPLIT
Servings - 1

1 small banana
½ cup crunchy nugget cereal or favorite oat or bran cereal
½ cup lowfat vanilla, blueberry or strawberry yogurt
½ cup pineapple tidbits or chunks

1. Peel and split banana lengthwise and place in cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt on top.
4. Decorate with reserved cereal and pineapple.
“Let me help.”
If making more than 1 serving, set up an assembly line so that each person can add an ingredient.

Mealtime/Family Time
Sometimes schedules are too busy to have family mealtime at every meal or even everyday. Plan so that it happens several times a week.

Physical Activity
Can anyone in the family do the splits or a somersault?

Nutrition Facts
Serving Size (405g)
Servings Per Container 1

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<td>Total Carbohydrate 101g</td>
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<tr>
<td>Sugars 67g</td>
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</tr>
<tr>
<td>Protein 12g</td>
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Vitamin A 20%
Vitamin C 35%
Calcium 25%
Iron 15%

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

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

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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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**

**Lunch**

**Menu Suggestion**
- Chicken Salad
- Sliced Tomatoes
- Crackers
- Milk

**Equipment Needed**
- ☐ mixing bowl
- ☐ cutting board
- ☐ knife
- ☐ measuring cups
- ☐ measuring spoons
- ☐ mixing spoon or rubber spatula

**Shopping Tip**
Chopped celery can be purchased at the salad bar if you only need enough for this recipe.

**Nutrition Tip**
Leftover cooked chicken is lower in sodium than canned chicken.

**Food Safety Tip**
Refrigerate leftovers immediately and use within 2 days.

**Quick Tip**
Use canned chicken if in a hurry and you don’t have any leftovers. (As noted, it will be higher in sodium.)

**Other Creative Ideas**
Use different types of vegetables, cheeses and seasonings such as chopped onion, Swiss cheese and garlic powder.

---

**CHICKEN SALAD**

*Servings - 6*

1 cup cooked, chopped chicken or turkey
1 cup diced celery
½ cup shredded cheddar cheese
1 teaspoon minced dry onion
½ cup lowfat salad dressing

 Crackers, bread or buns

1. Mix all ingredients together.
2. Serve on crackers, bread or buns.
3. If desired, bake bread or bun sandwiches on a baking sheet at 350°F for 12-15 minutes.
“Let me help.”
Kids can help with mixing up the salad.

Mealtime/Family Time
This would be an easy meal for kids to prepare and serve to adults. Be sure to supervise any chopping and slicing.

Physical Activity
Make music with pots and pans.

---

Nutrition Facts

Serving Size (74g)
Servings Per Container 6

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<td>Sugars 2g</td>
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Vitamin A 2%
Vitamin C 2%
Calcium 8%
Iron 2%

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<tr>
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<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
</tr>
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</table>

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

SKILLET TUNA CASSEROLE
Servings - 8

2 cans (6-7 oz.) chunk-style tuna in water, undrained
2 cans (10.5 oz.) cream of mushroom soup
1 cup water
1 package (16 oz.) dry egg noodles
1 can (15 oz) peas, undrained

1. In a skillet combine tuna, mushroom soup, water, peas, and noodles.
2. Stir together well.
3. Bring to a boil.
4. Cover skillet and reduce heat.
5. Simmer until noodles are tender, approximately 20-30 minutes.
“Let me help.”
Kids can help with peeling the oranges.

**Mealtime/Family Time**
Try to spend an evening a week doing family activities such as scrapbooking, games or puzzles.

**Physical Activity**
Look for large floor puzzles that the kids can put together.
OVERNIGHT EGG CASSEROLE

Servings - 6

6 oz. chopped, cooked ham  
5 slices bread, crust removed  
4 eggs, beaten  
1 cup low-fat milk  
½ cup shredded cheddar cheese  
½ teaspoon onion powder (optional)

Prepare the day before serving:

1. Cube or tear bread into small pieces. In a large mixing bowl, combine bread cubes, ham and remaining ingredients.
2. Lightly coat an 8x8-inch pan with cooking spray. Add egg mixture, cover with foil and refrigerate overnight. Or fill cups of muffin tin, cover with foil and refrigerate overnight.

Ready to bake the next day:

3. Preheat over to 325° F for 8x8-inch pan. Bake, uncovered for 45 minutes. Uncover and bake another 15 minutes or until brown. To serve, cut into squares. Refrigerate.

For muffin tin, preheat to 350° F and bake for 20-25 minutes or until brown and firm. Servings: 2 muffins.
Nutrition Facts

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<tr>
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<tr>
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</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

Use sausage or bacon in place of ham. Chopped onions or green peppers can also be added.

“Let me help.”

Kids can help with tearing the bread into pieces and stirring up the egg mixture.

Mealtime/Family Time

This is a great recipe to prepare for someone on a special day such as a birthday or anniversary.

Physical Activity

Use a book such as a cookbook to exercise arms. Do arm curls and lift the book up and down.
Menu Suggestion
Hamburgers
Cheese Slices
Lettuce/Tomato
Onion/Pickles
Whole Wheat Buns
Potato Salad (purchased)
Watermelon
Milk

Equipment Needed
☐ mixing bowl
☐ mixing spoon
☐ measuring spoons
☐ skillet or grill

Shopping Tip
Pre-formed hamburger patties can be purchased but are often higher in fat content.

Nutrition Tip
Very lean ground beef (90/10 or higher) may fall apart during frying and grilling. Add a beaten egg or 2 beaten egg whites to ground beef and mix well before making into patties.

Food Safety Tip
The only safe way to know that ground beef is done is to use a food thermometer. An instant read thermometer is thin enough to insert into the side of the hamburger for an accurate reading.

HAMBURGERS
Servings - 4

1 pound lean ground beef
salt to taste
pepper to taste
other favorite seasonings

1. Add desired seasonings to ground beef. Mix well and shape into 4 patties.
2. Fry or grill until internal temperature of 1600.
Quick Tip
While hamburgers are cooking, wash and separate lettuce leaves, and wash and slice tomatoes and onions.

Other Creative Ideas
Use different types of sliced cheeses such as Swiss and different buns such as onion buns.

“Let me help.”
Kids can help with setting the table, putting things in the trash and pouring the milk.

Mealtime/Family Time
This meal is great for an indoor or outdoor picnic.

Physical Activity
Walk to the park for a picnic.

Nutrition Facts
Serving Size (113g)
Servings Per Container 4

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

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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**
- Chicken Fried Rice
- Oriental Mixed Vegetables
- Pudding Fruit cup
  (snack recipe)
- Dinner Rolls
- Milk

**Equipment Needed**
- ☐ large pot with lid
- ☐ measuring cups
- ☐ measuring spoons
- ☐ skillet
- ☐ mixing spoon
- ☐ small bowl
- ☐ fork
- ☐ can opener

**Shopping Tip**
Cooking sprays come in a variety of flavors. Store brands are less expensive.

**Nutrition Tip**
To lower sodium, use low sodium soy sauce.

**Food Safety Tip**
Be sure to wash hands before and after handling raw eggs.

**Quick Tip**
When cooking rice, cook extra for other recipes. Divide into small batches, and refrigerate or freeze.

---

**CHICKEN FRIED RICE**
Servings - 6

4 cups cooked rice
1 tablespoon vegetable oil or cooking spray
¾ cup frozen, chopped onion
2 eggs
1 can (12.5 oz.) chicken white meat
2 tablespoons soy sauce
¼ teaspoon pepper

1. Cook rice - refer to basic rice recipe.
2. Cook onion in oil until tender.
3. Beat eggs and add to the onion. Stir to cook.
4. When rice is done, add rice and remaining ingredients to onions and eggs.
### Nutrition Facts

<table>
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<tr>
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<td>30g</td>
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</tbody>
</table>

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

---

### Other Creative Ideas
- Use ham or other cooked meats.

### “Let me help.”
- Teach kids how to measure liquid and dry ingredients accurately. Have them measure the dry rice and water.

### Mealtime/Family Time
- Ethnic type foods are a great way to open the discussion about diversity and tolerance.

### Physical Activity
- Have each family member pick an exercise for the whole family to do.