
MORE MEALS AT HOME

BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Oven Mitt

Scrubber

Spatula

Cutting Board

Knife

Mixing Bowls

Dry Measuring Cups

Can Opener

Measuring Spoons

Grater

Peeler

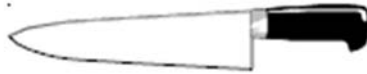
Hot Pad

Pot

Pan

Baking Pan

Spoon



MASTER MEASURING



Use clear measuring cups to measure liquid ingredients.



Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

RECIPE SUCCESS

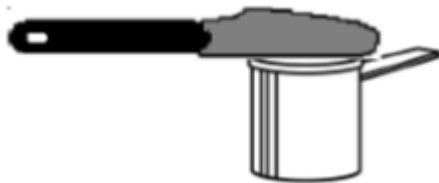
1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

Use the dry measuring cups pictured below to measure dry ingredients.

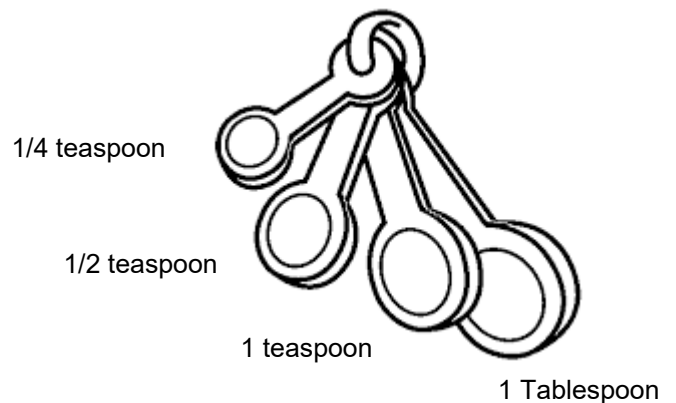


1 cup 1/2 cup 1/3 cup 1/4 cup

Use these measuring spoons to measure small amounts of ingredients.



Dry ingredients should be spooned into measuring cup and leveled using the straight edge of a knife.



COOKING TERMS & METHODS

- BAKE/ROAST**...Cook food uncovered in an oven or oven-type appliance.
- BEAT**.....Make mixture smooth with a rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND**.....Mix two or more ingredients thoroughly.
- BOIL**.....Cook food over high heat in liquid in which bubbles rise constantly to the surface and break.
- BRAISE**.....Cook meat or poultry slowly in a small amount of liquid in a covered pot.
- BROIL**.....Cook food by direct heat, usually on a rack.
- BROWN**.....Cook food quickly until surface of food is brown.
- CHOP**.....Cut food into small pieces.
- CREAM**.....Make soft, smooth, and creamy with a spoon or mixer.
- CRUSH**.....Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic).
- CUBE**.....Cut food into small cubes (1/2 inch).
- DICE**.....Cut food into very small pieces (about 1/4 inch).
- DRAIN**.....Draw off a liquid gradually; to empty by drawing off liquid.
- FOLD**.....Combine ingredients by using a gentle circular motion to cut down into mixture; slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY**.....Pan fry– cook in frying pan over medium heat with a small amount of fat.
Deep fry– cook in hot fat deep enough for food to float in.
- GRATE**.....Rub food on a grater or chop in blender or food processor to produce fine, medium or coarse particles.
- GREASE**.....Cover or lubricate with oil or fat, to keep food from sticking.
- KNEAD**.....Work a food mixture (usually dough) with a fold and press motion.
- MARINATE**.....Allow food to soak in a seasoned liquid mixture.
- MINCE**.....Cut into tiny pieces, smaller than diced.
- PEEL**.....Remove outer covering of foods by trimming away with knife or vegetable peeler.
- PREHEAT**.....Heat oven to desired temperature before putting food in to bake.
- POACH**.....Cook food over low heat in small amount of hot, simmering liquid.
- SAUTE**.....Cook foods rapidly in a small amount of oil in an open pan and stir constantly.
- SHRED**.....Cut food into slivers or slender pieces using a knife or shredder.
- SIFT**.....Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter.
- SIMMER**.....Cook food over low heat in a liquid just below the boiling point in which tiny bubbles form slowly.
- SKIM**.....Remove fat or scum from surface of food.
- SLICE**.....Cut food into thin pieces.
- STEAM**.....Cook food on a rack or in a colander in a covered pan over steaming hot water.
- STEW**.....Cook food over low heat in a large amount of simmering liquid.
- STIR FRY**.....Cook sliced food quickly in a skillet or wok and toss occasionally.
- THAW**.....Change from frozen to a liquid state slowly.
- TOSS**.....Mix foods lightly with a lifting motion, using forks or spoons.



Community Resources

WIC

The Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren (WIC):

- Is a federally-funded program
- Provides Hawaii residents with healthy foods, nutrition education, breastfeeding tips and help finding other health and social services
- Is a program for pregnant and breastfeeding women, new mothers, and infants and children under age 5 who meet income rules and have a medical or nutritional risk



<http://health.hawaii.gov/wic/>
Oahu 808-586-8175
Neighbor Islands 1-888-820-6425

SNAP

The **S**upplemental **N**utrition **A**ssistance Program (SNAP):

- Used to be known as Food Stamps
- Offers benefits to eligible low-income individuals and families for food purchases
- Provides benefits each month on a plastic card called an **EBT** (Electronic **B**enefits **T**ransfer) card, which works like a debit card



<http://humanservices.hawaii.gov/bessd/snap/>
SNAP Toll Free Information 1-800-221-5689

SNAP-Ed provides education on nutrition and obesity prevention to people who are eligible for SNAP or other federal assistance programs.

Local Farmers Markets

- Sell fruits and vegetables, and often meat, cheese, and bakery products, directly to buyers
- Offer fresh, seasonal produce that is cheaper (on average) than grocery stores
- Can be found across the State of Hawaii
- May accept EBT benefits



People's Open Market
<http://www.honolulu.gov/parks/program/people-s-open-market-program.html>
 (808) 768-9299



Hawaii Farm Bureau
<https://hfbf.org/>
 (808) 848-2074

FARMLOVERS MARKETS

Farmlovers Markets
<http://www.farmloversmarkets.com/markets/>
 (808) 388-9696

Food Banks

- Are non-profit organizations that collect and give food to hunger-relief charities
- Usually do not give out food directly to people struggling with hunger



Hawaii Foodbank (Oahu and Kauai)
<http://www.hawaiifoodbank.org/>
 (808) 836-3600



The Food Basket (Island of Hawaii)
<http://https://www.hawaiifoodbasket.org/>
 (808) 933-6030



Maui Food Bank
<http://https://mauifoodbank.org/>
 (808) 243-9500

Food Pantries

- Provide food directly to those in need
- Use mobile food pantries, which reach people in areas of high need