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

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?

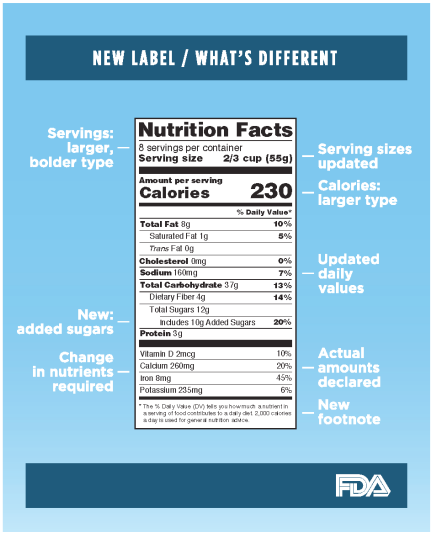
Fruits and vegetables provide many essential nutrients to promote our well-being.

JUST REMEMBER TO

PAINT YOUR PLATE WITH COLOR!

A FRESH LOOK: THE FOOD LABEL

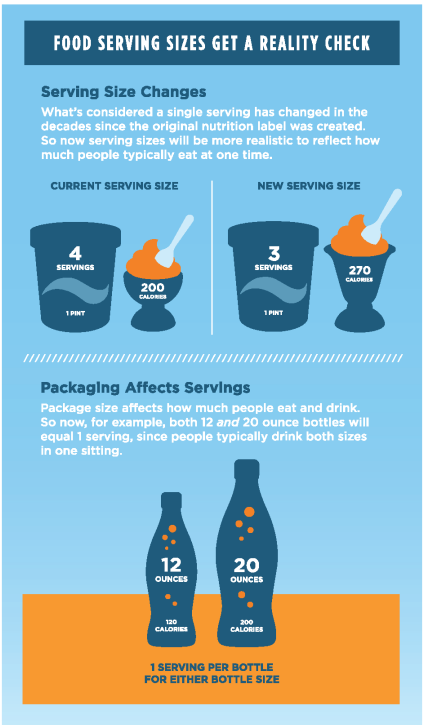
In 2016, the FDA released an update Nutrition Facts label for packaged foods that reflects new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label is easier to understand and must be fully rolled out by July 2018.



NOTES:

1. Features a refreshed design.

2. Reflects updated information about nutrition science.



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

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:
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$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	• 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	• 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	• 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	• 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	• 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 ¾C AP for 1 C of pastry flour, or 1¾C 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