## EATING WELL BUT COOKING LESS - WEEK 3 AT-A-GLANCE

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

KeSTATE Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as Research and Extensionamended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.



\*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.

## Other Items



# EATING WELL BUT COOKING LESS

## **WEEK 3 Shopping List**

### **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
- □ Garlic powder
- □ Onion dried, minced
- Onion powder
- Paprika
- □ Salt





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## <u>Grocery</u>

## <u>Grains</u>

- □ 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
- $\hfill\square$  Saltine crackers or others
- $\Box$  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

## <u>Dairy</u>

- □ 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

## <u> Fruit - Fresh</u>

- □ 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

## <u>Meat</u>

- 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 complete-

ly set and opaque, and the yolk should be firm.



<u>Quick Tip</u>

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.



DAY

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

EGG IN A BREAD BASKET

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.

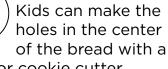
BREAKFAST

- 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.)

Serving Size (83g) Servings Per Container 1

Amount Pe	r Soni	na		
		•		. E-1 00
Calories 1	80	C	alories fror	n Fat 90
			% Dail	y Value *
Total Fat 1	0g			15%
Satura	ited Fa	t 2.5g		12%
Trans	Fat 0g			
Cholestero	l 215m	ng		71%
Sodium 250mg 10%				
Total Carbo	ohydrat	e 14g		5%
Dietar	y Fiber	2g		8%
Sugars	s 2g			
Protein 9q				
Vitamin A	10%	١	/itamin C	0%
Vitamin A Calcium	10% 4%		/itamin C ron	0% 10%
Calcium *Percent Dail diet.Your dail on your calor Total Fat Saturated	4% ly Values y values ie needs	s are based of may be high S: Calories: Less than Less than	ron on a 2,000 ca her or lower c 2,000 65g 20g	10% llorie lepending 2,500 80g 25g
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## <u>"Let me help."</u>



glass or cookie cutter.

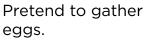
## Mealtime/ Family Time Use mealtime

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







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Servings - 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 vegeta-

bles or tortilla chips.

4 - 8-inch flour tortillas

1 cup refried black beans

 $\frac{1}{2}$  cup chopped green onions - frozen

BLACK BEAN QUESADILLAS

1/2 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.

LUNCH

- 5. Repeat with remaining quesadillas.
- 6. Slice each quesadilla in half.



DAY

Nutr	ition	Fa	cts
Serving Size	(201g)		
Servings Per	Container 4		
Amount Per S	erving		
Calories 330	C	alories from	Fat 130
Total Cat 44-		% Dail	y Value *
Total Fat 14g			22%
Saturated			32%
Trans Fat	0		10%
Cholesterol 3	-		
Sodium 600m	-		25% 13%
Total Carbohy			13%
Dietary Fi			10%
Sugars 3	g		
Protein 15g			
Vitamin A 1	0%	Vitamin C	25%
	5%	Iron	15%
*Percent Daily Va diet.Your daily va on your calorie n	lues may be hig		
Total Fat	Less than	65g	80g
Saturated Fat Cholesterol	Less than Less than	20g 300mg	25g 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber	ate	300g 25g	375g
		zby	30g
Calories per grar	11.		

## **Other Creative** ideas

## Use different types of refried beans

such as spicy and different types of cheese such as Monterrey Jack.

## "Let me help."



Kids can help with putting the quesadillas together.

## <u>Mealtime/</u> **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.





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## Menu Suggestion

Hamburger Stroganoff Green Beans Peaches Milk

## Equipment Needed

- 🗆 large pot
- □ mixing spoon
- strainer or lid for large pot
- □ skillet
- □ measuring cups
- □ measuring spoons
- □ can opener
- □ food thermometer



## Shopping Tip

Varieties of cream of mushroom soup now come in lower

sodium and lower fat. Read food labels to select the best one for your diet.



## Nutrition Tip

To reduce fat in ground beef, 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, then in the trash. Do not pour grease down the drain. This method decreases fat by 10-12 grams per 3 oz. of pan broiled ground beef.



Food Safety Tip

A mixed food like this meat sauce needs to reach 165°F

to be safely cooked.

## HAMBURGER STROGANOFF

Serving - 8



DAy

1 package (16 oz) dry egg noodles 1 pound ground beef 1/2 cup onion, chopped - frozen 1/8 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)

DINNER

- 3. Stir in soup.
- 4. Simmer uncovered 10 minutes.
- 5. Stir in sour cream, cook until hot (165°F).
- 6. Serve over noodles.

Nutrition	Facts
Serving Size (194g)	

Servings Per Container 8

Amount Per S			
Calories 430		Calories from	n Fat 130
		% Dai	ly Value *
Total Fat 15g	I		23%
Saturated	d Fat 5g		26%
Trans Fa	t Og		
Cholesterol 1	100mg		33%
Sodium 340r		14%	
Total Carbohy	/drate 50g		17%
Dietary F	iber 2g		7%
Sugars 4	4g		
Protein 21g	0		
Vitamin A	4%	Vitamin C	2%
	4% 8%	Vitamin C Iron	2% 20%
	8% /alues are base alues may be l	Iron ed on a 2,000 ca	20% alorie
Calcium *Percent Daily V diet.Your daily v on your calorie r Total Fat	8% /alues are base alues may be l needs: Calories Less tha	Iron ed on a 2,000 ca higher or lower of s: 2,000 an 65g	20% alorie depending 2,500 80g
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## 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.

# Ideas

## Other Creative

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.

## Menu Suggestion

Oatmeal Dried Fruit Chopped Nuts Juice Milk

# BREAKFAST

## INSTANT OATMEAL

### 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.



## <u>Quick Tip</u>

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.



<u>Other Creative</u> ideas

Add your own favorite chopped nuts or

dried fruit.



DAY

## No recipe needed!

Make according to package directions.

Serving Size (28g) Servings Per Container 1

Amount Per	Servi	ng		
Calories 10		•	alories fror	n Fat 15
			% Dail	y Value *
Total Fat 1.8	5g			3%
Saturate	ed Fat	t Og		0%
Trans F	at 0g			
Cholesterol	0mg			0%
Sodium 280	)mg			12%
Total Carboh		e 18g		6%
Dietary	Fiber	3g		12%
Sugars		0		
Protein 4g	5			
5				
Vitamin A	000/	,	/itamin C	0%
vitaminA	30%	v v		070
	30% 15%	-	ron	35%
	15% Values values	are based o may be high	ron on a 2,000 ca her or lower d	35% lorie lepending
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Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated Fa	15% Values values needs	are based c may be high : Calories: Less than Less than	ron on a 2,000 ca per or lower d 2,000 65g 20g	35% lorie lepending 2,500 80g 25g
Calcium *Percent Daily diet. Your daily on your calorie Total Fat Saturated Fat Cholesterol	15% Values values needs	are based of may be high : Calories: Less than Less than Less than	ron on a 2,000 ca her or lower d 2,000 65g 20g 300mg	35% lorie lepending 2,500 80g 25g 300mg
Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated Fa	15% Values values needs	are based c may be high : Calories: Less than Less than	ron on a 2,000 ca per or lower d 2,000 65g 20g	35% lorie lepending 2,500 80g 25g
Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated Fa Cholesterol Sodium	15% Values values needs at	are based of may be high : Calories: Less than Less than Less than	ron n a 2,000 ca eer or lower o 2,000 65g 20g 300mg 2,400mg	35% lorie lepending 2,500 80g 25g 300mg 2,400mg

## "Let me help."



Kids can help with adding fruit and nuts to the oatmeal. Oatmeal will be hot, so watch out to prevent burns.



## <u>Mealtime/</u> **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.





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## **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



DAY

 $\frac{1}{4}$  cup margarine

8 slices bread

- 4 slices American cheese
- Spread margarine on one side of each of the 8 slices of bread. (See Nutrition Tip)

LUNCH

- 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

Amount Per Ser	ving		
Calories 280	Cal	ories from	Fat 160
		% Dail	y Value *
Total Fat 18g			28%
Saturated F	at 5g		27%
Trans Fat 0	)g		
Cholesterol 15n	ng		5%
Sodium 620mg			26%
Total Carbohydra	ate 21g		7%
Dietary Fibe	er 1g		4%
Sugars 3g			
Protein 8g			
Ŭ			
Vitamin A 15%	v V	itamin C	0%
Calcium 15%	o Ir	on	8%
*Percent Daily Value diet.Your daily value on your calorie need	es may be high	,	
diet.Your daily value	es may be high ds:	er or lower o	lepending
diet.Your daily value on your calorie need Total Fat Saturated Fat	es may be high ds: Calories: Less than Less than	er or lower o 2,000 65g 20g	lepending 2,500 80g 25g
diet.Your daily value on your calorie need Total Fat Saturated Fat Cholesterol	es may be high ds: Calories: Less than Less than Less than	er or lower o 2,000 65g 20g 300mg	2,500 80g 25g 300mg
diet.Your daily value on your calorie need Total Fat Saturated Fat Cholesterol Sodium	es may be high ds: Calories: Less than Less than	er or lower o 2,000 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg
diet.Your daily value on your calorie need Total Fat Saturated Fat Cholesterol	es may be high ds: Calories: Less than Less than Less than	er or lower o 2,000 65g 20g 300mg	2,500 80g 25g 300mg

## Quick Tip

Before starting sandwiches, put soup on to heat,

either on top of the stove or in the microwave.



# Other Creative <u>ideas</u>

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.



### <u>Mealtime/</u> 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.





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### Menu Suggestion

Fish Sticks Oven Fried Potatoes Carrots Fruit Cocktail Milk

## **Equipment Needed**

- paring knife
- □ baking sheet
- □ small bowl
- □ measuring spoons



## <u>Shopping Tip</u>

When buying fish sticks, select brands that have a high proof fish to broading

portion 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 ½-inch below the green.



## <u>Quick Tip</u>

To speed up cooking time, microwave clean potatoes for

5-6 minutes, then prepare them for the oven.

## OVEN FRIED POTATOES

Serving - 4



DINNER

DAY

- 4 medium potatoes
- 2 teaspoons oil
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon onion powder
- 1⁄2 teaspoon paprika
- 1/2 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"

Serving Size (151g) Servings Per Container 4

Amount Per	r Servi	ng		
Calories 12	20	С	alories fror	n Fat 20
			% Dail	y Value *
Total Fat 2.	.5g			4%
Saturat	ed Fa	t Og		0%
Trans F	at 0g			
Cholesterol 0mg 0				
Sodium 0mg 0°				
Total Carbo	hydrat	e 27g		9%
Dietary	Fiber	3g		13%
Sugars	3g			
Protein 4g				
Vitamin A	4%	١	/itamin C	45%
Vitamin A Calcium	4% 2%		/itamin C ron	45% 6%
	2% / Values / values	are based o may be high s:	ron on a 2,000 ca her or lower c	6% Ilorie Iepending
Calcium *Percent Daily diet.Your daily on your calorie	2% / Values / values	l s are based o may be high s: Calories:	ron on a 2,000 ca ner or lower c 2,000	6% llorie lepending 2,500
Calcium *Percent Daily diet.Your daily	2% / Values / values e needs	are based o may be high s:	ron on a 2,000 ca ner or lower c 2,000 65g	6% lorie lepending 2,500 80g
Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol	2% / Values / values e needs	are based of may be high Calories: Less than Less than Less than	ron on a 2,000 ca her or lower o 2,000 65g 20g 300mg	6% llorie lepending 2,500 80g 25g 300mg
Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol Sodium	2% / Values / values e needs	are based of may be high calories: Less than Less than	ron on a 2,000 ca her or lower c 2,000 65g 20g 300mg 2,400mg	6% lorie lepending 2,500 80g 25g 300mg 2,400mg
Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol	2% / Values / values e needs Fat drate	are based of may be high Calories: Less than Less than Less than	ron on a 2,000 ca her or lower o 2,000 65g 20g 300mg	6% llorie lepending 2,500 80g 25g 300mg

# 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.



Pretend to dig some potatoes.





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### Menu Suggestion

Cinnamon Toast Grapefruit Milk

## **Equipment Needed**

- measuring cups
- measuring spoon
- □ shaker
- □ toaster
- □ knife
- □ serving plate

## Shopping Tip

When buying grapefruit, look for round, smooth fruits that

are heavy indicating juiciness.



## Nutrition Tip

Grapefruit provides Vitamin C, pectin (good for lowering

cholesterol), potassium and beta-carotene, which our bodies turn into Vitamin A.



## Food Safety Tip

) Rinse all fruit and vegetables with plenty of water be-

fore preparing.



<u>Quick Tip</u>

Slice grapefruit cross-wise and section them with a

paring knife or grapefruit knife. Or peel and eat like an orange.

## CINNAMON TOAST STRIPS

Servings - 4



DAY

3

8 slices whole wheat bread

3 tablespoons margarine (about 1 teaspoon per slice) cinnamon sugar ( $\frac{1}{2}$  cup sugar, 1 tablespoon cinnamon)

BREAKFAST

- 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.

Nutr Serving Size Servings Per C	(87g)	Fa	cts
Amount Per Se	erving		
Calories 300	Ca	alories froi	m Fat 90
		% Dai	ly Value *
Total Fat 10g			15%
Saturated	Fat 1.5g		7%
Trans Fat	0g		
Cholesterol Or	ng		0%
Sodium 310m	g		13%
Total Carbohy	drate 48g		16%
Dietary Fil			12%
Sugars 28	Зg		
Protein 4g			
Vitamin A 8	% V	íitamin C	0%
Calcium 6	i% Ir	on	10%
*Percent Daily Va diet.Your daily val on your calorie ne	ues may be high	,	
Total Fat	Less than	65g	80g
Saturated Fat Cholesterol	Less than Less than	20g 300mg	25g 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber		300g 25g	375g 30g
Calories per gram Fat 9	n: Carbohydrate 4	· Protei	n 4

## **Other Creative** ideas

Grapefruit can be eaten at room temperature or chilled. Sweeten the fruit with a small amount of sugar or honey.



## <u>"Let me help."</u>

Kids can help with sprinkling the cinna-

mon sugar on the toast and with washing the fruit.



## Mealtime/ **Family Time**

Use foods and mealtime to teach count-

ing such as "How many sections are in your grapefruit?"

## **Physical Activity**

Have some feather fun. Toss, catch and balance feathers on different body parts.





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## Menu Suggestion

Leftover Hamburger Stroganoff Bag Salad/Dressing Apple Milk

# LUNCH

000

DAY

3

## LEFTOVER HAMBURGER STROGANOFF

## **Equipment Needed**

- $\hfill\square$  insulated lunch box
- microwave-safe container
- other airtight containers
- $\Box$  table service

## Shopping Tip

Bag salads will have "Best if used by" dates on the pack-

age. 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 micro-

wave-safe containers. Some plastic containers can melt or warp, and cause spills and burns.



Serving Size (194g) Servings Per Container 8

Calories 43	0	ng Ca	alories from	Fat 130
			% Dail	y Value *
Total Fat 15	5g			23%
Saturate	ed Fat	t 5g		26%
Trans F	at 0g			
Cholesterol	100m	ng		33%
Sodium 340	Jmg			14%
Total Carbol	nydrat	e 50g		17%
Dietary	Fiber	2g		7%
Sugars	4g			
Protein 21g				
Vitamin A	4%		Vitamin C	2%
Calcium	8%			
- a.c.am	0 /0		Iron	20%
*Percent Daily diet.Your daily on your calorie	Values	are based may be hig : Calories:	on a 2,000 ca her or lower c 2,000	llorie lepending 2,500
*Percent Daily diet.Your daily	Values values e needs	are based may be hig	on a 2,000 ca her or lower c	llorie lepending
*Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol	Values values e needs	are based may be hig :: Calories: Less than Less than Less than	on a 2,000 ca her or lower o 2,000 65g 20g 300mg	llorie lepending 2,500 80g 25g 300mg
*Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol Sodium	Values values e needs	are based may be hig :: Calories: Less than Less than	on a 2,000 ca her or lower o 2,000 65g 20g 300mg 2,400mg	lorie lepending 2,500 80g 25g 300mg 2,400mg
*Percent Daily diet.Your daily on your calorie Total Fat Saturated F Cholesterol	Values values e needs at drate	are based may be hig :: Calories: Less than Less than Less than	on a 2,000 ca her or lower o 2,000 65g 20g 300mg	llorie lepending 2,500 80g 25g 300mg

### <u>Quick Tip</u>

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.



## <u>Mealtime/</u> Family Time

Sometimes eating lunch by yourself

can be a time to relax and spend some time reading or meditating.

### Y Preter apples

### **Physical Activity**

Pretend to pick apples.





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### 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



DAY

1 pound ground beef

- 1 can (15-16 oz.) sloppy joe sauce
- 1 package (8) hamburger buns
- Cook meat thoroughly in skillet over medium heat. Drain grease. (See Nutrition Tip)
- 2. Add canned sloppy joe sauce.
- 3. Simmer for abut 15 minutes or until mixture reaches 165°.

DINNER

4. Serve on hamburger buns.

## **Nutrition Facts** Serving Size (153g)

Servings Per Container 8

Amount Per Se	rving		
Calories 320	Cal	ories from	Fat 120
		% Dail	y Value *
Total Fat 14g			21%
Saturated I	Fat 5g		28%
Trans Fat	0g		
Cholesterol 45	mg		14%
Sodium 830mg	l		35%
Total Carbohyd	rate 35g		12%
Dietary Fib	er 1g		4%
Sugars 15	q		
Protein 14g	0		
Vitamin A 209	% V	itamin C	2%
Calcium 49	% Ir	on	15%
*Percent Daily Valu diet.Your daily valu on your calorie nee	es may be high	,	
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbohydrate	Less than	2,400mg	2,400mg 375g
Dietary Fiber	<del>,</del>	300g 25g	375y 30g
Calories per gram: Fat 9 · 0	Carbohydrate 4	· Proteir	1 4

## 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 mix-

ing 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 near by, invite an older neighbor to dinner once in a while.



## **Physical Activity**

Play Follow the Leader.





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tive Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

## Menu Suggestion

Cold Cereal Banana Juice Milk

## Equipment Needed

- 🗆 bowl
- □ spoon
- □ knife



## Shopping Tip

Cereal is another way to include more iron in your diet.

Read the Nutrition Facts and look for an iron Daily Value of 10% or more.



## Nutrition Tip

If you want to increase your fiber intake, eat high-fiber

cereals. Look for cereals with 5 grams of fiber or more per serving.



Food Safety Tip

Cereals can be kept 6-8 months if unopened. Once

opened, use within 2-3 months. Refold and seal package to keep out pests.



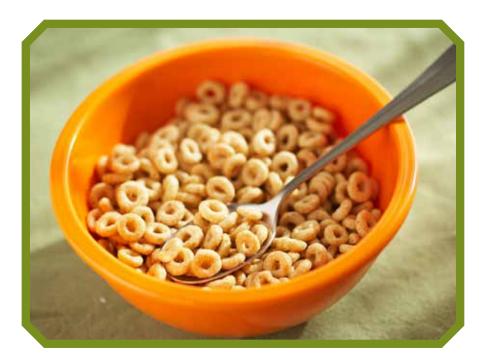
## Quick Tip

If watching calories, measure a serving of cereal with measur-

ing cups before putting it in your cereal bowl. Once in the bowl, observe how full the bowl is so that you will know how much cereal to eat the next time.

## COLD CEREAL

Servings - 1



BREAKFAST

DAY

No recipe needed!

Serving Size 3/4 cup

Servings Per Container 1 - Cornflakes

Amount Pe	r Servi	ng		
Calories 7	C		Calories fr	om Fat 0
			% Dail	v Value *
Total Fat 0	~		70 Daii	0%
	0	4 0		- / -
Satura		0		0%
Trans	-at 0g			
Cholestero	0mg			0%
Sodium 18	Jmg			7%
Total Carbo	hydrat	e 16g		5%
Dietary	/ Fiber	0a		0%
Sugars		-0		
Protein 1a	.9			
FIOLEIII IY				
Vitamin A	2%	`	/itamin C	0%
	- / *			
Calcium	0%		ron	2%
*Percent Dail diet.Your dail on your calor	, values	may be high	ner or lower o	lepending
Total Fat		Calories: Less than	2,000	2,500
Saturated I	Fat	Less than	65g 20g	80g 25q
Cholesterol		Less than	209 300mg	20g 300mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohy			300g	375g
Dietary Fib	er		25g	30g
Calories per g				
Fat 9	· Ca	rbohydrate 4	<ul> <li>Proteir</li> </ul>	1 4





**Nutrition Facts** 

Calories from Fat 0

Vitamin C

2,000

65g

20g

300mg

300g

25g

2,400mg

· Protein 4

Iron

% Daily Value \*

0%

0%

0%

7%

9%

0%

30%

20%

2,500

300mg

2,400mg

375g

30g

80g

25g

Servings Per Container 1 - Frosted Flakes

Serving Size 3/4 cup

Amount Per Serving

Saturated Fat 0g

Trans Fat 0g Cholesterol 0mg

Total Carbohydrate 26g

Sugars 13g Protein 1g

Vitamin A 20%

on your calorie needs:

Saturated Fat

Total Carbohydrate

Dietary Fiber

Calcium

Total Fat

Sodium

Cholesterol

Dietary Fiber 0g

0%

Calories per gram: Eat 9 Carbohydrate 4

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

Calories:

Less than

Less than

Less than

Less than

Calories 110

Total Fat 0g

Sodium 180mg

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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



## <u>Other Creative</u> ideas

For variety, mix two or more cereals to-

gether. Use yogurt instead of milk.



### <u>"Let me help."</u>

Kids can help with putting cereal in the bowls, slicing the

bananas and pouring milk if supervised.

## <u>Mealtime/</u> Family Time

Breakfast cereals are a great way to dis-

cuss farming and how grains are grown and made into cereal.



## **Physical Activity**

Pretend to pick corn.

## Menu Suggestion

Sunshine Salad Pork 'n' Beans Crackers Milk

## Equipment Needed

- □ can opener
- □ measuring cups
- □ large mixing bowl
- $\Box$  grater (if needed)
- mixing spoon



## <u>Shopping Tip</u>

Look for bags of grated or shredded carrots in the pro-

duce 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.



## <u>Quick Tip</u>

To serve immediately, chill all ingredients ahead of time

including the canned pineapple.



<u>Other Creative</u> ideas

Add other fruit such as chopped banana

or apple. Use a different flavor of yogurt such as lemon.

## SUNSHINE SALAD

Serving - 6 (¾ cup)



LUNCH

DAY

1 cup canned, pineapple tidbits, drained

3 cups shredded carrots

<sup>1</sup>∕<sub>3</sub> 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.

Nutrit		ra(	CIS
Serving Size (14	l4g)		
Servings Per Con	itainer 6		
Amount Per Servi	ing		
Calories 120	<u> </u>	Calories fro	om Fat 5
		% Dail	y Value *
Total Fat 14g			1%
Saturated Fa	t Og		0%
Trans Fat 0g	]		
Cholesterol 5mg			1%
Sodium 45mg			2%
Total Carbohydra	te 28g		9%
Dietary Fiber	2g		9%
Sugars 24g			
Protein 3g			
Vitamin A 310%	V	/itamin C	15%
Calcium 8%	Ir	on	4%
*Percent Daily Values diet.Your daily values on your calorie needs	s may be high	er or lower o	lepending
Total Fat	Less than	2,000 65q	2,500 80q
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
Calories per gram:		209	June

## "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.





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DINNER



## 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 dress-

ing. Salad dressing ladles at restaurants for example, are ¼cup. 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 tempertures. Watch expiration dates on deli meats. When in doubt, throw it out.



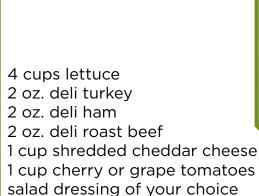
## Quick Tip

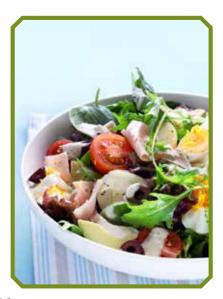
Salads are easy to put together if you buy packages of

ready-to-eat foods such as bag salads, broccoli flowerettes and baby carrots.

## CHEF SALAD

Servings - 4





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.

## Nutrition Facts Serving Size (163g)

Servings Per Container 4

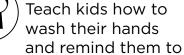
Amount Per Servi	ing		
Calories 170	Cal	ories from	Fat 100
			v Volue *
		% Dali	y Value *
Total Fat 11g			16%
Saturated Fa	t 6g		32%
Trans Fat 0g			
Cholesterol 45mg	9		15%
Sodium 660mg			27%
Total Carbohydrat	te 4g		1%
Dietary Fiber	1g		5%
Sugars 3g			
Protein 15g			
Ĵ			
Vitamin A 15%	V	itamin C	15%
Calcium 20%	Ir	on	6%
*Percent Daily Values diet.Your daily values on your calorie needs	may be high	,	
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than	300mg	300mg
Total Carbohydrate	Less man	2,400mg 300g	2,400mg 375q
Dietary Fiber		25g	30g
Calories per gram: Fat 9 · Ca	rbohydrate 4	· Proteir	ז 4

# **Other Creative**

## Ideas Add other favorite

vegetables such as carrot and cucumber. Vary the protein by adding hardcooked eggs or beans.

## "Let me help."



do it often, especially when handling ready-to-eat foods.

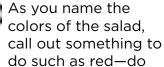


## Mealtime/ **Family Time**

This is a colorful meal, so have the

kids name all the colors of their food.

## **Physical Activity**



jumping jacks, green-march in place, etc.





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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.



<u>Quick Tip</u>

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!



**P P P** 

DAY

5

Nutrition	Facts
Serving Size (71g) 1/2 had	

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

Amount Per Serv	•		
Calories 200	C	alories fror	m Fat 10
		% Dail	y Value *
Total Fat 1g			2%
Saturated Fa	nt Og		0%
Trans Fat 0g	]		
Cholesterol 0mg			0%
Sodium 380mg			16%
Total Carbohydra	te 38g		13%
Dietary Fiber	· 2g		7%
Sugars 1g			
Protein 7g			
Vitamin A 0%	V	/itamin C	0%
Calcium 6%	Ir	on	15%
*Percent Daily Value diet.Your daily values on your calorie need	s may be high		
Total Fat	Less than	 65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg 375g
Total Carbohydrate		300g 25g	3759 30q
Dietary Fiber		· J	ee g



## 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.



## <u>Mealtime/</u> Family Time

Start the day off right by having ev-

eryone 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.





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## Menu Suggestion

Deli Meat Sandwich Pretzels Melon Milk

## Equipment Needed

- □ plate
- □ knife



## <u>Shopping Tip</u>

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



LUNCH

DAY

5

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.

Nutrit		Fa	cts
Serving Size (19	0,		
Servings Per Con	itainer 1		
Amount Per Servi	0		E-1 110
Calories 310	Ca	lories from	Fat 110
		% Dail	y Value *
Total Fat 13g			19%
Saturated Fa	t 7g		33%
Trans Fat 0g	1		
Cholesterol 50m	g		17%
Sodium 1130mg			47%
Total Carbohydra	te 28g		9%
Dietary Fiber	4g		17%
Sugars 5g			
Protein 21g			
Vitamin A 15%	-	'itamin C	15%
Calcium 45%	lr	on	15%
*Percent Daily Values diet.Your daily values on your calorie needs	s may be high s:	er or lower c	lepending
Total Fat	Calories: Less than	2,000 65g	2,500 80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbohydrate	Less than	2,400mg 300g	2,400mg 375g
Dietary Fiber		25g	30g
Calories per gram:			

## **Other Creative** ideas Add other veg-

etables to your sandwiches such as baby spinach, sliced cucumbers or



sweet peppers.

### "Let me help."

Kids can help with making the sand-wiches.



## <u>Mealtime/</u> 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.





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### 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 - 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 so-

dium. 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.



## <u>Quick Tip</u>

While ham is baking, microwave sweet potatoes and broc-

coli.

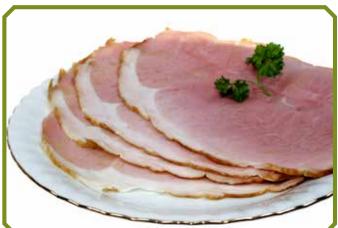


Other Creative Ideas

Top ham with pineapple rings or crushed pineapple before baking.

# BAKED HAM \_\_\_\_\_

Servings - 4



DINNER

DAY

5

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

- 1. Preheat oven to 325°.
- 2. Bake ham for 20-25 minutes or until 165°F.
- 3. Serve.

Serving Size (113g) Servings Per Container 4

Amount Pe	r Servi	ng		
Calories 27	10	Ca	lories from	Fat 110
			% Dail	y Value *
Total Fat 1	2g			18%
Satura	ted Fa	t 4g		19%
Trans F	-at Og			
Cholesterol	65mg	3		22%
Sodium 14	.90mg	<u> </u>		62%
Total Carbo	hydrat	e 4g		1%
Dietary	/ Fiber	0a		0%
Sugars		-0		
Protein 20g	•			
	5			
Vitamin A	0%	V	/itamin C	0%
Calcium	0%	lı	ron	6%
*Percent Daily diet.Your daily on your calori	, values	may be high	er or lower o	lepending
Total Fat		Less than	2,000 65q	2,500 80g
Saturated F	Fat	Less than	20g	25g
Cholesterol		Less than	300mg	300mg
Sodium	drata	Less than	2,400mg	2,400mg
		Less than	2,400mg 300g 25g	2,400mg 375g 30g



## "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.

# X)

**Physical Activity** 

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





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### **Menu Suggestion**

Breakfast Banana Split Juice Milk

## **Equipment Needed**

- □ knife
- □ cutting board
- □ measuring cups
- □ spoon
- □ cereal bowl
- □ can opener

## Shopping Tip

Canned and frozen fruit are a must-

have staple for quick breakfasts, snacks and desserts.



## Nutrition Tip

This recipe is loaded with nutrition: fiber, Vitamins A and C,

and calcium and iron.



## Food Safety Tip

Some foods like grapes or chunks of melon and pine-

apple can cause choking in young children. Chop these foods into very small pieces.



## Quick Tip

This recipe is fast and easy. If mornings are especially

hectic, take a few minutes the night before to assemble ingredients.



**Other Creative** 

ideas Choose any kind of favorite cereal, yogurt and fruit.

## BREAKFAST BANANA SPLIT

Servings - 1



DAY

6

## 1 small banana

<sup>1</sup>/<sub>2</sub> cup crunchy nugget cereal or favorite oat or bran cereal <sup>1</sup>/<sub>2</sub> cup lowfat vanilla, blueberry or strawberry yogurt

BREAKFAST

 $\frac{1}{2}$  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.

Serving Size (405g) Servings Per Container 1

Amount Pe	er Servi	ng		
Calories 4	70		Calories from	m Fat 45
			% Dai	ly Value *
Total Fat	5g			8%
Satura	ated Fa	t 2g		9%
Trans	Fat 0g			
Cholester	ol 5mg			2%
Sodium 2	20mg			9%
Total Carb	-	te 101g		34%
	y Fiber	-		27%
	s 67g			
Protein 12	0			
	-5			
Vitamin A	20%		Vitamin C	35%
Vitamin A Calcium	20% 25%		Vitamin C Iron	35% 15%
Calcium *Percent Dai	25% ly Values ly values	may be h S:	Iron d on a 2,000 ca igher or lower o	15% alorie depending
Calcium *Percent Dai diet.Your dai	25% ly Values ly values	may be h	lron d on a 2,000 ca igher or lower o 2,000	15% alorie
Calcium *Percent Dai diet.Your dai on your calo Total Fat Saturated	25% Iy Values Iy values rie needs	may be h Calories: Less that Less that	Iron d on a 2,000 ca igher or lower o 2,000 n 65g n 20g	15% alorie depending 2,500 80g 25g
Calcium *Percent Dai diet. Your dai on your calo Total Fat Saturated Cholesterol	25% Iy Values Iy values rie needs	may be h calories: Less that Less that Less that	Iron d on a 2,000 ca igher or lower o 2,000 n 65g n 20g n 300mg	15% alorie depending 2,500 80g 25g 300mg
Calcium *Percent Dai diet.Your dai on your calo Total Fat Saturated Cholesterol Sodium	25% Ily Values Ily values rie needs	may be h Calories: Less that Less that	Iron d on a 2,000 ca igher or lower o 2,000 n 65g n 20g n 300mg n 2,400mg	15% alorie depending 2,500 80g 25g 300mg 2,400mg
Calcium *Percent Dai diet. Your dai on your calo Total Fat Saturated Cholesterol	25% Ily Values rie needs Fat	may be h calories: Less that Less that Less that	Iron d on a 2,000 ca igher or lower o 2,000 n 65g n 20g n 300mg	15% alorie depending 2,500 80g 25g 300mg

## 🗙 <u>"Let me help."</u>

If 1s

) If making more than 1 serving, set up an assembly line so ch person can add an

that each person can add an ingredient.

## Meal Fam Som

### <u>Mealtime/</u> <u>Family Time</u> Sometimes sched-

ules 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?





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## Menu Suggestion

Chicken Salad Sliced Tomatoes Crackers Milk

## CHICKEN SALAD

Servings - 6



DAY

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.

LUNCH



- □ mixing bowl
- $\hfill\square$  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.



## <u>Quick Tip</u>

Use canned chicken if in a hurry and you don't have any left-

overs. (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.

Serving Size (74g) Servings Per Container 6

Amount Per	r Servi	ing		
Calories 90	)	C	alories fror	m Fat 35
			% Dail	y Value *
Total Fat 4	g			6%
Saturat	ted Fa	t 2g		11%
Trans F	at 0g	J		
Cholesterol	30mg	9		10%
Sodium 25	0mg			11%
Total Carbo	hydrat	te 4g		1%
Dietary	Fiber	0g		27%
Sugars	2g			
Protein 10g	g			
Vitamin A	2%	,	Vitamin C	2%
Calcium	8%		ron	2%
*Percent Daily diet.Your daily on your calori	, values	may be hig		
		Calories:	2,000	2,500
Total Fat Saturated F	Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	at	Less than	209 300mg	209 300mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohy Dietary Fib			300g 25g	375g 30g
Calories per g Fat 9		rbohydrate 4	· Proteir	n 4



### "Let me help." Kids can help with mixing up the salad.

## <u>Mealtime/</u> 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.





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## Menu Suggestion

Skillet Tuna Casserole Bag Salad Orange Slices Milk

## Equipment Needed

- 🗆 skillet
- □ can opener
- □ mixing spoon



## <u>Shopping Tip</u>

Some noodles cook faster than others. Read package direc-

tions for cooking times.



## Nutrition Tip

This is a low-fat recipe, less than 30% of the calories come

from fat.



## Food Safety Tip

Refrigerate or freeze leftovers in singleserving containers.

Use refrigerated leftovers within 2 days and frozen ones within a month.



## <u>Quick Tip</u>

This is a great onepot meal. To avoid

extra dishes to wash, fill plates from the stove.



## Other Creative

) <u>Ideas</u> Use canned peas and carrots or other

favorite vegetables.

## SKILLET TUNA CASSEROLE

Servings - 8



DINNER

DAY

6

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.

Serving Size (263g) Servings Per Container 8

	Servi	0		
Calories 38	80	C	alories fror	m⊦at 70
			% Dail	y Value *
Total Fat 8	g			12%
Saturat	ed Fat	2g		10%
Trans F	at 0g			
Cholesterol	85mg	1		28%
Sodium 90	0mg			37%
Total Carbo	hydrat	e 51g		17%
Dietary	Fiber	3g		14%
Sugars	3g			
Protein 24g	3			
Vitamin A	4%	N	/itamin C	6%
Vitamin A Calcium	4% 4%		/itamin C ron	6% 20%
	4% Values values	are based o may be high	ron on a 2,000 ca	20% alorie
Calcium *Percent Daily diet.Your daily on your calorio	4% Values values e needs	li are based c may be high : Calories: Less than	ron on a 2,000 ca her or lower o 2,000 65g	20% alorie depending 2,500 80g
Calcium *Percent Daily diet.Your daily on your calori Total Fat Saturated F	4% Values values e needs	are based c may be high : Calories: Less than Less than	ron on a 2,000 ca her or lower o 2,000 65g 20g	20% alorie depending 2,500 80g 25g
Calcium *Percent Daily diet.Your daily on your calorio	4% Values values e needs	li are based c may be high : Calories: Less than	ron on a 2,000 ca her or lower of 2,000 65g 20g 300mg	20% alorie depending 2,500 80g 25g 300mg
Calcium *Percent Daily diet.Your daily on your calori Total Fat Saturated F Cholesterol	4% Values values e needs Fat drate	are based of may be high Calories: Less than Less than Less than	ron on a 2,000 ca her or lower o 2,000 65g 20g	20% alorie depending 2,500 80g 25g

<u>"Let me help."</u> 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.





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Servings - 6

## **Menu Suggestion**

**Overnight Egg Casserole** Toast Mixed Fruit Milk

## **Equipment Needed**

- □ cutting board
- □ knife
- □ mixing bowl
- □ mixing spoon
- □ measuring cups
- □ cooking spray
- □ 8x8-inch baking pan or 12 cup muffin tin

## **Shopping Tip**

Chopped, cooked ham can be found in the meat case of the

grocery store.



## **Nutrition Tip**

If watching cholesterol, you can use egg substitute in

place of the eggs. However, if your overall fat intake is low, 3-4 eggs per week can be included in a healthy diet.



## Food Safety Tip

Refrigerate eggs as soon as you get home from the gro-

cery store and use within 3 weeks.



## **Quick Tip**

Because this recipe is refrigerated overnight, be sure to use

a baking pan that can go from refrigerator to oven. 6 oz. chopped, cooked ham

5 slices bread, crust removed

4 eggs, beaten

- 1 cup low-fat milk
- $\frac{1}{2}$  cup shredded cheddar cheese
- $\frac{1}{2}$  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 inaredients.

BREAKFAST

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.



DAY

Servings Per Container 6

Amount Pe Calories 1		•	alories fror	n Eat 00
	80	C		II Fat 90
			% Dail	y Value *
Total Fat 1	l0g			16%
Satura	ated Fa	t 4.5g		22%
Trans	Fat 0g			
Cholestero	ol 170n	ng		56%
Sodium 55	50mg	•		23%
Total Carbo	-	e 8g		3%
	y Fiber			0%
Sugar	s 3a			
Protein 14	<u> </u>			
	3			
Vitamin A	8%	V	/itamin C	0%
Vitamin A Calcium	8% 15%		'itamin C ron	0% 6%
	15% ly Values ly values	Ir s are based o may be high	on n a 2,000 ca	6% Ilorie
Calcium *Percent Daii diet.Your dail on your calor Total Fat	15% ly Values ly values rie needs	In s are based of may be high s: Calories: Less than	ron n a 2,000 ca er or lower c 2,000 65g	6% llorie lepending 2,500 80g
Calcium *Percent Dail diet. Your dail on your calor Total Fat Saturated	15% ly Values ly values rie needs	In s are based of may be high s: Calories: Less than Less than	ron a 2,000 ca er or lower c 2,000 65g 20g	6% lorie lepending 2,500 80g 25g
Calcium *Percent Dail diet.Your dail on your calor Total Fat Saturated Cholesterol	15% ly Values ly values rie needs	In s are based of may be high calories: Less than Less than Less than	ron n a 2,000 ca er or lower o 2,000 65g 20g 300mg	6% lorie lepending 2,500 80g 25g 300mg
Calcium *Percent Dail diet.Your dail on your calor Total Fat Saturated Cholesterol Sodium	15% ly Values rie needs Fat	In s are based of may be high s: Calories: Less than Less than	ron n a 2,000 ca er or lower o 2,000 65g 20g 300mg 2,400mg	6% lorie lepending 2,500 80g 25g 300mg 2,400mg
Calcium *Percent Dail diet.Your dail on your calor Total Fat Saturated Cholesterol	15% ly Values ie needs Fat ydrate	In s are based of may be high calories: Less than Less than Less than	ron n a 2,000 ca er or lower o 2,000 65g 20g 300mg	6% lorie lepending 2,500 80g 25g 300mg

### Other Creative ideas Use sausage or h

Use sausage or bacon in place of ham.

Chopped onions or green peppers can also be added.



## <u>"Let me help."</u>

Kids can help with tearing the bread into pieces and stir-

ring up the egg mixture.



## <u>Mealtime/</u> Family Time

This is a great recipe to prepare for some-

one 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.





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### Menu Suggestion

Hamburgers Cheese Slices Lettuce/Tomato Onion/Pickles Whole Wheat Buns Potato Salad (purchased) Watermelon Milk

## HAMBURGERS

Servings - 4



DAY

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. 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.

LUNCH

2. Fry or grill until internal temperature of 160°.

Serving Size (113g) Servings Per Container 4

Amount Per Calories 20		0	ories from	Fat 100
			% Dail	y Value *
Total Fat 1	0			17%
Saturat	ed Fa	t 4.5g		23%
Trans F	at 0g			
Cholesterol	75mg	9		3%
Sodium 75	mg			3%
Total Carbo	hydrat	te Og		0%
Dietary	Fiber	0g		0%
Sugars	0g			
Protein 23g	1			
Vitamin A	0%	V	íitamin C	0%
	0% 2%	-	/itamin C	0% 15%
Vitamin A	2% / Values	Ir s are based o may be high	n a 2,000 ca er or lower c	15% llorie lepending
Vitamin A Calcium *Percent Daily diet.Your daily on your calorid Total Fat	2% / Values / values e needs	Ir s are based o may be high s: Calories: Less than	n a 2,000 ca er or lower c 2,000 65g	15% lorie lepending 2,500 80g
Vitamin A Calcium *Percent Daily diet.Your daily on your calorie Total Fat Saturated F	2% / Values / values e needs	r s are based o may be high calories: Less than Less than	ron n a 2,000 ca er or lower c 2,000 65g 20g	15% lorie lepending 2,500 80g 25g
Vitamin A Calcium *Percent Daily diet.Your daily on your calorie Total Fat	2% / Values / values e needs	Ir s are based o may be high s: Calories: Less than	n a 2,000 ca er or lower c 2,000 65g 20g 300mg	15% lorie lepending 2,500 80g 25g 300mg
Vitamin A Calcium *Percent Daily diet.Your daily on your calorid Total Fat Saturated F Cholesterol	2% / Values / values e needs Fat	r s are based o may be high s: Calories: Less than Less than Less than	ron n a 2,000 ca er or lower c 2,000 65g 20g	15% lorie lepending 2,500 80g 25g

## 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 a indoor or outdoor

picnic.



## **Physical Activity**

Walk to the park for a picnic.





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## Menu Suggestion

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

## **Equipment Needed**

- $\hfill\square$  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.



## <u>Quick Tip</u>

When cooking rice, cook extra for other recipes. Divide into

small batches, and refrigerate or freeze.

## CHICKEN FRIED RICE

Servings - 6



DINNER

DAY

4 cups cooked rice

1 tablespoon vegetable oil or cooking spray

<sup>3</sup>/<sub>4</sub> cup frozen, chopped onion

- 2 eggs
- 1 can (12.5 oz.) chicken white meat
- 2 tablespoons soy sauce
- <sup>1</sup>⁄<sub>4</sub> 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.

Serving Size (208g) Servings Per Container 6

Amount Per	r Servi	ng		
Calories 260			Calories fro	m Fat 80
% Daily Value				
Total Fat 9			14%	
Saturated Fat 2g				11%
Trans Fat 0g				
Cholesterol 105mg 36%				
Sodium 760mg				32%
Total Carbohydrate 25g 8%				
Dietary Fiber 1g				3%
Sugars 1g				
Protein 18g				
Protein 180	J			
Vitamin A	4%		Vitamin C	2%
Calcium	2%		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:				
Total Fat		Calories: Less than	2,000 65g	2,500 80g
Saturated Fat		Less than	3	25g
Cholesterol		Less than	0	300mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fib	er		25g	30g
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.

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