



..... COMMON THREADS

COOKING — *for* LIFE —

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Our Cooking for Life Handbook provides families with nutrition tips, fun activities for kids and eight weeks of simple, healthy recipes that can be cooked on a SNAP--friendly budget. Below are a sample of resources from the CFL Handbook that retailers can display and / or distribute in their stores:

COOKING FOR LIFE RESOURCES

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Helpful tips for storing fruits and vegetables to make the most out of each trip to the grocery.

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GUIDE TO CHOOSING PRODUCE

Keeping your plate colorful and nutritious through every season



Storing Produce

Most fruit and vegetables should be kept in the fridge to stay fresh. Some produce (apples, apricots, cantaloupe, figs, and honey dew) need to be kept separated from other produce because they all release gases that cause other produce to become over ripe.

Foods to keep out of the refrigerator, include: onions, potatoes, garlic, avocados, bananas, nectarines, peaches, pears, plums, and tomatoes.

Why do fruits and vegetables matter?

Fruits and vegetables provide many essential nutrients to promote our well-being.

JUST REMEMBER TO
PAINT YOUR PLATE WITH COLOR!

A FRESH LOOK: THE FOOD LABEL

In 2016, the FDA released an update Nutrition Facts label for packaged foods that reflects new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label is easier to understand and must be fully rolled out by July 2018.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 12g	24%
Includes 1g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 255mg	6%

*Percent Daily Values are based on a diet of other people's misdeeds.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

NOTES:

1. Features a refreshed design.

2. Reflects updated information about nutrition science.

3. Updates serving sizes and labeling requirements for certain packages.

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE

NEW SERVING SIZE

Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

4. Any other changes you notice? What do you think of these changes?

Information and Graphics from the FDA: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>

PAINT YOUR PLATE WITH COLOR

IT'S IMPORTANT TO EAT A RAINBOW OF FRUITS AND VEGETABLES EVERY DAY.

Can you find 6 different fruits and vegetables of each color and what country they came from?

Write your answers in the space provided.

RED

**BLUE/
PURPLE**

YELLOW

ORANGE

GREEN

WHITE

Country:	Country:	Country:	Country:	Country:	Country:
Country:	Country:	Country:	Country:	Country:	Country:
Country:	Country:	Country:	Country:	Country:	Country:
Country:	Country:	Country:	Country:	Country:	Country:
Country:	Country:	Country:	Country:	Country:	Country:
Country:	Country:	Country:	Country:	Country:	Country:

\$10 CHALLENGE

Put what you have learned to the test or use this activity as a challenge for older students learning how to grocery shop in a healthy and economical way. Choose at least one item from each of the food groups below and keep the total under \$10!

FOOD GROUP	CHEF TIPS	PRICE
FRUITS	<ul style="list-style-type: none"> • Look for in-season fresh fruit • Frozen fruit with no sugar added is a healthy option • Avoid fruits canned in heavy syrup • Bulk pricing may have a cheaper unit price 	
VEGETABLES	<ul style="list-style-type: none"> • Look for in-season fresh vegetables • Choose frozen vegetables with no sauce, added fat, or added sodium • Select canned vegetables that are labeled with “low sodium” or “no salt added” 	
WHOLE GRAINS	<ul style="list-style-type: none"> • Don't trust the package - read the nutrition label and look for “whole wheat”, “whole grain”, “brown rice”, or another whole grain as the first ingredients 	
LEAN PROTEIN	<ul style="list-style-type: none"> • Including more beans, eggs, or canned fish can be a great way to save some extra money • Select lean cuts of meat • The fewer the legs the leaner the meat (most of the time) 	
DAIRY	<ul style="list-style-type: none"> • Select plain flavored dairy • Look for low-fat or non-fat dairy options 	

TOTAL:

STOCKING YOUR PANTRY:

Just the Necessities

The spice and baking aisle of the grocery store can be overwhelming! There are so many options it can be difficult to know what to choose. Common Threads recommends that you keep the following items stocked in your pantry, so that you will be ready for almost any cooking situation:

VINEGARS, SAUCES, & CONDIMENTS

FRESH LEMONS OR LIMES

purchase as needed

SOY SAUCE

low sodium if possible

HOT SAUCE

WHITE VINEGAR

sour to taste, sour when cooked

APPLE CIDER VINEGAR

sour to taste, sweeter when cooked

MUSTARD

great on sandwiches or in marinades

KETCHUP

natural ketchup with no high fructose corn syrup

PEANUT BUTTER

low sodium, if possible

GRAINS

ALL PURPOSE FLOUR (AP FLOUR)

for most baking; also substitute $\frac{3}{4}$ C AP for 1 C of pastry flour, or $1\frac{1}{4}$ C AP for 1 C of bread flour

WHOLE WHEAT FLOUR

for healthier dishes, substitute WW flour for half or all of the AP flour amount

WHOLE GRAIN CORN MEAL

not degerminated

OATS

quick or old fashioned

BROWN RICE

WHOLE WHEAT PASTA

BREAD CRUMBS

whole wheat if available

SPICES

SALT

PEPPER

CINNAMON

CRUSHED RED PEPPER

CHILI POWDER

a mix for hot and spicy dishes

CURRY POWDER

a mix for savory dishes

MIXED DRIED HERBS

for salads or marinades

CUMIN

FRESH GARLIC CLOVES

purchase as needed

SWEETS & BAKING

VANILLA EXTRACT

imitation is perfectly good and more affordable

HONEY OR AGAVE NECTAR

a healthier alternative to just sugar

BAKING POWDER

regular or double-acting, it's all the same

BAKING SODA

pour it out of the box and into a plastic container to help it last longer

COCOA POWDER

BROWN SUGAR

use sparingly for sweetness

WHITE SUGAR

Use sparingly for sweetness

FATS AND OILS

OLIVE OIL

for salads and marinades

CANOLA OIL

for cooking, also use instead of shortening in most situations

NON-STICK SPRAY

for greasing pans and making low fat dishes