

Good Grinding for Wise Dining



24 Quick Food & Nutrition Lessons

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Supplemental Nutrition Assistance Program -
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<http://www.ctahr.hawaii.edu/NEW/GG>

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Instructor Guide

Good Grinding for Wise Dining Instructor Guide Introduction

Good Grinding for Wise Dining is a nutrition education curriculum for older adults that can be used in a group dining setting. Based on the dietary guidelines and food guidance system, the Good Grinding curriculum promotes healthy eating attitudes and behaviors using simple, targeted messages.

The evidence-based approach to creating Good Grinding includes successful components or best practices of nutrition education for older adults. Messages throughout the curriculum include simple, “catchy phrases” that are reinforced throughout the lesson. Lessons were created to be fun, fast-paced, and interactive. Participants are actively engaged and are encouraged to share their experiences and problem solve. Older adults are also encouraged to practice healthy behaviors in their daily lives. Participants can then support each other in the group dining setting by promoting a healthy food environment.

Good Grinding for Wise Dining has been developed with input from Area Agencies on Aging (AAA’s) and their Nutrition Service Providers (NSP’s). Three series of pilot testing were completed at Alu Like and Lanakila sites on Oahu over two separate time periods. Over 150 older adults from Alu Like participated in the first series of pilot testing and over 200 older adults from Lanakila provided input during the second series of testing. Alu Like and Lanakila staff were also consulted and involved in developing this manual.

Good Grinding for Wise Dining (GGWD) provides a total curriculum of 24 nutrition education lessons consisting of 4 modules with 6 lessons in each module:

- Module 1: Strategies for Eating
 - Easy meals
 - Sharing meals
 - Food storage
 - One-Pot Meals
 - Microwave Meals
 - Meals in Minutes

- Module 2: Choosing Foods
 - Fruits and veggies
 - Eating out
 - Eating for wellness
 - Seasonality of Fruits and Veggies
 - Spending Less Eating Better
 - Meal Planning

- Module 3: Regular Eating
 - Healthy bones
 - Nutritious snacking
 - Whole grains
 - Fruits & Veggies - All Forms Matter
 - Protein-Rich Foods
 - Breakfast
 -

- Module 4: Celebration Foods
 - Favorite foods
 - Sugars/fats/salts
 - Living local
 - Local Healthy Snacks
 - Delicious Desserts
 - Get Together

Good Grinding for Wise Dining is funded by the State of Hawaii, Executive Office on Aging in collaboration with the University of Hawaii (UH), College of Tropical Agriculture and Human Resources (CTAHR), Cooperative Extension Services (CES), Nutrition Education for Wellness (NEW) program and CES Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

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Good Grinding for Wise Dining
Instructor Guide
How to Use This Manual

This manual was created for group dining leaders or other peer educators to implement nutrition education lessons in a congregate meal setting. The lessons from the original Good Grinding and Good Grinding 2 curriculums have been combined to provide a total of 24 nutrition education lessons. There are four Good Grinding modules and six lessons per module in the combined curriculum.

The Good Grinding lessons are short, fast-paced, and informal. Each lesson should take about 10-15 minutes to present. Participation and interaction with the group is encouraged. Each lesson has a take-home message or “catchy phrase” that participants repeat. To clarify unfamiliar terms, there is a Glossary section at the end of the training manual. Words or terms in a lesson that are in *Italics* can be found in the Glossary. It is not necessary for lessons to be given in any sequential order.

In each lesson, if the text is preceded by the word Action, it is an instruction for the group dining leader. Action items may include encouraging participants to repeat a phrase, counting the number of participants, or asking participants a question. Some questions are intentionally asked to spark interest and thought regarding a subject matter. Other questions are asked to engage participants and responses are encouraged. If the text is preceded by the phrase Read the following, the leader should read the information to the participants.

There is an optional recipe demonstration incorporated in many of the lessons. Providing a recipe demonstration is encouraged, but not necessary. Participants have the suggested recipe on their lesson handout. Recipes are also located in the Recipe Index of the training manual.

The Recipe Index includes all twenty-four recipes from both Good Grinding for Wise Dining manuals. All recipes may be demonstrated

Good Grinding for Wise Dining
Instructor Guide
How to Use This Manual

even if lessons do not have a recipe stated. The majority of the recipes are simple and require very little cooking. Please refer to the Food Safety section for information on safe food handling practices.

Participants are asked three questions at the end of each lesson. These questions are asked to evaluate the GGWD lessons by assessing if participants have gained knowledge or plan to incorporate the information presented into their lives. Responses are to be documented on the tally sheet. Tally Sheets for GGWD are not mandatory, but are provided as an evaluation tool for Good Grinding quality improvement.

Good Grinding for Wise Dining
Instructor Guide
Presentation Tips

- **Be Prepared:**
 - Practice reading the lesson beforehand.
 - Have ingredients and supplies (if demonstrating a recipe), or prizes (if needed).

- **Speak Clearly:**
 - Speak slowly and loud enough for everyone to hear.
 - Ask participants to let you know if you need to speak more slowly or louder.

- **Make Eye Contact:**
 - The audience will be more likely to pay attention to the presentation, if you're paying attention to them.
 - Occasionally glance at the audience to be sure they are listening.

- **Answer Honestly:**
 - Refer to the Glossary section if a participant has a question regarding an unfamiliar term.
 - It is okay if you do not know the answers to participants' questions. Answer honestly with "I don't know."
 - Contact program (808) 956-4124 if you have any questions. **DO NOT** distribute our phone number to participants.

- **Be Enthusiastic:**
 - Encourage the audience to participate.
 - Smile and have fun!

Strategies For Eating

Lesson 1 - 6

Good Grinding for Wise Dining
Strategies for Eating
Lesson 1: Easy Meals
“No cook cooking”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Easy Meals” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about ways to prepare a meal without cooking or “no-cook cooking”. We can make sandwiches, soups, and quick salads using “no-cook cooking” techniques.

Action: Everyone repeat the following with me, “no-cook cooking.”
Have participants repeat the following:

Read the following: What does this mean? Preparing a meal does not have to be complicated. It can be very easy, quick, and simple. It does not always require a stove, oven, or grill and it does not have to be difficult to prepare. We can prepare a meal with many of the ingredients we already have or usually have at home. But, one thing to keep in mind before we prepare or eat any foods, we must always remember to wash our hands with soap and water.

Action: Demonstrate or pretend to wash hands.

Action: Who likes to eat sandwiches? What type of sandwiches do we like to eat?
Ask the following

question:

Read the following:

Sandwiches can be made with the following fillings: tuna, egg salad, cheese, chicken, cold cuts, left over meats, peanut butter and banana, etc. We can also add lettuce, tomatoes, cucumbers or other veggies to our sandwiches. Veggies and fruits can also be eaten with our sandwich to compliment our meal such as veggie sticks or fruit slices.

Action:
Ask the following question:

How many of us like to eat soup?

Read the following:

Canned soup is so easy to make, it can be made in the microwave. We can add frozen veggies such as peas, corn, carrots, green beans, broccoli or canned veggies in the soup. We can also add fresh veggies such as mushrooms or cabbage. It is so simple, just add veggies to the soup and microwave until hot.

Action:
Ask the following question:

Isn't this easy? Everyone repeat with me, "no-cook cooking."

Action:
Ask the following question:

How many of us like to eat *saimin*?

Read the following:

We can add frozen veggies such as broccoli, cauliflower, spinach or fresh veggies such as *bean sprouts*, *chop suey mix*, cabbage, spinach, green onions or other home-grown veggie to our *saimin*. Canned veggies such as mushrooms, bamboo, or water chestnuts can also be added. A protein food such as tofu, canned tuna, cold cuts, or an egg will taste great with our *saimin*!

Read the following:

Another “no-cook cooking” easy to prepare suggestion is to make a quick salad. Salads can be quick, easy, and delicious. We can make a creamy fruit or vegetable salad by mixing canned fruit or veggies and *yogurt*. Any type of fruit, veggies, and yogurt can be used. Another example of a no-cook cooking salad is a corn salad. It can be made by combining canned corn with beans, *salsa*, and cheese. A bean salad is another recipe option and it is on the back of your handout.

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare the bean salad.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “no-cook cooking.”

Read the following:

Now that we talked about ways to prepare a meal without cooking, what should we drink with it?

Action:
Ask the following questions:

What beverages can we drink with our meal? How many of us drink water?

Read the following:

Water is important to keep us healthy. It is the second most important thing we need to live, oxygen being number one. We must remember to drink water everyday to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to prepare a meal without cooking or use “no-cook cooking” suggestions.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with soap and water before touching food. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Bean Salad Demonstration (see Recipe Index Pg 193)**

A bean salad can be made by mixing different types of canned beans such as *black, pinto, kidney, navy, black-eyed, garbanzo, or white beans*. Any type of beans can be used.

*** Optional:** Now, we will make a bean salad. The recipe is very easy!
Read the following: Today I will use (say what kind of beans that is being used), but any type of beans can be used when making this recipe at home. I will wash my hands with soap and water before I begin making the recipe.

Action: Wash hands with soap and water before beginning. Rinse lid of canned beans before opening and follow recipe directions:

- RINSE and DRAIN beans.
- SLICE onion and carrots into strips.
- CRUSH garlic clove.
- In a large bowl, COMBINE beans, carrot, onion, and garlic.
- In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
- POUR vinegar mixture over bean mixture.
- TOSS gently and COVER bowl. REFRIGERATE until ready to eat.

Read the following: It is as simple as that! Eating healthfully can be simple and easy. Come and taste this bean salad.

Action: Pass out food.

Good Grinding for Wise Dining
 Strategies for Eating
Lesson 1: Easy Meals
“No-cook cooking”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to prepare a meal without cooking or use “no-cook cooking” suggestions.	
I plan to always wash my hands with soap and water before touching food.	
Water is important to keep me healthy.	

Easy Meals

“No-Cook Cooking”

Preparing a meal does not have to be complicated. It does not have to require the stove, oven, or grill and it does not have to be difficult to prepare. Here are some ideas to prepare a simple, quick, and easy meal!

Sandwiches

- Fillings: tuna, egg salad, cheese, chicken, cold cuts, left over meats, peanut butter and banana,
- Veggies: lettuce, tomatoes, cucumbers, and/or other veggies.

Soups

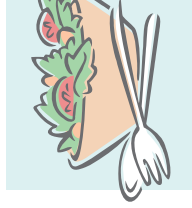
- Canned soup
 - Veggies: frozen (peas, corn, carrots, green beans, broccoli); fresh (mushrooms, cabbage)

Saimin

- Veggies: Frozen (broccoli or cauliflower); fresh (bean sprouts, chop suey mix, cabbage, spinach, etc.); canned (mushrooms, bamboo, or water chestnuts)
- Protein: tofu, canned tuna, cold cuts, or egg

Quick Salads

- Creamy fruit/vegetable salad: fruit and/or veggies and yogurt
- Corn salad: mix canned corn with beans, salsa, and cheese



* Please check with your doctor or health care professional before making dietary changes

Bean Salad

Ingredients:

- 2 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
 - ½ small round onion
 - ½ medium carrot
 - ½ clove garlic
 - ¼ cup vinegar
 - ½ teaspoon white sugar
 - ¼ teaspoon pepper
- Optional: 1 teaspoon oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

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Good Grinding for Wise Dining
Strategies for Eating
Lesson 2: Sharing Meals
“Sharing is caring”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Sharing Meals” handout. Begin lesson when everyone receives a handout.

Action: How many of you eat the majority of your meals alone or by yourself? Do you eat breakfast and dinner by yourself? What about on the weekends?
Ask the following questions:

Read the following: How many of you have ever had too much food and then had to throw it away? Has anyone ever had food in the refrigerator for too long?

Today, we are going to talk about why we should share some meals with family or friends and how we can do this. Sharing is caring.

Action: Everyone repeat the following with me, “sharing is caring.”
Have participants repeat the following:

Read the following: We should share some meals with family or friends because it can be hard to cook or prepare a meal for only one person or ourselves. Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly

because we cannot eat it very fast. How can we avoid wasting food, and still cook the foods we love to eat? Sharing our food is a way that we can prepare a larger quantity of food we love, without having to eat the same thing over and over again. Here are some ways we can share a meal with another person:

Read the following:

We can take turns preparing meals with a group of friends. We can have a “themed” meal in which a different type of cuisine is prepared such as Italian, Filipino, Hawaiian, Japanese, Chinese, American, or Local Favorites. We can also rotate “holiday themed” meals with friends and get together on Valentine’s day, St. Patrick’s day, Fourth of July, Halloween, or other favorite holidays. We can eat a meal and watch our favorite television shows with neighbors or plan game days such as BINGO night or playing cards while eating our favorite foods. Sharing is caring.

Action:
Have participants repeat the following:

Everyone repeat with me, “sharing is caring.”

Read the following:

We can share a meal with a friend or relative by going to an eating place and splitting an entrée or plate lunch. Finding a place that offers a “*senior discount*” or “*early bird special*” is an excellent idea. Or, we can have a special day of the week that family or friends are invited over for a meal.

Action:
Ask the following question:

Does anyone else have any other suggestions on how we can share a meal so we don’t waste food?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: have friends or relatives over for a meal or split a meal with a friend or relative.

Read the following:

Eating with others and sharing our food will decrease the amount of leftovers we have to eat. We won’t have as

much spoiled food we have to then throw away. We won't waste as much food. It can also be a lot of fun, spending more time with those we care about. Sharing is caring.

Action:
Have participants repeat the following:

Everyone repeat with me, "sharing is caring."

Read the following:

But, before we prepare or eat food, we must always remember to wash our hands with soap and water. We should wash our hands for at least 20 seconds which is equivalent to singing "Happy Birthday" twice or singing the alphabet song, "ABC's" once. We will wash away germs and decrease our chance of getting sick. Let's sing the alphabet song together as a group.

Action:

Sing "ABC's" together as a group. Demonstrate or pretend to wash your hands while singing the song.

Action:
Ask the following question:

What kind of beverage should we have with our meals?
Water is a great choice!

Action:
Ask the following question:

Does anyone know why water is so important for our body?

Read the following:

Water is important for many reasons. About half of our body is made of water. It helps to keep our body running properly such as regulating our body temperature, keeping us regular, and cushioning our joints and other organs in our body. Water is important to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first

statement is: So I don't waste food, I plan to share some meals with a friend or relative.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with soap and water before touching food. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Strategies for Eating
Lesson 2: Sharing Meals
“Sharing is caring”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
So I don't waste food, I plan to share some meals with a friend or relative.	
I plan to always wash my hands with soap and water before touching food.	
Water is important to keep me healthy.	

Sharing Meals

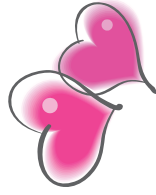
“Sharing is Caring”

Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly because we cannot eat it very fast. How can we avoid wasting food, and still cook the foods we love to eat? Sharing our food is a way that we can prepare a larger quantity of food without having to eat the same thing over and over again.

Here are some ways we can share a meal with another person:

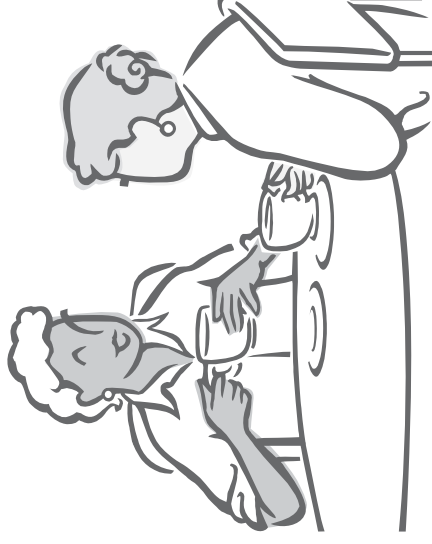
Take turns preparing meals with a group of friends or relatives:

- Have a “themed” meal in which a different type of cuisine is prepared (Italian, Filipino, Hawaiian, Japanese, Chinese, Local Favorites, etc.).
- Rotate “holiday themed” meals with friends such as Valentine’s Day, St. Patrick’s Day, Fourth of July, Halloween, etc.



- Eat a meal and watch favorite television shows with neighbors.
- Plan game days. For example, have a BINGO night or play cards while our eating favorite foods.

- Share a meal with a friend or relative
- Split an entrée or plate lunch.
- Find places that offer a “senior discount” or “early bird specials” for seniors and share with a friend or relative.
- Invite family or friends over once a week.



* Please check with your doctor or health care professional before making dietary changes

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Cooperative Extension Services

Supplemental Nutrition Assistance Program-Education

(SNAP-Ed)

Good Grinding for Wise Dining
Strategies for Eating
Lesson 3: Food Storage
“No need, no buy”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Food Storage” handout. Begin lesson when everyone receives a handout.

Read the following: Today we’re going to talk about storing foods safely. No need, no buy.

Action: Everyone repeat the following with me, “no need, no buy.”
Have participants repeat the following:

Read the following: To save money, we often buy food on sale. But sometimes, we may buy more than we need, just because things are cheap. So, over time we build up a large amount of food in storage and we may **not** know how old these food items are. Do we then use it and risk becoming sick from eating the food? All food including canned or frozen, does not last forever. These foods may have a “sell by” or “best if used by” date, but all foods are not labeled well, or it may be hard to read or understand.

Follow these tips to keep our stored food safe:
First, we should plan ahead. Buy food if it will be eaten within the month. Do not worry, many food items go on sale frequently. We should only buy food that we know we will

eat within the month. Or, we can buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.

Action:
Have
participants
repeat the
following:

Everyone repeat the following with me, “no need, no buy.”

Read the
following:

We can also share food with a friend or neighbor if a bulk purchase is made such as rice, eggs, chicken. Sometimes stores offer a lower price for a “*family pack*” or offer a “*buy one get one free*” special. If a “buy one get one free” special is offered, we can purchase the item at full price but get two items for the price of one. We can then share it with another person and split the cost. We can save money and do not have more food than we need.

Action:
Ask the
following
question:

How many of us check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping?

Read the
following:

We should do this at least once a week so we do not buy unnecessary things that we do not need. Choose one day of the week such as Monday or Tuesday to do this.

Another thing we can do is to buy smaller portions of commonly eaten foods such as rice or oatmeal. Buying things in bulk may seem cheaper, but may be more expensive in the long run if we do not share our food or have to throw food away. Buying smaller portions also apply to eating out. Buy a “mini” instead of the regular sized plate lunch. It may be tempting to buy a combo meal, value meal, or other type of meal deal which allows us to get more ready-made food at a discounted price. However, we may not be able to eat all of this food in one sitting. Keeping it for a later time may be risky and we may end up throwing away these leftovers anyway.

Action:
Ask the following questions:

What will we do to keep our stored food safe? A prize will be given to those that have a new idea!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: share food with a friend or neighbor or buy smaller portions.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “no need, no buy.”

Read the following:

When running errands, such as buying food or grocery shopping, we often feel our hands are clean so washing them is not necessary. But, even if we can't see dirt on our hands, it still may have germs and *bacteria* which may make us sick. It is more common for us to wash our hands after we use the toilet, but we must also remember to wash them after using or doing other things such as talking on the phone, using the remote control, or cleaning our house. Before we touch food, prepare, or eat it, we should always wash our hands with soap and water.

Read the following:

Now we will talk about the importance of drinking water. Water is important to keep us healthy. If we don't have enough water in our bodies we may have headaches, dry eyes, feel tired, have a hard time swallowing, feel as if we are not hungry, or have cramps in our muscles. These are all signs that we are dehydrated. So drinking water can prevent us from becoming dehydrated and keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to buy only what I need so I don't waste food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with soap and water before touching food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Strategies for Eating
Lesson 3: Food Storage
“No need, no buy”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

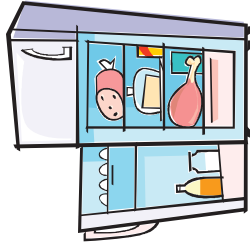
	Number of People Raising Their Hand After the Talk
I plan to buy only what I need so I don't waste food.	
I plan to always wash my hands with warm soapy water before touching food.	
Water is important to keep me healthy.	

Food Storage

“No need, no buy”

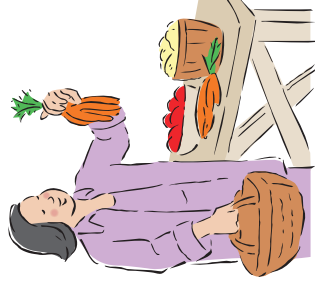
To save money, we often buy food on sale. However, we may buy more than we need, just because things are cheap. Over time we build up a large amount of food in storage, but food (canned or frozen) does not last forever. Follow these tips to keep our stored food safe:

- Buy food if it will be eaten within the month.
- Buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.
- Share food with a friend or neighbor if a bulk purchase (i.e. rice, eggs, chicken) is made.
- Check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping.

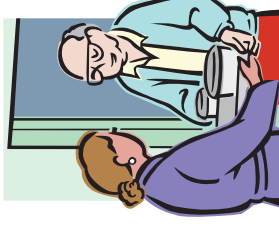


Check

Shop



- Buy smaller portions of commonly eaten foods such as rice or oatmeal.
- Buying things in bulk may seem cheaper, but it may be more expensive in the long run if we do not share our food or have to throw food away.
- Buying smaller portions also applies to eating out.
 - Buy a “mini” instead of the regular sized plate lunch.
 - It may be tempting to buy a combo meal, value meal, or other type of meal deal, but try to purchase food that can be eaten in one sitting.



* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Supplemental Nutrition Assistance Program-Education
(SNAP-Ed)

Good Grinding for Wise Dining
Strategies for Eating
Lesson 4: One-Pot Meals
“One-pot hits the spot!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “One-Pot Meals” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about ways to prepare tasty one-pot meals. In a pot, we can make delicious chili, soups, stews, pasta, or even quick salads. One-pot hits the spot!

Action:
Have participants repeat the following: Everyone repeat after me, “one-pot hits the spot!”
"One-pot hits the spot!"

Action:
Ask the following question: Preparing a healthy and delicious meal does not mean we need to use many pots and pans. One-pot meals can be very easy and simple. It can also make clean-up after eating a quick process. What are some examples of “pots” we can use to prepare one-pot meals?

Action:
Ask the following question: There are a variety of ways to make one-pot meals and some meals may not require a stove or oven. Have any of us ever made a complete one-pot meal in a skillet, pot, pan, rice cooker, casserole dish or even a salad bowl?

Action:
Ask the
following
question:

Who knows of a favorite hot or cold meal that can be made in just one-pot?

*Gently encourage people to participate. Thank participants for sharing.

Read the
following:

Chili, soups, stews, noodle dishes, and salads are all examples of meals that can be made in one-pot. A one-pot meal is putting ingredients together all in one dish such as chili. We can add ground lean meat or poultry, veggies, beans, corn, tomato sauce, and chili powder into a pot and cook it. It's an easy and simple one-pot meal. We can enjoy our one-pot chili with a spoonful of low-fat cheese and diced onions, alongside a *starch* such as brown rice, a piece of cornbread, or with a baked potato.

One-pot meals can also be easily prepared in a microwave too. We can bake a potato in the microwave, then add a generous topping of beans, salsa, and a sprinkle of low-fat cheese. Another quick meal can be made by heating up a bowl of canned soup in the microwave with an addition of veggies and tofu or an egg. One-pot hits the spot!

Action:
Have
participants
repeat the
following:

Isn't this easy? Everyone repeat with me, "one-pot hits the spot!"

"One-pot hits the spot."

Read the
following:

After grocery shopping for our one-pot meals, we should use safe food handling strategies to store our foods safely. As soon as we get home from grocery shopping, don't wait...refrigerate! Unload perishable foods first, putting them directly into the refrigerator or freezer. *Perishable foods* are foods that need to be refrigerated, frozen, or kept hot. If we can't use fresh meat, poultry, or fish within two to three days, freeze it right away. When storing food, don't wait...refrigerate!

Action: Everyone repeat with me, “don’t wait...refrigerate!”
Have participants repeat the following: "Don't wait... refrigerate!"

Read the following: How many of us have thought about making a one-pot meal in a bowl? What about a quick and hearty salad such as a *taco salad*?

We can make a great taco salad by starting with lettuce, carrots, and tomatoes, then adding some onions and sliced cucumbers. Top it with some canned beans, shredded cheese, *tofu* or cooked ground meat, and finally finish it with *salsa*. This salad is a quick and easy one-pot meal idea for any day.

How many of us like to eat soup such as a Portuguese Bean Soup? Or stews such as Beef Stew or Curry? What about porridge such as *jook*? These are all examples of one-pot meals. We put all of our ingredients into one pot and cook them together.

Other one-pot ideas are one-pot snacks or a breakfast meal. It could be as simple as fruit salad made with fresh, frozen or canned fruit, some *cottage cheese* or *yogurt*, and topped with nuts or *granola*.

<u>*Optional:</u> <u>Read the following:</u>	After this lesson, I will demonstrate how to prepare a <i>burrito</i> recipe, which is a one-pot meal.
---	--

Action: Now that we have talked about some different ways to prepare a one-pot meal, what should we drink with it?
Ask the following questions: How about a refreshing glass of water?

Read the following:

Water is important to keep us healthy because, more than half of our body weight is made up of water. We can survive weeks without food but we can't live more than a few days without water. Water is also an important part of our body's temperature regulating system. It helps to keep our bodies cool. So it is important for use to drink fluids throughout the day.

To help you drink enough water every day, fill a water bottle and carry it with you. If you are dining out, ask for water as a drink. Water is important to keep us healthy.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to prepare quick and easy meals using "one-pot meal" suggestions.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet

Read the following:

How many of you agree with this next statement: I plan to refrigerate or freeze *perishable foods* right away. Please raise your hand if you agree with this statement.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: Drinking fluids throughout the day is important to keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Burritos Demonstration (see Recipe Index Pg 197)**

Tortillas may be warmed by wrapping the whole stack in a damp dishtowel and STEAMED in a microwave for 30-60 seconds or in an oven for 10-15 minutes at 250°F. Other cheeses may be used. Salsa may also be used.

Read the following:

Now we will make *burritos* which is a one-pot meal because we are using only a pan or one-pot to make our meal. These are also called “*wraps*” because we will wrap our ingredients in a large flour *tortilla*. Wrapping the tortillas is easier to do if the tortillas are warm. Today, I will use refried beans, lettuce, tomato, and grated cheese in the flour tortillas. At home we can use leftover cooked meat, beans, other vegetables and cheese, as well as sauces. I will wash my hands with soap and water before I begin and then rinse the can lid before making the recipe.

Action:

Wash hands with soap and water before beginning. Rinse lid of can before opening. Follow recipe directions:

- CHOP lettuce, tomatoes, and any optional ingredients. SET aside.
- On an ungreased pan, WARM tortillas by placing one at a time on a hot pan.
- SPRINKLE cheese over the warm tortilla. MELT cheese.
- REMOVE the tortilla from the pan.
- SPREAD refried beans. SPRINKLE lettuce and tomatoes on tortilla.
- ADD Optional ingredients to tortilla.
- FOLD and ROLL into a burrito.

Read the following:

See how easy that was! Come and taste this delicious one-pot meal.

Action:

Pass out food.

Good Grinding for Wise Dining
 Strategies for Eating
Lesson 4: One-Pot Meals
“One-pot hits the spot!”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to prepare quick and easy meals using the “one-pot meals” suggestions.	
I plan to refrigerate or freeze perishable foods right away.	
Drinking fluids throughout the day is important to keep me healthy.	

One-Pot Meals

“One pot hits the spot”

- When you want a hearty meal without a lot of kitchen clean-up, a one-pot meal may be the answer. A one-pot meal:
- Can be made ahead of time.
 - Can be a complete meal with protein, starch, vegetables, fruits and milk.
 - Can be prepared and served in the same dish.
 - Is a good way to use leftovers.
 - Is quick to clean up.

“**Pots**” can be a skillet, pot, pan, casserole dish, salad bowl, slow cooker, or rice pot.

One-pot meal suggestions:

- Cook chili, soup, stew, or noodle casserole.
- Use the microwave to bake a potato. Cut it open and generously top with beans, salsa, and sprinkle of low-fat cheese.
- Heat a bowl of soup with veggies and tofu.
- Make a hearty salad with lettuce, carrots, tomatoes, canned beans, tofu, and cheese. Add cooked ground or leftover meat.
- Make a fruit salad with fresh, frozen or canned fruit with cottage cheese or yogurt, topped with nuts or granola.

*Please check with your doctor or health care professional before making dietary changes

Burritos

Makes 5 Servings

Ingredients:

- ½ small head lettuce
- 1 medium tomato
- ½ (10-count) package flour tortillas, large size
- 1 cup grated or shredded cheese
- ½ (16-ounce) can refried beans

Optional: leftover meat round onion

taco flavored meat chili beans
guacamole salsa/taco sauce
bell peppers

Directions:

1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomatoes on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

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Good Grinding for Wise Dining
Strategies for Eating

Lesson 5: Microwave Meals

“Time is what we save when we microwave”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Microwave Meals” handout. Begin lesson when everyone receives a handout.

Action:
Ask the following questions: How many of us have access or know how to use a microwave oven?

Read the following: Today, we’re going to talk about techniques for microwave cooking and how to use a microwave oven safely. Cooking with a microwave is a great modern style of cooking that can save us time and energy because it heats our foods quickly. Microwaves help retain the flavor and nutrients in food, and the color in many veggies. Clean up is quick and easy since food can be served in a microwave safe container. Time is what we save when we microwave.

Action:
Have participants repeat the following: Everyone repeat with me, “time is what we save when we microwave.”

Read the following: Before we talk about the quick and tasty meals we can prepare in a microwave, let’s start with microwave safety.

Read the following:

When we are using the microwave, we should use containers that are labeled "*safe for microwave use.*" We want to be sure to use microwave safe containers because not all containers are microwave safe. Unsafe microwave items include any metal dishes, dishes trimmed with metals like gold or silver, twist ties, foil, foil-lined containers, and even plastic wrap or bags.

Rounded containers are best for even cooking. We should avoid using jars and bottles, since these may crack or break when heated. Margarine or butter tubs and other plastic containers that are not microwave safe may warp, melt, or explode in the microwave. It may also be unsafe for our food. Avoid plastic foam plates and cups because they are also unsafe to use in the microwave.

A dirty oven can affect cooking time and the efficiency of our microwave. Spills and splatters may happen often so we should clean our microwave often, too. We can minimize clean up and also keep our food moist by covering our food with a microwavable cover or damp paper towels. Time is what we save when we microwave.

Action:
Have participants repeat the following:

Everyone repeat with me, "time is what we save when we microwave."

Time is what we save when we microwave."

Read the following:

There are many foods we can cook in the microwave, but before we talk about the types of foods, let's talk about some microwave cooking tips. How many of us know that microwave ovens cook from the outside of the microwave dish to the inside? So, to provide even cooking of our foods that we microwave, we may want to cut our foods into equal sizes and shapes. Our thicker pieces of foods such as vegetables and meats can be placed on the outer edges of our microwave safe dish and smaller pieces in the inner portion of the dish. We can also stir our foods once or twice before the cooking time is finished, to provide even cooking.

Read the following:

Cooking vegetables in a microwave oven aids in the retention of color, flavor, *nutrients*, and taste. For example, fresh or frozen broccoli, carrots, peas, or green beans can be steamed in the microwave with a few tablespoons of water, depending on the vegetable. Cut fresh vegetables into pieces that are about the same size so that they will cook evenly. Cover the dish for even heating and to avoid spills and splatters. When finished, we open the cover away from us, so the steam escapes away from our face.

How about microwaving potatoes? White potatoes and sweet potatoes are nutritious and tasty. They can be prepared very quickly in a microwave oven. Before microwaving, remember to scrub, dry, and puncture holes in the skin of the potato with a fork. Microwave the potato on high power for 4-6 minutes. Let it stand 5-10 minutes before serving. Top with chopped broccoli, onions, salsa, low-fat yogurt, or sour cream. Add a final touch of color with some cheese, a dash of black pepper, paprika, parsley or other seasonings.

Action:
Ask the following question:

What are other foods can we cook in a microwave?
*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Microwaves are the most convenient for heating and reheating foods. Ready-to-eat canned soups or stews can be poured into a microwavable bowl and warmed up for a quick meal. For a quick, nutritious snack, microwave a bag of popcorn and share it with others.

Read the following:

Have any of us ever heard of *standing time*? *Standing time* is very important in microwave cooking. It is the amount of time that the food continues to cook even after the microwave shuts off. Right before serving our veggies we can add low-calorie or low-fat salad dressings, low-fat cheese, herbs, and spices for flavor. Time is what we save when we microwave.

Action:
Have participants repeat the following:

Everyone repeat with me, "time is what we save when we microwave."

Time is what we save when we microwave."

Read the following:

Now we will talk about storing our foods safely. We should be mindful not to pack our refrigerator and freezer too tightly. We want to leave space between our foods so the cold air can circulate freely and keep the food at a safe temperature. We should also remember to put our refrigerated and frozen foods away quickly. Don't wait, refrigerate.

Action:
Have participants repeat the following:

Everyone repeat with me, "Don't wait, refrigerate."

"Don't wait, refrigerate."

Read the following:

How many of us use the microwave to prepare something to drink? The microwave can also be used to prepare a quick hot beverage that can accompany our meal and hydrate our body. Heat up a cup of water in the microwave to make a refreshing cup of decaffeinated coffee or green tea to drink with our meals or at snack time. Drinking liquids throughout the day is important for our health.

Read the following:

How many of us drink water thorough out the day. Water is important to keep us healthy because it aids in our digestion and absorption of food. It travels throughout our bodies and helps our bodies to function properly. Every day our bodies constantly lose water, so it is important to drink 6-8 cups of nonalcoholic beverages daily. Drinking fluids throughout the day is important to keep us healthy.

Action: Everyone repeat with me, “Drinking fluids throughout the day is important to keep us healthy.”
Have participants repeat the following:

Read the following: Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to use microwave cooking meal suggestions to make my meals and snacks.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to refrigerate or freeze perishable foods right away. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Drinking fluids throughout the day is important to keep me healthy. Please raise your hand if you agree with this last statement.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That’s the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Strategies for Eating
 Lesson 5: Microwave Meals
“Time is what we save when we microwave”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to use microwave cooking meal suggestions to make my meals and snacks.	
I plan to refrigerate or freeze perishable foods right away.	
Drinking fluids throughout the day is important to keep me healthy.	

Microwave Meals

“Time is what we save when we microwave”

Microwave cooking helps save time and energy. It retains color, flavor, texture, and nutrients in food. Since food can be served in the microwavable container, clean up is quick and easy.

Safety

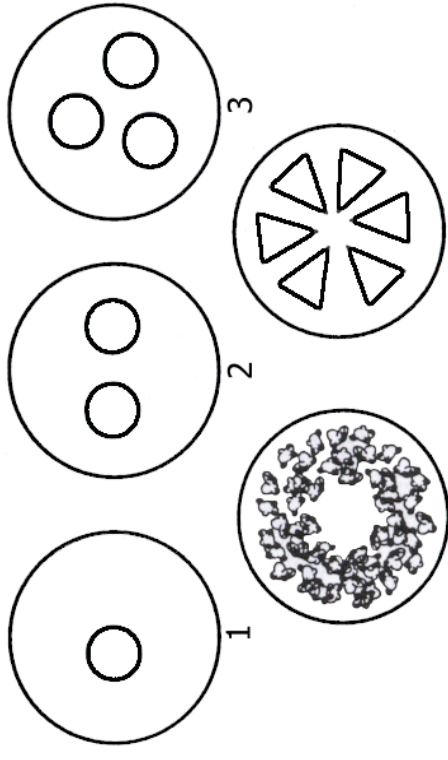
- Metal and microwaves don't mix. Don't use dishes with gold or silver trim, twist-ties, foil, foil-lined containers, or plastic wrap or bags.
- Wipe spills and splatters quickly, because it can affect cooking time and efficiency of the microwave.
- Food continues to cook even after the microwave oven shuts off. Wait a few minutes before serving and eating.



* Please check with your doctor or health care professional before making dietary changes

Cooking tips

- Cut pieces into equal sizes and shapes.
- Stir or rotate food once or twice during microwaving for even cooking.
- In a microwavable container:
 - arrange food in a circle; leave center empty.
 - put food in a single layer, not a pile.
 - leave 1 inch of space between pieces
 - for uneven shapes, put thickest sides toward the outer edge of the dish.



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Good Grinding for Wise Dining
Strategies for Eating
Lesson 6: Meals in Minutes
“Do little steps ahead and we’ll be quickly fed!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Meals in Minutes” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about meal planning and ideas for making quick and easy to assemble meals and snacks.

Read the following: By taking a little bit of our time to plan our meals, we can put together healthy, quick, and budget-friendly meals. First, we should think ahead of time about what kind of foods we would like to eat, what is on sale, what foods we have at home, and how we want our food to be prepared. Then, we can create a grocery list of foods, supplies, and ingredients we will need for our meals. We can use our shopping list and check our inventory of food at home before we go to the grocery store. By using a grocery list and checking food inventory, it will help us save time and money.

A little planning can help us assemble meals in minutes. If we plan ahead we will have all of our ingredients ahead of time, so we won’t have to make an extra trip to the grocery store. We can also save time by using a slow cooker, microwave, or by making a one-pot meal.

Read the following:

Cleaning and chopping fruits and veggies can be time consuming. So we can chop and cut veggies and fruits ahead of time. We can use what we need and store the rest in containers in the refrigerator or freezer. If fruits and veggies are not going to be used within two days, freeze them in freezer bags or containers, and label them with the date. These fruits and veggies can be then be used for several recipes throughout the week. If we don't have time to clean and chop fresh fruits and veggies, we can use other forms of fruits and veggies such as frozen, canned, dried, or *100% juice*.

Grocery stores may also offer fresh or frozen pre-cut vegetables/fruits and meats for meals such as salads, stews, soups, or stir-fry. Another suggestion is to check the grocery store for ready-to-eat vegetable salads. It may be a little more expensive but it is quick and convenient. Do little steps ahead and we'll be quickly fed.

Action:

Have participants repeat the following:

Everyone repeat with me, "do little steps ahead and we'll be quickly fed!"

"Do little steps ahead and we'll be quickly fed!"

Read the following:

Another time saver is to keep staple foods and ingredients on hand so we can make multiple meals. Staples are foods that we can use often, such as eggs, milk, frozen and canned fruits and veggies, meats, soups, rice, and pasta. We want to buy only what we will use in a reasonable time. Remember, if we "no need, no buy."

When we look in our pantry we should try to use our older foods first. For example, if we bought pasta, such as spaghetti, last month and bought more pasta on sale today, we want to use the pasta we bought last month before we use the pasta we bought today.

Read the following:

To save time and to help us prepare future meals in minutes, we can also prepare a little extra food for us to use later. For example, if we are cooking chicken for a meal tonight, we can cook an extra piece of chicken so we can use it in another meal such as chicken salad, chicken noodle soup, or a chicken sandwich. We can cook extra ground beef to use later for chili, tacos, spaghetti, a casserole, or pizza. If we are not able to use the extra cooked chicken or ground beef within two days, we should freeze it. Labeling our freezer containers or bags with the date and the name of the food item is a great idea. This will help us to know what we have in our freezer and when we bought it or made it. Frozen foods do not last forever, so we should generally use them within a couple of months.

When we have a little extra time and ingredients, we can cook a double recipe or a larger portion. We can freeze our leftovers in smaller, individual portions, or exchange meals with friends and family. Doing this ahead of time will allow us to have extra meals prepared with one cooking session. Do little steps ahead and we'll be quickly fed.

Action:
Have participants repeat the following:

Everyone repeat with me, "do little steps ahead and we'll be quickly fed!"

"Do little steps ahead and we'll be quickly fed!"

Read the following:

We can plan our favorite meals so that they are nutritious and well balanced. At each meal we should try to include some type of protein/meat, vegetable, fruit, a starch or grain, and milk.

Read the following:

Creamed tuna is a good example of a balanced meal in minutes because it includes all of these groups and it's really easy and quick to make. It has milk and tuna, and any type of veggies we want, such as onions, mushrooms and carrots.

Add a can of *cream of mushroom soup* for flavor and texture. Then, serve the creamed tuna over leftover brown rice, noodles, or a slice of whole wheat toast. Enjoy water, milk, *100% juice*, or tea with our creamed tuna. To complete our meal, we can eat some fruit that's in season as our dessert.

Action:
Ask the following question:

Who would like to share some of their favorite “meals in minutes” ideas?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Another example of a meal in minutes is an *English muffin* pizza. Split a whole wheat *English muffin* or *bagel* in half, or use any type of bread that we have at home. Spread pizza, tomato, or leftover spaghetti sauce on each half of the *English muffin*. Then add *turkey pepperoni* or leftover meats. We can add more color, flavor and nutrients by adding veggies such as spinach leaves, mushrooms, bell peppers, onions, and broccoli, or fruits such as pineapple, mango, or any other fruits or veggies we have available. Sprinkle low-fat cheese on the top and heat the pizza until the cheese is melted, using a microwave, toaster oven, or regular oven. Add a leafy green salad, fruit salad, or veggie sticks for a great, balanced meal. Do little steps ahead and we'll be quickly fed.

Action:
Have participants repeat the following:

Everyone repeat with me, “do little steps ahead and we'll be quickly fed!”

“Do little steps ahead and we'll be quickly fed!”

Read the following:

After we have made our meals in minutes, we should know how to store our foods safely. Cooked foods, leftovers, and perishable foods should not be left out at room temperature for more than two hours. Put leftovers in shallow containers for quick cooling of our foods. Then, we can store our foods in the refrigerator or freezer as leftovers or as another meal in the future.

It's also a great idea to freeze leftovers that will not be eaten within two days. Remember, when storing leftovers, don't wait....refrigerate!

Action:
Have participants repeat the following:

Everyone repeat with me, "don't wait....refrigerate!"

"Don't wait...refrigerate!"

Action:
Ask the following question:

What shall we drink with our meal in minutes?

Read the following:

Water is a great beverage to drink with our meals. It is very important for our body to function. How many of us know that water decreases friction in many parts of our body such as our joints, mouth, digestive system, nose, throat, eyes, and stomach? It is in the form of saliva for our mouth and digestive system, and mucus for our nose, throat, eyes, and stomach. Water also cushions our joints and protects our tissues and organs from shock and damage.

How many of us get bored of drinking plain water? How about trying *seltzer* or *sparkling water* for a calorie-free drink, or add it to *100% juice* for a refreshing beverage. So, remember to drink fluids throughout the day to keep us healthy.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to use "meals in minutes" suggestions to make my meals and snacks.

Read the following:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Action: How many of you agree with this next statement: I plan to refrigerate or freeze my leftover foods right away. Please raise your hand if you agree.
Read the following:

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Drinking fluids throughout the day is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Strategies for Eating
Lesson 6: Meals in Minutes
“Do little steps ahead and we’ll be quickly fed!”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to use "meals in minutes" suggestions to make my meals and snacks.	
I plan to refrigerate or freeze my leftover foods right away.	
Drinking fluids throughout the day is important to keep me healthy.	

Meals in Minutes

“Do little steps ahead and we’ll be quickly fed”

With a little planning ahead, we can put together healthy, quick, and budget-friendly meals. To help us save time and money, we could make a shopping list and check our food inventory at home before we go to the grocery store.

Here are some Meals In Minutes Tips:

- Consider using a slow cooker, microwave, or one-pot meal.
- Clean, cut, and chop fruits and veggies ahead of time
- Use different forms of fruits and veggies to help save time: fresh, frozen, canned, dried, 100% juice
- Keep staple foods and ingredients on hand (eggs, milk, canned/frozen fruits and veggies, meats, soups, rice, pasta), whatever you use often.
- Cook extra meat or pasta for future use.
 - Chicken can be used for salad, chicken noodle soup, or chicken sandwich.
 - Ground beef can be used for chili, tacos, spaghetti, casserole, or pizza.

- Cook a double recipe or a larger portion.
 - Freeze leftovers in convenient portions.
 - Exchange meals with friends.

Meals In Minutes Recipe Ideas:

- Creamed tuna
 - Milk, tuna
 - Veggies: onions, mushrooms, carrots
 - Serve over brown rice, noodles, or whole wheat toast
- English muffin pizza
 - Toasted whole wheat English muffin, bagel, or toast
 - Sauce: pizza, spaghetti, tomato
 - Veggies: spinach leaves, onions, mushrooms, bell peppers
 - Add turkey pepperoni, leftover meat, and cheese

* Please check with your doctor or health care professional before making dietary changes

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Supplemental Nutrition Assistance Program-Education

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Choosing Foods

Lessons 7- 12

Good Grinding for Wise Dining
Choosing Foods
Lesson 7: Fruits and Veggies
“Fruits and veggies: more matters”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Fruits and Veggies” handout. Begin lesson when everyone receives a handout.

Read the following: Today we’re going to talk about fruits and veggies. Eating more matters.

Action: Everyone repeat the following with me, “fruits and veggies: more matters.”
Have participants repeat the following:

Read the following: Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our bodies healthy.

Action: “How many fruits and veggies do you eat everyday”?
Ask the following question:

Read the following: We should eat at least 5 fruits and veggies everyday. If you already eat more, that’s GREAT! If not, we’ll talk about ways we can increase our fruit and veggie intake.

Action: Fruits and veggies: more matters. Everyone repeat with me
Have “fruits and veggies: more matters.”

Choosing Foods
Lesson 7: Fruits and Veggies

**participants
repeat the
following:**

**Read the
following:**

For breakfast we can eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season. We can also eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season. Or, we can mix fresh, frozen or canned fruit with *yogurt*, *cottage cheese*, or pudding. This could also be eaten as a great snack, side dish, or dessert.

**Read the
following:**

We can also increase the amount of veggies we eat. We can put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich. We can also heat up frozen or canned veggies and eat them with meals, or add it to a main dish. For example, we can combine frozen mixed veggies with spaghetti and meat sauce.

*** Optional:
Read the
following:**

After this lesson, I will demonstrate how to prepare leafy tofu with (say the type of green leafy vegetable that will be used) and tofu.

**Action:
Have
participants
repeat the
following:**

Everyone repeat with me, “fruits and veggies: more matters.”

**Action:
Ask the
following
question:**

“What are other ways we can increase our fruit and veggie intake”?

*Gently encourage people to participate. Thank participants for sharing.

**Read the
following:**

Now that we talked about ways to eat at least 5 fruits and veggies everyday, how do we eat these healthy foods safely? We must keep hot foods hot, and cold foods cold. What does this mean?

Hot foods are foods that are cooked and served hot such as stews, soups, casseroles, or other dishes. Cold foods such as salads, foods containing milky products like *yogurt* and *cottage cheese*, or leftover food should be refrigerated until ready to be consumed or reheated. We should always remember to keep hot foods hot and cold foods cold.

Action:
Have participants repeat the following:

Repeat with me, “Keep hot foods hot and cold foods cold.”

Read the following:

In Hawaii, we are fortunate to have beautiful sunny skies and cool trade wind breezes. But, we must remember that we may become dehydrated very easily, especially in the summer months. Though it may not seem to be hot enough to perspire, our bodies still need water. Even if we’re not thirsty, we should drink water anyway.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat 5 or more fruits and veggies per day.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink fluids even when I’m not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who

Choosing Foods
Lesson 7: Fruits and Veggies

raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Leafy Tofu Demonstration (see Recipe Index Pg 209)**

Any type of green leafy veggie can be used, but the recipe calls for spinach. Participants may even bring veggies grown in their yard.

Read the following:

Today we will use (say what kind of green leafy veggie that is being used), but any type of green leafy veggie or frozen spinach can be used when making this recipe at home. Before I prepare this recipe, I am going to wash my hands with soap and water.

Action:

Wash hands with soap and water before beginning and follow recipe directions:

- DRAIN tofu.
- DICE tofu into 1-inch cubes.
- TEAR spinach into bite-sized pieces.
- In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
- ADD spinach, and soy sauce. MIX.
- COVER pan and COOK until spinach is wilted.
- SPRINKLE toasted sesame seeds.

Read the following:

See how easy that was! Come and taste this delicious treat.

Action:

Pass out food.

Good Grinding for Wise Dining
 Choosing Foods
Lesson 7: Fruits and Veggies
“Fruits & veggies: more matters”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat 5 or more fruits and veggies per day.	
I plan to keep hot foods hot and cold foods cold.	
I plan to drink fluids even when I’m not thirsty.	

Fruits and Veggies

“Fruits and Veggies: More Matters”

Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our body healthy. We should eat at least 5 fruits and veggies everyday.

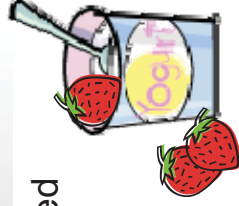
Here are some ways we can increase our fruit and veggie intake:

Breakfast

- Eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season.
- Eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season.

Mix fruit

- Mix fresh, frozen or canned fruit with yogurt, cottage cheese, or pudding.



Veggies

- Put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich.
- Heat up frozen or canned vegetables and eat them with meals, or add it to a main dish.

* Please check with your doctor or health care professional before making dietary changes

Leafy Tofu

Ingredients:

- ½ (20-ounce) container tofu
- 1 bunch spinach
- 1 tablespoon oil
- 1 tablespoon soy sauce
- ½ teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables.
May use frozen spinach instead of fresh spinach.

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Supplemental Nutrition Assistance Program-Education

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Good Grinding for Wise Dining
Choosing Foods

Lesson 8: Eating Out

“When eating out, choose fruits and veggies for our mouths”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Eating Out” handout. Begin lesson when everyone receives a handout.

Action: Good morning everyone. How many of you eat food away from home?

Ask the following question:

Read the following: Well, we should all raise our hands because eating here at the meal site is an example of eating away from home. Here, we are fortunate to have a balanced, complete meal provided for us, one with a *protein, starch*, milk, fruit, and vegetable. We have the opportunity to eat at least one serving of a fruit and vegetable just by eating lunch at this meal site.

Action: What are some other places (besides our meal site) where we eat, that are away from home?

Ask the following question:

Read the following: Eating out also includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

It is our choice to control what we eat when we eat at restaurants and fast food places. It can be very easy to make healthful choices. We can make it easy by ordering meals that have fruits and veggies in them such as a stir-fry; curry with lots of veggies such as carrots, onions, celery and other veggies; or ordering side orders of fruits and veggies such as a tossed green salad, steamed veggies or a fruit cup. We can also ask for a larger portion of veggies such as asking for more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.

Action:
Ask the following question:

What are some other suggestions for choosing healthier foods when we eat out?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: order a side of steamed veggies or ask for tossed greens instead of macaroni salad.

Action:
Have participants repeat the following:

Everyone repeat with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

But, what about the times when we cannot control what is available?

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. But, there may or may not be a large assortment of dishes with fruits and veggies. We can still choose to eat the fruits and

veggies that are offered, or provide more fruit and veggie options. We can bring a salad or other dish with veggies in them such as spaghetti sauce with tomatoes, onions, mushrooms and zucchini. We can also bring an assortment of fresh cut fruits and/or veggies.

A bean salad spread recipe is on the back of the handout. It tastes great with veggies such as cucumber, celery, and carrot sticks. We can bring this to our next get together.

It is our choice to eat foods that are available. It is our decision to take fruits and veggies on these occasions. We can be a polite guest by eating a variety of foods, but we can also eat healthfully by choosing to eat foods with fruits and veggies.

Action:
Have participants repeat the following:

Everyone repeat with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

When we eat out, we often have leftover food. How do we keep leftovers safe to eat for another meal? We must remember that hot foods should be kept hot and cold foods should be kept cold. Even if food was eaten hot, we must quickly refrigerate our leftovers to make it cold. We can then reheat it when we want to eat it later. Food should NOT be left out at room temperature for more than two hours. *Bacteria* tend to grow well at room temperature which may then make us sick. We must remember to keep hot foods hot and cold foods cold, so the food is safe for us to eat.

Read the following:

When we eat out, we must also remember to drink water, even when we’re not thirsty. Did you know that when we actually feel thirsty, our body may already be dehydrated? We constantly lose water throughout the day, and our body needs water to function properly. It is important for us to drink water, even when we’re not thirsty.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to choose foods with fruits and veggies when eating out.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink fluids even when I'm not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Choosing Foods
Lesson 8: Eating Out
“When eating out, choose fruits and veggies for our mouths”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to choose foods with fruits and veggies when eating out.	
I plan to keep hot foods hot and cold foods cold.	
I plan to drink fluids even when I’m not thirsty.	

Eating Out

“When eating out, choose fruits and veggies for your mouth”

Eating out includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.

- Order meals that have fruits and veggies such as in a stir-fry, a tossed green salad, or fruit cup.
- Ask for a larger portion of veggies such as requesting more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.
- Choose fruits and veggies at celebrations or special events

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. There may or may not be a large assortment of dishes with fruits and veggies, but we can still choose to eat the fruits and veggies that are offered. To provide more fruit and veggie options, we can bring a salad, assorted fresh fruits and/or veggies, or other dishes with fruits and vegetables. We can be a polite guest and still eat healthfully. We can eat healthy meals if we choose to eat foods with fruits and veggies.

* Please check with your doctor or health care professional before making dietary changes

Bean Salad Spread

Ingredients:

- 1 (15-ounce) cans beans (pinto, kidney, garbanzo)
- ¼ small round onion
- ¼ cup bell pepper OR celery, OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon powdered mustard
- Optional: 1-2 tablespoons water

Directions:

1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and bell pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and cover bowl. REFRIGERATE until ready to use.

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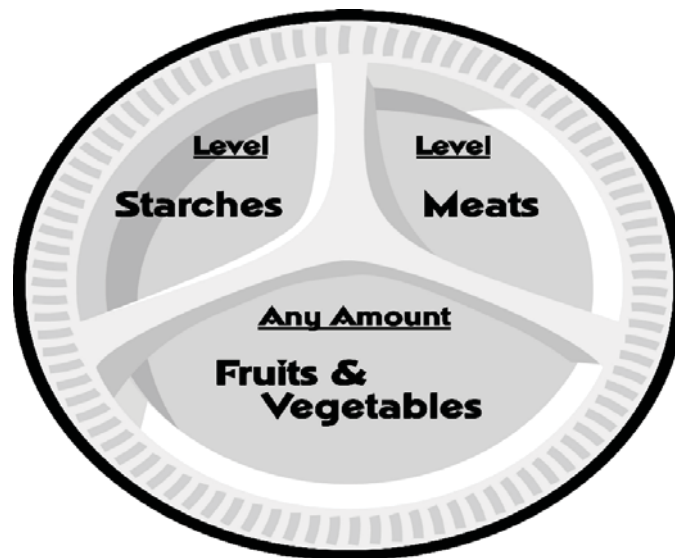
College of Tropical Agriculture and Human Resources
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Good Grinding for Wise Dining
Choosing Foods
Lesson 9: Eating for Wellness
“Create a plate with fruits and veggies”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out the “Eating for Wellness” handout. Begin lesson when everyone receives a handout.

Read the following: Who thinks that nutrition information can be confusing? It can be when we hear, what is half a cup of this, one cup of that? How much is a correct serving size? Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It’s called the plate method.



Action:
Have participants repeat the following:

Everyone repeat the following with me, “create a plate with fruits and veggies.”

Read the following:

What's the plate method? On the handout is a picture of a plate. Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. We can try veggies and fruits that are fresh, frozen or canned – any form counts. Eat a variety of different colored veggies and fruits. There is a thousand island dressing recipe on the back of the handout that can be used as a dip or dressing when you eat your favorite veggies. We should create a plate with fruits and veggies

Action:
Have participants repeat the following:

Everyone repeat with me, “create a plate with fruits and veggies.”

***Optional: Read the following:**

After this lesson, I will demonstrate how to prepare the thousand island dressing.

Read the following:

A starch fills a fourth of the plate, ½ an inch high or less. Starches take a variety of forms, such as: rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or *poi*. Lastly, a *protein* food will fill the remaining fourth of the plate. Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafood. Non-animal protein foods such as beans, tofu, and nuts also belong in this section of the plate.

Action:
Ask the following question:

What should we fill half of our plate with when we eat?
*Gently encourage people to participate. Participants should say “fruits and veggies should fill half our plate.”

Action:
Have participants repeat the

Everyone repeat with me, “create a plate with fruits and veggies.”

following:

Action: What should we fill one-fourth of our plate with when we eat?
Ask the following question: *Gently encourage people to participate. Participants should say “*protein* or meat foods should fill ¼ of the plate and *starches* should fill the other ¼ our plate.”

Read the following: After we eat our meals, we may not be thirsty, because we may have filled our stomach with too much food. So, we may not be able to drink water. But, we should drink fluids before, during, and after our meals, because drinking water is important to keep us healthy. So, drink water often even when we are not thirsty.

Does anyone go grocery shopping for food? We should pick up frozen, refrigerated foods, hot bentos, or other ready-to-eat items last, just before going to the checkout counter. We don't want to leave cold or hot foods out at room temperature for too long. Buy cold and hot foods last, and get them home fast.

Action: Repeat with me, “Buy cold and hot foods last, and get them home fast.”
Have participants repeat the following:

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to create a plate and fill half of my plate filled with fruits and veggies.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink fluids even when I'm not thirsty. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Thousand Island Dressing Demo (see Recipe Index Pg 229)
Serve thousand island dressing with any type of veggie. Encourage participants to at least try the dressing. If they do not like it, tell them it is okay to dispose of it politely in a napkin.

Read the following: Now, we will be making the thousand island dressing that is listed on the back of your handout. All we need is *yogurt*, ketchup, relish, and pepper. I will wash my hands with soap and water before I begin.

Action: Wash hands with soap and water before beginning and follow recipe directions:

- In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
- CHILL for 1-2 hours before serving.

Read the following: Come and taste this delicious dressing.

Action: Pass out dressing with veggies or allow participants to put dressing on their veggies in their congregate meal.

Good Grinding for Wise Dining
 Choosing Foods
Lesson 9: Eating for Wellness
“Create a plate with fruits and veggies”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

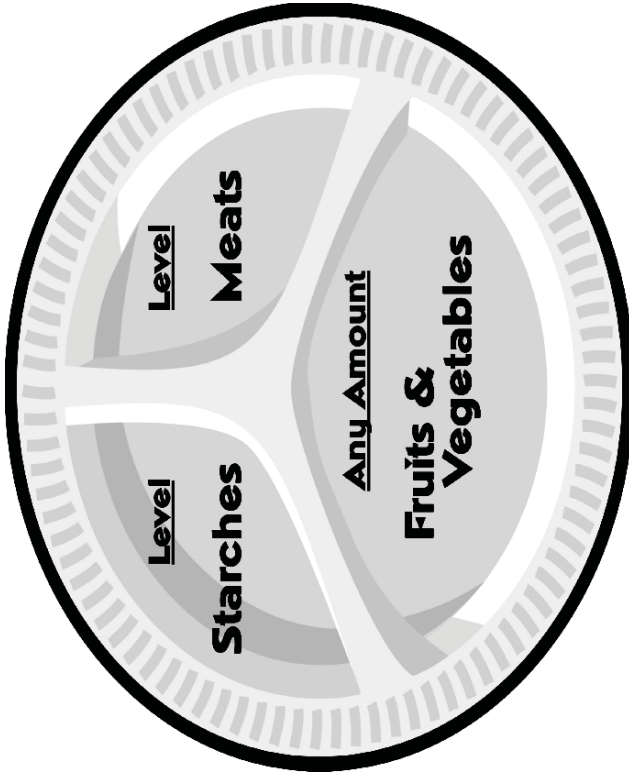
Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to create a plate and fill half of my plate has fruits and veggies.	
I plan to keep hot foods hot and cold foods cold.	
I plan to drink fluids even when I’m not thirsty.	

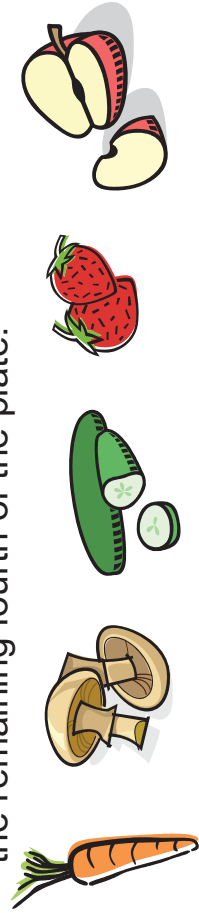
Eating for Wellness

“Create a plate with fruits and veggies”

Nutrition information can be very confusing. Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It's called the plate method.



Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. A starch fills a fourth of the plate and a protein food the remaining fourth of the plate.



* Please check with your doctor or health care professional before making dietary changes

Starches are foods such as rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or poi.

Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafoods. Non-animal protein foods are beans, tofu, and nuts.

Thousand Island Dressing

Ingredients:

- 1 (6-ounce) lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

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Good Grinding for Wise Dining
Choosing Foods

Lesson 10: Seasonality of Fruits and Veggies
“Fruits and veggies are best in season and priced within reason”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Seasonality of Fruits and Veggies” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we’re going to talk about selecting and buying fresh fruits and veggies that are in season. We see many fruits and veggies throughout the year, but flavor, nutrients, quantity, and prices are best when fruits and veggies are in season. Fruits and veggies are best in season and priced within reason.

Action: Everyone repeat with me, “fruits and veggies are best in season and priced within reason.”
Have participants repeat the following: “Fruits and veggies are best in season and priced within reason.”

Action: How can we tell when fruits and veggies are in season?
Ask the following question: *Gently encourage people to participate. Thank participants for sharing. Examples if no one answers:
- Observe fruit trees and vegetable gardens.
- Check grocery ads and stores to see what fruits and vegetables are on sale.

Read the following:

We can tell when fruits and veggies are in season when the trees have fruits, and veggies are growing. Check weekly grocery ads to see which fruits and veggies are on sale. This can be another sign of fruits and veggies that are in season.

Although, fruits and veggies may be in season, sometimes they are not as plentiful because of bad weather, bugs, or other circumstances. What can we do if this happens? We can choose another form of that food. For example, if we are looking for fresh mangoes, but find that they are expensive, not in season, or not available, we might want to buy frozen or dried mangoes instead. Or, if fresh pineapples are expensive or not in season, we can buy canned, frozen, dried pineapple, or 100% pineapple juice as an alternative.

Similar strategies can be used for veggies. Tomatoes are in their peak season from May to September, but when prices are too expensive or they are not in season, we can switch to canned tomatoes.

Read the following:

Here are some tips for choosing our fruits and veggies. When we are looking for fresh fruits and veggies, some important clues are their appearance and firmness. Select produce that does not have bruises, punctures, mold, or signs of decay. Sometimes smelling the fruit or veggie can help us choose them. For example, smelling fruits that are sweet, such as cantaloupe, mango, and pineapple may help us to pick sweet fruit. If we're still not sure, we can ask the grocer, or the vendor at a local farmers market for help in choosing our produce.

Read the following:

The longer that we store or keep fresh fruits and veggies, the more *vitamins* they lose, so we want to buy only as much as we can eat within one week. Fruits and veggies are best in season and priced within reason.

Action:
Have
participants
repeat the
following:

Everyone repeat with me, “fruits and veggies are best in season and priced within reason.”

Read the
following:

As wise shoppers, we want to check for the freshness of our foods by looking at dates. “*Pull*” and “*sell-by*” dates tell us about the last date that the product should be sold by the grocery store. The “*use-by*” date tells us how long we can keep the product at home at its best quality. Look for items with its packaging intact, without any holes, tears, dents, bulging cans, or rust. Let’s check our dates so our foods will be great.

If we have any doubt about the safety of our foods we should throw it out. For example, if we are unsure if our food is spoiled we should throw it out. Or if our canned goods are way past its expiration date we should throw it out. When in doubt, throw it out.

Action:
Have
participants
repeat the
following:

Everyone repeat with me, “when in doubt, throw it out.”

“When in doubt, throw it out.”

Read the
following:

To keep our fruits and veggies safe we should rinse them under running water before we cut or eat them. Even though we don’t eat the skins of cantaloupes and some other fruits with thick skins, we still should rinse our fruits with water. These fruits could also be rubbed or scrubbed with a clean brush and rinsed under running water. Doing this will prevent the cut pieces of food from being contaminated by *bacteria* that may be on the outer skin.

Read the
following:

Veggies that grow under the ground, like carrots and sweet potatoes, or on the ground, like pumpkin or squash, should be scrubbed with a brush. Scrubbing with a brush will loosen the dirt from the outer skin, it can then be rinsed under running tap water.

Action: Everyone repeat with me, “fruits and veggies are best in season and priced within reason.”
Have participants repeat the following: “Fruits and veggies are best in season and priced within reason.”

Action: What are some ways we can use fruits or veggies that are in season?
Ask the following question: *Gently encourage people to participate. Thank participants for sharing.

* Optional: <u>Read the following:</u>	After this lesson, I will demonstrate how to prepare a <i>salsa</i> recipe. <i>Salsa</i> may be used as a dressing or dip.
---	--

Read the following: Fresh veggies are great for salads. Dark, leafy greens such as spinach or dark green lettuce are a great start for our salad. Add *navy beans*, cooked chicken or drained water-packed tuna to make a hearty salad. To make the salad more exciting add colorful fruits and veggies such as tomatoes, carrots, cucumbers, onions, mushrooms, and bell peppers.

How many of us have a hard time with eating raw veggies? To make raw veggies easier to chew, cut them into small bite-size pieces, grate them, stem, or partially cook them.

Read the following: Microwaving, stir-frying, and steaming are great cooking methods. Use herbs or seasonings to add flavor. It’s a good idea to keep some frozen or canned fruits and veggies on hand as well, because they are convenient, easy to use, and provides a quick clean up.

Read the following: Here are more ideas for preparing fruits and veggies. Slice sweet potato to make oven fries and toss it with olive oil, seasoning or herbs, a dash of salt; and then bake it. How about stir-frying zucchini, onions, bell peppers, and mushrooms with olive oil, and serving over brown rice?

How about adding veggies in season to your main dish. For example, add zucchini, cabbage, or bell peppers to your soup, casserole, or stew.

Have any of us had fruit as a dessert? Let's try our favorite yogurt or frozen yogurt with a variety of fruits that can be fresh, frozen, canned, or dried.

Action:
Ask the following question:

What kinds of beverages should we drink with our meals and snacks?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Nothing seems to satisfy our thirst like a cool glass of water. Did you know that every day we lose 2-3 quarts of water through our sweat, urination, and evaporation from our skin and lungs? So, it's important for us to drink water throughout the day. Water is quick and easy to prepare, and it doesn't make a mess. We just turn on the faucet and enjoy a refreshing beverage at any time. Water is healthy, refreshing, and easy on my wallet!

Action:
Have participants repeat the following:

Everyone repeat with me, "water is healthy and easy on my wallet!"

"Water is healthy and easy on my wallet!"

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat fruits and veggies that are in season.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Action:
Read the following:

How many of you agree with this next statement: I plan to throw food out if I am unsure it's safe to eat. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is healthy and easy on my wallet. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Salsa Demonstration (see Recipe Index Pg 221)

Canned whole tomatoes or stewed tomatoes may be used instead of fresh tomatoes.

Read the following: Today we will make salsa using tomatoes, round onion, *Chinese parsley*, chili pepper, and lemon or lime juice. Before preparing the salsa recipe, I will wash my hands with soap and water.

Action: Wash hands with soap and water before beginning. Follow recipe directions:

- Finely CHOP tomatoes, onions, and *Chinese parsley*.
- MINCE chili pepper.
- In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and *Chinese parsley*.
- COVER and REFRIGERATE until ready to SERVE.

Read the following: See how quick and easy that was? Come and taste this delicious salsa. We can enjoy it with *tortilla* or *pita chips*, or as a topping on salad.

Action: Pass out food.

Good Grinding for Wise Dining
Choosing Foods

Lesson 10: Seasonality of Fruits and Veggies
“Fruits and veggies are best in season and priced within reason”
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat fruits and veggies that are in season.	
I plan to throw food out if I am unsure it's safe to eat.	
Water is healthy and easy on my wallet.	

Seasonality of Fruits and Veggies

“Fruits and veggies are best in season and priced within reason”

Fruits and veggies are the best when they are in season because they have the most flavor and nutrients, and are the most plentiful.

Tips

- Fruits and veggies are in season: when growing on trees and plants, on sale, or ask your produce person at the grocery store for what is in season.
- Select fruits and veggies free from damage (no bruises, punctures, decay).
- Buy only what you can eat within a week.
- Wash all fruits and veggies before cutting or eating. Rinse with running water.
- When fresh produce is not available, use frozen, canned, dried, or 100% juice as alternatives.

Ideas

- For easier chewing: cut raw veggies into small bite-size pieces, grate, or partially cook in microwave.
- Add veggies in season to your main dish: for example, add zucchini, cabbage, or bell peppers to your soup, casserole, or stew.

* Please check with your doctor or health care professional before making dietary changes

Salsa

Ingredients: Makes about 2 cups

- 4 – 6 ounces tomatoes
OR 1 (14.5-ounce) can whole tomatoes
- ¼ small round onion
- 1 tablespoon Chinese parsley
- ½ piece chili pepper
- ½ teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Funded by:

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College of Tropical Agriculture and Human Resources

Cooperative Extension Services

Supplemental Nutrition Assistance Program-Education

(SNAP-Ed)

Good Grinding for Wise Dining
Choosing Foods
Lesson 11: Spending Less, Eating Better
“Shop smart for a healthy start”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Spending Less, Eating Better” handout. Begin lesson when everyone receives a handout.

Action: How many of us are interested in saving money on our groceries while still eating healthfully?
Ask the following questions:

Read the following: Today, we will talk about how to spend less money and eat better, so we can live a healthy lifestyle while saving money. We can do this if we know some tips about grocery shopping and meal planning. If we take a little time to plan our meals, shop skillfully, and if we handle food properly, we can spend less and eat better. We can shop smart for a healthy start.

Action: Everyone repeat with me, “shop smart for a healthy start.”
Have participants repeat the following: “Shop smart for a healthy start.”

Read the following:

To help us save some money and eat better, it will take some of our time to plan our meals. Using grocery store ads, sales, coupons, in-store specials, and grocery lists we can save money, plan our meals and still eat healthfully.

Read the following:

When planning our meals, we should consider what's on sale. For example, frozen, canned, dried fruits and veggies, and *100% juice* are great alternatives to fresh fruits and veggies especially when they are not in season or are too expensive to purchase. Choose fresh fruits and veggies when the price is right.

Meat can be an expensive item on our food bill. However, we can stretch the amount of meat that we have by using it in many dishes, including spaghetti, stew, chili, and casseroles. Cheaper cuts of meat can be tough, so *marinating* it or cooking it for a longer period of time in a slow cooker or covered pot is a great way to make tough meat softer, while saving money. We can also eat meat less often and substitute other good protein sources like fish, chicken, dried beans, lentils, tofu, or eggs. For a change, how about serving breakfast for dinner once a week? A vegetable omelet with cheese, French toast, or even whole wheat pancakes with scrambled eggs would make interesting breakfasts at dinnertime.

Action:
Ask the following question:

How many of us use coupons when we shop for groceries?

Read the following:

Coupons are a great way for us to save money on foods that we usually eat. We can save even more money if we use a coupon on a sale item. Using discount grocery store cards and special discount days, such as senior citizen discount day, will also help us to save money.

Read the following:

Before heading to the grocery store, we should first check to see what food items we already have in the pantry, refrigerator, freezer, or even in our garden. Knowing what food items we already have in the pantry will help us to save money because we will not buy food items that we already have at home. If we do not need it, do not buy it.

If we keep an inventory list of our food items, we can see what items we may need to buy, as our food supply gets low. Include staple items such as nonperishable things that does not need to be kept refrigerated, frozen, or hot. Some examples are dried beans, rice, pasta, cereal, and canned goods. We can keep them for a longer period of time and they store well. Buy canned goods like tomatoes, tomato sauce, spaghetti sauce, vegetables, and fruit when they're on sale. We can shop smart for a healthy start.

Action:
Have participants repeat the following:

Everyone repeat with me, "shop smart for a healthy start."

Action:
Ask the following question:

How many of us have gone to the store for something and come out with more items than we had planned on purchasing?

Read the following:

To help us save money and avoid buying foods that we do not need, we should eat before we shop. We should avoid shopping when we are hungry, tired, rushed, or when the store is crowded. So, let's eat before we shop. We can save time and avoid temptation by not going down every aisle. Also, we should make a grocery list, and stick to it unless we find cheaper items not advertised. For example, if cereal is on sale but the store brand cereal is cheaper than the cereal on sale, we may want to buy the store brand cereal. Store brand food items usually cost less and are fairly similar to the name brand item.

Read the following:

An unadvertised special may make it worth our while to change our menu. For example, there may be a “manager’s special” or “unadvertised special” on lean ground beef, so we may want to change our menu from pot roast to meat loaf. If the sale item runs out, ask for a “rain check.” Then, we can buy our food item at a later time at the advertised sale price.

When we shop through our grocery store aisles, we should be aware of marketing techniques that companies use to attract us to buy new and more food items that we may not need. For example, items that are more expensive are generally put on shelves that are at our eye level, and clearly visible to shoppers. Lower-priced items are on the bottom shelves. This is a marketing technique because we tend to buy things that we can see. We want to look at the higher and lower shelves for items that may be cheaper than the eye level shelves of food. Food items at the end of the aisles may also spark our interest to, but remember that it is another marketing technique to get you to buy more.

Cans and boxes come in different sizes and prices. Sometimes it is difficult to tell which size box or can is better to buy. Unit prices are very helpful tools in this situation. A unit price is how much your food item will cost per unit of product such as ounces, grams, fluid ounces, etc. Unit prices may be printed on the shelf, or next to the price of the item. For example, check the price per ounce of two different size boxes of cereal. The larger box of cereal usually has a cheaper price per unit, so we are getting more cereal for our money. But, buying a larger quantity of a food item such as cereal is not always the best bet because if we cannot use or eat the cereal fast enough we may have to throw it away and we wasted our money. We should buy what we are going to be able to use. Let’s check our unit prices the next time we go grocery shopping and compare our prices.

Action: How many times do you go to the grocery store in one week?
Ask the Following Question:

Read the following: We should limit our shopping to one to two times every week compared to shopping every day, because it will help us to save money. We will use more gas to drive to the store multiple times per week than save money at the grocery store. The more we enter the store, the more we may buy! One store rarely has all the best buys, but we can plan ahead and go to one store this week, then another store next week. When we have room in our pantry and/or freezer, we can buy grocery store bargain items and use them for multiple meals, while saving money. We can shop smart for a healthy start.

Action: Everyone repeat with me, “shop smart for a healthy start.”
Have participants repeat the following:

Read the following: Now, let’s talk about buying our food. We should check our cans and jars for damage, and avoid buying or using cans that are dented, bulging, or rusted. Avoid jars that are cracked, leaking, or items that have loose or swollen lids. If a can or jar spurts when it is opened, throw it away because this may be a sign of something unsafe growing in it. It may be unsafe to eat. So when we are in doubt, throw it out!

Action: Everyone repeat with me, "when in doubt, throw it out!"
Have participants repeat the following:

Read the following:

When we are shopping, we should select *nonperishable* items first and perishable foods last. *Nonperishables* include canned goods, paper goods, cleaning supplies, and anything that is safe at room temperature. Perishable items include meats, eggs, dairy products, frozen and refrigerated foods, as well as deli items that are kept either hot or cold. To prevent food poisoning, we want to keep hot foods hot and cold foods cold.

At the register, check that items are rung up at the correct prices. Also, be sure to check that we have received the correct amount of money as change. Then, we can take our food home immediately and refrigerate or freeze our perishables as quickly as possible. Putting *perishable foods* away quickly in the refrigerator or freezer will help preserve freshness and prevent spoilage.

If we store and use food properly, we can avoid wasting food. A good idea is to date cans and packages as we store them in the pantry. Put the new items in the back and move the older items to the front so they can be used first. The first items that are put in the refrigerator, freezer, or pantry should be the first items taken out or used. Date and label storage containers that go in the refrigerator and freezer as well. We should throw out food if we are unsure if it is safe to eat.

Action:
Have participants repeat the following:

Everyone repeat with me, "When in doubt, throw it out."

"When in doubt, throw it out."

Read the following:

What should we buy to drink at the grocery store? We can buy lemon, lime, or cucumber, slice them and add them to our water that we can get from our home to make a refreshing, low-calorie drink. Water has zero calories and can also help us to maintain our weight. Water is healthy and easy on my wallet.

Action: Everyone repeat with me, “water is healthy and easy on my wallet.”
Have participants repeat the following: "Water is healthy and easy on my wallet."

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to spend less money and eat better.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to throw food out if I am unsure it's safe to eat. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is healthy and easy on my wallet. Please raise your hand if you agree with this last statement.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Choosing Foods
Lesson 11: Spending Less Eating Better
“Shop smart for a healthy start”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to spend less money and eat better.	
I plan to throw food out if I am unsure it's safe to eat.	
Water is healthy and easy on my wallet.	

Spending Less, Eating Better “Shop smart for a healthy start”

If we plan ahead, shop carefully, and handle food properly, we can save money and time, while eating healthfully. Here are some suggestions:

Plan your menu for the week.

- Use grocery store ads to plan our meals.
- Check sale prices, and for fruits and veggies that are in season.
- Include fish, dried beans, peas, lentils, tofu, or eggs, instead of more expensive cuts of meat.
- Use coupons.
- Go grocery shopping on senior discount days.

Make a grocery list.

- Know what you have in your pantry, refrigerator, and freezer. Don't overbuy.
- Include staple items: what you use often and do not need to be refrigerated, frozen or kept hot.

* Please check with your doctor or health care professional before making dietary changes

Prepare for your grocery shopping trip.

- Limit the number of trips to the store to save gas and time.
- Go to the store when you are rested, not hungry, and when the store is not crowded.
- Eat a snack before you go.

Limit the time spent in the store.

- Don't go down every aisle.
- Follow your grocery list, but look for store brands.
- Ask for a “rain check” if the sale items are unavailable.
- Look high, look low: items with higher prices are at eye level. Lower-priced items are on the bottom shelves.
- Check unit prices to compare and save. Bigger containers of food may be cheaper than smaller ones, but if we do not eat it all or waste it, we are not saving our money.

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Good Grinding for Wise Dining
Choosing Foods
Lesson 12: Meal Planning
“Let’s make a meal plan, yes, we can”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Meal Planning” handout. Begin lesson when everyone has received a handout.

Action:
Ask the following questions: How many of us know what we are going to eat today, or for this coming week? Have any of us waited until we are hungry or waited until the clock says it is dinner time to figure out what we are going to eat?

Read the following: Today, we are going to talk about meal planning and why we should plan our meals ahead of time. Meal planning helps us to organize our recipes and meals so we can plan ahead to have budget friendly, balanced, fun, great tasting, and nutritious meals. We may be able to increase the nutritional value of our meals when we cook our own foods at home because we can control our own budget and the foods we eat.

How many of us know that we can avoid mealtime panic and large grocery bills by taking a little time to make a weekly or even a monthly menu? We can write it on a calendar or make a list. At the same time we can start a grocery list of ingredients that we will need. Planning ahead will help us avoid wasting time and energy looking in the pantry or at the store for certain foods.

Read the following:

Meal planning also allows us to have a variety of foods so we don't have to eat the same foods all the time. If we plan our meals ahead of time we will not have to worry about what we are going to eat, we can relax, sit down, and enjoy our mealtime. Low-cost, healthy meals don't just happen—they're planned. Let's make a meal plan, yes, we can.

Action:
Have participants repeat the following:

Everyone repeat with me, "let's make a meal plan, yes, we can."

"Let's make a meal plan, yes, we can."

Read the following:

Let's first look at the big picture for healthy, balanced eating. We should aim for a variety of colorful fruits and veggies, and try to make at least half of our *starches* "whole grain." We should also go lean with our protein, add 2-3 servings of low-fat milk products daily, and go easy on sugars, fats, and salt.

Action:
Ask the following question:

What is our most favorite meal time? Is it breakfast, lunch, or dinner?

Read the following:

Menu planning is usually based around creating a main dish and adding one or two side dishes to make it a complete meal. For example, we can serve chili over brown rice or leftover spaghetti noodles as the main dish, and add a green tossed salad or microwaved frozen vegetables as our side dish.

To complete the meal we could eat fruit as dessert. We could have a fruit and *yogurt parfait*, "*almond float*" and fruit, or pudding with a sprinkle of cookie crumbs. All we need as a final touch is a beverage that could be hot, like tea, or cold, like low-fat milk. Or, we could also try combining ice and fruit in a blender to create a cool, refreshing slushy drink.

Read the following:
Read the following:

What should we drink with our meals or snacks? Water is a great choice with any of our meals or snacks. It's satisfying between meals, too. We want to drink water regularly and not wait until we feel thirsty. When we get thirsty, it usually means that our body's fluids are already well below what is necessary for best health, so let's drink water before we become thirsty or feel a dry mouth. Living in Hawaii, we are fortunate to have delicious water available from our faucet, so let's drink it. Water is healthy and easy on my wallet.

Action:
Have participants repeat the following:

Everyone repeat with me, "water is healthy and easy on my wallet."

Read the following:

When planning our menu, we can use shortcuts and plan leftovers for use in another meal or two. For example, we can buy a cooked *rotisserie chicken*, bake a few potatoes, microwave some vegetables, and serve them along side a green salad for a balanced, colorful meal. Later we can use some of the leftover chicken in soup, stew, on a green salad, or in a sandwich. Leftover baked potatoes can be cut up and added along with leftover cooked vegetables to make a hearty casserole or soup.

Did you know that the most expensive food we buy is the food we throw away? This food could be our leftovers, or something we bought too much of when it was on sale. We can prevent this waste if we plan ahead. It's easy when we make a meal plan.

Action:
Have participants repeat the following:

Everyone repeat with me, "let's make a meal plan, yes, we can."

"Let's make a meal plan, yes, we can."

***Optional:** After this lesson, I will demonstrate how to prepare tuna
Read the
following: sunshine mix.

Read the
following: Plan at least one really easy meal per week, like sandwiches, wraps, or tacos. And keep ingredients for simple meals on hand in case of emergencies. These foods might already be part of our staples, such as pasta, frozen or canned veggies, and jar spaghetti sauce. If we like pizza, we can keep ready-made crusts, a jar of pizza or spaghetti sauce, cheese, canned mushrooms, or other type of vegetables that we have on hand.

To make sure our food is being kept at a safe temperature, we should take a cooler and ice packs or coolant for the cold foods we buy at the grocery store. We should take the groceries straight home in a cooler and refrigerate or freeze them as soon as possible. Food should NOT be left out at room temperature for more than two hours. When in doubt, throw it out.

Action: Everyone repeat with me, “when in doubt, throw it out.”
Have
participants
repeat the
following: “When in doubt, throw it out.”

Action: How many of us snack several times throughout the day
Ask the instead of having three regular meals?
following
question:

Read the
following: When we eat our snacks, we could think of them as mini-meals. Eating five or six mini-meals can be just as healthful as eating three larger meals a day.

Action: Everyone repeat with me, “let’s make a meal plan, yes, we can.”
Have participants repeat the following:

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to use "meal planning" suggestions for quick, *budget-friendly*, and healthful meals and snacks.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to throw food out if I am unsure it's safe to eat.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is healthy and easy on my wallet. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That’s the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Tuna Sunshine Mix Demonstration (see Recipe Index Pg 231)
This mix may be served on bread or crackers, or as a veggie dip.

Read the following:

Now we will make tuna sunshine mix. To make this recipe we need tuna, carrot, nonfat powdered milk, mayonnaise, and pepper. Before preparing the tuna sunshine mix, I will wash my hands with soap and water.

Action:

Wash hands with soap and water before beginning.

Follow recipe directions:

- DRAIN tuna.
- GRATE carrot.
- In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
- COVER and REFRIGERATE until ready to SERVE

Read the following:

Come and taste this delicious tuna sunshine mix. We can use it on bread or crackers, or as a veggie dip.

Action:

Pass out the food.

Good Grinding for Wise Dining
 Choosing Foods
Lesson 12: Meal Planning
“Let’s make a meal plan, yes, we can”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to use "meal planning" suggestions for quick, budget-friendly, and healthful meals and snacks.	
I plan to throw food out if I am unsure it's safe to eat.	
Water is healthy and easy on my wallet.	

Meal Planning

“Let’s make a meal plan, yes, we can”

The most expensive food we buy is the food we throw away. To avoid mealtime panic and large grocery bills, make a weekly (or even monthly) meal plan and stick to our shopping list. The more practice we get, the easier it is to plan. Here are some ideas:

Meal Planning Tips

- Aim for colorful fruits and veggies
- Make at least half of our starches “whole grain”
- Go lean with protein
- Have 2-3 servings of low-fat milk products daily
- Go easy on sugars, fats, and salt.

Suggestions

- Use shortcuts - use a main ingredient for multiple recipes; plan leftovers to be used in another meal or two.
- Plan at least one really easy meal per week (like sandwiches, wraps, or tacos).
- Plan snacks as mini-meals, instead of three large meals per day.
- Eat fruit as a dessert.

* Please check with your doctor or health care professional before making dietary changes

Tuna Sunshine Mix

Ingredients: Makes about 1 ½ cups

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- Pepper to taste
- Optional: ¼ cup round onion
¼ cup celery
2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery, and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

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College of Tropical Agriculture and Human Resources

Cooperative Extension Services

Supplemental Nutrition Assistance Program-Education
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Regular Eating

Lessons 13 - 18

Good Grinding for Wise Dining
Regular Eating
Lesson 13: Healthy Bones
***“Sticks and stones may break my bones,
but calcium foods may help it”***

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Healthy Bones” Handout. Begin lesson when everyone receives a handout.

Read the following: Today we will talk about the importance of calcium. *Calcium* is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain *calcium*. But, milk and milk products are the best sources of *calcium* for our bones.

Action: Everyone repeat the following with me, “sticks and stones may break my bones, but *calcium* foods may help it.”
Have participants repeat the following:

Action: Can anyone name a milk or milk product that has *calcium*?
Ask the following question:

Read the following: Milk, *yogurt*, cheese, *cottage cheese*, dry powdered milk, evaporated milk, and most frozen yogurts are good sources of *calcium*. Sour cream and cream cheese do not have enough calcium for it to be a good source. Although ice cream has calcium it may also be high in fat and sugar, so it should be eaten in moderation.

If someone is not able to digest milk or milk products properly, or is lactose intolerant, there are non-dairy calcium foods. Non-dairy calcium foods include almonds, beans, and green vegetables such as broccoli, Chinese cabbage, mustard greens, and spinach. Canned salmon and sardines are also sources of calcium if the bones are eaten. These foods do not have as much calcium as milk or milk products, but still contain some calcium.

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but calcium foods may help it.”

Read the following:

Some foods are fortified with *calcium*. This means calcium is added to foods to increase its nutritional value. These foods may include *soy milk*, rice milk, or *almond milk*, orange juice, or cold breakfast cereal. Calcium may also be added to *tofu* as part of the manufacturing process.

Eating *calcium* foods are important to keep our bones healthy, especially good sources of calcium such as milk and milk products.

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare a creamy fruit/vegetable salad. The recipe is on the back of your handout.

Action:
Ask the following question:

What are some *calcium* foods that you like to eat?

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but *calcium* foods may help it.”

Read the following:

Now we are going to talk about *food poisoning*. Did you ever wonder if your food was spoiled? Was food ever left in the refrigerator and you wondered if it was still good to eat? Or, we could not remember how long food was left out, but still wanted to eat it? Did we look at it, smell it, or dare to taste it?

Spoiled food does not always look bad, smell bad, or taste bad. If we even think our food may be bad, we should throw it out. It's not worth getting sick over. When in doubt, throw it out!

Action:
Have the participants repeat the following:

Repeat with me, "When in doubt, throw it out."

Read the following:

How often should we drink water? It is important to drink water regularly throughout the day. Drink water from the water fountain, tap water or carry a water bottle so we can drink water with our meals, between meals, especially if water is not served or readily available. Drinking water regularly is important to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat calcium foods that will keep my bones healthy.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the

The last statement is: I plan to drink water regularly

following: throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Creamy Fruit/Vegetable Salad (see Recipe Index Pg 201)**

Any type of fruit and *yogurt* can be used. Participants may even bring fruit grown in their yard. Fresh fruit must be rinsed and cut into chunks.

*** Optional:** Now, we will make a creamy fruit/vegetable salad. The recipe is very easy! All that is needed is fruit or veggies and *yogurt*. Today I will use (say what kind of fruit/vegetable and yogurt that is being used), but any type of fruit or veggie and yogurt can be used when making this recipe at home. I will wash my hands with soap and water before I begin making the recipe.

Action: Wash hands with soap and water before beginning. Rinse lid of canned, if canned fruit is used, fruit before opening and follow recipe directions:

- Depending on fresh, frozen or canned fruits or vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
- In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.

Read the following: It is as simple as that! Eating healthfully can be simple and easy. Come and taste this creamy salad treat.

Action: Pass out food.

Good Grinding for Wise Dining
 Regular Eating
Lesson 13: Healthy Bones
*“Sticks and stones may break my bones,
 but calcium foods may help it”*
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat calcium foods that will keep my bones healthy.	
I plan to always throw food out if I think it is spoiled.	
I plan to drink water regularly throughout the day.	

Healthy Bones

“Sticks and stones may break my bones, but calcium foods may help it”

Calcium is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain calcium including the following:

Milk or Milk Products

- Milk, yogurt, cheese, cottage cheese, dry powdered milk, evaporated milk, and frozen yogurt are good calcium sources.
- Sour cream and cream cheese do not have enough calcium for it to be a good source.
- Ice cream may contain some calcium but may also be high in fat and sugar, so it should be eaten in moderation.

Non-Dairy Sources

- Almonds, beans, and green vegetables such as broccoli, mustard greens, and spinach.
- Canned salmon and sardines are sources of calcium if the bones are eaten.

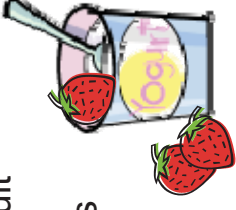
Added Calcium

- Some foods are fortified with calcium. This means calcium is added to foods to increase its nutritional value. These foods may include soy milk, rice milk, or almond milk, orange juice, or cold breakfast cereal.
- Calcium may also be added to tofu as part of the manufacturing process.

Creamy Fruit/Vegetable Salad

Ingredients:

- 1 cup fresh, frozen or canned fruit
OR
- 1 cup fresh or frozen vegetables
- ½ (6-ounce) container flavored lowfat yogurt



Directions:

1. Depending on fresh, frozen or canned fruits or vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together.
COVER and REFRIGERATE until ready to serve.

* Please check with your doctor or health care professional before making dietary changes

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Cooperative Extension Services

Supplemental Nutrition Assistance Program- Education

(SNAP-Ed)

Good Grinding for Wise Dining
Regular Eating
Lesson 14: Nutritious Snacking
“Eat a little, do it often”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Nutritious Snacking” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about nutritious snacking and the importance of eating regularly throughout the day. We should eat a little, and often.

Action:
Have participants repeat the following: Everyone repeat the following with me, “eat a little, do it often.”

Read the following: Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat regularly throughout the day. Some of us feel that snacking will spoil our appetite. Eating snacks, not full meals, 2-3 hours before a meal should not ruin our appetites. In fact, we should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Action:
Have participants repeat the following: Everyone repeat with me, “eat a little, do it often.”

Read the following:

Here are some snack suggestions. We can prepare half a sandwich with tuna, egg, *cold cuts*, or other filling with lettuce, tomato, cucumbers, and other veggies. We can then share the other half with a friend.

We can also snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit. Mixing *yogurt* with frozen fruit such as frozen mixed berries or assorted frozen mixed fruit will make a slushy frozen yogurt treat. So ono!

How many of us like to eat cereal? We can add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk. We do not have to eat cereal only at breakfast time. Eating cereal anytime in the day makes an excellent snack!

*** Optional:
Read the following:**

After this lesson, I will demonstrate how to make *trail mix* using cereal.

Read the following:

Another nutritious snacking idea is to make cheesy veggies. Cheesy veggies can be made easily in the microwave. Melt American, cheddar, or other type of cheese on fresh, frozen, or canned veggies. Frozen broccoli with melted cheddar cheese makes a delicious snack.

Baked *Russet potato* or sweet potato is a wonderful snack. It can be made easily in our rice cooker or microwave.

**Action:
Ask the following question:**

What other kinds of snacks do you like to eat?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

We can enjoy snacking during the day without ruining our appetite. We should eat when we are hungry and not because we are bored or have nothing else better to do. It is actually healthy for us to eat 5-6 small meals throughout the day.

Action:
Have the participants repeat the following:

Everyone repeat with me, “eat a little, do it often.”

Read the following:

It is okay if we do not completely finish our meals or snacks. We can save our leftovers in the refrigerator to be eaten later. What if we are not sure if it’s still good to eat? What if it is spoiled? If we think it’s bad, we should not eat leftover food. It is not worth getting sick. *Food poisoning* may cause nausea, vomiting, cramps, and mild fever. These symptoms are similar to the flu. In the past, we may have thought we had a “24 hour” flu, but we may have actually had *food poisoning*. So when we are in doubt, we should throw it out.

Action:
Have participants repeat the following:

Repeat with me, “When in doubt, throw it out.”

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat 5-6 small meals and snacks every day.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it’s spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Trail Mix Demonstration (see Recipe Index Pg 233)**

Any type of cereal can be used to make the *trail mix*. Use different types of shapes (circle, square, etc.) to make the trail mix more interesting. Add dried fruit such as raisins or dried cranberries, nuts or seeds.

Read the following: Now, we will make a trail mix with (say the type of cereal and other ingredients you will be using). The recipe is very easy! We will mix all these ingredients together. It can be stored in a sealed plastic bag or other airtight container until ready to be eaten. I will wash my hands with soap and water before I begin making the recipe.

Action: Wash hands with soap and water before beginning.

- In a large bowl, MIX circle shaped cereal and square shaped cereal and other ingredients.
- KEEP in airtight container.

Read the following: See how easy that was! Nutritious snacking can be very easy.

Action: Pass out food.

Good Grinding for Wise Dining
 Regular Eating
Lesson 14: Nutritious Snacking
“Eat a little, do it often”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat 5-6 small meals and snack everyday.	
I plan to always throw food out if I think it's spoiled.	
I plan to drink water regularly throughout the day.	

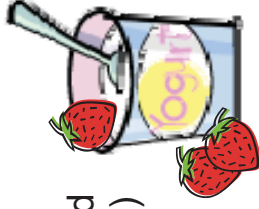
Nutritious Snacking

“Eat a little, do it often”

Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Here are some snack suggestions:

- Prepare half a sandwich with tuna, egg, cold cuts, or other filling with lettuce, tomato, cucumbers, and other veggies.
- Snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit.
- Mix yogurt with frozen fruit (mixed berries, assorted mixed fruit, etc.) to make a slushy frozen yogurt treat.



- Add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk.
- Prepare cheesy veggies by melting American, cheddar, or other type of cheese on fresh, frozen, or canned vegetables.
- Eat regular or sweet potato.

Trail Mix

Ingredients:

- 1 cup circle shaped cereal
- 1 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruits.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Regular Eating
Lesson 15: Whole Grains
“Whole grains, we go! Go, go whole grains!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out the “Whole Grains” handout. Begin lesson when everyone receives a handout.

Action: Did anyone ever hear of the term whole grain? What are whole grains?
Ask the following question:

Read the following: Whole grains are foods made from an entire grain seed or *kernel*. A picture of a whole grain is on the handout. The *kernel* has three parts called the *bran*, *endosperm*, and *germ*. These components have many vitamins, minerals and other nutrients that our body needs. So, it is important to eat at least three whole grain foods everyday.

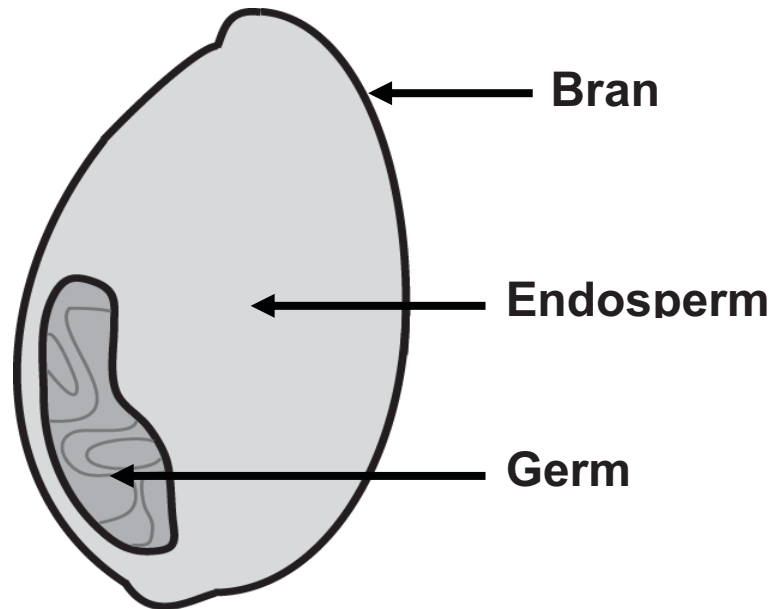
Action: Everyone repeat the following with me, “whole grains, we go! Go, go whole grains!”
Have participants repeat the following:

Read the following: Whole grains also contain *fiber* which also keeps us healthy. *Fiber* is important for keeping us regular with daily bowel movements. Fiber and fluids such as water are an important combination in preventing constipation. Fiber without water will make us constipated. It is important for us to drink water

regularly throughout the day while eating whole grains.

Action:
Have
participants
repeat the
following:

Everyone repeat with me, “whole grains, we go! Go, go whole grains!”



Read the
following:

The following is a list of the most commonly consumed whole grains in the United States, either by itself such as oatmeal, wild rice, or popcorn or as an ingredient in food such as *whole wheat flour* in whole wheat bread.

Whole grain foods are: *brown rice, buckwheat, bulgur or cracked wheat, oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas, and wild rice.*

Foods that are brown such as any type of brown bread does not mean it is made from a whole grain. But, 100% whole wheat bread is made from a whole grain.

Whole wheat tortillas, whole wheat crackers, and soba or buckwheat noodles are other examples of foods that are

made from whole grains. Many cold breakfast cereals are also made from whole grains. We should eat at least three whole grain foods a day.

Action:
Have participants repeat the following:

Everyone repeat with me, “whole grains, we go! Go, go whole grains!”

Action:
Ask the following question:

What kinds of whole grains do you like to eat?
*Gently encourage people to participate. Thank participants for sharing. If no one participates, ask if they like to eat oatmeal or *brown rice*.

Read the following:

Now we are going to talk about another topic, *food poisoning*.

Action:
Ask the following question:

Has anyone ever gotten sick from eating food? Has anyone ever gotten *food poisoning*?
*Gently encourage people to participate. Thank participants for sharing.

Read the following:

We may have had unsafe food practices when we were younger such as leaving food out at room temperature or keeping leftover food for too long in the refrigerator. We may not have gotten sick by eating these foods in the past, but our bodies are not the same as when we were younger. Now, our bodies are more vulnerable to germs and bacteria that may make us sick. So, we need to be more careful with our food. When in doubt, throw it out.

Action:
Have participants repeat the following:

Repeat with me, “When in doubt, throw it out.” Repeat again with me, “When in doubt, throw it out.”

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat at least three whole grain foods every day.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Regular Eating
Lesson 15: Whole Grains
“Whole grains, we go! Go, go whole grains!”
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

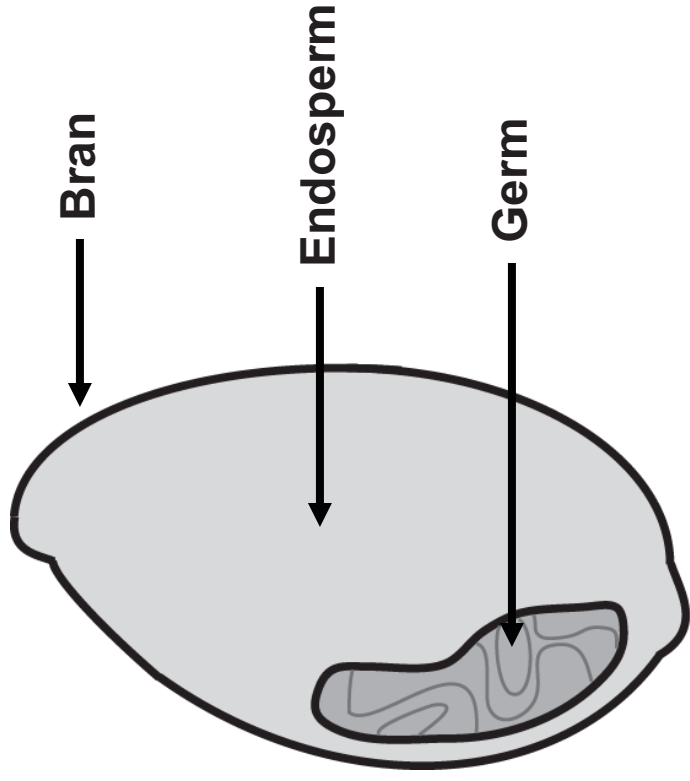
Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat at least three whole grains every day.	
I plan to always throw food out if I think it's spoiled.	
I plan to drink water regularly throughout the day.	

Whole Grains

“Whole grains, we go.
Go, go whole grains!”

Whole grains are foods made from an entire grain seed or kernel. The kernel has three parts called the bran, endosperm, and germ. These components have many vitamins, minerals, fiber and other nutrients to keep us healthy. We should eat at least three whole grains everyday.



The following is a list of the most commonly consumed whole grains in the United States, either by itself (such as oatmeal, wild rice, or popcorn) or as an ingredient in food (such as whole wheat flour in whole wheat bread).

- Brown rice
- Buckwheat
- Bulger (cracked wheat)
- Oatmeal
- Popcorn
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat sandwich buns and rolls
- Whole wheat tortillas
- Wild rice

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Regular Eating

Lesson 16: Fruit and Veggies – All Forms Matter
“All forms matter so put more on your platter”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Fruit and Veggies – All Forms Matter” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we’re going to talk about fruits and veggies. Did you know that there are different forms of fruits and veggies? Whether you buy fruits and veggies that are fresh, frozen, canned, dried, or *100% juice*, eating all forms matter! Eating a variety of fruits and veggies can contribute to a healthful lifestyle. All forms matter so put more on your platter.

Action:
Have participants repeat the following: Everyone repeat with me, “All forms matter so put more on your platter.”
"All forms matter so put more on your platter."

Read the following: We are fortunate to have fruits and veggies available to us in different forms. This makes it possible for us to enjoy them all year round and use them in different ways. There are five different forms of fruits and veggies: fresh, frozen, canned, dried, and *100% juice*. Let’s use apples as an example. We can eat a fresh or dried apple, canned applesauce, or drink 100% apple juice.

Action:
Ask the
following
question:

Who can tell me 5 different forms of pineapple?

*Gently encourage people to participate. Thank participants for sharing.

Answer: Fresh, Frozen, Canned, Dried, *100% juice*

Read the
following:

When fresh fruits and veggies are in season, they are at their peak flavor, are of good quality, and are usually less expensive than non-seasonal fruits and veggies. But, when they are not in season, it may be more convenient, and less expensive, to use fruits and veggies in their frozen, canned, dried, or *100% juice* form instead.

How many of us have eaten or used frozen fruits and veggies? Did you know that frozen fruits and veggies are harvested and packed at their peak of freshness and frozen within hours? They may have minimal nutrient losses because of this process. So nutritionally, frozen fruits and veggies may be comparable to fresh fruits and veggies. Some nutrients may be lost during the freezing process, but in small amounts. Frozen and fresh fruits and veggies are both great choices, but the more that you eat of fruits and veggies the more that it matters.

How many of us like to eat quick and easy foods? Canned fruits and veggies are quick and easy to eat or add to other foods. They have many *nutrients* that we need to help us to live a healthy lifestyle. Canned fruits and veggies are convenient, have a longer shelf life than fresh fruits and veggies, and are readily available to eat. Rinse the can lid, open it, drain the liquid, and enjoy.

Canned fruits may be packed in a heavy syrup, light syrup or in its own fruit juice. Choose canned fruits packed in its own juice or *light syrup*. Canned veggies often have added salt. For all fruit packed with syrup and canned veggies, drain the liquid and rinse with water to help eliminate much of the salt and sugar that may be added. All forms matter so put more on your platter.

Action:
Have
participants
repeat the
following:

Everyone repeat with me, “all forms matter so put more on your platter.”

Read the
following:

How many of us have had dried fruits or veggies before? Dried fruits and veggies are great snacks and are great foods to use in all kinds of recipes. How about we try dried fruits such as pineapple, mango, papaya, cranberries and blueberries with cereal, popcorn, and your choice of nuts to make a delicious, healthy *trail mix*. Dried fruits can be a great portable snack, used in salads, muffins, or with something for breakfast on the go like our *trail mix* suggestion. What about dried veggies? We can use dried mushrooms, or dehydrated peas, potatoes, and onions in our meals such as in our soups, stews, and casseroles. If we store our dried fruits and veggies in an airtight container, they may keep for a long period of time without the need of refrigeration.

Read the
following:

How many of us drink juice? If we drink *100% juice* it also counts as a form of a fruit or veggie. But it must be *100% juice* to matter. Fruit drinks, *fruit cocktails*, or fruit beverages are not 100% juice. They usually are made of mostly water and sugar with added fruit flavoring. Have any of us tried drinking vegetable juice before? We can try a low sodium vegetable juice as another form of veggies.

Choose foods in their natural, unprocessed form when possible. For example, fresh apples are in the “whole” form nature gave us. Applesauce and apple juice are more processed, while apple flavored products may not contain any real apples. So when we can, choose foods in their whole form. But when whole fruits and vegetables are not convenient, not in season, or are expensive, choose any form of fruits and veggies. Choose fruits and veggies that are fresh, frozen, canned, dried or *100% juice*. All forms matter so put more on your platter.

Action:
Have participants repeat the following:

Everyone repeat with me, “all forms matter so put more on your platter.”

Read the following:

Fruits and veggies are great for us to eat, but what should we drink with them? How about some water? Our bodies need water to function. So let’s take advantage of our delicious water and drink it regularly throughout the day. Dehydration occurs when our bodies lose more water than we drink. Low fluid intake can cause difficulty in swallowing, dry mouth, headaches, lack of energy, weakness, loss of appetite, dry eyes, or muscle cramps. We may not realize we’re thirsty so we may need to plan a little to remind ourselves to drink water. For example, if we plan to drink a glass of water when we wake up in the morning, a half hour before and after each meal, and a glass with each meal, we should be well hydrated. We want to drink water often to keep us healthy.

Action:
Have participants repeat the following:

Everyone repeat with me, “drink water often to keep us healthy.”

Action:
Ask the following question:

Who can name some bright, colorful fruits and veggies?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates:

Fruits—berries (blueberries, strawberries), melons (cantaloupe, honeydew, watermelon), mango, papaya, Pineapple, kiwi

Veggies—broccoli, carrots, dark leafy greens (like spinach, chard), bell peppers, tomato, squash, sweet potato, eggplant

Read the following:

Fruits and veggies have many nutrients such as vitamins, minerals, and fiber, with flavor, and add lots of color to our meals. We can focus on choosing a wide variety fruits and veggies including dark green and deep yellow-orange colored ones.

***Optional:
Read the following:**

After this lesson, I will demonstrate how to make Vegetable *Namul*.

Read the following:

Now, we will talk about *good hygiene* and preparing food. We don't want hair in our food so we should always clip, tie, or use a cap to secure any loose hair before we start preparing our food. It's also a great idea to clean or wipe our kitchen and cooking areas before we prepare our food. If we sneeze or cough, we should turn away from the food, and of course, no smoking while cooking. After we wash our hands with soap and water, we're ready to prepare our food. Let's use good hygiene. Keep it clean, keep it safe!

**Action:
Have participants repeat the following:**

Everyone repeat with me, "keep it clean, keep it safe!"

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat different forms of fruits and veggies.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to practice *good hygiene* skills when I prepare my food.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water often to help keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Vegetable *Namul* Demonstration (see Recipe Index Pg 239)

Encourage participants to at least try the salad. If they do not like it, tell them it is okay to dispose of it.

Read the following:

Now, we will make Vegetable *Namul* recipe. It is a simple recipe of different vegetables mixed together with a sauce. All we need are garlic, carrot, watercress or *chop suey mix* or *bean sprouts*, boiling water, sesame oil, sugar, and *soy sauce*. Before I begin, I will wash my hands with soap and water.

Action:

Wash hands with soap and water. Follow recipe directions:

- MINCE garlic.
- GRATE carrot.
- WASH watercress, REMOVE any undesirable leaves and tough stems, and CUT into 1 inch lengths (if you have chop suey mix or bean sprout just wash them thoroughly, do not cut them).
- PLACE watercress (or chop suey mix or bean sprouts) in 1 1/2 cups of boiling water for 3 minutes. DRAIN.
- In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
- ADD watercress and carrots.
- COVER and REFRIGERATE until ready to SERVE.
- Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Read the following:

It is as simple as that! Eating healthfully can be simple and easy. Come and try some tasty vegetable *namul*.

Action:

Pass out food.

Good Grinding for Wise Dining
Regular Eating
Lesson 16: Fruits and Veggies - All Forms Matter
“All forms matter so put more on your platter”
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat different forms of fruits and veggies.	
I plan to practice good hygiene skills when I prepare my food.	
I plan to drink water often to help keep me healthy.	

Fruits and Veggies – All Forms Matter

“All forms matter so put more on your platter”

Eating all forms of fruits and veggies contributes to good health, whether fresh, frozen, canned, dried, or 100% juice. Choose a wide variety and include those of all colors.

Forms of fruits & veggies: Fresh, Frozen, Canned, Dried, 100% juice

Some ideas are:

Fresh

- Are of best quality and usually less expensive when in season.
- Add fruits and veggies to dishes:
 - In cereal, hot cereal, muffin mix, pancakes, sandwiches, soups, salad, stir-fry, stews, casseroles

Frozen and canned:

- There's no preparation, no waste.
- Choose fruits packed in their own juice or in light syrup.
- Rinse and drain liquid before consuming canned fruits and veggies.

Dried fruit are great snacks.

- Add to salads, cereals, baked goods, etc.
- Store in airtight container in cool, dry place.

100% juice has no added sugar or water.

VEGETABLE NAMUL

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress or chop suey mix or bean sprouts
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce

4 servings

Directions:

1. **MINCE** garlic and **GRATE** carrots.
2. **WASH** watercress, **REMOVE** any undesirable leaves and tough stems. **CUT** into 1 inch lengths (if using chop suey mix/beans sprouts, wash it, don't cut)
3. **PLACE** watercress (or chop suey mix/bean sprouts) in 1 ½ cups of boiling water for 3 minutes. **DRAIN**.
4. In a large bowl, **ADD** garlic, sesame oil, sugar, and soy sauce. **MIX** well. Add watercress and carrots.
5. **COVER** and **REFIGERATE**.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Regular Eating
Lesson 17: Protein-Rich Foods
“I vary, you vary, we all vary our protein!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Protein-Rich Foods” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about the importance of eating a variety of different forms of protein-rich foods.

Read the following: Protein-rich foods are important to help keep our bodies healthy and working well. Getting enough *protein* from the foods we eat is important to keep our bodies, muscles, blood, bones, skin, and cartilage functioning properly. When we eat enough protein-rich foods, it can help us with fighting infections and we can recover faster from any trauma to our body, such as surgery.

Action: Can anyone name a protein-rich food source?
Ask the following question: *Gently encourage people to participate. Thank participants for sharing.

Read the following: Animal products are sources of high quality protein-rich foods. Some examples are meats, such as beef, lamb, pork, ham; and poultry, such as chicken and turkey. Other common protein-rich foods include fish, for instance, tuna and salmon; and seafood, such as clams and shrimp; as well as eggs and dairy products, like milk, *yogurt*, and cheese.

Read the following:

Good protein-rich plant sources are *legumes*, soybean products, nuts, peanuts; and seeds such as sesame, and sunflower. We benefit the most by eating a variety of protein-rich foods from animal and plant sources. Let's vary the *proteins* we eat.

Action:

Have participants repeat the following:

Everyone repeat with me, "I vary, you vary, we all vary our *protein!*"

"I vary, you vary, we all vary our protein!"

Read the following:

When we choose to eat meats, such as beef, pork and poultry, we should choose lean or low-fat meat, cut off visible pieces of fat, and remove the skin as often as we can. If we buy leaner cuts of meat, we can cook them for a longer period of time so they become softer, easier to chew, and more enjoyable to eat. For example, instead of sirloin steak, we can buy chuck meat that is less expensive and is a tougher piece of meat. We can use it in stews or soups, because the meat will become more tender as we cook it for a few hours.

Action:

Ask the following question:

How many of us like to eat fish or seafood?

Read the following:

Fish and seafood also provides good protein-rich alternatives to meats, pork, and poultry. Fish tastes great whether baked, broiled, grilled, or pan-fried using a little cooking oil spray. Clams can be added to a *marinara sauce* and served over *whole wheat pasta*. What about topping a salad with some tasty fish or seafood, such as shrimp?

What about eggs? Egg, egg whites, and *egg substitutes* are good *protein* sources. They can be used in salads, sandwiches, omelets, or soup. What a great way to get a variety of proteins!

Read the following:

How many of us eat or drink dairy products? Dairy products such as low-fat or fat-free milk, *yogurt*, and most cheeses can provide high quality *proteins*. These foods can be used alone or mixed in with other foods. Cheese can be used in sandwiches, pastas, or shredded or cubed in salads.

What about *yogurt*? We can use yogurt in a fruit salad or in a fruit *parfait* for dessert. The greater the variety of protein-rich foods, the better. I vary, you vary, we all vary our *protein!*

Action:
Have participants repeat the following:

Everyone repeat with me, “I vary, you vary, we all vary our *protein!*”

“I vary, you vary, we all vary our protein!”

Read the following:

How many of us know that a peanut is not a nut? Peanuts are actually in the *legume* family. Beans, peas, and *lentils* are called *legumes*. They are rich in nutrients, including *fiber* and *protein*, and can be identified as a protein-rich food. Many people could benefit by including legumes in their daily menu. *Legumes* are another source or example of the variety of protein-rich foods we can choose from.

Let’s plan on eating a variety of protein rich-foods. How about eating or making chili with *kidney* and *pinto beans*, or making a split pea or *white bean* soup? Have any of us tried *baked beans*, red beans and rice, beans in a burrito, or hummus on pita bread? What about making a stir-fry with tofu, or eating a *veggie burger*? Sprinkling beans on our salad is also a great idea. *Azuki beans* and soybean products, like *tofu*, are also good sources of protein- rich foods.

***Optional:**
Read the following:

After this lesson, I will demonstrate how to make Peanut Butter Log. This recipe is on your handout.

Action:

What kinds of nuts and seeds do we eat?

Ask the following question:

Read the following:

How many of us know that half an ounce of nuts and seeds have the same amount of *protein* as one ounce of meat? We can add these protein-packed foods to our fruits and veggies as well as our main dishes, snacks, and desserts. For instance, add slivered almonds to steamed veggies, or add walnuts or pecans to a green salad instead of cheese or meat. Sprinkle a few nuts on top of low-fat ice cream or *yogurt*. What a great idea!

How about peanut butter on celery, carrot sticks, or sliced apples for a snack? Nuts and seeds also make a good snack by themselves. With so many choices of protein-rich foods, let's vary our *proteins*.

Read the following:

It is important that we eat enough *protein*, even as we get older. If we don't eat enough protein, we will lose some of our muscle mass. If we lose a significant amount of muscle mass, we may be more likely to fall or may have difficulty doing some basic activities of daily living. We need to keep strong and balanced so we can continue to live independently. Fortunately, with a variety of protein-rich foods to choose from, we can find proteins that are great tasting, good for us, and even *budget friendly*. I vary, you vary, we all vary our protein!

Action:
Have participants repeat the following:

Everyone repeat with me, "I vary, you vary, we all vary our protein!"

"I vary, you vary, we all vary our protein!"

Read the following:

Now, let's talk about drinking water regularly. It is especially important for us to drink water when we exercise

or spend time outside in the sun. We can plan to drink water before, during, and after exercising or when we are out in the sun. Carrying a reusable water bottle is environmentally friendly and makes it easier to remember to drink water often.

Action: Everyone repeat with me, “drink water often, yes we can.”
Have participants repeat the following: “Drink water often, yes we can.”

Read the following: Now, we will discuss *good hygiene practices* when preparing food. Before working with any type of food, we want to wash our hands with soap and water. While preparing food, if we stop to use the bathroom, blow our nose, or touch a pet, we should wash our hands again before handling food.

If we have a cut or sore on our hand, we can cover it with a bandage and then cover it with disposable plastic gloves. This will keep bacteria from transferring from us to the food and from the food to us. Let’s keep it clean, keep it safe!

Action: Everyone repeat with me, “keep it clean, keep it safe!”
Have participants repeat the following: “Keep it clean, keep it safe!”

Read the following: Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat a variety of protein-rich foods.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to practice *good hygiene* skills when I prepare food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water often to help keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Peanut Butter Log (see Recipe Index Pg 211)**

Other cereals or graham crackers may be used. Peanut butter may be creamy or chunky. For persons over 2 years of age, honey may be used instead of pancake syrup. Vanilla extract and raisins may be used.

Read the following:

Today, we will be making a peanut butter log that is listed on the back of your handout. All we need to make this recipe are cereal, nonfat powdered milk, pancake syrup, and peanut butter. I will wash my hands with soap and water before I begin.

Action:

Wash hands with soap and water before beginning. Follow recipe directions:

- In a medium bowl, MIX cereal, powdered milk, and pancake syrup.
- ADD peanut butter to the cereal mixture.
- Optional: ADD vanilla extract and raisins.
- MIX well.
- PLACE mixture on waxed paper sheet 13" x 15" long.
- ROLL into log with waxed paper and refrigerate.
- When ready to serve SLICE into 2 inch pieces.

Read the following:

See how easy that was? Come and taste this delicious peanut butter log.

Action:

Pass out food.

Good Grinding for Wise Dining
 Regular Eating
Lesson 17: Protein-Rich Foods
"I vary, you vary, we all vary our protein!"
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat a variety of protein-rich foods.	
I plan to practice good hygiene skills when I prepare food.	
I plan to drink water often to help keep me healthy.	

Protein-Rich Foods

“I vary, you vary, we all vary our protein”

Protein is important to keep our bodies working well and for us to continue to do our basic activities of daily living. We should eat a variety of protein-rich foods. Here are some ideas.

Animal Proteins

- Choose lean red meats
- Remove skin from poultry
- Choose fish and seafood more often
- Eggs, egg whites, and egg substitutes
- Choose low-fat and fat-free milk products

Plant Proteins

- Dry beans, peas; soybean products
- Nuts—almonds, peanuts
- Seeds—sesame, pumpkin, sunflower

Suggestions

- Use legumes as main dish or part of meal: chili with beans, stir-fried tofu, bean soup, baked beans, beans and rice, beans on chef's salad, veggie burgers, hummus (chickpeas) spread on pita bread.
- Add toasted nuts to steamed veggies or salads.
- Dry roasted, unsalted nuts and seeds are good snacks.

* Please check with your doctor or health care professional before making dietary changes

Peanut Butter Log

Ingredients: **Makes 10 pieces**

- ¼ cup plain cornflake cereal
- ⅓ cup nonfat powdered milk
- 1 tablespoon pancake syrup
- 6 tablespoons peanut butter
- Waxed paper
- Optional: ½ teaspoon vanilla extract
2 tablespoons raisins

Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. Place mixture on waxed paper 13" X 15" long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

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Good Grinding for Wise Dining
Regular Eating
Lesson 18: Breakfast
“Let's start great with a breakfast plate”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Breakfast” handout. Begin lesson when everyone receives a handout.

Action: How many of us have had breakfast this morning?
Ask the following question: *Gently encourage people to participate. Thank participants for sharing.

Read the following: Today, we’re going to talk about breakfast. Breakfast is one of our most important meals of the day. After a long night without food, our body needs fuel to help us get started and to give us energy. Let's start great with a breakfast plate.

Action: Everyone repeat with me, “let's start great with a breakfast plate.”
Have participants repeat the following: "Let's start great with a breakfast plate."

Read the following: Breakfast provides us with the energy and nutrients that we need everyday. Without breakfast, our muscles and brain may not have enough energy to do our daily activities throughout the day. Breakfast is the fuel that starts our body in the morning like the gas that starts a car.

Read the following:

If we skip breakfast we may become tired, irritable, and restless during the morning. Those of us who eat breakfast may be more alert, tend to have a better attitude, and can function better throughout the day. It may also help with our memory, concentration, strength and endurance.

How many of us have skipped breakfast before? How did we feel? Hungry? If we skip breakfast, we will probably become hungry before our next meal. We may then want to grab a snack, but because we are so hungry, we may overeat. Then, we may not want to eat our next meal. By eating breakfast, we have a better chance to control our hunger, make healthier choices throughout the day, avoid overeating, and help us to control our weight.

Read the following:

Breakfast provides us with the *nutrients* we need to stay healthy. How about a breakfast made of whole grain cereal, low-fat milk, and some fruit such as mango or ½ of a papaya. It provides us with many nutrients, *vitamins* and *minerals* to start our day. What a great start!

Action:
Ask the following question:

What are some foods that we like to eat for breakfast?
*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: fruit, eggs, bread, cereal.

Read the following:

Eating breakfast foods that have a variety of *nutrients* in them such as fruits and veggies, *protein*, *starches*, and milk, will help us get a jump start to our day. Let's add color, variety, different textures and temperatures to our breakfast so it's healthy and fun for us to eat. For example, if you have something that is hot with a plain color such as oatmeal, add cold fruit that has color such as blueberries, mangoes, or strawberries. If we are not allergic to nuts we can add some walnuts or almonds to give us some crunchiness while providing us with some healthy fats, *protein*, and *fiber*.

Read the

Fiber is also an important part of our breakfast because it

following:

helps us to keep regular with our daily bowel movements. We can have *fiber* in our breakfast by choosing whole grain foods, fruits, vegetables, nuts, beans and *lentils*. How about trying a breakfast *burrito*? We can make breakfast burrito by using a *whole wheat tortilla*, sprinkling it with a little bit of low-fat cheese and heating it in the microwave or a pan for a few minutes. Then, add eggs or leftover meats, seafood, or chicken, with leftover salad or frozen veggies, leftover rice, and some beans. So, let's start great with a breakfast plate.

Action:
Have
participants
repeat the
following:

Everyone repeat with me, "let's start great with a breakfast plate."

"Let's start great with a breakfast plate."

Read the
following:

What about eggs for breakfast? Eggs are a great source of protein, they cook quickly and are easy to make. We can eat hard boiled eggs on the side of our cereal with milk and fruit. Another idea is a breakfast sandwich. Assemble a whole wheat *bagel* or *English muffin*, leftover scrambled eggs, a slice of ham or cold-cut meat, veggies, and put in the toaster oven. Add a glass of milk or *100% juice* for a smart start. How about an omelet? We can mix eggs, veggies such as mushrooms, onions, spinach, garlic and tomatoes and add some cheese, then, cook it in a pan. We can eat it with whole wheat toast, and drink a cup of *100% juice*.

What about a favorite local breakfast such as eggs, rice, and our favorite breakfast meat? We can eat a smaller amount of our favorite dish and add some of our favorite fruit with *yogurt* or *cottage cheese* to make it a great breakfast start.

Read the
following:

How many of us like to eat waffles or pancakes for breakfast?

How can we make these breakfast foods a good start to our day?

We can add fruit on top of our waffles, or heat fruit in a pan to make a fruit topping. For example, we could chop some apples, add it to a pan and heat them up with a little bit of 100% fruit juice and cinnamon. In a few minutes we have a delicious fruit topping. We can also add fruits into our pancakes such as blueberries, mangoes, bananas, apples, strawberries, or peaches.

Have any of us tried a veggie muffin? Let's try a muffin made with carrots, zucchini, corn, mushrooms, spinach and some cheese? Ummm, that sounds yummy!

Read the following:

Let's talk about drinking water regularly, which is really easy to do since it is readily available. We have tap water at home, water fountains in many public places, and we can ask for water at any restaurant. We just need to remember to drink it. We should welcome the day with a cup of water, drink water throughout the day, and before our meals and snacks. Let's drink water often, yes we can.

Action:
Have participants repeat the following:

Everyone repeat with me, "drink water often, yes we can."

"Drink water often, yes we can."

Action:
Ask the following question:

How many of us think breakfast is too much work to make?

Read the following:

Any breakfast is better than no breakfast, so let's eat something! How about making an easy breakfast such as a trail mix made with nuts, dried fruits, pretzels, crackers, and dry cereal? What about a sandwich, or leftovers, like soup, pizza, or pasta. Add fruits, veggies or *100% juice* to these choices and we're ready to go.

Here's a easy and quick idea, spread peanut butter on whole wheat bread, add a whole banana, and roll it up. Another idea is to make a fruit and yogurt *parfait*. We can

make layers of our favorite low-fat *yogurt* with crunchy cereal, and our favorite fruits.

If we have a blender, we can make a *smoothie* with low-fat or nonfat milk and fresh or frozen fruit. Use fresh or frozen blueberries, mangoes, peaches, strawberries, bananas or any fruit that we have available. So, let's start great with a breakfast plate.

Action:
Have participants repeat the following:

Everyone repeat with me, "let's start great with a breakfast plate."

Read the following:

Now, we are going to talk about preparing our breakfast or any food using *good hygiene* to help us in the prevention of *food poisoning* and becoming sick. When preparing food, we should wash our hands with soap and water before, during, and after handling food. Hot, soapy water should be used to clean our utensils and surfaces that come into contact with food. Use clean towels, potholders, cloths, and sponges, and wash them often too. We want to keep it clean, keep it safe!

Action:
Have participants repeat the following:

Everyone repeat with me, "keep it clean, keep it safe!"

"Keep it clean, keep it safe!"

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement.

The first statement is: I plan to eat breakfast to keep me healthy.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to practice *good hygiene* skills when I prepare food.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water often to help keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Regular Eating
Lesson 18: Breakfast
“Let's start great with a breakfast plate”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat breakfast to keep me healthy.	
I plan to practice good hygiene skills when I prepare food.	
I plan to drink water often to help keep me healthy.	

Breakfast

“Let's start great with a breakfast plate”

Breakfast is one of our most important meals of the day. It provides us with the energy and nutrients we need everyday. Breakfast may help us to function better, help our memory, concentration, strength, and endurance.

Any breakfast is better than no breakfast, so eat something!

Breakfast Tips:

- Eat breakfast foods with protein, starch, fruits, veggies, and milk
- Add color, variety, different temperatures, textures
- Eat foods with fiber: whole grain foods, fruits, veggies, beans and lentils
- Prepare breakfast that is quick and easy

Breakfast Ideas:

- Dry cereal with low-fat milk, and fruit such as mango or ½ a papaya
- Hot cereal such as oatmeal, with blueberries, mangoes, or strawberries, and nuts such as walnuts or almonds
- Breakfast burrito: whole wheat tortilla, low-fat cheese, eggs, leftover meats, veggies, rice, beans.

More Breakfast Ideas:

- Eggs:
 - Hard boiled egg on the side of cereal
 - Whole wheat bagel or English muffin with leftover scrambled eggs, slice of ham, veggies, and drink 100% juice
 - Omelet: egg, mushrooms, onions, spinach, garlic, tomatoes, cheese, and drink with milk or 100% juice
- Waffles or pancakes
 - Add fruit on top of waffles or make a fruit topping with cooked apples, cinnamon, and 100% juice
 - Add fruit into pancake batter: blueberries, mangoes, bananas, apples, strawberries, or peaches
- Muffins with veggies: carrots, zucchini, corn, mushrooms, spinach, and cheese
- Trail mix
- Fruit and yogurt parfait
- Smoothie

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Celebration Foods

Lessons 19 - 24

Good Grinding for Wise Dining
Celebration Foods

Lesson 19: Favorite Foods

***“Favorite foods can be good, add fruits and veggies...
yes, we should!”***

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Favorite Foods” handout. Begin lesson when everyone receives a handout.

Read the following: Today we are going to talk about ways we can make our favorite foods more healthy. We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes. We will talk about more ways that we can do this. Favorite foods can be good, add fruits and veggies...yes, we should!

Action:
Have participants repeat the following: Everyone repeat the following with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question: How many people like to eat *shoyu chicken* or *adobo*?
What veggies or fruits can we add?

Read the following: We can add onions, bell peppers, or other veggies to *shoyu chicken* or *adobo*.

Action:
Ask the following question:

What about noodles such as pasta, fried *saimin*, *chow mein*, *chop chae*, *long rice*, or *pancit*? How many of us like these types of noodles?

Read the following:

We can add carrots, cabbage, onions, mushrooms, zucchini, watercress, *bean sprouts* or *chop suey mix* to our noodles. Adding veggies will make the noodle dish more colorful and tasty.

Cucumbers, lettuce, green onions, and other veggies can be served with *somen* or *soba* to make a wonderful salad. We can also make *poke* salad by quickly sautéing *poke* and putting it on top of lettuce. We can then garnish the *poke* salad with tomatoes, onions, mushrooms, bell peppers and other veggies. A small amount of *poke* can be used to make a huge salad.

Action:
Ask the following question:

How many of us like to eat curries, stews, or soups?

Read the following:

We can also make curries, stews, and soups healthier by reducing the amount of meat normally put in the dish. We can then increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies in curries, stews, and soups.

Action:
Have participants repeat the following:

Everyone repeat with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question:

Who likes to eat and/or make desserts?

Read the following:

We can also make our desserts healthier by eating fruit as dessert. Fruit can be added to many of our favorite desserts. We can add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as *almond float*. We can also make rice or *tapioca pudding* with various fruits.

Action:
Ask the following question:

What are some of your favorite foods and how can you make it healthier?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: add veggies to noodles or stew.

Read the following:

Before, during, and after we prepare our favorite dishes, we must remember to always wash all our kitchen things with hot soapy water. What does this include? This includes all utensils such as knives, forks, spoons, tongs, and other utensils; all preparation surfaces such as cutting boards, kitchen counters, sinks, and tables. Kitchen things also include all cooking areas such as the stove, oven, microwave, and toaster oven. It is important to clean all our kitchen stuff so we don't get sick.

Read the following:

Now we will talk about drinking liquids. How many cups of liquids should we drink every day? We should drink at least 6-8 cups of liquids every day. Drinking enough liquids may prevent us from becoming dehydrated and may help to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to add a lot of fruits and veggies to my favorite foods.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action:

Ask your assistant to count the number of participants who

raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink 6-8 cups of liquids every day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 19: Favorite Foods
*“Favorite foods can be good, add fruits and veggies...
 yes, we should!”*
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to add a lot fruits and veggies to my favorite foods.	
I plan to always wash my kitchen stuff with hot soapy water.	
I plan to drink 6-8 cups of liquids every day.	

Favorite Foods

“Favorite foods can be good, Add fruits and veggies, yes we should”

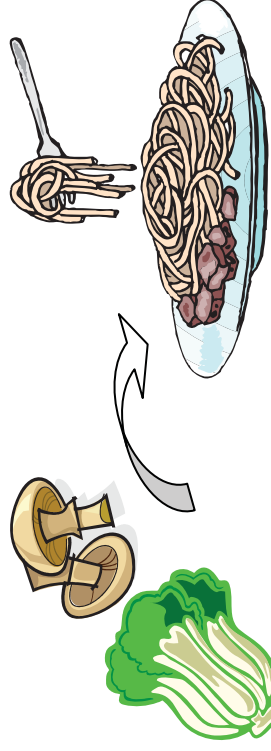
We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes.

Shoyu chicken or adobo

- Add onions, bell peppers, or other veggies

Noodles: pasta, fried saimin (soft wheat egg noodle), chow mein (thin Chinese noodles), chop chae (cellophane noodles), long rice (rice noodles), pancit (Filipino cellophane and/or egg noodles)

- Add carrots, cabbage, onions, mushrooms, zucchini, watercress, bean sprouts or chop suey mix.



Somen (thin Japanese wheat noodles) or **soba salad** (buckwheat noodles)

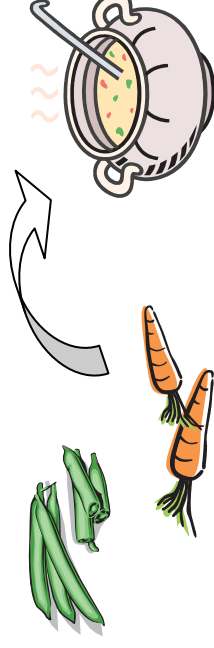
- Serve with cucumbers, lettuce, green onions, and other veggies

Poke (seasoned raw fish)

- Quickly saute poke (if raw) and prepare a poke salad. Put poke on lettuce and garnish with tomatoes, onions, mushrooms, and other veggies.

Curries, stews, and soups

- Reduce the amount of meat and increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies.



Fruit as dessert

- Add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as almond float.
- Rice or tapioca pudding can be made with various fruits.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Celebration Foods
Lesson 20: Sugars/Fats/Salts
“Caution foods...watch out!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Sugar, Fat, and Salt” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about hidden sugars, fats, and salts in our foods. Celebrations such as weddings, graduations, birthdays, and other events are special. The gathering of family and friends is important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods. Caution foods...watch out!

Action: Everyone repeat the following with me, “caution
Have foods...watch out!”
participants
repeat the
following:

Read the following: We will first start by discussing sugars. Many of us think that the sweeter a food is, the more sugar it has. However, foods that are high in sugar do not always taste sweet. For example, cereals, coffee drinks, and regular gelatin may have hidden sugars. Many fruits have sugar, but may not have that sweet taste.

Sugar may occur naturally or it could be added to foods. Fruits and 100% fruit juice have natural sugars while other types of foods may have added sugars. For example, many beverages such as sodas have added sugars, but may not always taste sweet. We should drink at least 6-8 cups of liquids every day, even on special occasions. Are these foods and drinks bad for us? No! We may eat or drink these foods, but need to be aware that it contains sugar. Bottom line, sweetness is not a good indicator of the amount of sugar in foods.

Action:
Have participants repeat the following:

Everyone repeat with me, “caution foods...watch out!”

Read the following:

Fat, on the other hand, is a little easier to detect. The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat. Fried foods are fried in oil which absorbs fat. These foods may include spring rolls, *lumpia*, *mandoo*, *wonton*, *tempura*, *katsu*, *jalapeno poppers*, French fries, potato chips, *tortilla chips*, doughnuts, *malasadas*, *andagi*, or other foods. These foods may or may not always taste oily. We should be aware of how foods are prepared so we can make an informed decision as to whether we want to eat certain foods or not.

Action:
Have participants repeat the following:

Everyone repeat with me, “caution foods...watch out!”

Read the following:

Lastly, we will talk about salt. Food may not always taste salty, but it may contain a lot of salt. Like sugar, we may not always be able to taste the salt in our food. Many condiments are high in salt.

This includes *shoyu* or *soy sauce*, *fish sauce*, *shrimp or fish paste*, *oyster sauce*, certain salad dressings, and table salt. We should be aware of the salt content in our food, especially when we add condiments that may be high in salt.

Action:
Ask the following question:

What are some ways we can reduce the sugar, fat, or salt in our foods?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: grilled instead of fried foods to reduce fat or do not put *shoyu* on rice to reduce salt.

Action:
Ask the following question:

How many of us wash our kitchen things regularly such as pots, pans, counters, stoves?

Read the following:

At times, we may or may not use our kitchen utensils and appliances regularly, and dust, bugs, and other critters may crawl or settle on or in our kitchen things. We may not be aware that this is happening, so it is important for us to wash our kitchen things with hot soapy water. We do not want to get sick, even if we think our kitchen things are clean.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I am aware of the sugar, fat, and salt content in my foods.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink 6-8 cups of liquids every day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That is the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 20: Sugars/Fats/Salts
“Caution foods...watch out!”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I am aware of the sugar, fat, and salt content in my foods.	
I plan to always wash my kitchen stuff with hot soapy water.	
I plan to drink 6-8 cups of liquids every day.	

Sugar, Fat, and Salt

“Caution foods...Watch out!”

The gathering of family and friends are important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods.

Sugars

- Foods that are high in sugar do not always taste sweet.
- Sugar may occur naturally or could be added to foods. Fruits and 100% fruit juice have natural sugars while other types of beverages may have added sugars, but may not always taste sweet.
- We may eat these foods, but need to be aware that it contains sugar. Sweetness is not a good indicator of the amount of sugar in foods.



* Please check with your doctor or health care professional before making dietary changes

Fats

- The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat.
- Fried foods are fried in oil which absorbs fat.
- These foods may include spring rolls, lumpia, mandoo, wonton, tempura, katsu, jalapeno poppers, French fries, potato chips, tortilla chips, doughnuts, malasadas, andagi, or other foods.
- Fried food may or may not always taste oily.



Salt

- A food may not taste salty, but it may contain a lot of salt.
- Many condiments are high in salt. This includes soy sauce (shoyu), fish sauce (patis, nuoc mam), shrimp or fish paste (bagoong), oyster sauce, certain salad dressings, and table salt.

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Good Grinding for Wise Dining
Celebration Foods
Lesson 21: Living Local
“Try all kinds”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Living Local” handout. Begin lesson when everyone receives a handout.

Read the following: Here in Hawaii we are fortunate to have a diverse population with various ethnic and cultural backgrounds. Presence of military personnel and immigration from Asia and the Pacific Islands is a result of Hawaii’s unique location in the Pacific. The majority of our population consists of Caucasian, Asian, and persons of Pacific Island descent. Specifically, Caucasian, Japanese, Filipino, Native Hawaiian, Chinese, Korean, African American, Samoan, Vietnamese and Micronesian comprise about 80% of the states’ population. Our culture is shaped by these various ethnic groups.

Food is a common thread among many cultures. In Hawaii, celebrations and special events normally center around food. There is usually a lot of food at these events, more than we can eat! Parties are commonly “pot luck” style in which everyone brings a dish to share. These foods reflect our cultural heritage and/or include foods from various cultures.

Action: How many of us were raised in Hawaii?
Ask the following question:

Read the following:

If we were not raised in Hawaii, we may not be accustomed to local foods. Food may seem foreign and weird. However, we should at least try it before judging it. Who knows? Maybe we'll like it!

Action:
Have participants repeat the following:

Everyone repeat the following with me, "try all kinds."

Read the following:

Our taste preferences, likes and dislikes, are shaped by what we ate as children and continue to change as we get older. Although we may have our favorite foods, we can still taste different foods we have not tried previously. So, we should "try all kinds."

Action:
Have participants repeat the following:

Everyone repeat with me, "try all kinds."

Action:
Ask the following question:

What kinds of ethnic foods from different cultures do you like to eat?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

On the handout is a recipe that you can make for your next get together. Gon Lo Mein is a noodle dish, traditionally Chinese, but it was adapted for our local taste.

<p>* Optional: <u>Read the following:</u></p>	<p>After this lesson, I will demonstrate how to prepare the Gon Lo Mein recipe. Today we will "try all kinds!"</p>
---	--

Read the following:

Along with trying new foods, we must remember to drink 6-8 cups liquids every day. We are lucky to have such great tasting water here in Hawaii. So drink it! Drinking 6-8 cups of water daily is important for us to be healthy.

Read the following:

When making food, it is important to clean our kitchen things before, after, and even while we are preparing food. For example, if we cut raw meat on a cutting board, we should wash the board with hot soapy water before cutting another food item. Raw meat juices may also spill on kitchen counters and surfaces. We should wipe up spills immediately so bad *bacteria* cannot grow and contaminate other things.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to try all kinds and eat ethnic foods from different cultures.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink 6-8 cups of liquids every day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Gon Lo Mein Demonstration (see Recipe Index Pg 205)**

Luncheon meat such as spam, treet, tulip, etc. may be used, but is not necessary to cook this dish. This recipe can be made without any meat if it's not available. Also, any type of veggies may be substituted for the *chop suey mix*. Participants may even bring veggies grown from their yard. Fresh veggies must be rinsed and cut before adding it to the pot.

Read the following:

Now, we will make a noodle dish called Gon Lo Mein. To make this recipe we need *luncheon meat*, *chop suey mix* or other veggies, *oyster sauce*, water, and *chow mein* noodles. Before preparing the Gon Lo Mein recipe, I will wash my hands with soap and water.

Action:

Wash hands with soap and water before beginning. Follow recipe directions:

- SLICE luncheon meat into strips.
- In a large pot, COOK luncheon meat.
- ADD *chop suey mix* (or other cut veggies), mix.
- In a small bowl, COMBINE *oyster sauce* and water (to total about 2/3 cups), and POUR into pot. MIX well.
- ADD noodles and MIX.

Read the following:

See how easy that was! Who wants to try these delicious noodles?

Action:

Pass out food.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 21: Living Local
“Try all kinds”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to try all kinds and eat ethnic foods from different cultures.	
I plan to always wash my kitchen stuff with hot soapy water.	
I plan to drink 6-8 cups of liquids every day.	

Living Local

“Try all kinds”

Here in Hawaii we are fortunate to have a diverse population. Presence of military personnel and immigration from Asia and the Pacific Islands is a result of Hawaii's unique location in the Pacific. The majority of our population consists of Caucasian, Asian, and persons of Pacific Island descent. Specifically, Caucasian, Japanese, Filipino, Native Hawaiian, Chinese, Korean, African American, Samoan, Vietnamese and Micronesian comprise about 80% of the states' population. Our culture is shaped by these various ethnic groups.

Food is a common thread among many cultures. In Hawaii, celebrations and special events normally centers around food. There is usually a lot of food at these events, more than we can eat! Parties are commonly “pot luck” style in which everyone brings a dish to share. These foods reflect our cultural heritage and/or include foods from various cultures.

If we were not raised in Hawaii, we may not be accustomed to local foods. Food may seem foreign and weird. However, we should at least try it before judging it. Who knows? Maybe we'll like it! Our taste preferences, likes and dislikes, are shaped by what we ate as children and continue to change as we get older. Although we may have our favorite foods, we can still taste different foods we have not tried previously.

Gon Lo Mein

Ingredients:

- ½ (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cup), and POUR into pot. MIX well.
5. ADD noodles and MIX.



* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Celebration Foods

Lesson 22: Local Healthy Snacks

“Snacks are fine, especially, the local healthy kind”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Local Healthy Snacks” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about how to choose local healthy snacks. We can think of snacks as “mini-meals.” So, we should try to make them count by choosing healthy foods. Snacks are fine, especially, the local healthy kind.

Action: Everyone repeat with me, “snacks are fine, especially, the local healthy kind.”
Have participants repeat the following: “Snacks are fine, especially, the local healthy kind.”

Action: How many people like to eat snacks? Do you find yourself getting hungry often, or at similar times of the day?
Ask the following questions: *Gently encourage people to participate. Thank participants for sharing.

Read the following: If we become hungry at the same time of the day, we can plan a mini-meal for those times. Local snacks are tasty, but they often contain large amounts of sugar, fat, and salt. So, we should be cautious of how much and how often we eat them. Let's choose foods that will provide us with energy and *nutrients* that can help to keep us healthy.

Action:
Ask the following question:

What foods come to mind when you think about snacking?
*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: cookies, crackers, chips, juice.

Read the following:

How many of us like to snack on starchy foods? There are many different varieties of starchy foods that are usually grain-based foods that we can choose from to eat as our snack. Some grain foods that we eat as snacks are cookies, crackers, chips, breads, pastries, and cakes. Some of these foods can be fairly high in sugar, fats, and/or salts. When we choose these kinds of foods as our snacks, we should be cautious of how much and how often we eat them.

Here are some suggestions for healthier starchy snacks that are local favorites. We could have a small bowl of *saimin* and add veggies such as cabbage, green onions, *bean sprouts*, or meats such as *fish cake*, egg, or leftover meat. Another local snack could be a *trail mix* with popcorn, dried fruit, *kaki mochi* or *arare*, cereal, and some nuts. Another simple, but tasty snack can be *poi*, taro, or cooked sweet potato. Oh so good!

How many of us like to snack on *fruit breads* like banana or mango bread? We can enjoy a slice of banana bread with a glass of low-fat or skim milk and a piece of fruit as a healthy snack. How about enjoying half of a *manapua* with some *veggie sticks* or with some local fruits such as mango, lychee, pineapple or papaya. Snacks are fine especially the local healthy kind.

Action:
Have participants repeat the following:

Everyone repeat after me, “snacks are fine, especially, the local healthy kind.”

"Snacks are fine, especially, the local healthy kind."

Read the following:

Who likes to snack on *protein* foods such as beef *jerky*, *luncheon meat* or hot dogs? We can eat these as our snacks, but we should be aware of how much and how often we eat them. To make protein snacks fun and healthy, we could eat protein snacks with other foods such as fruits and veggies, grains and/or milk.

Here are some *protein* snack suggestions. We could have some low-fat yogurt with fruit like in a *fruit parfait*. How about local snack choices such as boiled peanuts or soybeans with a side of dried *cuttlefish*, scallops, or tako. We can also prepare tuna, egg, chicken, or seafood salad. Mix and enjoy them with sliced cucumbers, tomatoes, onions on crackers or sweet bread. Or how about making a *musubi* with egg, luncheon meat, or chicken, and then splitting it with a friend? Eating our favorite foods as snacks are great as mini-meals especially when there are fruits and veggies in the mix.

Read the following:

When we are preparing our favorite local healthy snacks, we should remember to handle our foods safely. We can wash our hands with soap and water, and put our foods away quickly.

If we need to defrost food to prepare our snack, such as raw chicken to cook for a chicken *musubi*, we should defrost the chicken in a sealed container, covered bowl or sealed plastic bag. Then, put it on a plate or bowl overnight on the bottom shelf of our refrigerator. This will prevent the thawing juices from leaking or spilling onto other foods in your refrigerator.

We should never thaw or defrost our foods on the kitchen counter. Instead, we should defrost our foods in the refrigerator since it keeps the food at a safe temperature and can help us avoid getting sick. We can help prevent *food poisoning* by preparing our foods safely.

Action:
Ask the following question:

What kinds of snacks can we name that would be good to eat and are satisfying?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: half a sandwich with veggies and a fruit; yogurt with fruit and cereal; fruit salad; hard-boiled egg.

Read the following:

When we are craving something sweet, how about some fruits? Fresh, frozen, canned, dried, and *100% juice* are all great. How about adding a scoop of cottage cheese to pineapple or mango, or a slice of papaya? We could also enjoy our fruit with some low-fat yogurt. Doesn't it sound refreshing? When we want something crunchy, how about some *veggie sticks*, or crisp apples with peanut butter? We can slice up pieces of veggies and fruits such as carrots, celery, cucumber, watermelon, and orange, and store them in the refrigerator. Enjoy these veggies and fruits now or later with dressings or dips at anytime. What great ideas!

Read the following:

How about microwave popcorn as a snack? We could even make our own flavored popcorn. Pour the popped corn into a large bowl, and spray it a few times with a butter flavored spray. Sprinkle some toppings such as, taco seasoning, Parmesan cheese, or cinnamon and sugar, and toss until it's thoroughly mixed. We can even add *furikake* and *arare* to make our own unique local popcorn mix.

Read the following:

How about something to drink? We should try to drink 6 to 8 cups of water every day. In addition to drinking water, we can eat foods that have a high water content or mostly made of water, to add to our fluid intake. Fruits and vegetables like watermelon, cucumbers, celery, and orange to name a few, are especially high in water content. Gelatin desserts plain or with fruit, like *almond float*, *halohalo*, and *shave ice* are also high in water content. But, we must be cautious of how much and how often we eat these foods because they can also contain large amounts of sugar, fat, and salts. We can consume water through a variety of beverages and foods.

Read the following:

When we are truly hungry, a snack is fine, but we should portion out our snack. We can then put away the rest because we may lose track of how much we have eaten, and eat too much. Snacks are fine, especially, the local healthy kind.

Action:
Have participants repeat the following:

Everyone repeat with me, “snacks are fine, especially, the local healthy kind.”

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to make my local snacks healthy and satisfying.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to prepare my foods safely so I don't get sick.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 22: Local Healthy Snacks
“Snacks are fine, especially, the local healthy kind”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to make my local snacks healthy and satisfying.	
I plan to prepare my foods safely so I don't get sick.	
I plan to consume water through a variety of beverages and foods.	

Local Healthy Snacks

“Snacks are fine, especially, the local healthy kind”

Think of snacks as mini-meals. We can choose foods that will give us energy and nutrients to help us keep healthy, and choose snacks that mainly provide sugar, fat, and salt less often.

Tips

- Plan for small snacks or mini-meals between meals.
- Keep healthy snack options available for unexpected hunger attacks.
- Portion out our snack and put away the rest.
- Sugar, fat, and salt: caution foods...watch out!

Local Healthy Snack Ideas

- Small bowl of saimin with cabbage, green onion, bean sprouts, leftover meat
- Trail mix—make your own with popcorn, dried fruit, kaki mochi or arare, cereals, and some nuts.

More Ideas

- Banana or mango bread with low-fat milk
- One-half manapua with veggie sticks or local fruits like mango, lychee, pineapple, or papaya
- Poi, taro, or sweet potato
- Boiled peanuts, soybeans
- Mango, pineapple, or papaya with yogurt or cottage cheese
- Low-fat microwave popped corn, plain or flavored with dry taco seasoning, Parmesan cheese, or cinnamon-sugar. Add furikake and arare.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Celebration Foods

Lesson 23: Delicious Desserts
***“Let's have our dessert and eat it too,
especially when it's healthy for you”***

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Delicious Desserts” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about delicious desserts that are healthful and satisfying. As we get older, we do not need to eat as much, but our *nutrient* requirements remain the same. So, how can we eat foods that give us more “bang for our nutritional buck”? Let's see how we can have our dessert and eat it too, especially when it's healthy for you.

Action: Everyone repeat with me, “Let's have our dessert and eat it too, especially when it's healthy for you.”

Have participants repeat the following:

Action: How often and what do we like to eat for dessert?
*Gently encourage people to participate. Thank participants for sharing.

Ask the following questions:

Read the following: Many popular desserts like pies, cakes, pastries, and ice cream, can be high in fat, sugar, and calories, but often provide few *vitamins* and minerals. They are rich in calories and maybe poor in nutrients. Those of us who eat desserts and sweets may tend to eat fewer *nutrient* rich foods such

Read the following:

as fruits and veggies.

We should use the concept of moderation when we choose to eat desserts. Moderation means to be aware of how much and how often we eat of certain foods. It's not eating too much or too little of any type of food. We can eat desserts at special occasions, celebrations, and events such as birthday parties, weddings, graduation, *luaus*, etc. So, we can still eat our favorite desserts that we love, but in moderation because they may have high amounts of sugar, fats, and salts.

Action:
Ask the following questions:

How many of us make desserts at home? And what types?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: cakes, pies, cookies, gelatin dessert, pudding

Read the following:

At home, we have control over the ingredients that we are using in the foods or meals that we make. So we can modify the recipes slightly to make them healthier. For instance, instead of using cream or whole milk in our baked goods, cakes, and pudding, we can substitute low-fat milk for them. How about replacing some of our fat and sugar in our recipes with applesauce or fruit puree. We can also choose baked goods instead of deep-fried foods.

Ever heard of grilling fruit? Grilling fruit such as pineapple, peaches, and mango are terrific. They are sweet, warm and slightly crispy from the grill. Or we could make fruit *kabobs* as well.

How many of us have a craving for sweets after our meals? Let's try eating fruit as our dessert as well as something to satisfy our sweet tooth cravings. Fruits are nature's delicious dessert. They are simple, easy to prepare and provide many *nutrients*. In addition to the many *vitamins* and minerals that fruits and veggies provide, they have other components that may be beneficial to our health that we may not be able to find in other foods. So, we can try to

eat fruits and veggies at every occasion. Fruit as dessert, what a great way to eat our fruits. Let's have our dessert and eat it too, especially when it's healthy for you.

Action:
Have participants repeat the following:

Everyone repeat with me, "Let's have our dessert and eat it too, especially when it's healthy for you."

Action:
Ask the following questions:

What are some of the ways we can eat fruit as dessert?
*Gently encourage people to participate. Thank participants for sharing. Examples: yogurt *parfait*, fruit and ice cream, fruit *smoothie*

Read the following:

Ethnic traditions are also a good starting point for fruit as dessert. There are many variations of Scandinavian "fruit soups." Chinese "*almond floats*" can be made with a larger proportion of fruits. Pacific Islander "taro puddings" can be made with coconut extract flavoring instead of coconut milk and adding chunks of fruit. Asian "sticky rice" desserts can be adapted by using the rice as a base, adding a layer of sweet bean mash, and topping it with lots of fruits. Or start with a base of sticky rice, add a layer of a mixed fruit and sweet potatoes, and top with syrup made of fruit juice, coconut extract to taste, and lemon or lime *zest*.

Fruits as dessert can be used in so many different ways. We could make a milk and fruit *smoothie* with fresh, frozen or canned fruits, combined with some milk or *yogurt* with a splash of *100% juice*. If it is too much for us to eat right now, we can freeze some of it to make a refreshing frozen treat for later. A sorbet is another frozen treat we can make by simply adding fruit of your choice with 100% juice, blending it in a blender and freezing it.

Read the following:

How about cooking or baking with fruits and veggies? We can make *fruit breads*, fruit puddings, veggie muffins, fruit crumbles and fruit tarts. What about an easy and fast dessert? Serving a fruit salad with *yogurt*, *tapioca pudding*, ricotta or *cottage cheese*, or low-fat ice cream is a great idea.

Has anyone ever heard of eating fruit with a fruit sauce? Easy fruit sauces can add to the allure of fruits as dessert as well. Consider light, refreshing combinations such as lemon or lime juice, a bit of honey, grated lemon or lime zest with minced mint leaves or try a sauce made of vanilla *yogurt*, frozen juice concentrate and coconut extract.

Action:
Have participants repeat the following:

Everyone repeat after me, "Let's have our dessert and eat it too, especially when it's healthy for you."

"Let's have our dessert and eat it too, especially when it's healthy for you."

***Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare Pina Colada Sauce. This sauce may be used as a dip for fruits or vegetables.

Action:
Ask the following question:

Before we prepare our delicious healthy desserts, we should use safe food handling techniques so we don't get sick. Before we prepare anything with food, we should wash our hands with soap and water. Then, we can rinse all of our fruits and veggies with water before eating or using them in our delicious desserts.

Read the following:

Have we ever noticed that dust or other things collect on the tops of canned goods? We don't want dirt and dust to get into our foods because it may cause us to get sick. So, before opening our cans and canned goods, we should rinse our lids.

Action:
Have participants repeat the following:

Everyone repeat with me, “let's rinse, to get rid of dirt on can lids.”

“Let's rinse, to get rid of dirt on can lids.”

Read the following:

Drinking water is important for us to keep healthy. But, sometimes we can get bored of drinking water. How can we continue to consume the water we need everyday besides just drinking water? Eating fruits and veggies can also help to increase our water intake. Watermelon, grapes, lettuce, cucumbers, and tomatoes all have high water content. They contain more water than other foods, so we can increase our water intake by eating a variety of such foods.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to choose fruit as my delicious dessert more often.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to prepare my foods safely so I don't get sick.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Pina Colada Sauce Demonstration (see Recipe Index Pg 213)

This may be used as a dip for fruits and vegetables.

Read the following:

Today, we will make Pina Colada Sauce using low-fat vanilla *yogurt*, frozen 100% pineapple juice concentrate, and coconut extract flavoring. Before preparing this recipe, I will wash my hands with soap and water.

Action:

Wash hands with soap and water before beginning. Follow recipe directions:

- In a small bowl, MIX ingredients well.
- COVER and REFRIGERATE.
- SERVE with sliced fruit OR vegetable sticks.

Read the following:

See how quick and easy that was? Come and taste this delicious Pina Colada Sauce. We can enjoy it with fruit slices for a delicious dessert, or with vegetable sticks.

Action:

Pass out food.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 23: Delicious Desserts
*“Let's have our dessert and eat it too,
 especially when it's healthy for you”*
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to choose fruit as my delicious dessert more often.	
I plan to prepare my foods safely so I don't get sick.	
I plan to consume water through a variety of beverages and foods.	

Delicious Desserts

“Let’s have our dessert and eat it too, especially when it’s healthy for you”

As we get older, we do not need to eat as much, but our nutrient requirements remain the same. We can still eat our favorite desserts that we love, but in moderation because they may have high amounts of sugar, fats, and salts.

Delicious Dessert Ideas:

- Grilling fruit or fruit kabab
- Ethnic Traditions:
 - Fruit soups
 - Almond float
 - Taro pudding
 - Sticky rice with fruits
- Fruit smoothie
- Fruit sorbet
- Fruit bread
- Fruit pudding
- Veggie muffin
- Fruit crumble
- Fruit tart
- Fruit salad with yogurt, tapioca, pudding, ricotta or cottage cheese, or low-fat ice cream
- Fruit sauce

Tips:

- Choose fruit as dessert more often.
- Choose low-fat ingredients and products.
- Choose baked rather than deep-fried desserts.
- Make our own desserts.

PINA COLADA SAUCE

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 1/3 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Makes about 1 cup

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE.
3. SERVE with sliced fruit OR vegetable sticks.

* Please check with your doctor or health care professional before making dietary changes

Funded by:

Executive Office on Aging

In collaboration with:

University of Hawaii

College of Tropical Agriculture and Human Resources

Cooperative Extension Services

Supplemental Nutrition Assistance Program-Education

(SNAP-Ed)

Good Grinding for Wise Dining
Celebration Foods

Lesson 24: Get Togethers
“Keep it simple and enjoy the people”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Get Togethers” handout. Begin lesson when everyone receives a handout.

Read the following: Hawaii is a melting pot of people with a variety of cultures, ethnicities, and of course, food. In Hawaii, we all have different reasons why we have get-togethers, parties, celebrations, events, and potlucks. No matter what the reason, we should celebrate with family, friends, food and fun. Today, we are going to talk about easy, healthy ways to enjoy our get-togethers. We want to keep it simple and enjoy the people.

Action: Everyone repeat with me, “keep it simple and enjoy the people.”
Have participants repeat the following: "Keep it simple and enjoy the people."

Action: Do any of us have a favorite time to get together with family and friends?
Ask the following questions: * Gently encourage people to participate. Thank participants for sharing.
Examples: Birthdays, Christmas, Graduations, Holidays.

Read the following:

In Hawaii, we often get together and enjoy “potlucks” where everyone brings something to share. Potlucks can help to simplify the planning and preparation process of a get together. It allows us to contribute by bringing food, supplies and/or a helping hand.

The host or the person organizing the get together can ask people to bring certain foods, or people can volunteer to bring something. To make our potlucks fun and healthy, it is ideal to have foods from all different food groups, such as fruits, veggies, *protein*, *starches*, and milk. At a potluck, we don't always have to bring food. Instead, we can offer to bring utensils, paper goods, supplies, drinks, and our helping hands, or maybe we can offer a gathering place. If family and friends offer to help or to bring something, let them.

If our get-togethers are not a celebration, special occasion, or special event, we could get together during our holidays. For example, if it is Thanksgiving, people can bring foods that are associated with that special day. Everyone could bring an item from each food group, like turkey, cranberries, green beans, a salad, rice or mashed potatoes, and serve a drink made with low-fat milk such as hot chocolate. We could even serve appetizers such as crackers, fruit and cheese, or veggie sticks with our favorite low-fat dip.

Action:
Have participants repeat the following:

Everyone repeat with me, “keep it simple and enjoy the people.”

"Keep it simple and enjoy the people."

Read the following:

How about a get-together with a theme? We could bring foods based on a theme such as a type of culture, a location or place of interest, or an event such as a football game.

Read the following:

How about having a sandwich bar for a sporting event? Different people can bring different parts of the sandwich. People could bring a variety of breads, meats, fruits, veggies, and cheeses. Everyone can assemble their own sandwich. Others could bring a salad with a variety of veggies, nuts, seeds, and a low-fat dressing.

We could also have get-togethers for no reason or occasion. It could be as simple as joining friends and family for a picnic, a day to play music or dance, a night to play cards or board games, or even as simple as taking a trip to the grocery store. It is an opportunity for us to try many different foods and to spend some quality time with family and friends. Remember to keep it simple and enjoy the people.

Action:
Have participants repeat the following:

Everyone repeat after me, “keep it simple and enjoy the people.”

“Keep it simple and enjoy the people.”

Read the following:

When we have our get-togethers we may want to make foods that we can prepare ahead of time and cook right before it's time to eat. For instance, we can *marinate* foods overnight such as our meats, chicken, pork, fish, or veggies. We can put these foods in separate re-sealable plastic bags or containers and place them on the bottom shelf of the refrigerator. We put marinating foods on the bottom shelf of our refrigerator because if any of the *marinade* accidentally spills, it will not spill onto our other foods.

Read the following:

After we cook our *marinated* foods, we should not pour the leftover *marinade* over our cooked foods. Our marinade has raw meat juices with *bacteria* that can make us sick. The best thing that we can do is to make two sauces, one for our marinade and one to pour on top of our cooked foods.

Read the following:

What shall we drink at our get togethers? Water is a great choice because it can keep us healthy, but it's not our only choice. When we want other choices besides water, what can we drink? How about low-fat milk, *100% juice*, or water with a little lemon or lime? We can also eat foods that naturally contain more water than other foods, for example, fruits and vegetables. On a hot day, we could eat a fruit salad with watermelon, cantaloupe and pear, or a salad of zucchini, tomatoes and lettuce. We can eat and drink a variety of foods to help us consume water every day.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to keep my meals simple so I can enjoy the people.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to prepare my foods safely so I don't get sick.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That is the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
 Celebration Foods
Lesson 24: Get Togethers
“Keep it simple and enjoy the people”
 Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Total Number of Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to keep my meals simple so I can enjoy the people.	
I plan to prepare my foods safely so I don't get sick.	
I plan to consume water through a variety of beverages and foods.	

Get Togethers

“Keep it simple and enjoy the people”

In Hawaii, we all have different reasons that we have get-togethers, parties, celebrations, events, and potlucks. No matter what the reason, we should celebrate with family, friends, food and fun.

Pot-Lucks - People bring things share:

- Foods from different food groups: fruits, veggies, protein, starches, milk
- Supplies: utensils, paper goods
- Drinks: water
- Helping hands
- A gathering place

Get Together Ideas & Tips:

- Prepare foods ahead of time:
 - Cut fruits and veggies
 - Marinate meats and/or veggies overnight
- Create a sandwich bar and bring items to make the sandwiches
- Plan ahead and organize so everyone knows what they are bringing or contributing for the get together

Holidays

- Get together during holidays and bring something from each food group.
 - Ex: turkey, cranberries, green beans, a salad, rice or mashed potatoes, hot chocolate with low-fat milk.

Themed Get-Togethers

- Bring Foods Based on:
 - Culture
 - Location or place of interest
 - Event (ex: Superbowl)

Get Togethers – No Special Occasion

- Joining friends and or family for:
 - A picnic
 - Play music or dance
 - Play cards or board games
 - Trip to the grocery store

* Please check with your doctor or health care professional before making dietary changes

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Food Safety

Good Grinding for Wise Dining Food Safety Introduction

It is important to keep foods safe to eat. Food should be nourishing for our bodies and not make us sick. It is important for food to be handled carefully from the time food is bought and prepared till it is eaten and stored.

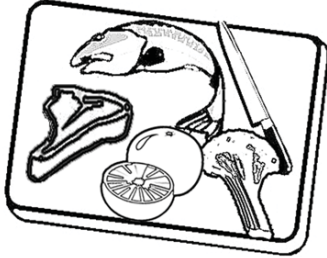
The “Safe Food Handling” handout offers many tips on how to practice safe food handling techniques. Here are some key tips:

- 1) Buy cold food last, get it home fast
- 2) Keep food safe – refrigerate
- 3) Keep everything clean
- 4) Thaw frozen foods in the refrigerator
- 5) Cook foods thoroughly
- 6) Keep hot foods hot, cold foods cold
- 7) Don't wait – refrigerate leftovers quickly. Don't leave perishable food out at room temperature for longer than 2 hours.
- 8) Wash our hands with soap and water

It is very important to remember to wash our hands before handling food. This includes preparing, cooking, eating, and storing food. Hands should be washed for at least 20 seconds with soap and water (ABC song once or Happy Birthday song twice). Be sure to wash thoroughly – between fingers, underneath finger nails, etc.

Proper safe food handling methods may prevent food related illnesses. Please refer to the “Safe Food Handling” handout for more tips on food safety.

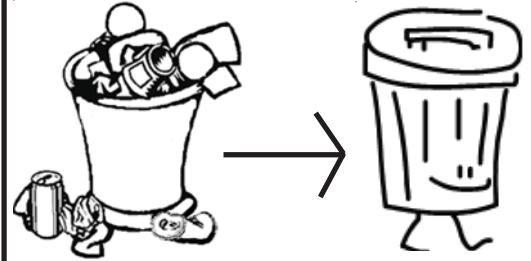
Safe Food Handling



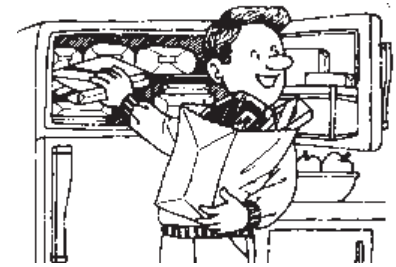
SAFE OR NOT?

Match Each Picture To A Statement

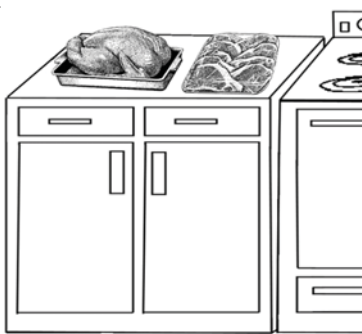
Empty garbage often.
Keep area clean.



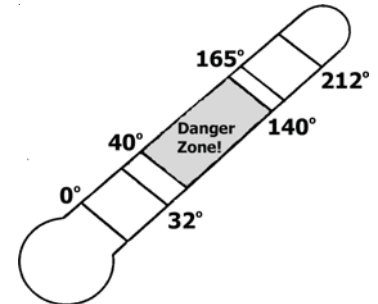
If leftover food does NOT smell bad, taste bad, or look bad, it's okay to eat.



Store foods as soon as you get home.



Keep raw meat and poultry juices away from other foods.



Wash hands with soap and water before preparing foods.

Keep hot foods hot, cold foods cold.



Don't leave perishable foods out for more than 2 hours.

Frozen foods can be thawed on the kitchen counter.



Keys to Safe Food Handling:

- Wash your hands
- Keep hot foods hot, and cold foods cold
- When in doubt, throw it out

BUYING

Buy cold foods last. Take food straight home and refrigerate or freeze as soon as possible.

Cold foods: 40°F or colder

Check for freshness by looking at dates: “pull,” “packing,” “sell by,” “closed,” and “use by.”

Carry a cooler and ice packs when transporting perishable foods.

Do not buy or eat these foods:

- Bulging or swollen cans
- Cracked or leaky jars
- Cans with severe dents or rust
- Torn or defective wrapping
- Cans/jars which spurt when opened
- Canned vegetables in milky liquid when liquid should be clear.



WASHING

Wash hands for at least 20 seconds:

- before preparing or eating food
- after handling raw meats or poultry
- after using the bathroom
- after diapering baby
- after handling animals

Wash utensils with hot soapy water.

Wash surfaces that come into contact with food in hot soapy water.

Sanitize work surfaces with a sanitizing solution of 1 tablespoon liquid bleach and 1 gallon water.

Empty garbage often and wipe up spills right away.

PREPARING

Keep everything clean.

Use clean towels, potholders, cloths, and sponges. Wash them often.

Wash lids of canned foods before opening to avoid dirt from getting into the food.

Rinse all produce thoroughly before eating.

Sneeze and cough away from food. Wear gloves to cover hand sores. Don't smoke while cooking.

To prevent bacterial growth, thaw food in the refrigerator, or follow microwave instructions. Food can also be thawed during cooking process.

Keep raw meat, poultry, and fish juices away from other ready-to-eat foods (like vegetables or cooked foods).

Marinate food in the refrigerator. Do not re-use marinades or pour over cooked food.

Cook meats until well done.

Do not return tasting spoon to pot. Use only clean spoons for tasting.

LEFTOVERS

Place leftovers into the refrigerator right away.

Use shallow containers for quicker cooling.

Reheat thoroughly.

Moldy foods should be discarded.

Clean out refrigerator and discard slimy and smelly foods.

When in doubt, throw it out.

PESTS, GERMS, AND BACTERIA

Cockroaches, flies, and rats carry germs that can cause illnesses and contaminate food.

Germs need moisture, darkness, and food to grow. They multiply rapidly and can make you sick with mild to severe symptoms.

Food poisoning symptoms may include nausea, vomiting, diarrhea, fever, headache and cramps.

Foodborne illnesses are caused by bacteria such as *Staphylococcus*, *Salmonella*, *C. botulinum*, and *E. coli*.

The Danger Zone of 40°F to 140°F promotes rapid growth of bacteria.

Keep hot foods hot and cold foods cold!

STORING

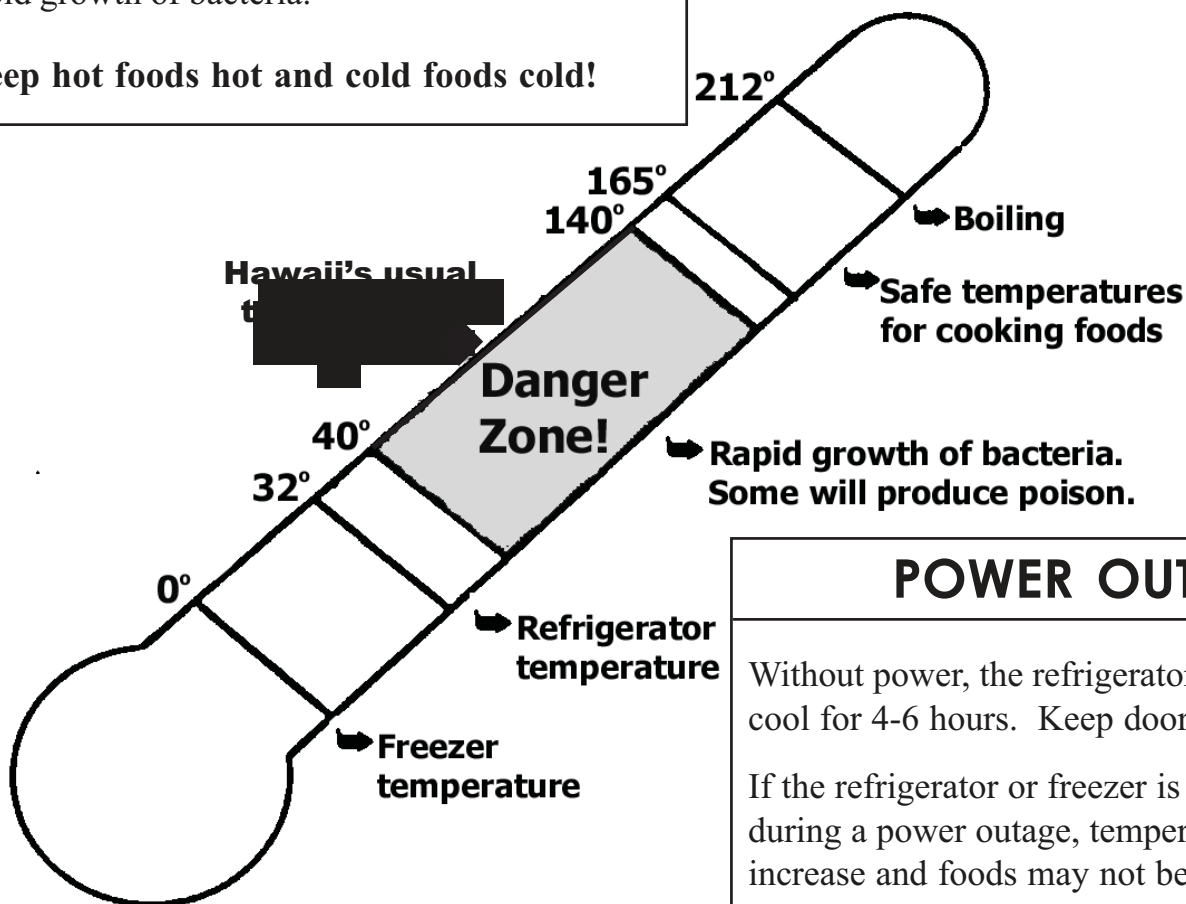
Store foods as soon as you get home.

Keep dry foods in airtight containers.

Freeze fresh poultry, fish, or ground meat right away if you can't use it within 2 days. Other beef or pork should be cooked or frozen within 3-5 days.

Place raw meat, poultry or fish in a pan on the lowest shelf in the refrigerator to avoid blood from dripping onto other foods.

Refrigerators should run below 40°F, and the freezer unit at 0°F or below to minimize bacterial growth.



POWER OUTAGE

Without power, the refrigerator section can keep cool for 4-6 hours. Keep door closed.

If the refrigerator or freezer is opened too often during a power outage, temperatures may increase and foods may not be safe to eat.

Without power, a full freezer section may keep food frozen for about 2 days, a freezer half full about 1 day.

Some foods may need to be discarded if kept over 2 hours above 40°F (out of refrigerator).

CONSUMER GUIDELINES

GROUND MEAT AND GROUND POULTRY COLD STORAGE TIMES

	Refrigerator (40°F or below) <u>Days</u>	Freezer (0°F or below) <u>Months</u>
<u>Meat Products</u>		
Uncooked ground meat	1 to 2	3 to 4
Uncooked ground poultry (bulk or patties)		
Cooked ground meat and ground poultry (hamburgers, meat loaf, and dishes with ground meats)	3 to 4	2 to 3

INTERNAL TEMPERATURES FOR SAFE COOKING

<u>Meat Product</u>	<u>Temperature</u>
Ground meat	160°F
Ground poultry	165°F
Steaks & roasts	145°F
Pork & Ham	160°F
Fish	145°F
Poultry (breast, thigh, wing)	165°F
Poultry (whole bird)	165°F
All cooked left overs (reheated)	165°F

Germs, such as bacteria, fungi, yeast, and molds, are a part of our environment. Where there is food, there are bacteria. Proper food handling and cooking are the best ways to keep from becoming sick from bacteria in foods. Generally, young children, older adults, and those who are often sick are most at risk to get ill from germs in food.

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*These recipes have been incorporated into lessons indicated by new Lesson # along with old (Module – Lesson) #.

Good Grinding for Wise Dining
Recipe Index
Equipment List

The following is a list of items that may be needed to perform a recipe demonstration with the Good Grinding for Wise Dining lesson. Different types of kitchen supplies (measuring cups, spoons, mixing bowls, etc) may be needed depending on the recipe. Each recipe (not the handout) includes a list of equipment needed to prepare that recipe.

- Electric wok/skillet
- Rice cooker
- Can opener
- Colander
- Container to store knives
- Cooler (with coolant)
- Cutting board
- Extension cord
- Fork or whisk
- Grater
- Knife
- Measuring cups (dry and liquid)
- Measuring spoons
- Mixing bowls
- Mixing spoons
- Rice paddle
- Tongs
- Vegetable peeler
- Spatula
- Wax paper

Optional:

- Container (large to store equipment)
- Cart (luggage rack to transport container of equipment)
- Drain plug

Good Grinding for Wise Dining
Bean Salad

Number of servings: 7

*** 1 recipe will make 20-24 “taste” servings**

Ingredients:

- 2 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- ½ small round onion
- ½ medium carrot
- ½ clove garlic
- ¼ cup vinegar
- ½ teaspoon white sugar
- ¼ teaspoon pepper
- Optional: 1 teaspoon oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

Equipment

- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Vegetable grater
- Mixing spoon
- Measuring cups
- Measuring spoons
- Mixing bowls (large and small)
- Plates and spoons

* Always practice safe food handling techniques. Refer to Food Safety section.



BEAN SALAD

Number of servings: 7

* 1 recipe will make 20-24 "taste" servings

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:

1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

BEAN SALAD

Number of servings: 7

* 1 recipe will make 20-24 "taste" servings

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:

1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Bean Salad Spread

Number of servings: 4

*** 1 recipe will make 20-24 “taste” servings**

Ingredients:

- 1 (15-ounce) can of beans (pinto, kidney, garbanzo)
- ¼ small round onion
- ¼ cup bell pepper OR celery OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon powdered mustard
- Optional: 1-2 tablespoons water
- Crackers or vegetables

Directions:

1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until about half is a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:

Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.

Equipment

- Can opener
- Colander
- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- Mixing spoon
- Mixing bowl
- Plates

* Always practice safe food handling techniques. Refer to Food Safety section.

Good Grinding for Wise Dining
Bean Salad



BEAN SALAD SPREAD

Number of servings: 4

Ingredients:

- 1 (15 ounces) can of beans (pinto, kidney, garbanzo)
- small round onion
- cup bell pepper OR celery OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon powdered mustard
- Optional: 1-2 tablespoons water
- Crackers or vegetables

Directions:

1. RINSE and DRAIN beans.
2. MINCE onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:

Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.
Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES

10/2010

BEAN SALAD SPREAD

Number of servings: 4

Ingredients:

- 1 (15 ounces) can of beans (pinto, kidney, garbanzo)
- small round onion
- cup bell pepper OR celery OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon powdered mustard
- Optional: 1-2 tablespoons water
- Crackers or vegetables

Directions:

1. RINSE and DRAIN beans.
2. MINCE onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:

Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.
Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES

10/2010

Good Grinding for Wise Dining
Burritos

Number of servings: 5

***1 recipe will make 15-20 “taste” servings**

Ingredients:

½ small head lettuce
1 medium tomato
½ (10-count) package flour tortillas, large size
1 cup grated cheese
½ (16-ounce) can refried beans

Optional:	leftover meat	round onion
	taco flavored meat	chili beans
	guacamole	salsa/taco sauce
	bell peppers	

Directions:

1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomato on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Variations:

Tortillas may be warmed by wrapping the whole stack in a damp dishtowel or STEAMED in a moderate oven for 10-15 minutes at 250° F, or in the microwave oven.

Other cheeses may be used.

Salsa may also be used.

Equipment

- Electric skillet
- Extension cord
- Can opener
- Cutting board
- Grater
- Knife
- Measuring cup
- Spatula
- Tongs or spoons
- Bowls
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.



BURRITOS

Number of servings: 5

* 1 recipe will make 1.5-20 “taste” servings

Ingredients:

- ½ small head lettuce
 - 1 medium tomato
 - ½ (10-count) package flour tortillas, large size
 - 1 cup grated cheese
 - ½ (16-ounce) can refried beans
- Optional: leftover meat round onion
taco flavored meat chili beans
guacamole salsa/taco sauce
bell peppers

Directions:

1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomato on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Variations:

Tortillas may be warmed by wrapping the whole stack in a damp dish towel or STEAMED in a moderate oven for 10-15 minutes at 250° F, or in the microwave oven.
Other cheeses may be used.
Salsa may also be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

BURRITOS

Number of servings: 5

* 1 recipe will make 1.5-20 “taste” servings

Ingredients:

- ½ small head lettuce
 - 1 medium tomato
 - ½ (10-count) package flour tortillas, large size
 - 1 cup grated cheese
 - ½ (16-ounce) can refried beans
- Optional: leftover meat round onion
taco flavored meat chili beans
guacamole salsa/taco sauce
bell peppers

Directions:

1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomato on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Variations:

Tortillas may be warmed by wrapping the whole stack in a damp dish towel or STEAMED in a moderate oven for 10-15 minutes at 250° F, or in the microwave oven.
Other cheeses may be used.
Salsa may also be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Chop Suey

Number of servings: 2

*** 1 recipe will make 6-8 “taste” servings**

Ingredients:

½ clove garlic
½ medium round onion
½ pound pork or chicken
1 package (10-ounce) chop suey mix

Seasoning:

½ tablespoon ginger
1 tablespoon soy sauce
¼ teaspoon sugar
Optional: ¼ teaspoon salt

Gravy:

½ tablespoon cornstarch
½ cup broth
½ tablespoon soy sauce
¼ teaspoon sugar

Directions:

1. CRUSH garlic, SET aside
2. SLICE onion.
3. SLICE pork or chicken into thin strips.
4. MINCE ginger.
5. In a small bowl, COMBINE seasonings and SET aside.
6. In another small bowl, MIX gravy ingredients. SET aside.
7. In a large pot, FRY pork or chicken.
8. ADD garlic and seasonings, MIX well.
9. ADD onions and chop suey mix. MIX well.
10. In a small bowl, COMBINE gravy ingredients and ADD to vegetables. MIX well.

Variations:

Use other fresh vegetables and meats.

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Colander
- Measuring cups
- Measuring spoons
- Tongs or mixing spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.



CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- ¾ -1 pound pork OR chicken
- 2 (10-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- ½ teaspoon sugar
- Optional: ½ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside.
Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- ¾ -1 pound pork OR chicken
- 2 (10-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- ½ teaspoon sugar
- Optional: ½ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside.
Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Creamy Fruit/Vegetable Salad

Number of servings: 2

*** 1 recipe will make 4-6 “taste” servings**

Ingredients:

1 cup fresh, frozen or canned fruit

OR

1 cup fresh or frozen vegetables

½ (6-ounce) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen or canned fruits or vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve

Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.

Chopped nuts may be added.

Equipment

- Can opener
- Colander
- Mixing bowl
- Plates and spoons

* Always practice safe food handling techniques. Refer to food safety section.

Good Grinding for Wise Dining
Creamy Fruit Salad



CREAMY FRUIT/VEGETABLE SALAD

Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit
- OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR THAW frozen ingredients OR DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.

Variations:

Examples of fruits:
pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables:
frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.
Chopped nuts may be added.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



CREAMY FRUIT/VEGETABLE SALAD

Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit
- OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR THAW frozen ingredients OR DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.

Variations:

Examples of fruits:
pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables:
frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.
Chopped nuts may be added.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Fried Rice

Number of Servings: 4.5
***1 recipe will make 16-20 “taste” servings**

Ingredients:

- ½ medium round onion
- 1 egg
- ½ cup cooked meat
- 1 ½ teaspoons oil
- 2 cups cooked rice
- 1 cup frozen peas OR mixed vegetables
- 1 teaspoon soy sauce

Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan HEAT oil. COOK onion and egg.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:

Use cooked brown rice for a hearty flavor and an even brown color.
Use any leftover cooked meats.
Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-size pieces).
Use oyster sauce.

Equipment

- Electric Skilled
- Extension Cord
- Colander
- Cutting board
- Fork or whisk
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowls
- Mixing spoon
- Tongs
- Bowls and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.



FRIED RICE

Number of servings: 9

Ingredients:

- ½ medium round onion
- 1 egg
- ½ cup cooked meat
- 1 ½ teaspoons oil
- 2 cups cooked rice
- 1 cup frozen peas OR mixed vegetables
- 1 teaspoon soy sauce

Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan HEAT oil. COOK onion and egg.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:

Use cooked brown rice for a hearty flavor and an even brown color.
Use any leftover cooked meats.
Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-size pieces).
Use oyster sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

FRIED RICE

Number of servings: 9

Ingredients:

- ½ medium round onion
- 1 egg
- ½ cup cooked meat
- 1 ½ teaspoons oil
- 2 cups cooked rice
- 1 cup frozen peas OR mixed vegetables
- 1 teaspoon soy sauce

Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan HEAT oil. COOK onion and egg.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:

Use cooked brown rice for a hearty flavor and an even brown color.
Use any leftover cooked meats.
Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-size pieces).
Use oyster sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Gon Lo Mein

Number of servings: 4

*** 1 recipe will make 16-20 “taste” servings**

Ingredients:

- ½ (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about ¾ cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), or Chinese parsley (cut into 1-inch lengths)

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Colander
- Measuring cups
- Measuring spoons
- Tongs or mixing spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Good Grinding for Wise Dining
Gon Lo Mein



GON LO MEIN

Number of servings: 10

Ingredients:

- 1/2 (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- 1/2 cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.
Use 1 -1/2 cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.
For topping add:
scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), Chinese parsley (cut into 1-inch lengths).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

GON LO MEIN

Number of servings: 10

Ingredients:

- 1/2 (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- 1/2 cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.
Use 1 -1/2 cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.
For topping add:
scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), Chinese parsley (cut into 1-inch lengths).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining Granola

Yield: approximately 2 ½ cups

***1 recipe will make 10-20 “taste” servings**

Ingredients:

2 cups oatmeal (instant OR old fashioned)
¼ cup nonfat powdered milk
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg
¼ cup wheat germ
2 tablespoons oil
3 tablespoons pancake syrup
¼ cup raisins
¼ cup chopped nuts

Directions:

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan or skillet, COMBINE oil and pancake syrup. HEAT until warm. MIX well.
4. ADD pancake syrup mixture to dry ingredients.
5. MIX well and SPREAD on cookie sheet or shallow pan.
6. BAKE in oven. MIX every 5-10 minutes until brown and crisp (about 15-20 minutes).
7. ADD raisins and nuts after cooking.
8. STORE in airtight container.

Variations:

Other dried fruits may be used.

For children over 2 years of age, honey may be used instead of pancake syrup.

Equipment

- Oven
- Electric Skillet
- Extension cord
- Cookie sheet or shallow pan
- Measuring cups
- Measuring spoons
- Mixing bowl (large)
- Mixing spoon
- Spatula
- Pot holders
- Plates or napkins

*Always practice safe food handling techniques. Refer to Food Safety section.



Granola

Yields: approximately 5 cups

Ingredients:

- 2 cups oatmeal (instant OR old fashioned)
- ¼ cup nonfat powdered milk
- ⅛ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- ¼ cup wheat germ
- 2 tablespoons oil
- 3 tablespoons pancake syrup
- ¼ cup raisins
- ¼ cup chopped nuts

Directions:

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan or skillet, COMBINE oil and pancake syrup.
4. HEAT until warm. MIX well.
5. ADD pancake syrup mixture to dry ingredients.
6. MIX well and SPREAD on cookie sheet or shallow pan.
7. BAKE in oven. MIX every 5-10 minutes until brown and crisp (about 15-20 minutes).
8. ADD raisins and nuts after cooking.
9. STORE in airtight container

Variations:

Other dried fruits may be used.
For children over 2 years of age, honey may be used instead of pancake syrup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Granola

Yields: approximately 5 cups

Ingredients:

- 2 cups oatmeal (instant OR old fashioned)
- ¼ cup nonfat powdered milk
- ⅛ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- ¼ cup wheat germ
- 2 tablespoons oil
- 3 tablespoons pancake syrup
- ¼ cup raisins
- ¼ cup chopped nuts

Directions:

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan or skillet, COMBINE oil and pancake syrup.
4. HEAT until warm. MIX well.
5. ADD pancake syrup mixture to dry ingredients.
6. MIX well and SPREAD on cookie sheet or shallow pan.
7. BAKE in oven. MIX every 5-10 minutes until brown and crisp (about 15-20 minutes).
8. ADD raisins and nuts after cooking.
9. STORE in airtight container

Variations:

Other dried fruits may be used.
For children over 2 years of age, honey may be used instead of pancake syrup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Leafy Tofu

Number of servings: 3

*** 1 recipe will make 6-8 “taste” servings**

Ingredients:

- ½ (20-ounce) container tofu
- 1 bunch spinach
- 1 tablespoon oil
- 1 tablespoon soy sauce
- ½ teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables.

May use frozen spinach instead of fresh spinach.

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Measuring spoons
- Colander
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.



LEAFY TOFU

Number of servings: 6

Ingredients:

- 1 (20-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



LEAFY TOFU

Number of servings: 6

Ingredients:

- 1 (20-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Peanut Butter Log

Yield: 1 log (10 pieces)

***1 recipe will make 12-20 “taste” servings**

Ingredients:

¼ cup plain cornflake cereal
⅓ cup nonfat powdered milk
1 tablespoon pancake syrup
6 tablespoons peanut butter
Waxed paper

Optional: ½ teaspoon vanilla extract
2 tablespoons raisins

Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. Place mixture on waxed paper 13” X 15” long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

Variations:

Other cereals may be used.

Graham crackers may be used instead of cereal.

Peanut butter may be creamy or chunky.

For persons over 2 years of age, honey may be used instead of pancake syrup.

Equipment

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowl (medium)
- Mixing spoon
- Napkins
- Wax paper

*Always practice safe food handling techniques. Refer to Food Safety section.



PEANUT BUTTER LOG

Yield: 1 log (20 pieces)

Ingredients:

- ½ cup plain cornflake cereal
- ⅔ cup nonfat powdered milk
- 2 tablespoons pancake syrup
- ¾ cup peanut butter
- Wax paper
- Optional: 1 teaspoon vanilla extract
¼ cup raisins

Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. PLACE mixture on waxed paper sheet 13" x 15" long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

Variations:

Other cereals may be used.
Graham crackers may be used instead of cereal.
Peanut butter may be creamy or chunky.
For children over 2 years of age, honey can be used instead of pancake syrup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

PEANUT BUTTER LOG

Yield: 1 log (20 pieces)

Ingredients:

- ½ cup plain cornflake cereal
- ⅔ cup nonfat powdered milk
- 2 tablespoons pancake syrup
- ¾ cup peanut butter
- Wax paper
- Optional: 1 teaspoon vanilla extract
¼ cup raisins

Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. PLACE mixture on waxed paper sheet 13" x 15" long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

Variations:

Other cereals may be used.
Graham crackers may be used instead of cereal.
Peanut butter may be creamy or chunky.
For children over 2 years of age, honey can be used instead of pancake syrup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Pina Colada Sauce

Yield: approximately 1 cup
***1 recipe will make 8-10 “taste” servings**

Ingredients:

- 1 (6-ounce) container low-fat vanilla yogurt
- 1/3 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE.
3. SERVE with sliced fruit OR vegetable sticks.

Equipment

- Measuring cups
- Mixing bowl
- Mixing spoon
- Plates and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.



Pina Colada Sauce

Yields: approximately 3 cups

Ingredients:

- 3 (6-ounce) containers lowfat vanilla yogurt
- 1 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER AND REFRIGERATE. SERVE with sliced fruit
OR vegetable sticks.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Pina Colada Sauce

Yields: approximately 3 cups

Ingredients:

- 3 (6-ounce) containers lowfat vanilla yogurt
- 1 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER AND REFRIGERATE. SERVE with sliced fruit
OR vegetable sticks.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Potato

Number of servings: 2

*** 1 recipe will make 4-6 “taste” servings**

Ingredients:

1 medium potato

Directions:

1. SCRUB potato well.
2. CUT approximately into 2-inch chunks.
3. PIERCE potato several times with a fork.

MICROWAVE:

1. MICROWAVE on high 4-6 minutes.
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. Place about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potato in automatic rice cooker, COOK.
3. Potato is done when rice cooker automatically shuts off.

* Crumpled foil or foil balls may be used instead of a steamer rack.

Equipment

- Microwave or rice cooker
- Knife
- Cutting board
- Foil or steamer rack (if using rice cooker)
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.



POTATOES

Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

1. SCRUB potatoes well; REMOVE all eyes and sprouts.
2. CUT approximately into 2-inch chunks.
3. PIERCE each potato several times with a fork.

Variations:

MICROWAVE:

1. PLACE in microwave and COOK on high:
One potato: cook 4-6 minutes
Two potatoes: cook 6-8 minutes
Three potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. PLACE about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potatoes in automatic rice cooker and COOK.
3. Potatoes are done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack. Wrapping potatoes individually in ti leaves may result in a desirable flavor.

TRADITIONAL METHOD:

BAKE: In oven or toaster oven at 425° F, BAKE for 30-45 minutes.

BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to BOIL and SIMMER covered for 20-30 minutes.

STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



POTATOES

Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

1. SCRUB potatoes well; REMOVE all eyes and sprouts.
2. CUT approximately into 2-inch chunks.
3. PIERCE each potato several times with a fork.

Variations:

MICROWAVE:

1. PLACE in microwave and COOK on high:
One potato: cook 4-6 minutes
Two potatoes: cook 6-8 minutes
Three potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. PLACE about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potatoes in automatic rice cooker and COOK.
3. Potatoes are done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack. Wrapping potatoes individually in ti leaves may result in a desirable flavor.

TRADITIONAL METHOD:

BAKE: In oven or toaster oven at 425° F, BAKE for 30-45 minutes.

BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to BOIL and SIMMER covered for 20-30 minutes.

STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Pumpkin Shortbread

Yield: 20 pieces

Ingredients:

Crust:

1 cup butter (2 blocks)
½ cup white sugar
3 cups flour

Filling:

1 can (29-ounce) pumpkin
1½ cups white sugar
4 eggs
2 (12-ounce) cans of lowfat evaporated milk
½ teaspoon ginger
½ teaspoon cloves
1 teaspoon salt
1 teaspoon cinnamon

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. ADD flour and MIX well.
3. PRESS mixture evenly into a 9x13 pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture into crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness.
(The toothpick/knife should come out clean.)

Equipment

- Oven
- Mixing bowls
- 9x13 pan
- Toothpick or knife
- Measuring cups
- Measuring spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.



PUMPKIN SHORTBREAD

Yields: 20 pieces

Ingredients:

<u>Filling:</u>	<u>Crust:</u>
1 can (29 ounces) pumpkin	1 cup butter (2 blocks)
1 ½ cups white sugar	½ cup white sugar
4 eggs	3 cups flour
2 (12 ounces) cans of lowfat evaporated milk	
½ teaspoon ginger	
½ teaspoon cloves	
1 teaspoon salt	
1 teaspoon cinnamon	

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. ADD flour and MIX well.
3. PRESS mixture evenly into a 9x13 pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture into crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness. (The toothpick should come out clean)

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

PUMPKIN SHORTBREAD

Yields: 20 pieces

Ingredients:

<u>Filling:</u>	<u>Crust:</u>
1 can (29 ounces) pumpkin	1 cup butter (2 blocks)
1 ½ cups white sugar	½ cup white sugar
4 eggs	3 cups flour
2 (12 ounces) cans of lowfat evaporated milk	
½ teaspoon ginger	
½ teaspoon cloves	
1 teaspoon salt	
1 teaspoon cinnamon	

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. ADD flour and MIX well.
3. PRESS mixture evenly into a 9x13 pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture into crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness. (The toothpick should come out clean)

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Quesadillas

Number of servings: 2.5

***1 recipe will make 20-30 “taste” servings**

Ingredients:

½ tomato

1 cup grated cheese

½ (10-count) package small flour tortillas

Optional: bell peppers

round onions

taco sauce

beans: kidney, pinto, OR refried

Directions:

1. DICE tomato and other optional ingredients. SET aside.
2. GRATE cheese. SET aside.
3. In a large skillet/pan, PLACE tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD optional ingredients on top of tortilla: CHOPPED bell peppers OR round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. CUT into wedges like a pizza.

Variations:

Use other cheeses.

Use other vegetables.

Equipment

- Electric Skillet
- Extension Cord
- Can Opener
- Cutting Board
- Colander
- Grater
- Knife
- Measuring cups
- Mixing bowls
- Spatula

*Always practice safe food handling techniques. Refer to Food Safety section.



QUESADILLAS

Number of servings: 5

Ingredients:

- 1 tomato
- 2 cups grated cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
round onions
taco sauce
beans: kidney, pinto, OR refried

Directions:

1. DICE tomatoes and other optional ingredients. SET aside.
2. GRATE cheese. SET aside.
3. In a large skillet/pan, PLACE tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD Optional ingredients on top of tortilla: **CHOPPED** bell peppers OR round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. CUT into wedges like a pizza.

Variations:

- Use other cheeses.
- Use other vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

QUESADILLAS

Number of servings: 5

Ingredients:

- 1 tomato
- 2 cups grated cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
round onions
taco sauce
beans: kidney, pinto, OR refried

Directions:

1. DICE tomatoes and other optional ingredients. SET aside.
2. GRATE cheese. SET aside.
3. In a large skillet/pan, PLACE tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD Optional ingredients on top of tortilla: **CHOPPED** bell peppers OR round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. CUT into wedges like a pizza.

Variations:

- Use other cheeses.
- Use other vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Salsa

Yield: approximately 2 cups
***1 recipe will make 16-20 “taste” servings**

Ingredients:

- 4 to 6 ounces tomatoes OR 1 (14.5-ounce) can whole tomatoes
- ¼ small round onion
- 1 tablespoon Chinese parsley
- ½ piece chili pepper
- ½ teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed or diced tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.
Chili flakes may be used instead of chili pepper.

Equipment

- Can opener
- Cutting board
- Knife
- Measuring spoons
- Mixing bowls
- Mixing spoon
- Plates and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.



SALSA

Yield: approximately 4 cups

Ingredients:

- 1/2 - 3/4 pounds tomatoes OR 1 can (28-ounce) whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.
Chili flakes may be used instead of chili pepper.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

SALSA

Yield: approximately 4 cups

Ingredients:

- 1/2 - 3/4 pounds tomatoes OR 1 can (28-ounce) whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.
Chili flakes may be used instead of chili pepper.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Scrambled Tofu

Number of servings: 2
***1 recipe will make 8-16 “taste” servings**

Ingredients:

½ (20-ounce) container tofu
1 ½ teaspoons butter
¼ (10-ounce) package bean sprouts
1 egg
Salt and pepper to taste

Optional: garlic
watercress
mushrooms
cheese
bell pepper
green onions
chop suey mix

Directions:

1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic.
SLICE: watercress, mushrooms, cheese, bell peppers,
and green onions.
4. In a pan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTE over medium heat until lightly BROWNED.
6. BEAT eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

Variations:

SAUTE one or more optional ingredients with tofu. Season to taste.

Good Grinding for Wise Dining
Scrambled Tofu

Equipment

- Electric skillet
- Extension cord
- Colander
- Cutting board
- Fork
- Knife
- Measuring spoons
- Mixing bowls
- Mixing spoon
- Paper towel
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.



Scrambled Tofu

Number of servings: 4

Ingredients:

- 1 ½ teaspoons butter
- ¼ (10-ounce) package bean sprouts
- 1 egg
- Salt and pepper to taste
- Optional: garlic bell pepper
- watercress green onions
- mushrooms chop suey mix
- cheese

Directions:

1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic.
SLICE: watercress, mushrooms, cheese, bell peppers, and green onions.
4. In a plan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTE over medium heat until lightly BROWNED.
6. BEAT eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

Variations:

SAUTE one or more optional ingredients with tofu. Season to taste.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



Scrambled Tofu

Number of servings: 4

Ingredients:

- 1 ½ teaspoons butter
- ¼ (10-ounce) package bean sprouts
- 1 egg
- Salt and pepper to taste
- Optional: garlic bell pepper
- watercress green onions
- mushrooms chop suey mix
- cheese

Directions:

1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic.
SLICE: watercress, mushrooms, cheese, bell peppers, and green onions.
4. In a plan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTE over medium heat until lightly BROWNED.
6. BEAT eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

Variations:

SAUTE one or more optional ingredients with tofu. Season to taste.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Skillet Fruit

Number of servings: 8
***1 recipe will make 6-8 “taste” servings**

Ingredients:

- ½ teaspoon lemon rind zest**
- 1 ½ - 2 cups fruit (fresh OR canned)
- ⅛ cup fruit juice OR water
- 1 tablespoon brown sugar
- 1 tablespoon butter

Directions:

1. GRATE lemon zest. SET aside.
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used.

Use skillet fruit in place of syrup on French toast, pancakes, or waffles.

** zest is the outermost skin of citrus fruits

Equipment

- Electric Skillet
- Extension cord
- Bowls
- Can opener
- Colander
- Grater
- Measuring cups
- Measuring spoons
- Mixing spoon

*Always practice safe food handling techniques. Refer to Food Safety section.



Skillet Fruit

Number of servings: 16

Ingredients:

- 1/2 teaspoon lemon rind zest**
- 1 1/2 - 2 cups fruit (fresh or canned)
- 1/8 cup fruit juice OR water
- 1 tablespoon brown sugar
- 1 tablespoon butter

Directions:

1. GRATE lemon zest. SET aside
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used.
Use skillet fruit in place of syrup on French toast, pancakes, or waffles.

** zest is the outer most skin of citrus fruits

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



Skillet Fruit

Number of servings: 16

Ingredients:

- 1/2 teaspoon lemon rind zest**
- 1 1/2 - 2 cups fruit (fresh or canned)
- 1/8 cup fruit juice OR water
- 1 tablespoon brown sugar
- 1 tablespoon butter

Directions:

1. GRATE lemon zest. SET aside
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used.
Use skillet fruit in place of syrup on French toast, pancakes, or waffles.

** zest is the outer most skin of citrus fruits

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Somen Salad

Number of servings: 3
***1 recipe will make 9-12 “taste” servings**

Ingredients:

½ (9-ounce) package somen noodles
½ head romaine lettuce
½ medium carrot
½ (6-ounce) block fish cake

Optional: ½ cup leftover meats, imitation crab, OR char siu
2 tablespoons green onions

Dressing:

½ teaspoon salt 1 tablespoon water
2 tablespoons sesame oil 2 tablespoons + 2 teaspoons sugar
2 tablespoons soy sauce ¼ cup vinegar

Optional: 2 tablespoons sesame seeds

Directions:

1. In a skillet, COOK somen noodles. SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake.
(Optional: meats, crab, char siu, and green onions.)
7. COVER and REFRIGERATE until ready to SERVE.
8. In a small bowl, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:

Soba noodles may be used.
Other vegetables may be used.

Good Grinding for Wise Dining
Somen Salad

Equipment

- Electric skillet
- Extension cord
- Cutting board
- Colander
- Grater
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowls
- Tongs
- Vegetable peeler
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.



SOMEN SALAD

Number of servings: 6

Ingredients:

- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meats, imitation crab, or char siu
¼ cup green onions

Dressing:

- 1 teaspoon salt ⅓ cup sugar
- ¼ cup sesame oil ½ cup vinegar
- ¼ cup soy sauce Optional: ¼ cup sesame seeds
- 2 tablespoons water

Directions:

1. In a medium pot, COOK somen noodles, SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake, (Optional: meats, crab, char siu, and green onions).
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:

Soba noodles may be used.
Other vegetables may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



SOMEN SALAD

Number of servings: 6

Ingredients:

- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meats, imitation crab, or char siu
¼ cup green onions

Dressing:

- 1 teaspoon salt ⅓ cup sugar
- ¼ cup sesame oil ½ cup vinegar
- ¼ cup soy sauce Optional: ¼ cup sesame seeds
- 2 tablespoons water

Directions:

1. In a medium pot, COOK somen noodles, SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake, (Optional: meats, crab, char siu, and green onions).
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:

Soba noodles may be used.
Other vegetables may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Thousand Island Dressing

Yield: approximately 1½ cups
*** 1 recipe will make 16-24 “taste” servings**

Ingredients:

- 1 (8-ounce) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

Equipment

- Mixing bowl
- Measuring cups
- Measuring spoons
- Spoon

* Always practice safe food handling techniques. Refer to Food Safety section.



THOUSAND ISLAND DRESSING

Yields: approximately 1 1/2 cups

Ingredients:

- 1 (8 ounces) container lowfat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

THOUSAND ISLAND DRESSING

Yields: approximately 1 1/2 cups

Ingredients:

- 1 (8 ounces) container lowfat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Tuna Sunshine Mix

Yield: approximately 1 ½ cups
***1 recipe will make 8-12 “taste” servings**

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- Pepper to taste

- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery, and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

Equipment

- Can opener
- Colander
- Cutting board
- Grater
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Vegetable peeler
- Plates and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.



TUNA SUNSHINE MIX

Yield: approximately 1½ cup

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

TUNA SUNSHINE MIX

Yield: approximately 1½ cup

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Trail Mix

Yield: 2 cups

*** 1 recipe will make 8-10 “taste” servings**

Ingredients:

1 cup circle shaped cereal

1 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.

Eat cereals with 100% fruit juice.

Use a mixture of any 2 or more cereals.

Add pretzels, nuts, and/or dried fruits.

Equipment

- Measuring cups
- Measuring bowl
- Plates or napkins

* Always practice safe food handling techniques. Refer to Food Safety section.



TRAIL MIX

Yields: 4 cups

Ingredients:

- 1 cup circle shaped cereal
- 1 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.
 Eat cereals with 100% fruit juice.
 Use a mixture of any 2 or more cereals.
 Add pretzels, nuts, and/or dried fruits.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



TRAIL MIX

Yields: 4 cups

Ingredients:

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Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.
 Eat cereals with 100% fruit juice.
 Use a mixture of any 2 or more cereals.
 Add pretzels, nuts, and/or dried fruits.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Tuna Dip

Yield: approximately 2 ½ cups
*** 1 recipe will make 16-20 “taste” servings**

Ingredients:

- 1 (6-ounce) can tuna in water
- 1 (16-ounce) container lowfat cottage cheese
- Optional: ¼ cup cheese
- 1 small carrot (approximately ¼ cup)
- 3-4 stalks green onion

Directions:

8. DRAIN tuna
9. In a medium bowl, MIX tuna and cottage cheese.
10. Optional: GRATE cheese and carrot.
Finely CHOP onion.
11. COVER and REFRIGERATE until ready to serve.

Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling

Equipment

- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Vegetable grater
- Mixing spoon
- Mixing bowls (small)
- Plates and spoons

* Always practice safe food handling techniques. Refer to food safety section.



TUNA DIP

Yields: approximately 2 ½ cups

Ingredients:

- 1 (6 ounces) can tuna in water
- 1 (16 ounces) container lowfat cottage cheese
- Optional:
- ¼ cup cheese
- 1 small carrot (approximately ¼ cup)
- 3-4 stalks green onion

Directions:

1. Drain tuna.
2. In a medium bowl, MIX tuna and cottage cheese.
3. Optional: GRATE cheese and carrot.
Finely CHOP onion
4. COVER and REFRIGERATE until ready to serve

Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

TUNA DIP

Yields: approximately 2 ½ cups

Ingredients:

- 1 (6 ounces) can tuna in water
- 1 (16 ounces) container lowfat cottage cheese
- Optional:
- ¼ cup cheese
- 1 small carrot (approximately ¼ cup)
- 3-4 stalks green onion

Directions:

5. Drain tuna.
6. In a medium bowl, MIX tuna and cottage cheese.
7. Optional: GRATE cheese and carrot.
Finely CHOP onion
8. COVER and REFRIGERATE until ready to serve

Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Tuna Tofu Salad

Number of Servings: 4

*** 1 recipe will make 8-10 “taste” servings**

Ingredients:

- ½ head lettuce
- ½ small bunch Chinese parsley
- ½ medium round onion (OR ¼ bunch green onions)
- 1 tomato
- ½ (20-ounce) container firm tofu
- ½ (6-ounce) can tuna in water

Dressing:

- 2½ tablespoons soy sauce
- ½ teaspoon sesame oil
- 1½ teaspoons sugar
- Optional: toasted sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar, and (optional) sesame seeds together. COVER and SET aside in refrigerator until ready to serve.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

Salmon may be used instead of tuna.

Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.

Salad may be layered instead of tossed.

Good Grinding for Wise Dining
Tuna Tofu Salad

Equipment

- Knife
- Cutting board
- Can opener
- Mixing bowl (large and small)
- Measuring spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to food safety section.



TUNA TOFU SALAD

Number of servings: 8

Ingredients:

- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium round onion
- OR ½ bunch green onions
- 2 medium tomatoes
- seeds
- 1 (20-ounce) container firm tofu
- 1 (5-ounce) can tuna in water

Dressing:

- ⅓ cup soy sauce
- 1 teaspoon sesame oil
- 3 teaspoon sugar
- Optional: toasted sesame

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and Optional: sesame seeds together. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. COVER and REFRIGERATE until ready to SERVE.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

Salmon may be used instead of tuna.
Spinach, Chinese cabbage, watercress, or chop suey mix may used in place of lettuce. You may also use a combination of these ingredients.
Salad may be layered instead of tossed.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



TUNA TOFU SALAD

Number of servings: 8

Ingredients:

- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium round onion
- OR ½ bunch green onions
- 2 medium tomatoes
- seeds
- 1 (20-ounce) container firm tofu
- 1 (5-ounce) can tuna in water

Dressing:

- ⅓ cup soy sauce
- 1 teaspoon sesame oil
- 3 teaspoon sugar
- Optional: toasted sesame

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and Optional: sesame seeds together. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. COVER and REFRIGERATE until ready to SERVE.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

Salmon may be used instead of tuna.
Spinach, Chinese cabbage, watercress, or chop suey mix may used in place of lettuce. You may also use a combination of these ingredients.
Salad may be layered instead of tossed.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Good Grinding for Wise Dining
Vegetable Namul

Number of servings: 4

***1 recipe will make 8-10 “taste” servings**

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce

Optional: ⅛ teaspoon cayenne pepper OR red pepper
1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. PLACE watercress in 1 ½ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. COVER and REFRIGERATE until ready to SERVE.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

Equipment

- Electric skillet
- Extension cord
- Cutting board
- Knife
- Grater
- Mixing bowls
- Measuring cups
- Measuring spoons
- Mixing spoon
- Vegetable peeler
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.



VEGETABLE NAMUL

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce
- Optional: ⅛ teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1-inch lengths.
4. PLACE watercress in 1 ½ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. COVER and REFRIGERATE until ready to SERVE.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



VEGETABLE NAMUL

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce
- Optional: ⅛ teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1-inch lengths.
4. PLACE watercress in 1 ½ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. COVER and REFRIGERATE until ready to SERVE.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Glossary

Good Grinding for Wise Dining
Glossary

Adobo	Adobo is a Filipino dish that is usually made with chicken or pork and cooked slowly in a sauce made of vinegar, soy sauce (see soy sauce or shoyu), garlic, bay leaves, and black peppercorns.
Almond float	Almond float is a Chinese dessert made of almond flavored gelatin with canned fruits such as lychee and/or fruit cocktail.
Almond milk	Almond milk is an alternative to milk (from animals, i.e. cow's milk). It is a milky like liquid made from almonds.
Andagi	Andagi is an Okinawan donut, a deep fried ball of dough.
Arare	Arare are Japanese rice crackers flavored with soy sauce and other ingredients. Also known as mochi crunch and kaki mochi.
Azuki beans	Azuki beans are Asian red beans commonly sweetened and used as a filling or topping in desserts and baked goods.
Bacteria	Bacteria is a type of microorganism that is found naturally in the environment. It may cause food-borne illness if food is not handled properly.
Bagel	Bagel is a firm, doughnut-shaped roll made from yeast dough that is first boiled then baked.
Bagoong	Bagoong is a salty Filipino paste usually made from fermented fish or shrimp.
Baked beans	Baked beans is any dish similar in preparation to Boston Baked Beans which are beans baked slowly with salt pork or bacon, seasonings, and molasses or brown sugar.

Bamboo	Bamboo eaten is the edible portion of young bamboo shoots. It is a brown or dull yellow vegetable.
Bean sprouts	Bean sprouts are sprouted mung beans but could also be the sprouts grown from seeds of any bean plant that is eaten as food.
Bento	Bento or lunch box is a type of take out container that usually consists of rice or noodles, a protein (i.e. fish, chicken, meat, seafoods), and pickled vegetables or cooked vegetables.
Bingo	Bingo is a game matching randomly selected numbers with the numbers on a BINGO game card.
Black beans	Black beans are small and oval shaped, typically used in Latin dishes. It is also known as turtle beans.
Black-eyed peas	Black-eyed peas are small, pale beige colored beans with a black "eye". The "eye" may also be brown, red, or yellow.
Bran	Bran is part of the whole grain. It is the outer shell of a grain, with B vitamins, trace minerals and rich in fiber.
Brown rice	Brown rice is rice with its husks removed, but hull intact. It is higher in protein, vitamins, and minerals than white rice.
Buckwheat	Buckwheat are seeds from a beech tree (not a grass) that is used like wheat. The seed is ground into a flour and used in pancake mixes and a Japanese noodle called soba. See soba.
Budget-friendly	Budget-friendly means not expensive, affordable.
Bulgur (cracked wheat)	Bulgur is a whole grain food also known as cracked wheat.

Bulk purchasing	Bulk purchasing is buying foods in larger amounts for a lower price.
Burritos	Burritos are flour tortillas rolled or folded around a filling.
Buy one get one free	Buy one get one free is purchasing one item at regular price and getting the second item for free.
Calcium	Calcium is the most abundant mineral in our bodies, important to keep our bones and teeth strong. Calcium containing food items include dairy products (i.e. milk, cheese yogurt), some vegetables (i.e. spinach, broccoli) and some fortified products (see fortified) (i.e. soy milk, certain orange juices, certain cold cereals).
Carbohydrate	Carbohydrates are the body's main source of energy. It includes sugars, starches, and dietary fiber.
Chinese Cabbage	Chinese cabbage is also called Napa cabbage or Bok Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.
Chinese parsley	Chinese parsley is the coriander plant whose pungent leaves are used in Asian, Mexican, and other cuisines. Also known as cilantro.
Chop Chae	Chop Chae is a Korean cellophane/clear noodle dish with stir-fried vegetables which may include mushrooms, celery, carrots, onions, snow peas, egg, meat (i.e. chicken, beef) and flavoring such as soy sauce.
Chop Suey Mix	Chop Suey Mix is a mixture of vegetables that may include bean sprouts, carrots, cabbage, and watercress.
Chow Mein	Chow Mein are thin Chinese noodles that are stir-fried with vegetables (i.e. bean sprouts, onions, cabbage) and protein such as meat, chicken, tofu or seafood.

Cilantro	See Chinese parsley
Club soda	See sparkling water
Coconut milk	Coconut milk is the creamy liquid extracted from fresh coconut meat with water added.
Cold cuts	Cold Cuts are precooked, precut and cured meats such as salami, bologna, ham and other meats, usually served cold in sandwiches. They are also known as deli meat.
Combo meal	Combo meal is a combination of a main meal (i.e. sandwich) with a side dish (i.e. French fries) and a drink.
Condensed cream of mushroom soup	See Cream of Mushroom Soup
Cottage cheese	Cottage cheese is a white, soft cheese that has its whey drained. As a result, it has lower levels of lactose than milk. It can be used with fruits, salads, desserts, in dressings and dips.
Cream cheese	Cream cheese is a white, smooth, creamy cheese, with a mild/bland taste. It is made from milk and/or cream.
Cream of Mushroom Soup	Cream of mushroom soup is a smooth thick soup made with mushrooms and usually with cream. Condensed cream of mushroom soup is a concentrated canned soup that is used as a base in many sauces and recipes.
Cuttlefish	Cuttlefish is a squid-like ocean creature commonly used as food in Asia and the Mediterranean. Cuttlefish is a popular snack when flavored and dried.
Dairy foods	Dairy foods are milk or milk-based foods/items such as milk, cheese, yogurt, butter, ice cream, etc.

Dehydrated	Dehydrated is the removal of water or moisture.
Early Bird Special	Early Bird Special are discounted prices or special lower prices on food or services provided before a certain time of day.
Egg substitute	Egg substitute is an egg product that can take the place of regular whole eggs, but has replaced the yolks to lower the cholesterol or fat content.
Endosperm	Endosperm is part of the whole grain. It is the inner portion of the grain containing carbohydrate and some vitamins. It is the portion that is usually eaten.
English muffin	English muffin is a small round rather flattened bread product that is halved and toasted.
Environmentally friendly	Environmentally friendly is to be a "friend of the environment"; attempting to do the least amount of harm to the natural world.
Evaporated milk	Evaporated milk is canned milk with over half of its water removed, leaving a more dense liquid.
Family pack	Family pack is usually a bigger portion of a food or a meal that can feed a family at a cheaper price.
Fiber	Fiber is found in plant-based food items such as fruits, vegetables, legumes and grains. It is not fully digested and regulates bowel movements.
Fish paste	Fish paste is a concentrated paste made from fish. It is used for sauces or flavoring in dishes.
Fish sauce	Fish sauce is a clear, yellow-brown sauce made from fish that is fermented. It is also called patis (Filipino), nam pla (Thai), harm har (Chinese), and nuoc mam (Vietnamese).

Fishcake or Fish cake	Fishcake is the general name for cooked and raw fish paste mixtures. Kamaboko is processed Japanese fishcake that typically is pink or red on the outside, white on the inside, and is very decorative when sliced.
Food poisoning	Food poisoning is an illness due to eating contaminated foods and could include abdominal pain, nausea, vomiting, high fever, and diarrhea.
Fortified	Fortification is the process by which vitamins and/or minerals are added to food items in addition to naturally occurring nutrients.
Frozen yogurt	Frozen yogurt is a lower fat alternative to ice cream, usually made from yogurt.
Fruit breads	Fruit breads are loaf-shaped baked goods made from a sweet dough or batter using one or more kinds of fruit.
Fruit cocktail	Fruit cocktail is a colorful fruit salad of diced and sliced fruit; typically a canned product unless specified as fresh.
Furikake	Furikake is a Japanese seasoning mix with a base of dried seaweed, sesame seeds, and salt.
Garbanzo bean	Garbanzo beans are also small, irregular shaped beans usually a pale beige color. It can also be yellow, brown, black or green and is also known as chickpeas. It is best known to be used in hummus, but can also be used in salads, main dishes, soups, dips.
Gelatin	Gelatin is a powder made from animal protein that produces a clear, colorless, tasteless and odorless, substance with gel forming properties when mixed with hot water. It can be added to sugar and other items to make fruit flavored gelatin desserts such as jello.
Germ	Germ is part of the whole grain. It is the inside or embryo of the grain. It has the highest concentration B vitamins, trace minerals and protein in the whole grain.

Good hygiene practices	Good hygiene practices include thoroughly washing hands with soap and warm water before, during and after handling and preparing foods; making sure that towels, utensils, and surfaces are clean for preparing foods.
Granola	Granola is a baked crunchy mixture of oats, nuts, dried fruits, and possibly other ingredients; consumed as a breakfast cereal and snack food.
Halohalo	Halohalo is a Filipino dessert drink of milk, sugar, fruits, and ice or shaved ice.
Heavy syrup	Heavy syrup is a thick, sugary liquid used in packing canned fruits. See also light syrup.
Ice packs or coolants	Ice packs or coolants are ice substitutes that are frozen ahead of usage to keep foods cold.
Jalapeno poppers	Jalapeno poppers is a breaded jalapeno (a small/medium chile pepper) that is stuffed with either cheese and/or cream cheese and deep fried.
Jerky	Jerky are flavored strips of meat or fish that have become preserved through drying and do not require refrigeration. This makes it ideal for camping and the outdoors, as well as a snack anytime at home.
Jook	Jook is a thick Chinese rice soup containing bits of chicken, turkey, or pork.
Kabobs	Kabobs are skewers of cubed meat and vegetables, or seafood and vegetables that are grilled; or can be any skewered foods such as cut up fresh fruit for fruit kabobs.
Kaki mochi	See arare
Kamaboko	See fishcake
Katsu	Katsu is a Japanese breaded, deep fried cutlet (i.e. chicken, pork, fish, and beef).

Kernel	Kernel is the name for the entire whole grain consisting of the bran, endosperm, and germ. The outer husk is removed and not consumed in the whole grain product.
Kidney bean	Kidney bean is a type of bean that is named for its shape (a kidney). It can be used in chili, salads, soups, with rice dishes.
Legumes	Legumes are members of the pea family that include beans, peas, peanuts, and lentils. Legumes are rich in protein, fiber and other nutrients.
Lentils	Lentils are members of the legume family and their nutritious flat round seeds have been very important for the diets of the people of India, Africa, and the Middle East.
Light syrup	Light syrup is a sugary liquid used in packing canned fruits. See heavy syrup.
Limu	Limu is a Hawaiian word referring to seaweed. There are many types of limu eaten in Hawaii. See also Ogo.
Long Rice	Long rice is a clear dried bean curd noodle, usually made from mung beans.
Luau	Luau is a Hawaiian feast.
Lumpia	Lumpia is a Filipino spring roll (see spring roll).
Luncheon meat	Luncheon meat is a processed, precooked, prepackaged meat usually made from pork.
Malasadas	Malasadas are Portuguese donuts that are deep fried and usually covered with sugar.

Manapua	Manapua are Chinese buns either steamed white or baked golden brown filled with slightly sweetened pork and other savory and sweet fillings.
Mandoo	Mandoo are Korean dumplings usually filled with meat (pork, shrimp, beef or chicken) with vegetables (bean sprouts, carrots, cabbage, etc). They can be prepared by pan frying, steamed or simmered.
Marinade	Marinade is a flavorful sauce in which food is soaked to enhance flavor and/or to be tenderized.
Marinara sauce	Marinara sauce is a robust tomato sauce made with onions, garlic, and spices.
Marinate	Marinate is to allow meat, fish, or vegetables to soak in a marinade.
Microwavable container	Microwavable container is a dish or vessel that is safe to use to heat food in the microwave.
Minerals	Minerals are needed for growth and regulation of body functioning and processes.
Mini plate lunch	Mini plate lunch is a smaller version of a regular plate lunch. See plate lunch
Mochi crunch	See arare
Mustard greens	Mustard greens or cabbage is also referred to as Kai Choy or Gai Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.
Musubi	Musubi is a Japanese rice ball.
Namul	Namul is blanched vegetables in a Korean dressing
Navy bean	Navy bean is a type of white bean found in canned pork and bean products.

Non-dairy calcium foods	Non-dairy calcium foods are usually used when people cannot consume dairy or dairy products such as milk, yogurt, cheese, etc. Examples of non-dairy calcium foods include fortified soy, rice or almond milk, almonds, beans, canned salmon and/or sardines with bones.
Nonperishable foods	Nonperishable foods are foods that do not need refrigeration or freezing and can be stored for long periods of time such as dried beans, canned goods, and stable jarred items.
Nuoc mam	Nuoc mam is a Vietnamese fish sauce. It is used as a dipping sauce or to flavor dishes.
Nutrients	Nutrients are substances in food that the body can use for energy, for growth and repair, regulate function, and to maintain health.
100% juice	100% juice is a beverage made entirely of fruit juice with nothing else added as filler.
Ogo	Ogo is the Japanese word for certain types of seaweed. See limu.
Oyster sauce	Oyster sauce is a thick, brown sauce that is used for flavoring/seasoning Asian dishes. It is typically made from fermented oysters.
Pancit	Pancit is a stir-fried Filipino noodle dish with rice and/or egg noodles, vegetables and meat (chicken or seafood).
Parfait	Parfait is a cold dessert made of layers of fruit, syrup, ice cream, and whipped cream. A lower calorie version may have layers of fruit, yogurt, and low-fat whipped topping.
Patis	Patis is a Filipino fish sauce used to flavor dishes.
Perishable foods	Perishable foods are foods that require refrigeration or freezing to prevent spoilage.

Pinto bean	Pinto bean is a small pink or beige bean with reddish brown spots. It is commonly used in American Southwest and Mexican dishes.
Pita bread	Pita bread is a thin flat bread. When it can be opened into two layers to form a pocket it is known as pocket bread.
Pita chips	Pita chips are crispy wedges for snacking or dipping made by slicing and baking pita bread.
Plate lunch	Plate lunch is a general term used for a take out menu item, usually consisting of two scoops of white rice, meat, and macaroni salad. It is part of Hawaii's local culture integrating different ethnic foods.
Plate method	Plate method is a way of eating food proportionally which simplifies eating healthfully. Veggies and fruits fill half the plate; a starch fills a fourth of the plate and a protein food filling the remaining fourth. Veggies and fruits may be piled high while starches and protein foods must be no more than half an inch high.
Pocket bread	See pita bread
Poi	Poi is mashed taro root mixed with water.
Poke	Poke is a cubed raw fish salad, which usually consists of raw fish, limu or ogo (seaweed), green onion, sesame seed oil, salt, soy sauce, and chili peppers.
Potluck	Potluck is a get-together of people in which everyone brings a dish, food, or other items related to the gathering (i.e. paper goods, utensils, beverages, games). Each dish, food, or item are shared among participants.
Powdered milk	Powdered milk is a dried milk made from dried milk solids. It can be used as a substitute for liquid fresh milk and does not have to be refrigerated.

Protein	Protein is important to build muscle, process nutrients, and health. Sources of protein include animal sources such as meat, eggs, and dairy products and non-animal sources such as legumes.
Pull date	Pull date is the date on a food product by which the item must be sold or it must be pulled from the shelf.
Rain check	Rain check is a claim issued by a store that allows a customer to purchase an item at the sale price when the sold out item is again in-stock.
Rice milk	Rice milk is a milky-like beverage made from rice. It is an alternative to milk (from animals).
Rotisserie chicken	Rotisserie chicken is a whole chicken that is roasted while spinning on a metal rod in an oven or over a fire.
Russet potato	Russet potato is a type of potato that has brown skin and white inner flesh. It is commonly used for baking.
Saimin	Saimin is an Asian noodle soup dish that is distinctive to Hawaii (Japanese/Chinese origin). It is usually garnished with egg, char siu (Chinese barbeque pork) and/or luncheon meat, kamaboko (steamed fish cake), and green onions.
Salsa	Salsa is a sauce that is made from fruit and vegetables. It is usually tomato-based and spiced with chilies. It is commonly used as a condiment.
Sell by date	Sell by date is the last day in which products should be sold at the grocery store.
Seltzer or seltzer water	See sparkling water
Senior discount	Senior discount is a discount given to older adults (age varies) that is usually designated on certain days of the week or time of day.

Shave ice or Shaved ice	Shave ice or shaved ice is a local treat made of a mound of finely shaven ice compacted into a paper cone then sweetened with colorful fruit-flavored syrups.
Shelf life	Shelf life is the period of time during which a food may be stored and remain suitable for use.
Shoyu	Shoyu, see soy sauce
Shoyu chicken	Shoyu chicken is chicken soaked and simmered in a sauce often consisting of soy sauce, garlic, ginger, sugar, and pepper.
Shrimp paste	Shrimp paste is a paste made from fermented shrimp.
Slow cooker	Slow cooker is a heavy ceramic pot with an electric heating element designed to simmer foods over many hours.
Smoothie	Smoothie is a creamy beverage made of fruit blended with juice, milk, or yogurt.
Soba	Soba is Japanese buckwheat noodles
Soda water	See sparkling water
Somen	Somen are white Japanese noodles.
Sour cream	Sour cream is a cream that is fermented by certain bacteria cultures which makes the cream sour. Other additives give the cream a thick and smooth texture.
Soy milk	Soy milk is an alternative to milk (from animals). It is a milky like liquid made from soybeans.
Soy sauce	Soy sauce is a salty dark brown sauce made from fermented soy beans. It is called shoyu in Japanese and is commonly used in Asian cooking.

Sparkling water	Sparkling water is plain carbonated water, also called soda water, seltzer water, and club soda.
Spring rolls	Spring rolls are deep fried pastry rolls. It is made from a rice or flour wrapper and filled with thinly sliced vegetables and meat.
Standing time	Standing time is the period of time after cooking when the food must be left alone before it is to be eaten.
Starch	Starch is a type of carbohydrate and provides energy. It is found in grains, some fruits and vegetables, legumes, nuts and seeds
Stir-fry	Stir-fry is a method of cooking food, constantly stirring over high heat in a pan or wok.
Tako	Tako is Japanese for octopus.
Tapioca pudding	Tapioca pudding is a pudding that is made from tapioca pearls (small translucent balls). Tapioca comes from the root of the Cassava plant.
Tempura	Tempura is a Japanese dish in which food (i.e. shrimp, vegetables, etc) is battered and deep fried.
Tofu	Tofu is a bean curd that is made from coagulated soy milk and pressed together to make tofu blocks.
Tortilla	Tortillas are Mexican flat breads that are round and are most commonly made from corn or wheat.
Tortilla chips	Tortilla chips are deep fried or baked chips made from tortillas. Tortillas are Mexican flat breads that are round and are most commonly made from corn or wheat.
Trail mix	Trail mix is a mixture of nuts, dried fruits, and other items originally intended for snacking on hikes.

Turkey pepperoni	Turkey pepperoni are thin slices of spicy Italian sausage that uses ground turkey instead of pork and beef for a lower fat content.
Use by date	Use by date tells the consumer the date at which food items should be consumed.
Value meal	Value meals are items that are offered at a lower price if purchased as a group, compared to the cost of the items if individually purchased.
Veggie burger	Veggie burger is a non-meat or vegetarian sandwich patty that resembles a beef hamburger.
Veggie sticks	Veggie sticks are vegetables such as celery and carrots that are cut into stick-like pieces to eat with your fingers.
Vitamins	Vitamins are needed for reproduction, growth and maintenance (i.e. Vitamin C, B's, A, D, E, K, etc.).
Water chestnut	Water chestnut is a small white-fleshed, crispy plant (not a nut) often used in Asian cooking.
Watercress	Watercress is a green vegetable with small leaves and bitter taste that is grown partially in water.
White beans	White beans are white colored beans with varieties such as Navy or Great Northern; used in soups, salads, main dishes, or dips.
Whole grain barley	Whole grain barley is a whole grain with its husk removed, but hull in tact. Barley is used to make bread, beer, as animal feed, or eaten by itself in soups, salads and other entrees.
Whole grain cornmeal	Whole grain cornmeal is made from ground corn. It is commonly used to make cornbread, grits, corn tortillas, polenta.

Whole rye	Whole rye is a whole grain. It has similar characteristics to wheat, but with a more distinctive taste (i.e. rye bread).
Whole wheat bread	Whole wheat bread is bread made from whole wheat flour (see whole wheat flour).
Whole wheat crackers	Whole wheat crackers are crackers made from whole wheat flour (see whole wheat flour).
Whole wheat flour	Whole wheat flour is made from the whole grain kernel including the bran, germ and endosperm.
Whole wheat pasta	Whole wheat pasta is pasta made from whole wheat flour (see whole wheat flour).
Whole wheat sandwich buns	Whole wheat sandwich buns is a type of whole wheat bread, (i.e. hamburger or hotdog bun).
Whole wheat tortilla	Whole wheat tortilla is made from whole wheat flour (see whole wheat flour)
Wild rice	Wild rice is a whole grain from aquatic grass. It is high in protein and fiber and low in fat.
Won ton or wonton	Wonton is a Chinese dumpling that is wrapped with a flour wrapper with filling of meat, vegetable and flavoring (i.e. minced pork, shrimp, onion, ginger, sesame oil and soy sauce, etc). It can be fried, steamed or served in hot soup with rice or noodles.
Wraps	Wraps are thin, sheets of bread-like material that are rolled around fillings (as in meat, fish, or vegetables).
Yogurt	Yogurt is a sour/tart dairy product made of fermented milk, mixed with a bacteria culture.
Zest	Zest is the outer-most skin of citrus fruits that is grated or cut into thin strips for flavoring.

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Zest	Zest is the outer-most skin of citrus fruits that is grated or cut into thin strips for flavoring

Appendix

Good Grinding for Wise Dining
“Catchy Phrases”

Lesson*	Topic	Phrase
1 (1-1)	No-Cook Cooking	<ul style="list-style-type: none"> • No-cook cooking
2 (1-2)	Two Portion Meals	<ul style="list-style-type: none"> • Sharing is caring
3 (1-3)	Food Storage	<ul style="list-style-type: none"> • No need, no buy
4 (1-4)	One-pot Meals	<ul style="list-style-type: none"> • One pot hits the spot!
5 (1-5)	Microwave Meals	<ul style="list-style-type: none"> • Time is what we save when we microwave
6 (1-6)	Meals in Minutes	<ul style="list-style-type: none"> • Do little steps ahead and we'll be quickly fed
7 (2-1)	Fruits and Veggies	<ul style="list-style-type: none"> • Fruits and Veggies – More Matters
8 (2-2)	Eating Out	<ul style="list-style-type: none"> • When eating out, choose fruits and veggies for your mouth
9 (2-3)	Wellness Promotion	<ul style="list-style-type: none"> • Create a plate with fruits and veggies
10 (2-4)	Seasonality of Fruits and Veggies	<ul style="list-style-type: none"> • Fruits and veggies are best in season and priced within reason
11 (2-5)	Spending Less, Eating Better	<ul style="list-style-type: none"> • Shop smart for a healthy start
12 (2-6)	Meal Planning	<ul style="list-style-type: none"> • Let's make a meal plan, yes, we can
13 (3-1)	Healthy Bones	<ul style="list-style-type: none"> • Sticks and stones no break my bones, but calcium foods will help it
14 (3-2)	Nutritious Snacking	<ul style="list-style-type: none"> • Eat a little, a lot (do it often)
15 (3-3)	Whole Grains	<ul style="list-style-type: none"> • Whole grains, we go. Go, go whole grains!
16 (3-4)	Fruits and Veggies – All Forms Matter	<ul style="list-style-type: none"> • All forms matter so put more on your platter
17 (3-5)	Protein-Rich Foods	<ul style="list-style-type: none"> • I vary, you vary, we all vary our protein!

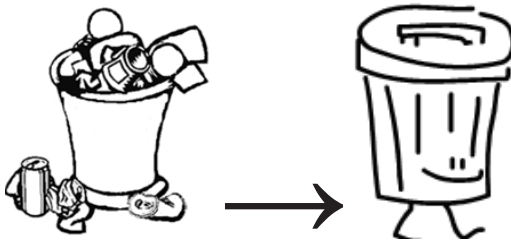
18 (3-6)	Breakfast	<ul style="list-style-type: none"> • Let's start great with a breakfast plate
19 (4-1)	Favorite Foods	<ul style="list-style-type: none"> • Comfort foods can be good, add fruits and veggies...yes we should!
20 (4-2)	Sugars/Fats/Salts	<ul style="list-style-type: none"> • Caution foods...watch out!
21 (4-3)	Living Local	<ul style="list-style-type: none"> • Try all kinds!
22 (4-4)	Local Healthy Snacks	<ul style="list-style-type: none"> • Snacks are fine, especially, the local healthy kind
23 (4-5)	Delicious Desserts	<ul style="list-style-type: none"> • Let's have our dessert and eat it too, especially when it's healthy for you
24 (4-6)	Get Togethers	<ul style="list-style-type: none"> • Keep it simple and enjoy the people

*Original lesson numbers are in (). (e.g. (1-1) is Module 1- Lesson 1)

ANSWERS TO SAFE FOOD HANDLING MATCHING GAME – Safe or Not Safe?

1. Empty garbage often.
Keep area clean.

Statement is **SAFE**



2. If leftover food does NOT
smell bad, taste bad, or
look bad, it's okay to eat.

Statement is **NOT SAFE**



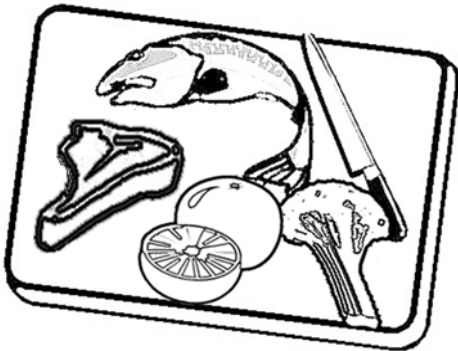
3. **Store** foods as soon as you get home.

Statement is **SAFE**



4. **Keep** raw meat and poultry juices **away** from other foods.

Statement is **SAFE**



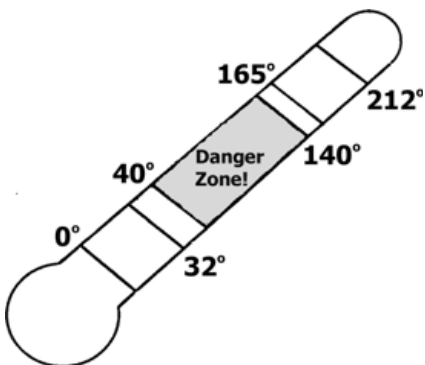
5. **Wash hands** with soap and water **before** preparing foods.

Statement is **SAFE**



6. **Keep** hot foods **hot**, cold foods **cold**.

Statement is **SAFE**



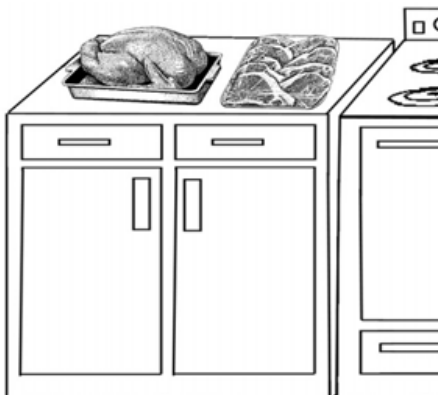
7. **Don't leave** perishable foods out for more than 2 hours.

Statement is **SAFE**



8. Frozen foods can be **thawed** on the kitchen counter.

Statement is **NOT SAFE**



Good Grinding for Wise Dining

Tally Sheet and Final Evaluation Checklist

Two different lessons should be presented each month. Since there are 12 lessons, the entire curriculum should be completed in 6 months.

Tally Sheets should be submitted immediately after **each** lesson.

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

	Lesson Date	Tally Sheet Date Sent
Module 1: Strategies for Eating		
• Lesson 1: Easy Meals		
• Lesson 2: Sharing Meals		
• Lesson 3: Food Storage		
Module 2: Choosing Foods		
• Lesson 1: Fruits and Veggies		
• Lesson 2: Eating Out		
• Lesson 3: Eating for Wellness		
Module 3: Regular Eating		
• Lesson 1: Healthy Bones		
• Lesson 2: Nutritious Snacking		
• Lesson 3: Whole Grains		
Module 4: Celebration Foods		
• Lesson 1: Favorite Foods		
• Lesson 2: Sugars/Fats/Salts		
• Lesson 3: Living Local		
Final Evaluation		

Good Grinding for Wise Dining

Final Evaluation

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For an example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

Ask someone in the audience to assist you. Have them count the total number of participants in the audience and record the number on evaluation form. Have them count the number of participants agreeing with each statement and record the number on the evaluation form.

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Yes	No	Sometimes
I make and eat easy meals.			
I eat fruits and veggies at breakfast, lunch, dinner, and snacks.			
I eat small meals and snacks throughout the day.			
I eat food with fruits and veggies, even on special occasions.			
I wash my hands before making and eating food.			
I drink water regularly through the day.			

CATCHY PHRASES

No-cook cooking

Sharing is caring

No need, no buy

One pot hits the spot!

Time is what we save when we microwave

Do little steps ahead and we'll be quickly fed

Fruits and Veggies – More Matters

When eating out, choose fruits and veggies for your mouth

Create a plate with fruits and veggies

Fruits and veggies are best in season and priced within reason

Shop smart for a healthy start

Let's make a meal plan, yes, we can

Sticks and stones no break my bones, but calcium foods will help it

Eat a little, a lot (do it often)

Whole grains, we go. Go, go whole grains!

All forms matter so put more on your platter

I vary, you vary, we all vary our protein!

Let's start great with a breakfast plate

Comfort foods can be good, add fruits and veggies...yes we should!

Caution foods...watch out!

To find the nearest SNAP Office in Hawaii, contact the Hawaii State Information Hotline at (808) 643-1643 or log onto the Web at :
<http://www.hawaii.gov/dhs>

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