

Virginia Cooperative Extension Family Nutrition Program

PSE Program Materials Catalog

**Eat Smart
Move More**
Virginia Cooperative Extension • Family Nutrition Program

Shop Smart, Eat Smart

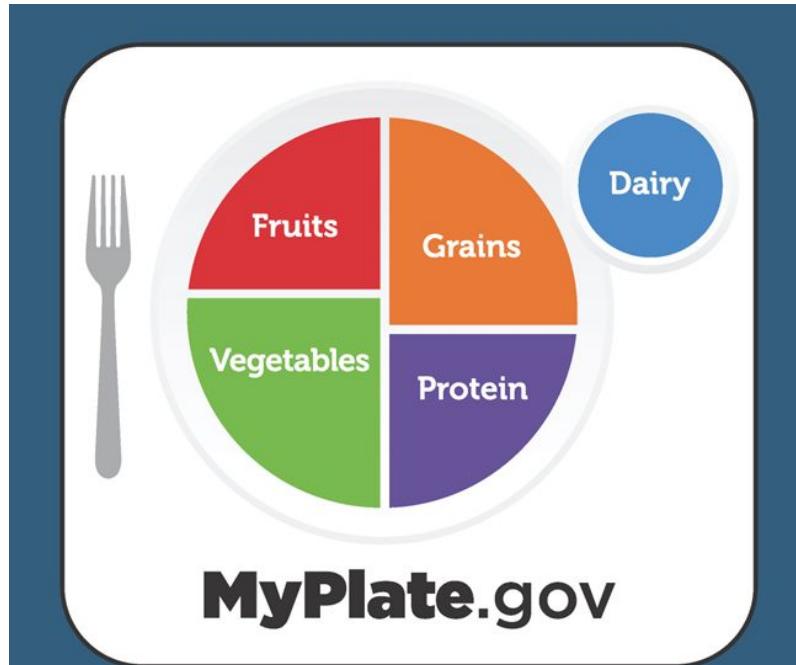
Floor Arrows Vertical & Horizontal



Arrow Yard Sign & Stand



MyPlate Poster



Make half your plate fruits and vegetables. Focus on whole fruits.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Vary your veggies.

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Make half your grains whole grains.

Vary your protein routine.

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Virginia Cooperative Extension • Family Nutrition Program

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



Posters: 8.5" x 11", 11" x 17", 2' x 3'

Naturally Sweet Dessert

Choose naturally sweet fruit for dessert. Try baked apples, fruit salad, or fruit smoothie.



QUICK • EASY • TASTY

www.eatsmartmovemoreva.org

Elija frutas naturalmente dulces para el postre. Pruebe manzanas asadas, ensalada de fruta o un licuado de fruta.



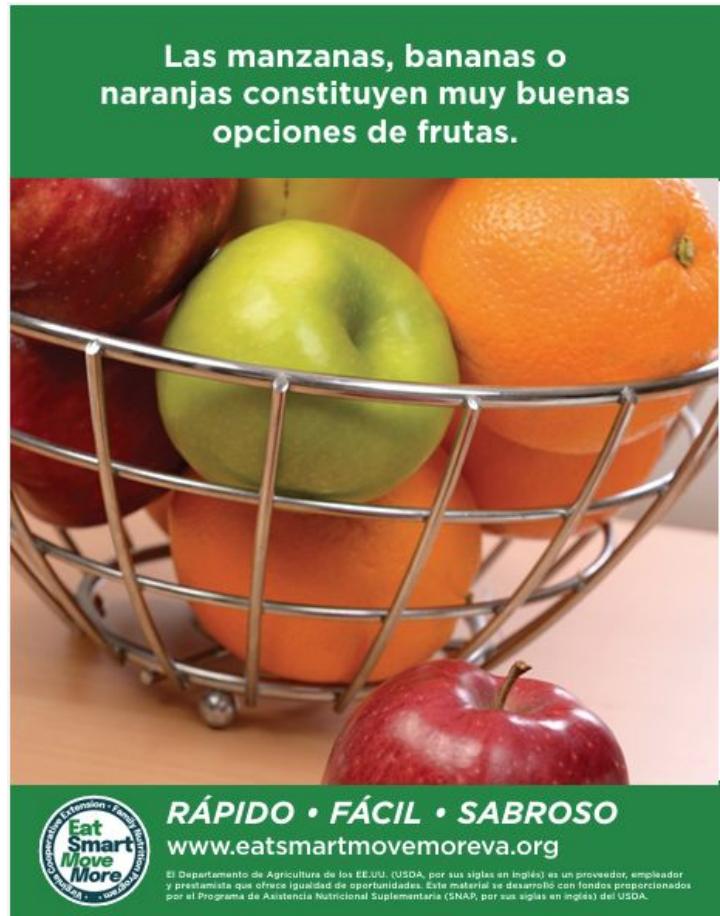
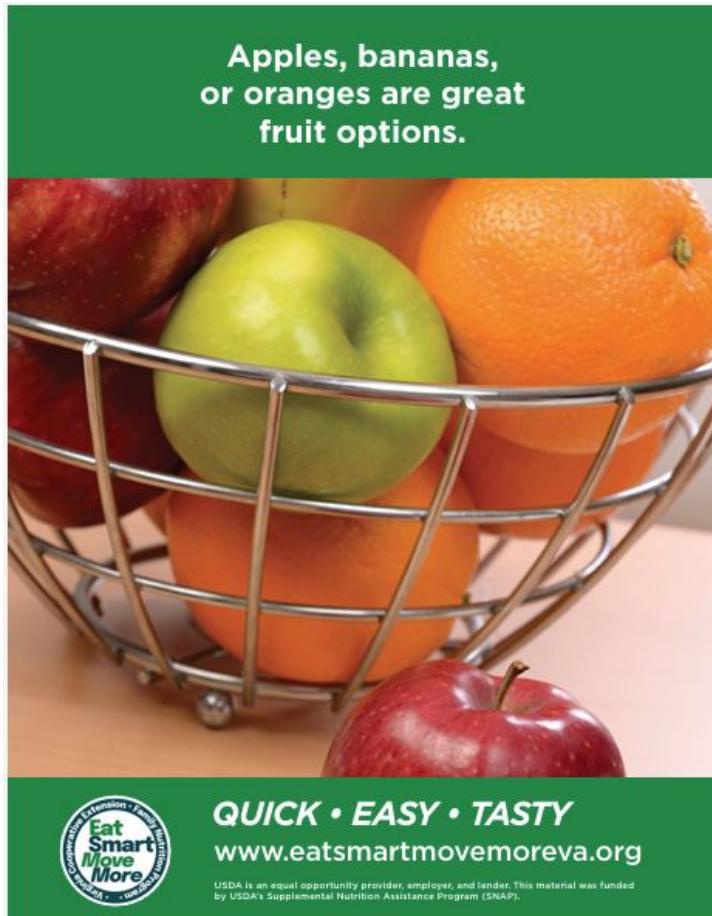
RÁPIDO • FÁCIL • SABROSO

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Posters: 8.5" x 11", 11" x 17", 2' x 3'

Affordable Fruit



Posters: 8.5"x11", 11"x17", 2'x3'

Homemade Treats



Choose rolled oats, raisins, bananas and unsalted nuts to make healthy homemade treats.



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Elija avena arrollada, uvas pasa, bananas y frutos secos sin sal para elaborar golosinas caseras saludables.



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Affordable Veggies

Carrots, leafy greens, or potatoes are great veggie side options.



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Las zanahorias, verduras de hoja verde, o papas, son una excelente opción de verduras para acompañamiento.



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Homemade Soups

Choose canned veggies, canned beans, and whole grains to make your own homemade soup.



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The logo is circular with a blue border. Inside the border, the words "Cooperative Extension • Family & Consumer Sciences" are written in a small, sans-serif font, with "Cooperative Extension" at the top and "Family & Consumer Sciences" at the bottom. In the center of the circle, the words "Eat Smart" are stacked on top of "Move More", all in a large, bold, green sans-serif font.

VA's initiatives are an equal opportunity provider. This material was funded by a grant to Virginia's Healthier Virginia Partnership Program from the Virginia Department of Health.

Elija verduras y frijoles en lata, y cereales integrales para elaborar su propia sopa casera.



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Este instrumento es un protocolo que ofrece indicadores de nutrición. Es un instrumento desarrollado por el CIBER de Nutrición y Salud Pública (CIBER-NUTRI).

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Easy Burritos



Choose whole-wheat tortillas, canned beans, and reduced-fat cheese to make homemade bean burritos.



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Elija tortillas integrales, frijoles enlatados y queso reducido en grasas para hacer burritos de frijoles caseros.



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Posters: 8.5"x11", 11"x17", 2'x3'

Eggs

Choose eggs to make kid-friendly scrambled eggs for breakfast.



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Elija cocinar con huevos y hacer huevos revueltos para el desayuno de los niños.



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Milk for Kids

Choose low-fat (1%) or fat-free (skim) milk and yogurt for healthy drinks and snacks.

These lower fat options have the same essential nutrients with less fat and calories.



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Elija leche y yogurt reducidos en grasa (1%) o sin grasa (desnatados) para lograr bebidas y colaciones saludables.

Estas opciones con menor cantidad de grasa poseen la misma cantidad de ingredientes esenciales con menos grasa y calorías.



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Milk



Posters: 8.5" x 11", 11" x 17", 2' x 3'

Affordable Protein

Beans, eggs, and unsalted nuts are great protein options.



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Los frijoles, huevos y nueces sin sal constituyen muy buenas opciones proteicas.



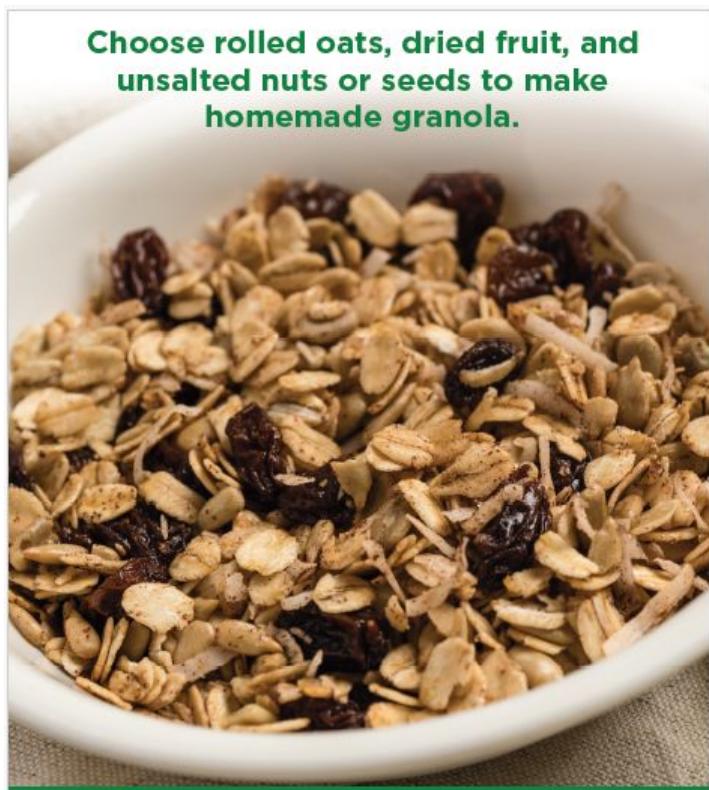
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Posters: 8.5" x 11", 11" x 17", 2' x 3'

Homemade Granola

Choose rolled oats, dried fruit, and unsalted nuts or seeds to make homemade granola.



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Elija avena arrollada, frutos secos y nueces o semillas sin sal para hacer granola casera.



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Produce of the Month: 11"x17"; 18"x24"

Apples

In season
July – February



Look for sales where you can buy in bulk. Bags of apples may be more cost-effective than buying individually.

TRY IT!
Sauté cubed apples and cinnamon in a pan to add on top of oatmeal.

Apple Cinnamon Crisp

Ingredients:

- Nonstick cooking spray
- 1/4 cup brown sugar, divided and packed
- 1 tablespoon all-purpose flour
- 3/4 teaspoon cinnamon, divided
- 2 tablespoons water
- 4 apples, cored and sliced
- 1 cup quick cooking oats
- 2 tablespoons butter

Directions:

- Heat oven to 350°F. Spray a baking dish with nonstick cooking spray. Set aside.
- Add 2 tablespoons brown sugar, flour, 1/2 teaspoon cinnamon, and water to a mixing bowl and mix well. Next, add the apple slices and mix until apples are coated. Then pour into the baking dish.
- In a separate mixing bowl, combine oats, remaining brown sugar, and cinnamon. Cut in the butter to the oat mixture. Mix until all ingredients are evenly distributed. Sprinkle over fruit mixture.
- Bake 30-35 minutes or until fruit is tender and topping is golden brown.

(Recipe adapted from: <https://whatscooking.fns.usda.gov>)

This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Manzanas

En estación
julio – febrero



Busque ofertas donde pueda comprar en abundancia. Las bolsas de manzanas pueden ser más económicas en comparación con su compra por unidad.

¡PRUÉBEO!
Salteé las manzanas en cubos y la canela en una sartén para agregarlas encima de la avena.

Crocante de Manzana y Canela

Ingredientes:

- Aerosol antiadherente para cocinar
- 1/4 taza de azúcar moreno, dividida y compactada
- 1 cucharada de harina común
- 1/4 cucharadita de canela, dividida
- 4 manzanas, en rodajas y sin corazón
- 1 taza de avena de cocción rápida
- 2 cucharadas de mantequilla

Preparación:

- Calentar el horno a 350°F. Rociar una fuente para horno con aerosol antiadherente para cocinar. Reservar.
- Agregar 2 cucharadas de azúcar moreno, la harina y 1/2 cucharadita de canela a un recipiente y mezclar bien. Luego, agregar las rodajas de manzana y mezclar hasta que las manzanas estén cubiertas. Luego, verter en la fuente para horno.
- En un recipiente para mezclar aparte, combinar la avena, el azúcar moreno remanente y la canela. Introducir la mantequilla a la mezcla de avena. Mezclar hasta que todos los ingredientes estén distribuidos en forma homogénea.
- Hornear 30-35 minutos o hasta que esté tierno y la superficie se encuentre dorada.

(Receta adaptada de: <https://whatscooking.fns.usda.gov>)

Produce of the Month: 11"x17"; 18"x24"

Avocado



Look for avocados sold in bulk to reduce the cost per avocado.



Aim to eat 2 cups of fruits every day.



Radish and Avocado Toast

Ingredients:

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced

Directions:

- Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.
- Spread the mixture onto the slices of toast.
- Top with onion, snow peas, and radishes.

(Recipe adapted from: <https://www.blissfulbasil.com>)

Aguacate



Busque aguacates que se venden en abundancia para reducir el costo.



Trate de comer 2 tazas de frutas todos los días.



Tostada con Rabanito y Aguacate

Ingredientes:

- 1 aguacate, pisado
- 2 onzas de queso feta, reducido en grasa
- 4 rebanadas de pan integral, tostado
- ½ cebolla, en rodajas finas
- 38 guisantes, en rodajas finas
- 10 rabanitos, en rodajas finas

Preparación:

- Cortar el aguacate por la mitad y con una cuchara colocarlo en un bol para mezclar. Aplastar el aguacate y el queso feta para lograr una mezcla cremosa. NOTA: usted puede exprimir el jugo de 1 lima sobre el aguacate para agregar sabor.
- Untar las tostadas con la mezcla de aguacate y queso feta.
- Colocar encima la cebolla, los guisantes y los rabanitos.

(Receta adaptada de: <https://www.blissfulbasil.com>)

Produce of the Month: 11"x17"; 18"x24"

Citrus

In season November - December

 Purchase citrus in bulk for the best bang for your buck!

 Aim to eat 2 cups of fruits every day.





Citrus fruits like oranges and grapefruit, are durable, making them a great on-the-road snack.

Water Sparklers

Ingredients:

- ½ cup ice (optional)
- ¾ cup unflavored sparkling water
- ¼ cup 100% fruit juice, such as orange or grape

Directions:

- Add ice to a cup, if using.
- Stir in water and fruit juice to the cup. Enjoy!

(Recipe from Summer Foods, Summer Moves, as listed at <https://fnis-producedesign.net>.)

Cítricos

En estación noviembre - diciembre

 iCompre cítricos en abundancia para obtener el mejor rendimiento por su inversión!

 Trate de comer 2 tazas de frutas todos los días.



Las frutas cítricas como las naranjas y los pomelos son duraderas, lo que las convierte en una excelente colación para llevar.

Espuma de Agua

Ingredientes:

- ½ taza de hielo (opcional)
- ¾ taza de agua con gas sin sabor
- ¼ taza de jugo 100% de fruta, como naranja o uva

Preparación:

- Si decide utilizar hielo, agréguelo a una taza.
- Verter el agua y el jugo de fruta a la taza. ¡A disfrutar!

(Receta de Summer Foods, Summer Moves, listada como: <https://fnis-produceedge.net>.)

Produce of the Month: 11"x17"; 18"x24"

Dark Leafy Greens

In season
March - December



Aim to eat 2½ cups of vegetables every day.



Compare prices for fresh, canned or frozen leafy greens. They are all great options!

Sautee leafy greens in a splash of broth for a quick side dish.

Sausage, Bean, and Kale Soup

Ingredients:

1 teaspoon olive oil
1/2 pound sweet Italian turkey sausage links
16 ounces canned low-sodium white beans, drained and rinsed
2 potatoes, diced
1 onion, diced
1 carrot, diced
2 garlic cloves, minced
4 cups kale, roughly chopped
8 cups water
2 reduced sodium chicken bouillon cubes
1/4 cup reduced fat grated Parmesan cheese

Directions:

- Heat oil in a stockpot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add kale and cook until wilted.
- Add bouillon cubes and water to the pot. Bring to a boil. Reduce heat, cover with lid, and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Serve with Parmesan cheese.

(Recipe adapted from: <http://www.delish.com>)

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Vegetales de Hojas Verdes Oscuras

En estación marzo - diciembre



Compare los precios según las diferentes variedades (fresca, en lata o congeladas). Todas son excelentes opciones!



Trate de comer 2 ½ tazas de vegetales todos los días.



Salteé las verduras de hojas verdes en un chorrito de caldo para preparar una guarnición rápida.

Sopa de Salchicha, Frijol y Col Kale

Ingredientes:

1 cucharadita de aceite de oliva
½ libra de salchicha de pavo dulce Italiana
16 onzas de frijoles blancos enlatados bajos en sodio, drenados y enjuagados
2 papas, cortadas en dados
1 cebolla, cortada en dados
1 zanahoria, cortada en dados
2 dientes de ajo, picados
4 tazas de col kale, apenas picado
2 cubitos de caldo de pollo, bajos en sodio
8 tazas de agua
¼ taza de queso parmesano, rallado y reducido en grasa

Preparación:

- Calentar el aceite en una olla grande sobre calor medio. Agregar la salchicha y sautear hasta que se dore.
- Agregar los frijoles, las papas, la cebolla, la zanahoria y el ajo a la olla y cocinar hasta que comience a ablandarse, aproximadamente 5 minutos.
- Agregar el col kale y cocinar hasta que esté marchita.
- Agregar calditos de pollo y agua. Llevar a hervor. Reducir el calor, cubrir con la tapa y hervir a fuego lento 15-30 minutos o hasta que las papas estén suaves y totalmente cocinadas.
- Servir con queso parmesano.

(Receta adaptada de: <https://www.delish.com>)

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Produce of the Month: 11"x17"; 18"x24"

Pumpkin

In season
September - November





Aim to make half your plate fruits and vegetables.



To reduce the cost, look for fresh pumpkins during the fall months or canned pumpkin options all times of the year.

Boost the nutrients in your chili recipe by adding pumpkin puree alongside all your other favorite ingredients.

Pumpkin Soup

Ingredients:

- 2 teaspoons olive oil
- ½ onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 teaspoons sugar
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 4 cups water
- 4 reduced sodium vegetable bouillon cubes
- 1 potato, peeled and cubed
- 14 ½ ounces canned pumpkin puree

Directions:

- In a stockpot, heat oil over medium-high heat. Add onion, celery, garlic, and sugar and cook 4 minutes or until tender.
- Add ginger, nutmeg, black pepper, cinnamon, and salt. Stir to coat. Add water, bouillon cubes, potato, and pumpkin. Bring to a boil.
- Reduce heat to medium-low, partially cover, and simmer for 20 minutes, until potato is tender.
- Serve warm. NOTE: Top with light sour cream, green onions, or pumpkin seeds (the recipe analysis did not include toppings). Refrigerate leftovers within 2 hours.

(Recipe from: Faithful Families, North Carolina State University, 2019.)

Zapallo

En estación
septiembre - noviembre





Para reducir el costo, busque calabazas frescas durante los meses de otoño u opciones de calabazas enlatadas en todas las épocas del año.

Aumente los nutrientes en su receta de chile agregando puré de calabaza junto con todos sus demás ingredientes favoritos.

Sopa de Calabaza

Ingredientes:

- 2 cucharaditas de aceite de oliva
- ½ cebolla, picada
- 2 tallos de apio, picado
- 2 dientes de ajo, picado
- 2 cucharaditas de azúcar
- ½ cucharadita de jengibre, molida
- ¼ cucharadita de nuez moscada, molida
- ¼ cucharadita de pimienta negra, molida
- ¼ cucharadita de canela, molida
- ¼ cucharadita de sal
- 4 tazas de agua
- 4 cubos de caldo de verduras, reducido en sodio
- 1 papa, pelada y cortada en cubos
- 14 ½ onzas de puré de calabaza, en lata

Preparación:

- En una olla, calentar el aceite en calor medio-alto. Agregar la cebolla, el apio, el ajo y el azúcar. Cocinar durante 4 minutos o hasta que estén tiernos.
- Agregar jengibre, nuez moscada, pimienta negra, canela y sal. Revolver para cubrir. Agregar el agua, los cubitos de caldo, la papa y la calabaza. Llevar a ebullición.
- Reducir el calor a medio-bajo, cubrir parcialmente con la tapa y cocinar lentamente durante 20 minutos, hasta que la papa esté tierna.
- Servir tibio. NOTA: cubrir con queso, crema descremada, cebollas verdes o semillas de calabaza (el análisis de la receta no incluyó las coberturas). Refrigerar las sobras dentro de las 2 horas.

(Receta de: Faithful Families, North Carolina State University, 2019.)

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Produce of the Month: 11"x17"; 18"x24"

Radish

In season
March – November



Radishes are always a budget friendly food.



Radish and Avocado Toast

Ingredients:

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced

Directions:

- Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.
- Spread the mixture onto the slices of toast.
- Top with onion, snow peas, and radishes.

(Recipe adapted from: <https://www.blissfulbasil.com>)

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Rabanito

En estación
marzo – noviembre



Los rabanitos siempre son económicos.



Tostada con Rabanito y Aguacate

Ingredientes:

- 1 aguacate, pisado
- 2 onzas de queso feta, reducido en grasa
- 4 rebanadas de pan integral, tostado
- ½ cebolla, en rodajas finas
- 38 guisantes, en rodajas finas
- 10 rabanitos, en rodajas finas

Preparación:

- Cortar el aguacate por la mitad y con una cuchara colocarlo en un bol para mezclar. Aplastar el aguacate y el queso feta para lograr una mezcla cremosa. NOTA: usted puede exprimir el jugo de 1 lima sobre el aguacate para agregarle sabor.
- Untar las tostadas con la mezcla de aguacate y queso feta.
- Colocar encima la cebolla, los guisantes y los rabanitos.

(Receta adaptada de: <https://www.blissfulbasil.com>)

Produce of the Month: 11"x17"; 18"x24"

Strawberry

In season
April – July





Buying frozen strawberries can reduce their cost.

Strawberries are great just by themselves. They can be added to a smoothie, cereals, or even on top of a salad



Strawberry Spinach Salad

Ingredients:

- 1 pound spinach, torn
- 1 pint strawberries, diced
- ½ onion, diced
- ¼ cup sugar
- ¼ cup white distilled vinegar
- 2 tablespoons canola oil
- ½ teaspoon Worcestershire sauce
- ½ teaspoon yellow mustard
- ¼ teaspoon paprika
- ¼ cup pecans, chopped (optional)

Directions:

- For the salad, add spinach and strawberries to a mixing bowl.
- To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl. Whisk until sugar is dissolved.
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.

(Recipe adapted from: <https://extension.unh.edu>.)

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Fresas

En estación
abril – julio





Comprar las fresas congeladas puede reducir su costo.

Las fresas son fantásticas por sí solas. Se pueden agregar a un batido o licuado, a cereales o encima de una ensalada.



Ensalada de Espinaca y Fresas

Ingredientes:

- 1 libra de espinaca, desgarrada
- 1 plinta de fresas, en dados
- ¼ taza de azúcar
- ¼ cucharadita de paprika (pimentón)
- ½ cucharadita de mostaza amarilla
- ½ cucharadita de salsa Worcestershire
- ¼ taza de vinagre blanco destilado
- 2 cucharadas de aceite de canola
- ¼ taza de nueces pecan, picadas (opcional)

Preparación:

- Para la ensalada, colocar la espinaca y las fresas en un bol.
- Para preparar el aderezo, agregar el azúcar, la paprika, la mostaza, la salsa Worcestershire, el vinagre y el aceite en un bol aparte. Batir hasta que el azúcar se disuelva.
- Roclar el aderezo ligeramente sobre la ensalada y mezclar para cubrirla. Colocar las nueces pecan arriba.

(Receta adaptada de: <https://extension.unh.edu>.)

Produce of the Month: 11"x17"; 18"x24"

Zucchini and Yellow Squash

In season
May – November

Look for
squash and
zucchini when
they are in
season or
frozen options
to reduce the
cost.



TRY IT!
Grate squash or
zucchini to add to
pasta sauces or
baked goods like
muffins.



Aim to eat 2½ cups
of vegetables
every day.



This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Summer Squash and Zucchini Casserole

Ingredients:

Nonstick cooking spray
3 summer squash, diced
1 onion, diced
1 cup Instant brown rice
1 ½ cups 1% milk
1 egg
½ teaspoon Italian seasoning
½ teaspoon ground black pepper
1 cup reduced fat cheddar cheese, shredded

Directions:

- Heat oven to 375°F. Spray a baking dish with nonstick cooking spray.
- Add summer squash, onion, and brown rice to the baking dish and stir to combine.
- In a mixing bowl, whisk together milk, egg, Italian seasoning, and pepper. Pour mixture over ingredients in the baking dish and gently stir to combine. Sprinkle cheddar cheese over top of casserole.
- Bake for 35 minutes or until liquid is absorbed. Let casserole set 5 minutes before serving.

(Recipe adapted from: <https://whatscooking.fns.usda.gov>)



18"x24"

Calabacita y Calabacín Amarillo

En estación
mayo –
noviembre

Busque
calabacitas y
calabacines
cuando estén
en temporada
o las opciones
congeladas para
bajar el costo.



IPRUÉBELO!
Ralle calabacines
para agregarlos a
salsas para pasta o a
productos horneados
como los muffins.



Trate de comer 2 ½
tazas de vegetales
todos los días.



Cazuela de Calabacín de Verano y Calabacita

Ingredientes:

Aerosol antideslizante para cocinar
2 calabacines de verano medianos, en dados
1 calabacita mediana, en dados
1 cebolla, en dados
1 taza de arroz Integral Instantáneo
1 ½ taza de leche al 1%
1 huevo
½ cucharadita de condimento Italiano
½ cucharadita de pimienta
4 onzas de queso cheddar reducido en grasa, en tiras

Preparación:

- Precalentar el horno a 375°F. Rociar una fuente para horno de 9 x 9 pulgadas con aerosol antideslizante para cocinar.
- Agregar el calabacín de verano, la calabacita, la cebolla y el arroz instantáneo a la fuente para horno y revolver para combinarlos.
- En un bol pequeño, batir la leche, el huevo, el aderezo Italiano y la pimienta. Verter la mezcla sobre los ingredientes que están en la fuente para horno y revolver para combinar. Espolvorear con queso cheddar sobre la cazuela.
- Hornear durante 35 minutos o hasta que el líquido se absorba. Dejar reposar durante 5 minutos antes de servir.

(Receta adaptada de: <https://whatscooking.fns.usda.gov>)



Produce of the Month: 11"x17"; 18"x24"

Cabbage

In season
May – November



Cabbage is always a budget friendly food.



Cabbage can be sautéed or grilled in wedges to bring out different flavors. Season with your favorite spices and serve as a side dish.



Colorful Coleslaw

Ingredients:

2 tablespoons honey
1 ½ tablespoons vinegar
1 tablespoon canola oil
½ teaspoon ground black pepper
¼ head green cabbage, shredded
¼ head red cabbage, shredded
½ bell pepper, finely chopped
1 carrot, grated
½ onion, finely chopped

Directions:

- Mix together honey, vinegar, oil, and black pepper in a bowl and stir well.
- Add cabbage, bell pepper, carrot, and onion to a bowl and stir well.
- Cover and refrigerate until chilled.

(Recipe adapted from: <https://downshiftology.com>.)

Repollo

En estación
mayo – noviembre



Trate de hacer que la mitad de su plato sea de frutas y vegetales.



El repollo siempre es un alimento económico.



El repollo se puede saltear o asar en gajos para realizar diferentes sabores. Sazonar con sus especias favoritas y servir como guarnición.

Repollo Colorido

Ingredientes:

2 cucharadas de miel
1 ½ cucharadas de vinagre
1 cucharada de aceite de canola
½ cucharadita de pimienta negra molida
¼ de cabeza de col verde, en tiras
¼ de cabeza de col roja, en tiras
½ pimiento, picado fino
1 zanahoria, rallada
½ cebolla, picada fina

Preparación:

- Mezclar la miel, el vinagre, el aceite y la pimienta negra en un bol y revolver bien.
- Agregar el repollo, el pimiento, la zanahoria y la cebolla al bol y revolver bien.
- Cubrir y refrigerar hasta que este frío.

(Receta adaptada de: <https://downshiftology.com>.)

This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Produce of the Month: 11"x17"; 18"x24"

Peaches

In season
July - August



Grilling peaches gives this fruit an even sweeter taste and is a great dessert.

Compare prices for fresh, canned or frozen peaches. They are all great options!

Aim to eat 2 cups of fruits every day.



Peach and Tomato Salad

Ingredients:

- 2 peaches, sliced
- 2 tomatoes, cut into chunks
- ½ onion, thinly sliced
- 1 tablespoon distilled vinegar
- 1 ½ teaspoons olive oil
- 1 teaspoon honey
- ½ teaspoon ground black pepper
- ¼ cup part-skim mozzarella cheese, shredded
- 2 tablespoons basil, torn

Directions:

- Combine peaches, tomatoes, and onion in a mixing bowl.
- Combine vinegar, oil, honey, and black pepper into a separate mixing bowl. Whisk together and drizzle over the onion, tomatoes, and peaches. Toss to combine.
- Sprinkle with cheese and basil.

(Recipe adapted from: <http://jessicaseinfeld.com>)

Duraznos

En estación julio - agosto



Asar duraznos a la parrilla les da un sabor aún más dulce y los convierte en un postre delicioso.

Comparar precios de duraznos frescos, enlatados o congelados. Todas son excelentes opciones.

Trate de comer 2 tazas de frutas todos los días.

Ensalada de Durazno y Tomate

Ingredientes:

- 2 tomates, cortado en trozos
- ½ libra de duraznos, en rodajas
- ½ taza de cebolla, en rodajas finas
- 1 cucharada de vinagre destilado
- 1 ½ cucharaditas de aceite de oliva
- 1 cucharadita de miel
- ½ cucharadita de pimienta negra molida
- ¼ taza de queso mozzarella parcialmente desgrasada, en tiras
- 2 cucharadas de albahaca, desgarrada

Preparación:

- Combinar los tomates, los duraznos y la cebolla en un bol.
- Combinar el vinagre, el aceite, la miel y la pimienta negra en un bol aparte. Batir y rociar sobre la cebolla, los tomates y duraznos. Revolver para mezclar.
- Espolvorear con queso y albahaca.

(Receta adaptada de: <http://jessicaseinfeld.com>)

Produce of the Month: 11"x17"; 18"x24"

Blueberries

In season
May – August



Add blueberries, fresh or frozen, to make baked blueberry oatmeal bars for breakfast or a snack.

To reduce the cost, stock up on blueberries when they are in season in the summer months or purchase them frozen at all times of the year.



Berry Purple Smoothie

Ingredients:

1 ¼ pounds pineapple chunks canned in juice, drained
2 cups frozen blueberries
1 ½ cups ice
6 ounces low-fat vanilla yogurt

Directions:

- Combine all ingredients in a blender and process until smooth.
- Serve immediately. NOTE: The smoothie can also be stored in a refrigerator. Cover and place in the refrigerator for up to 24 hours.

(Recipe adapted from: <http://blog.katescarlata.com>)

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Arándanos Azules

En estación
mayo – agosto



Agregar arándanos azules, frescos o congelados, para hacer barras de avena y arándanos horneados para el desayuno o como merienda.

Para reducir el costo, abastecerse de arándanos azules cuando estén en temporada en los meses de verano o comprarlos congelados en cualquier época del año.



Licuado de Arándanos Azules

Ingredientes:

20 onzas de piña en trozos enlatada en jugo, escurridas
2 tazas de arándanos azules congelados
1 ½ tazas de hielo
6 onzas de yogurt de vainilla reducido en grasa

Preparación:

- Combinar todos los ingredientes en una licuadora y procesar hasta obtener una consistencia suave.
- Servir inmediatamente. NOTA: El licuado también puede conservarse en el refrigerador. Cubrir y colocar en el refrigerador hasta por 24 horas.

(Receta adaptada de: <http://blog.katescarlata.com>)

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Produce of the Month: 11"x17"; 18"x24"

Watermelon

In season
June –
September



Summer is a great time to look for watermelon because they are in season, making them more budget friendly.



Aim to eat 2 cups of fruits every day.

Fruit Kabobs with Yogurt Dip

Ingredients:

2 kiwis, peeled and sliced
1 cup precut pineapple, cut into chunks
1 cup seedless grapes
1 cup strawberries, hulled
1 cup watermelon, seeded and cut into chunks
6 ounces low-fat vanilla yogurt

Directions:

- Arrange fruit chunks on the skewers.
- Serve kabobs alongside yogurt as dip.

(Recipe adapted from Food and Health Communications, Inc., as listed at: <https://whatscooking.fns.usda.gov>)

Sandía

En estación
junio –
septiembre



Trate de comer
2 tazas de frutas
todos los días.



El verano es un buen momento para buscar sandías porque están en temporada, lo que las hace más económicas.

Para una guarnición dulce y salada, puede preparar una ensalada con sandía en cubos, trozos de pepino, cebolla en rodajas y queso feta junto con un aderezo de vinagre y aceite.



Brocheta de Fruta & Salsa de Yogurt

Ingredientes:

1 taza de piña, cortada en trozos
1 taza de uvas sin semilla
1 taza de fresas, sin pedúcula
1 taza de sandía, con semillas y cortada en trozos
2 kiwis, pelados y en rodajas
6 onzas de yogurt, bajo en grasa

Preparación:

- Colocar los trozos de fruta en los pinchos.
- Servir las brochetas junto con el yogurt como salsa.

(Receta adaptada de Food and Health Communications, Inc., publicada en: <https://whatscooking.fns.usda.gov>)

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Produce of the Month: 11"x17"; 18"x24"

Tomatoes

In season
July - November

Canned tomatoes are an all year around option that is a budget friendly choice.

Kale and Tomato Spaghetti

Ingredients:

6 ounces whole grain pasta
2 tablespoons olive oil
1 onion, chopped
4 garlic cloves, minced
½ teaspoon ground black pepper
1 bunch of kale, torn
28 ounces canned low-sodium diced tomatoes
14 ounces canned low-sodium northern beans
¼ cup reduced fat grated Parmesan cheese

Directions:

- Cook the pasta according to the package directions. Reserve ¼ cup of the cooking water. Drain the pasta and return it to the pot.
- Meanwhile, heat the oil in a skillet over medium-high heat. Add the onion, garlic, and black pepper. Cook for about 4-5 minutes, until beginning to brown, stirring occasionally.
- Add the kale in batches and cook, tossing frequently, until tender, about 3-4 minutes.
- Add the tomatoes and beans. Cook for 3-5 minutes, stirring occasionally, until heated through.
- Add the kale mixture, cheese, and reserved cooking water to the pasta and stir to combine.

(Recipe adapted from: <http://bellalimento.com>.)

Aim to eat 2 ½ cups of vegetables every day.

This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Tomates

En estación
julio - noviembre

Los tomates enlatados son una opción económica que se encuentra disponible durante todo el año.

Trate de comer 2 ½ tazas de vegetales todos los días.

Mezclar tomates con otras verduras (pimientos, cebollas, pepinos) para hacer gazpacho, una sopa fría originaria en España.

Espaguetis con Col Kale y Tomate

Ingredientes:

6 onzas de pasta integral
2 cucharadas de aceite de oliva
1 cebolla, picada
4 dientes de ajo, picados
1 racimo de col kale, desgarrado
28 onzas de tomates en dados enlatados, bajos en sodio
14 onzas de frijoles del norte enlatados, bajos en sodio
¼ cucharadita de pimienta negra molida
¼ taza de queso parmesano reducido en grasa, rallado

Preparación:

- Cocinar la pasta de acuerdo a las instrucciones del paquete. Reservar ¼ de taza del agua que se utilizó para cocinarla. Drenar la pasta y dejarla en la olla.
- Mientras tanto, calentar el aceite en una sartén grande sobre fuego medio a alto. Agregar la cebolla, el ajo y la pimienta. Cocinar aproximadamente durante 4-5 minutos hasta que comience a dorarse, revolviendo ocasionalmente.
- Agregar la col kale en tandas y cocinar, revolviendo frecuentemente hasta que esté tierno o aproximadamente 3-4 minutos.
- Agregar los tomates, los frijoles y la pimienta. Cocinar durante 3-5 minutos, revolviendo ocasionalmente, hasta que esté caliente.
- Agregar la mezcla de la col kale, el queso y el agua reservada a la pasta y revolver para combinar.

(Receta adaptada de: <http://bellalimento.com>.)

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Produce of the Month: 11"x17"; 18"x24"

Cucumbers

In season
June - November



Aim to make half
your plate fruits and
vegetables.



Try adding
sliced
cucumbers to a
sandwich for
extra crunch,
or cutting them
into sticks to
dip.



Cucumbers
are in season
during summer into
early fall, which
may make them
more cost effective
to buy during this
time!

Cool Cucumber Yogurt Dip

Ingredients:

1 cup plain low-fat yogurt
½ cup light sour cream
1 cucumber, divided
1 tablespoon lemon juice
¼ teaspoon dried dill weed
¼ teaspoon garlic powder
¼ teaspoon ground black pepper
¼ teaspoon salt
2 carrots, sliced
½ head broccoli, cut into florets

Directions:

- Place the yogurt and sour cream in a mixing bowl.
- Peel ½ of the cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate ½ of cucumber that has been peeled, until you have ½ cup. Set aside remaining ½ cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
- Add lemon juice, dill weed, garlic powder, black pepper, and salt to the mixing bowl. Stir until evenly mixed.
- Cover and refrigerate for at least 1 hour prior to serving. Stir again just before using.
- Cut the remaining cucumber into ¼-inch slices. Serve dip with cucumber, carrots, and broccoli florets.

(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net/>)

Pepinos

En estación
junio - noviembre



Trate de hacer que la
mitad de su plato sea
de frutas y vegetales.



Pruebe añadir
rodajas de pepino
a un sándwich
para darle un
toque crujiente o
córtelos en palitos
para consumir con
aderezo.



Los pepinos
están en temporada
desde el verano
hasta principios
del otoño, por lo
que comprarlos en
esta época les es más
económico!

Salsa Fresca de Pepino y Yogurt

Ingredientes:

1 taza de yogurt natural, reducido en grasa
½ taza de crema agria, líquido
1 pepino, dividido
1 cucharada de jugo de limón
¼ cucharadita de eneldo deshidratado
¼ cucharadita de ajo en polvo
¼ cucharadita de pimienta negra molida
¼ cucharadita de sal
2 zanahorias, en rodajas
½ cabeza de brócoli, cortado

Preparación:

- Colocar el yogurt y la crema agria en un bol para mezclar.
- Pelear la mitad de un pepino y cortarlo longitudinalmente. Remover las semillas con una cuchara y separar la mitad del pepino que ha sido pelado hasta obtener ½ taza. Reservar la otra mitad del pepino. Colocar el pepino rallado en el bol con el yogurt y la crema agria.
- Agregar el jugo de limón, el eneldo, el ajo en polvo, la pimienta negra y la sal al bol. Revolver hasta mezclar homogéamente.
- Cubrir y refrigerar durante al menos 1 hora antes de servir. Revolver de nuevo justo antes de servir.
- Cortar el pepino restante en rodajas de ¼ de pulgada. Servir la salsa con pepino, zanahorias y brócoli.

(Receta de Summer Foods, Summer Moves, listada como:
<https://fns-prod.azureedge.net/>)

This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Produce of the Month: 11"x17"; 18"x24"

Bell Peppers: All Colors In season July - November



Aim to make half
your plate fruits and
vegetables.



Make stuffed
bell peppers
filled with rice,
your favorite
vegetables and
ground chicken
topped with
cheese then
baked.

Frozen bell
peppers are a
great alternative
to fresh bell
peppers, which
can reduce the
cost.

Vegetable Stir-Fry

Ingredients:

2 teaspoons canola oil
1 head broccoli, chopped
1 head cauliflower, chopped
2 carrots, sliced
2 celery stalks, sliced
1 bell pepper, sliced
 $\frac{1}{4}$ cup pineapple juice
1 tablespoon lemon juice
1 tablespoon sugar
1 $\frac{1}{2}$ teaspoons cornstarch
1 teaspoon less sodium soy sauce
2 cups brown rice, cooked

Directions:

- Heat oil in a skillet over medium-high heat. Add broccoli, cauliflower, carrots, and celery. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
- In a mixing bowl, combine pineapple juice, lemon juice, sugar, cornstarch, and soy sauce. Next, add the sauce to the skillet. Bring to a boil and cook for 1 minute or until the sauce thickens. Pour sauce over vegetables.
- Serve over brown rice.

(Recipe adapted from: <http://www.layersofhappiness.com>)

Pimiento: todos los colores En estación julio - noviembre



Trate de hacer que la
mitad de su plato sea
de frutas y vegetales.



Cocine pimientos
rellenos con arroz,
agregue sus
verduras favoritas
junto con pollo
molido rociando
con queso y
coloque en el
horno.



Los pimientos
congelados
constituyen
una excelente
alternativa a los
pimientos frescos,
reduciendo su
costo.

Salteado Chino de Vegetales

Ingredientes:

2 cucharaditas de aceite de canola
1 cabeza de brócoli, picada
1 cabeza de coliflor, picada
2 tallos de apio, en rodajas
2 zanahorias, en rodajas
1 pimiento, en rodajas
 $\frac{1}{4}$ taza de jugo de piña
1 cucharada de azúcar
1 cucharada de jugo de limón
1 $\frac{1}{2}$ cucharadita de almidón de maíz
1 cucharadita de salsa de soya con menos sodio
2 tazas de arroz integral, cocido

Preparación:

- Calentar el aceite en una sartén sobre fuego medio a fuerte. Agregar brócoli, coliflor, apio y zanahorias. Cocinar durante 2 minutos. Agregar pimiento y cocinar 2 minutos más.
- Combinar en un bol para mezclar el jugo de piña, el azúcar, el jugo de limón, el almidón de maíz y la salsa de soya y agregar a la sartén. Dejar hervir y cocinar durante 1 minuto. Revolver para distribuir la salsa sobre los vegetales.
- Servir sobre arroz integral.

(Receta adaptada de: <http://www.layersofhappiness.com/sesame-honey-ginger-pineapple-vegetarian-stir-fry/>)

USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

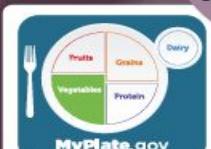
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Produce of the Month: 11"x17"; 18"x24"

Eggplant

In season
June – August



Aim to make half
your plate fruits and
vegetables.



Toss cubed
eggplant with
olive oil, salt and
pepper then roast
them in the oven.
Add them to
sauces, salads or
eat as is.



Eggplant is in
season during the
summer, which
makes it more
cost effective to
buy during this
time!

Eggplant Ratatouille

Ingredients:

1 eggplant, sliced
2 zucchini, sliced
1 teaspoon salt
1 teaspoon olive oil
1 onion, sliced
3 tomatoes, diced
1 bell pepper, cored and sliced
1 garlic clove, diced
1 teaspoon dried basil
1 teaspoon dried oregano

Directions:

- Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels.
- In a skillet, heat olive oil over medium-high heat on stove. Add onions and sauté until translucent, about 3 minutes.
- Stir in eggplant, zucchini, tomatoes, bell pepper, garlic, basil, and oregano. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked.

(Recipe adapted from ONE Project – Oklahoma Nutrition Information and Education: Simple Healthy Recipes, available at: <https://www.whatascoking.fns.usda.gov/>)

Berenjena

En estación
junio – agosto



Trate de hacer que la
mitad de su plato sea
de frutas y vegetales.



La berenjena
está en
temporada
durante el verano,
siendo más
económica para
comprar durante
esta época!



Puede mezclar
las berenjenas en
cubos con aceite de
oliva, sal y pimienta,
y rostizarlas en el
horno. Después
puede agregarlas a
salsas, ensaladas o
comerlas así
nomás.

Ratatouille de Berenjena

Ingredientes:

1 berenjena, en rodajas
2 calabacines, en rodajas
1 cucharadita de sal
1 cucharadita de aceite de oliva
1 cebolla, en rodajas
3 tomates, en dados
1 pimiento, en rodajas
1 diente de ajo, en dados
1 cucharadita de albahaca seca
1 cucharadita de orégano seco

Preparación:

- Colocar la berenjena y la calabacín
en un colador, espolvorear con sal y
mezclar ligeramente. Dejar que drenen
durante al menos 30 minutos. Enjuagar
y secar con papel de cocina.
- En una sartén, calentar el aceite
de oliva sobre calor medio-alto.
Agregar la cebolla y saltear hasta
que se encuentren translúcidas,
aproximadamente durante 3 minutos.
- Verter la berenjena, los calabacines,
los tomates, el pimiento, el ajo, la albahaca,
y el orégano. Reducir el calor y dejar
hervir 30-45 minutos hasta que los
verduras estén completamente cocidas.

(Receta adaptada de ONE Project – Oklahoma Nutrition
Information and Education: Simple Healthy Recipes, available at:
<https://www.whatascoking.fns.usda.gov/>)

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Produce of the Month: 11"x17"; 18"x24"

Green Beans

In season
June – November



Aim to eat 2 1/2 cups of vegetables every day.



Keep it simple
by sautéing
green beans in
a little oil with
some garlic, salt
and pepper.



Compare
prices for
fresh, canned
or frozen green
beans. They
are all great
options!

Hearty Beef & Vegetable Soup

Ingredients:

1 pound lean ground beef
1 teaspoon canola oil
6 carrots, sliced
2 potatoes, chopped
2 onions, chopped
2 celery stalks, sliced
5 cups water
48 ounces canned low-sodium diced tomatoes
15 ounces canned low-sodium green beans, drained and rinsed
15 ounces canned low-sodium mixed vegetables, drained and rinsed
1 cup low-sodium tomato juice
1 teaspoon ground black pepper
1 teaspoon Italian seasoning

Directions:

- In a pot, sauté ground beef until browned. Remove from pot and set aside.
- Heat oil in the pot and sauté carrots, potatoes, onions, and celery until softened.
- Add cooked ground beef, water, tomatoes, green beans, mixed vegetables, tomato juice, black pepper, and Italian seasoning to the pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.
- Serve warm.

(Recipe adapted from: <http://www.epicurious.com>)

Judías Verdes

En estación
junio – noviembre



Trate de comer 2 1/2 tazas de vegetales todos los días.



Simplemente,
saltee las judías
verdes junto con
un poco de ajo,
aceite de oliva,
sal y pimienta.



Compare los
precios de las
judías verdes
frescas, en lata
o congeladas.
¡Todas son
buenas
opciones!

Sopa de Vegetales y Carne

Ingredientes:

1 libra de carne molida 90% magra
1 cucharadita de aceite de canola
6 zanahorias, en rodajas
2 papas medianas, picadas
2 cebollas, picadas
2 tallos de apio, en rodajas
5 tazas de agua
48 onzas de tomates en dados, enlatados y
bajos en sodio
15 onzas de vegetales variados enlatados,
escurridos y enjuagados
15 onzas de frijoles verdes enlatados,
escurridos y enjuagados
1 taza de jugo de tomate, bajo en sodio
1 cucharadita de aderezo Italiano
1 cucharadita de pimienta negra molida

Preparación:

- En una olla grande, saltear la carne molida hasta que esté dorada. Remover de la olla y dejar a un lado.
- Calentar el aceite en la olla y saltear las zanahorias, las papas, las cebollas y el apio hasta que estén blandos.
- Agregar la carne cocinada, el agua, los tomates, los vegetales, los frijoles verdes, el jugo de tomate, el aderezo Italiano y el pimienta a la olla y llevar a hervor. Reducir el calor, tapar y hervir a fuego lento durante 30 minutos.

(Receta adaptada de: <http://www.epicurious.com>)

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Produce of the Month: 11"x17"; 18"x24"

Sweet Potatoes

In season October – February



Aim to eat $2\frac{1}{2}$ cups of vegetables every day.



Cut the sweet potatoes in cubes and add them to your favorite chili recipe for a little sweetness.



Buying in bulk may reduce the cost of sweet potatoes.

Oven Baked Sweet Potato Fries

Ingredients:

1 $\frac{1}{2}$ tablespoons olive oil, divided
1 $\frac{1}{2}$ pounds sweet potatoes, sliced into $\frac{1}{4}$ -inch strips
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper

Directions:

- Heat oven to 400°F.
- Brush baking sheet with half of oil. Place potatoes on baking sheet in a single layer.
- Season the potatoes with salt and pepper. Drizzle remaining oil on top of potatoes.
- Bake for 20 minutes, rotating the baking dish every 10 minutes, until crispy. Cook for additional time if sides are not browned. NOTE: For crispier fries, the potatoes can be placed under the broiler for about 3 minutes on each side.

(Recipe from: <https://whatscooking.fns.usda.gov/>)

Camotes

En estación octubre – febrero



Trate de comer $2\frac{1}{2}$ tazas de vegetales todos los días.



Corte los camotes en cubos y agréguelos a su receta favorita de chili para darle un toque de dulzura.



Comprando en cantidad grande puede reducir el precio de los camotes.

Bastones de Camotes Horneados

Ingredientes:

1 $\frac{1}{2}$ cucharadas de aceite de oliva, dividido
1 $\frac{1}{2}$ libras de camotes, cortados en tiras de $\frac{1}{4}$ de pulgada
 $\frac{1}{2}$ cucharadita de sal
 $\frac{1}{4}$ cucharadita de pimienta negra molida

Preparación:

- Calentar el horno a 400°F.
- Pincelar la placa para horno con la mitad del aceite. Colocar los camotes sobre la placa en una sola capa.
- Condimentar los camotes con sal y pimienta. Rociar el aceite restante sobre los camotes.
- Hornear durante 10 minutos, rotando la placa cada 10 minutos, hasta que estén crocantes. Cocinar un tiempo adicional si los bordes no están dorados.
- NOTA: para lograr unos camotes más crocantes, pueden colocarse debajo del asador (broiler) durante unos 3 minutos a cada lado.

(Receta de: <https://whatscooking.fns.usda.gov/med/pdfs/supplemental-nutrition-assistance-program-snaps/oven-baked-sweet-potato-fries.pdf>)

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Produce of the Month: 11"x17"; 18"x24"

Turnips

In season
September –
March



Use turnips
any way you
would use a
potato. Try
them baked or
boiled or lightly
steamed.



To make the
most of turnips,
you can cook
and eat both
the greens and
root of the
vegetable.



Roasted Root Vegetables

Ingredients:

1 sweet potato, chopped
1 rutabaga, chopped
1 onion, chopped
1 potato, chopped
2 carrots, chopped
1 turnip, chopped
1 tablespoon olive oil
3 tablespoons reduced fat grated Parmesan cheese
1 teaspoon garlic powder
1 teaspoon ground sage
1 teaspoon dried rosemary

Directions:

- Heat oven to 350°F.
- Evenly spread all vegetables on a baking sheet or baking dish. Drizzle oil and seasonings over vegetables. Toss to combine. Bake 30-40 minutes or until all vegetables are tender.
- Sprinkle with Parmesan cheese before serving.

(Recipe adapted from: <http://www.thekitchn.com>)

Nabo

En estación
septiembre –
marzo



Utilice el
nabo igual
que la papa.
Pruébelo al
hornio, hervido
o al vapor.



Para
aprovecharlo
al máximo los
nabos, puede
cocinar y comer
tanto las hojas
como la raíz de
la verdura.

Vegetales de Raíz Asados

Ingredientes:

1 camote, picado
1 nabo sueco, picado
1 cebolla, picada
1 papa, picada
2 zanahorias, picadas
1 nabo, picado
1 cucharada de aceite de oliva
3 cucharadas de queso parmesano rallado y reducido en grasas

1 cucharadita de ajo en polvo
1 cucharadita de salvia molida
1 cucharadita de romero deshidratado

Preparación:

- Calentar el horno a 350°F.
- En forma pareja, colocar todos los vegetales sobre una fuente para horno. Rociar con el aceite y especias. Revolver para combinar. Hornear 30-40 minutos o hasta que los vegetales estén tiernos.
- Espolvorear con queso parmesano antes de servir.

(Receta adaptada de: <http://www.thekitchn.com>)

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Produce of the Month: 11"x17"; 18"x24"

White Potatoes

In season June – November



Aim to make half your plate fruits and vegetables.

Grate or thinly slice white potatoes and add them to the bottom of a pie dish to be a substitute crust for a quiche.

White potatoes are a budget friendly veggie that is great to have in your pantry all times of the year.



Garlic Mashed Potatoes

Ingredients:

8 potatoes, chopped
½ cup 1% milk
¼ cup light sour cream
4 garlic cloves, minced
½ teaspoon salt
½ teaspoon ground black pepper

Directions:

- Place potatoes in a stockpot. Add enough water to cover.
- Cover and bring to a boil until potatoes are tender, about 10-15 minutes.
- Drain and transfer potatoes to a mixing bowl. Add remaining ingredients.
- Mash until desired texture is achieved.

(Recipe adapted from: <http://www.tastefulselections.com>)

Papas Blancas

En estación junio – noviembre



Trate de hacer que la mitad de su plato sea de frutas y vegetales.



Ralle o corte bien las papas blancas y colóquelas en la base de una tartera para usarlas como sustituto de una masa de tarta.



Puré de Papas al Ajo

Ingredientes:

8 papas, cortadas
½ taza de leche al 1%
¼ taza de queso crema, reducido en grasa
4 dientes de ajo, picados
½ cucharadita de sal
½ cucharadita de pimienta negra molida

Preparación:

- Colocar las papas en una cacerola. Agregar agua hasta cubrir.
- Tapar y llevar a hervor hasta que las papas estén tiernas, aproximadamente 10-15 minutos.
- Colar y transferir las papas a un bol para mezclar. Agregar los ingredientes restantes.
- Pisar las papas hasta lograr la consistencia deseada. ¡A disfrutar!

(Receta adaptada de: <http://www.tastefulselections.com>)

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Produce of the Month: 11"x17"; 18"x24"

Winter/Butternut Squash

In season
September - February



Try a different lasagna recipe using pureed butternut squash instead of tomato sauce.



Aim to make half your plate fruits and vegetables.



Butternut squash is in season in early fall and winter, which makes it more cost effective to buy during this time!



Creamy Butternut Squash

Ingredients:

1 tablespoon olive oil
 ¼ teaspoon ground black pepper
 ¼ teaspoon salt
 1 butternut squash, halved lengthwise and seeded
 ¼ cup plain Greek yogurt
 ½ cup reduced fat grated Parmesan cheese, divided

Directions:

- Heat oven to 425°F.
- Rub olive oil, pepper, and salt evenly over both butternut squash halves. Place halves cut side up in a baking dish large enough to hold both halves.
- Bake squash for 35-45 minutes, or until fork tender. Remove squash from the oven and let it cool slightly, until you can handle it safely.
- Using a spoon, carefully (trying not to break the outer shell) scoop out most of the flesh from the squash into a bowl. Add yogurt and ¼ cup Parmesan cheese to the bowl. Mash and mix thoroughly to combine everything together.
- Spoon the squash mixture back into the shell, and sprinkle the tops with remaining Parmesan cheese.
- NOTE: For a crunchier texture, broil for a couple of minutes until golden brown. Serve warm.

(Recipe adapted from @cleanfoodcrush, as listed at: <https://www.instagram.com/p/BGvIDjH0c/>)

Invierno/ Zapallo Anco

En estación
septiembre - febrero



Intente cocinar una receta de lasaña diferente utilizando puré de zapallo anco en vez de salsa de tomate.



Trate de hacer que la mitad de su plato sea de frutas y vegetales.



El zapallo anco se encuentra en temporada al principio de otoño e invierno, por lo que conviene comprarlo en esta época para que resulte más económico!



Zapallo Anco Cremoso

Ingredientes:

1 cucharada de aceite de oliva
 ¼ cucharadita de pimienta negra molida
 ¼ cucharadita de sal
 1 zapallo anco, cortado longitudinalmente por la mitad y sin semillas
 ½ taza de yogur natural griego
 ½ taza de queso parmesano rallado, reducido en grasa, dividido

Preparación:

- Calentar el horno a 425°F.
- Frotar el aceite de oliva, la pimienta y la sal sobre las dos mitades del zapallo anco. Colocarlos con la parte cortada hacia arriba en una fuente para horno lo suficientemente grande.
- Hornear el zapallo anco durante 35-45 minutos, o hasta que pueda introducirse un tenedor. Remover el zapallo anco del horno y dejar enfriar hasta que pueda manipularse en forma segura.
- Utilizando una cuchara, con cuidado (tratando de no romper la cáscara exterior) remover la pulpa central y colocar en un bol. Agregar el yogur y 1/4 de taza de queso parmesano al bol. Pisar mezclar cuidadosamente combinando todos los ingredientes.
- Colocar con una cuchara la mezcla del zapallo anco en la coraza y espolvorear las dos mitades con queso parmesano.
- NOTA: para lograr una textura más crujiente, dorar durante un par de minutos. Servir tibio.

(Receta adaptada de @cleanfoodcrush, lista a: <https://www.instagram.com/p/BGvIDjH0c/>)

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Produce Fliers: half page



The #1 way
to get kids to
eat apples is to
slice them!



Apples

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Manzanas

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¡La forma #1 de
hacer que los
niños coman
manzanas es
cortarlas en
rodajas!



Produce Fliers: half page



Use these as a
healthy substitute
for mayo in your
favorite recipe



Avocados

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Úselos como un
sustituto saludable
de la mayonesa en
su receta favorita.



Aguacates

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Produce Fliers: half page



Buy these for an
easy portable
snack!



Bananas

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¡Cóprenalas y
consúmalas como
una merienda
fácil y portátil!



Plátanos

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Produce Fliers: half page



Blueberries

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Blueberries pair great with all foods. Add them to your cereal, yogurt, salads, smoothies or oatmeal.



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Eat Smart
Move More

Virginia Tech • Virginia State University



Moras Azules

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Eat Smart
Move More

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Choose round,
heavy melons with
no blemishes.
If the stem end
is squishy, it's
good to go.



Cantaloupe

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Melón

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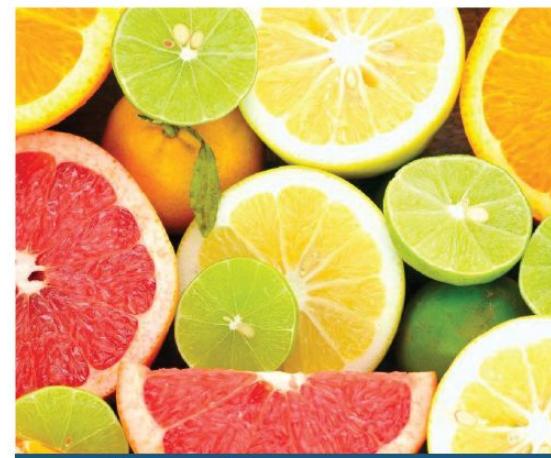
Produce Fliers: half page



Citrus

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Flavor your water with slices of your favorite citrus fruit.



Cítricos

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Produce Fliers: half page



Cucumbers

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Keep the skin on
cucumbers for
extra nutrients.



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Move More**
Supplemental Nutrition Assistance Program



Pepinos

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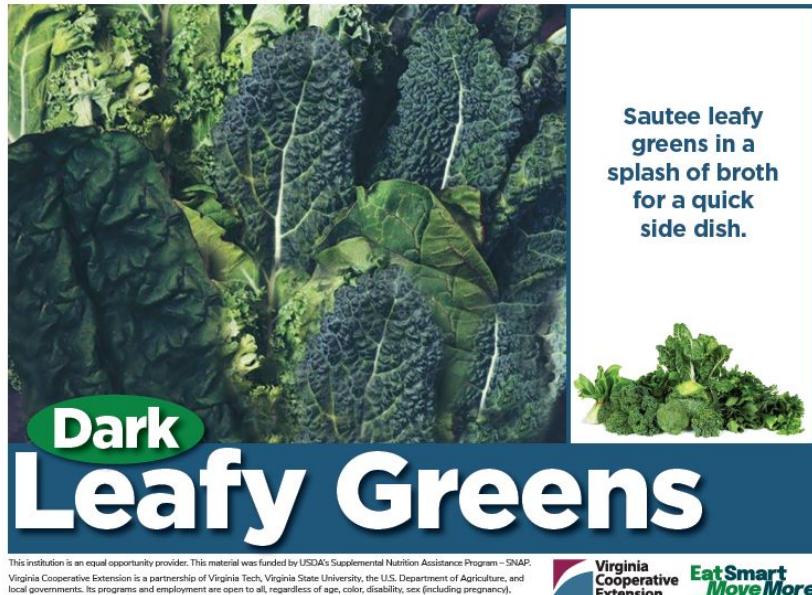
Mantenga la piel
de los pepinos
para obtener
nutrientes
adicionales.



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Dark Leafy Greens

Sautee leafy greens in a splash of broth for a quick side dish.

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Verduras de hojas verdes oscuras

Salteé las verduras de hojas verdes en un chorrito de caldo como guarnición rápida.

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Eat Smart Move More

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Produce Fliers: half page



Eggplant

Try eggplant
in your favorite
Italian or Asian
inspired dishes.



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Berenjena

Pruebe la
berenjena en sus
platos favoritos
con inspiración
italiana o asiática.



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Produce Fliers: half page



Keep washed
grapes in the
fridge for a ready
to eat snack!



Grapes

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Mantenga las
uvas lavadas
en la heladera
para tener un
refrigerio listo
para comer!



Uvas

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Sautee green beans in olive oil for a quick side dish.



Green Beans

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Frijoles Verdes

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Produce Fliers: half page



A fresh, juicy peach is the perfect summer treat.



Peaches

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Un melocotón fresco y jugoso es el regalo perfecto para el verano.



Melocotones

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Produce Fliers: half page



Try them
sliced in a salad,
sautéed with
pork chops,
or poached
in apple juice.



Pears

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Pruébelas
cortadas en
rodajas en
ensalada,
salteadas con
chuletas de cerdo
o escalfadas en
jugo de manzana.



Peras

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Produce Fliers: half page



Peppers

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Red and yellow peppers are sweeter than green peppers and a good snack option for kids.



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Virginia Tech • Virginia State University



Pimientos

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Los pimientos rojos y amarillos son más dulces que los verdes y una buena opción de merienda para los niños.



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Produce Fliers: half page



Pumpkin is a great option to add fall flavor to many recipes. Mix with yogurt for a yummy fruit dip.



Pumpkin

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Virginia Tech Virginia State University



Supplemental Nutrition Assistance Program



Calabaza

La calabaza es una excelente opción para agregar sabor otoñal a muchas recetas. Mézclelo con yogur para obtener una deliciosa salsa de frutas.



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Virginia Tech Virginia State University



Supplemental Nutrition Assistance Program

Produce Fliers: half page



Berries are a sweet way to get more heart-healthy fiber.



Raspberries Blackberries

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Eat Smart
Move More

Supplemental Nutrition Assistance Program



Frambuesas Moras

Las bayas son una forma dulce de obtener más fibra saludable para el corazón



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Supplemental Nutrition Assistance Program

Produce Fliers: half page



Try a strawberry smoothie to satisfy your sweet tooth.



Strawberries

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Pruebe un batido de fresa para satisfacer su gusto por lo dulce.



Fresas

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Produce Fliers: half page



Slice them, dice them, or turn them into "noodles." Summer squash are quick and tasty no matter how you prepare them.



Summer Squash

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Virginia Cooperative Extension • Eat Smart Move More



Córtelas en rodajas, páquelas o conviértalas en "fideos". Las calabazas de verano son rápidas y sabrosas sin importar cómo las prepare.



Calabazas de verano

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Produce Fliers: half page



Try this
naturally sweet
potato option.

Sweet Potatoes

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**Eat Smart
Move More**
Virginia Cooperative Extension – Healthy Eating Program



Pruebe esta
opción de batata
natural.

Batatas

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Move More**
Virginia Cooperative Extension – Healthy Eating Program

Produce Fliers: half page



Choose tomatoes with bright, shiny skin and firm flesh.



Tomatoes

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Elija tomates con piel brillante y con pulpa firme.



Tomates

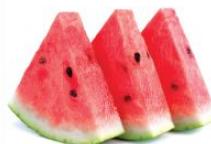
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Produce Fliers: half page



Sweet and juicy,
watermelon are
a great snack
or dessert.



Watermelon

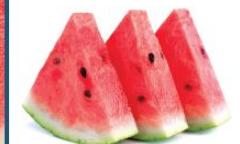
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Dulce y jugosa,
la sandía es
una excelente
merienda o
postre.



Sandía

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Produce Fliers: half page



Love baked potatoes?

Save time by
cooking them
in the microwave.



White Potatoes

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*¿Le encantan las
papas al horno?*

Ahorre tiempo
cocinándolas en el
microondas.



Papas Blancas

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Produce Fliers: half page



Peel, dice,
and roast
winter squash
for the perfect
cool weather
comfort food.



Winter Squash

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Eat Smart
Move More
Virginia Cooperative Extension - Food Nutrition Program



Pele, corte en
cubitos y ase
la calabaza
para obtener
la comida
reconfortante
perfecta para un
clima fresco.



Calabaza de Invierno

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Eat Smart
Move More
Virginia Cooperative Extension - Food Nutrition Program

Shelf Talkers: 4"x6"



**Eat Smart
Move More**
U.S. Department of Health & Human Services

*The ultimate
low-calorie and
portable snack!*

APPLES

QUICK • EASY • TASTY



**Eat Smart
Move More**
U.S. Department of Health & Human Services

*¡La merienda
transportable
de más baja
caloría!*

MANZANAS

RÁPIDO • FÁCIL • SABROSO



BANANAS

*Add to cereal, oatmeal,
or pancakes for natural
sweetness!*

**Eat Smart
Move More**
U.S. Department of Health & Human Services

QUICK • EASY • TASTY

BERRIES



*Freeze overnight
to put in smoothies
the next morning!*

**Eat Smart
Move More**
U.S. Department of Health & Human Services

QUICK • EASY • TASTY



**Eat Smart
Move More**
U.S. Department of Health & Human Services

*¡La merienda
transportable
de más baja
caloría!*

MANZANAS

RÁPIDO • FÁCIL • SABROSO



PLÁTANOS

*Añádalos al cereal, la
avena o panqueques
para un dulzor natural!*

**Eat Smart
Move More**
U.S. Department of Health & Human Services

RÁPIDO • FÁCIL • SABROSO



*Congelarlas por la
noche para ponerlas
en los batidos a la
mañana siguiente!*

**Eat Smart
Move More**
U.S. Department of Health & Human Services

BAYAS

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



**EatSmart
MoveMore**
High in Complex Carbohydrates • Healthy Eating Program

BROWN RICE

*Whole grain means
more fiber and nutrients!*

QUICK • EASY • TASTY



**EatSmart
MoveMore**
High in Complex Carbohydrates • Healthy Eating Program

CANNED BEANS

*A low-fat protein to
add fiber to your diet!*

QUICK • EASY • TASTY



**EatSmart
MoveMore**
High in Complex Carbohydrates • Healthy Eating Program

CANNED CARROTS

*Kids love carrots,
they're naturally sweet!*

QUICK • EASY • TASTY



ARROZ INTEGRAL

*¡Cereal integral significa
más fibra y nutrientes!*

**EatSmart
MoveMore**

RÁPIDO • FÁCIL • SABROSO



FRIJOLES EN LATA

*¡Una proteína reducida
en grasa para agregar
fibra a su dieta!*

**EatSmart
MoveMore**

RÁPIDO • FÁCIL • SABROSO



**EatSmart
MoveMore**
High in Complex Carbohydrates • Healthy Eating Program

ZANAHORIAS EN LATA

*¡Los niños
aman las zanahorias ya que
son naturalmente dulces!*

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



CANNED CORN

Choose low sodium or no salt added!

EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

QUICK • EASY • TASTY



MAÍZ EN LATA

¡Elija maíz bajo en sodio o sin sodio!

EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

RÁPIDO • FÁCIL • SABROSO



CANNED FRUITS & VEGETABLES

Lasts longer than fresh produce and ready when you need it!

EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

QUICK • EASY • TASTY



EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

CANNED GREEN BEANS

Add to casseroles or soups! Rinse to reduce salt.

QUICK • EASY • TASTY



FRIJOLES VERDES EN LATA

¡Agregue a cazuelas o sopas! Enjuague para reducir la cantidad de sal.

EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

RÁPIDO • FÁCIL • SABROSO



FRUTAS Y VERDURAS ENLATADAS

¡Durán más que las frutas y verduras frescas y están listas cuando las necesitas!

EatSmart MoveMore
High in Complex Carbohydrates • Low in Saturated Fat

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



**Eat Smart
Move More**
High & Competitive Nutrition • Sustainability Program

CANNED ORANGES

*Kids love oranges,
they're great for lunches!*

QUICK • EASY • TASTY



*Great in
yogurt or smoothies
for natural sweetness!*

CANNED PEACHES

**Eat Smart
Move More**
High & Competitive Nutrition • Sustainability Program

QUICK • EASY • TASTY



CANNED PINEAPPLE

*Add to stir fry,
cakes, or fruit salad
for natural sweetness!*

**Eat Smart
Move More**
High & Competitive Nutrition • Sustainability Program

QUICK • EASY • TASTY



NARANJAS EN LATA

*A los niños les encantan las
naranjas, ¡son fantásticas
para los almuerzos!*

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Move More**
High & Competitive Nutrition • Sustainability Program

RÁPIDO • FÁCIL • SABROSO



*¡Genial con
yogurt o enlucados para
endulzar naturalmente!*

DURAZNOS EN LATA

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High & Competitive Nutrition • Sustainability Program

RÁPIDO • FÁCIL • SABROSO



**Eat Smart
Move More**
High & Competitive Nutrition • Sustainability Program

PIÑA EN LATA

*¡Agregue a
salteados, tortas
o ensaladas de frutas para
endulzar naturalmente!*

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



CANNED SARDINES

A healthy protein with omega 3 fatty acids!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

QUICK • EASY • TASTY



CANNED SWEET PEAS

Add to salads, soups, or casseroles!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

QUICK • EASY • TASTY



CANNED TOMATOES

Perfect for making homemade sauces and soups!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

QUICK • EASY • TASTY



SARDINAS ENLATADAS

Una proteína saludable con ácidos grasos omega-3!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

RÁPIDO • FÁCIL • SABROSO



GUISANTES DE OLOR EN LATA

Agregue a ensaladas, sopas o cazuelas!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

RÁPIDO • FÁCIL • SABROSO



TOMATES EN LATA

Perfectos para hacer salsas y sopas caseras!

EatSmart MoveMore
SmartCorporation.com/EatSmartMoveMore

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

CANNED TUNA

Add to pasta salad, sandwiches, casseroles, or salads for a lean protein!

QUICK • EASY • TASTY



**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

ATÚN EN LATA

¡Agregue a ensaladas de pasta, sándwiches, cazuelas o ensaladas clásicas para obtener proteína magra!

RÁPIDO • FÁCIL • SABROSO



CHICKEN

Lean source of protein, and a great base for slow-cooker recipes!

**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

QUICK • EASY • TASTY



DRIED BEANS

Cook with broth for a lean protein!

**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

QUICK • EASY • TASTY



**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

ATÚN EN LATA

¡Agregue a ensaladas de pasta, sándwiches, cazuelas o ensaladas clásicas para obtener proteína magra!

RÁPIDO • FÁCIL • SABROSO



POLLO

¡Fuente magra de proteína y una excelente base para recetas de cocción lenta!

**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

RÁPIDO • FÁCIL • SABROSO



FRIJOLES SECOS

¡Cocine con caldo para obtener proteína magra!

**EatSmart
MoveMore**
SmartCorporation.com/EatSmartMoveMore

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



EGGS

A great protein option for breakfast, lunch or dinner!

**Eat Smart
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www.eatsmartmovemore.com

QUICK • EASY • TASTY



FISH

Can buy fresh, canned, or frozen for a great protein source!

**Eat Smart
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www.eatsmartmovemore.com

QUICK • EASY • TASTY

FRESH PRODUCE

**Eat Smart
Move More**
www.eatsmartmovemore.com



QUICK • EASY • TASTY



PESCADO

¡Puede comprarse fresco, enlatado o congelado obteniendo una excelente fuente de proteína!

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HUEVOS

¡Una gran proteína para el desayuno, el almuerzo o la cena!

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PRODUCTOS FRESCOS

**Eat Smart
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Shelf Talkers: 4"x6"



FROZEN FRUIT

Great for smoothies,
yogurt, or cereal!

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U.S. Department of Health & Human Services

QUICK • EASY • TASTY



FROZEN VEGETABLES

Lasts longer than fresh
veggies and ready
when you need it!

**EatSmart
MoveMore**
U.S. Department of Health & Human Services

QUICK • EASY • TASTY



GRAPES

Kids love grapes,
especially when frozen!

**EatSmart
MoveMore**
U.S. Department of Health & Human Services

QUICK • EASY • TASTY



FRUTA CONGELADA

Ideal para licuados,
yogur o con cereales!

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VERDURAS CONGELADAS

¡Durán más que las
verduras frescas y están
listas cuando se necesitan!

**EatSmart
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UVAS

¡A los niños les encantan
las uvas, especialmente
cuando están congeladas!

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U.S. Department of Health & Human Services

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Shelf Talkers: 4"x6"



GREENS

Always look for darker leafy greens over light.

**Eat Smart
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QUICK • EASY • TASTY



MANGO

*Great in smoothies
or with veggies for
a delicious salad!*

**Eat Smart
Move More**

QUICK • EASY • TASTY



MELONS

Sweet and delicious.

**Eat Smart
Move More**

QUICK • EASY • TASTY



VERDURAS

*Siempre busque
verduras con
hojas más
oscuras en lugar
de aquellas con
hojas más claras.*

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MANGO

*¡Fantástico en batidos
o con verduras para una
deliciosa ensalada!*

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MELONES

Dulces y deliciosos!

**Eat Smart
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Shelf Talkers: 4"x6"



Low-Fat/Fat-Free MILK

The same amount of calcium and vitamin D!

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QUICK • EASY • TASTY



LECHE CON BAJA CREMA O DESCREMADA

La misma cantidad de calcio y vitamina D!

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Move More**

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Block Cheese MOZZARELLA

Shred at home for a low-fat option for pizza, tacos, or pasta!

**Eat Smart
Move More**

QUICK • EASY • TASTY

QUESO MOZZARELLA EN BLOQUE

Rallar en casa para obtener una opción baja en grasas para utilizar en pizza, tacos o pasta!

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Move More**

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Mozzerella STRING CHEESE

Kids love string cheese, it's great for lunches or snacks!

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QUESO MOZZARELLA EN TIRES

A los niños les encanta el queso en tiras, es ideal para almuerzos o en refrigerios!

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Shelf Talkers: 4"x6"



PEANUT BUTTER

Try a peanut butter and fruit sandwich on whole wheat bread!

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U.S. Department of Health & Human Services

QUICK • EASY • TASTY



Choose no butter or salt added, and mix with nuts and dried fruit for a snack kids love!

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U.S. Department of Health & Human Services

QUICK • EASY • TASTY

**EatSmart
Move More**
U.S. Department of Health & Human Services

QUINOA



Excellent source of fiber and plant-based protein!

QUICK • EASY • TASTY



**EatSmart
Move More**
U.S. Department of Health & Human Services

MANTEQUILLA DE MANÍ

¡Pruebe un sándwich de pan integral con mantequilla de maní y fruta!

RÁPIDO • FÁCIL • SABROSO



¡Elija sin mantequilla o sal agregada y, mezcle con frutos secos y nueces para lograr una colación que le encantará a los niños!

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QUINOA



¡Fuente excelente de fibra y proteína vegetal!

RÁPIDO • FÁCIL • SABROSO

Shelf Talkers: 4"x6"



SEEDS and NUTS

A great snack full of protein and healthy fats!

QUICK • EASY • TASTY

EatSmart MoveMore
High in Protein Education • Healthy Eating Program



WHOLE GRAIN CEREAL

The first ingredient says "whole grain"!

QUICK • EASY • TASTY

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High in Protein Education • Healthy Eating Program



WHOLE GRAIN PASTA

The first ingredient says "whole grain"!

QUICK • EASY • TASTY

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High in Protein Education • Healthy Eating Program



SEMILLAS Y FRUTOS SECOS

Una colación genial llena de proteína y grasas saludables!

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CEREAL INTEGRAL

El primer ingrediente dice "integral"!

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PASTA INTEGRAL

El primer ingrediente dice "integral"!

RÁPIDO • FÁCIL • SABROSO

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High in Protein Education • Healthy Eating Program

Shelf Talkers: 4"x6"



Recipe Tearaway Cards

Recipes

Apple Lime Salad

Bean Burritos

Black Bean and Corn Salsa

Broccoli Potato Soup

Easy Lasagna

Eggplant Ratatouille

Fried Rice

Garden Vegetable Wrap

Lentil Soup

Sausage, Bean, and Kale Soup

Vegetable Pasta Salad



Sausage, Bean, and Kale Soup

Prep Time: 30 minutes
Total Time: 1 hour

- ▶ For a cheaper and healthier version, replace turkey sausage with another can of white beans.
- ▶ Substitute $\frac{1}{2}$ teaspoon garlic powder for 2 cloves.



www.eatsmartmovemoreva.org

Directions:

- Heat oil in a stockpot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add kale and cook until wilted.
- Add water and bouillon cubes to the pot. Bring to a boil. Reduce heat, cover with lid and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Serve with Parmesan cheese.

Nutrition Facts	
For a 1 oz. (28g) container	1 serving (467.75g)
Calories	370
Calories from Fat	100%
Total Fat	ng
Saturated Fat	2g
Trans Fat	0g
Cholesterol	40mg
Sodium	100mg
Total Carbohydrate	33g
Dietary Fiber	3g
Total Sugars	10g
Included g of Added Sugars	0g
Protein	10g
Vitamin D (10%)	0%
Calcium 220mg	10%
Iron 5mg	0%
Cholesterol 1200mg	0%
* % Daily Value (DV) based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. © 2018 Kellogg Company. All rights reserved.	



(Recipe adapted from: <https://www.delish.com>)

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Pantry

Nourish Magnets & Stickers

**Scan often for
recipes and more**

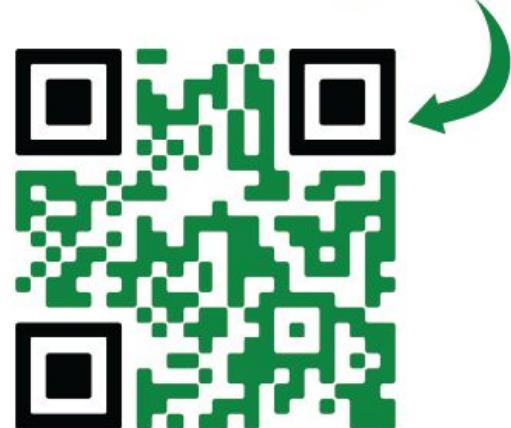


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For more information and resources visit:
eatsmartmovemoreva.org/nourish

**¡Escaneé frecuentemente
para obtener recetas y más!**



Eat Smart • Move More

Virginia Cooperative Extension • Family Nutrition Program

Para obtener más información y recursos, visite:
eatsmartmovemoreva.org/alimentacion

What is Nourish? Poster: 11" x 17"



Nourish is the Virginia Family Nutrition Program (FNP)'s digital platform to easily access nutrition education, recipes, physical activity videos, and community resources. Nourish and FNP aim to empower Virginians to take charge of their health by eating healthy and living an active lifestyle.

What you will find on the Nourish site (all information is updated monthly):

- Recipe of the month
- Featured physical activity video
- Blog post
- Resources for Virginians including Food Bank homepages and CommonHelp site (SNAP eligibility)
- The site is in both English and Spanish

Be sure to scan the code monthly to see the new recipe, video, and post!

How do I use the QR Code?

- Point the camera feature at the bar code
- Allow the camera to scan the code
- Open the link that appears on the screen



Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



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San Jose del Rio 20, 2020



Alimentación es la plataforma digital del Programa de Nutrición Familiar de Virginia (sus siglas en inglés, FNP) que permite acceder fácilmente a información acerca de educación nutricional, recetas, videos de actividad física y recursos comunitarios. Alimentación y FNP tienen como objetivo capacitar a los habitantes de Virginia para que cuiden su salud comiendo sano y viviendo un estilo de vida activo.

Lo que usted encontrará en el sitio de Alimentación (toda la información se actualiza mensualmente):

- Receta del mes
- Video sobre actividad física
- Publicación de blog
- Recursos para los habitantes de Virginia, incluidas las páginas de inicio del Banco de Alimentos y el sitio CommonHelp (el elegibilidad para SNAP)
- El sitio está en Inglés y español.

Asegúrese de escanear el código mensualmente para ver la nueva receta, video y publicación!

¿Cómo utilizo el código QR?

- Apunte la cámara de su teléfono al código de barras
- Permita que la cámara escanee el código
- Abra el enlace que aparece en la pantalla.



Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



Eat Smart • Move More
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www.eatsmartmovemoreva.org

Esta institución es un proveedor que ofrece igualdad de oportunidades. este material se desarrolló con fondos proporcionados por el suplemento nutrición asistencia program (SNAP) y el expandido food and nutrition educational program (EFNEP) del departamento de agricultura de los Estados Unidos. (sus siglas en inglés).

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San Jose del Rio 20, 2020

Radio Transmitter and AUX Cord



Nourish Radio Yard Sign



Nourish Radio

Listen and Learn while you wait!

Tune into:



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Nourish Radio Postcard

The Virginia Family Nutrition Program

Radio Messages: Listen and Learn while you wait!

The Family Nutrition Program recorded audio messages about eating smart, moving more, and encouraging mindfulness for you to enjoy while you wait. When you are in your car, turn the radio to the provided station.

Learn about topics like:

- Budgeting and planning for meals
- Movement during certain seasons
- Benefits of water
- And much more!



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Nourish Radio Social Media Images



**Nourish Radio:
Listen and Learn
as you wait!**



**Radio messages on
eating smart,
moving more and
encouraging
mindfulness!**



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Nourish Radio Social Media Images



Listen to
Nourish Radio
for quick health and
wellness tips!



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Listen to
Nourish Radio
at **88.1 FM**



Eat Smart•Move More

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Food Demonstrations and PSE Interactive Experiences

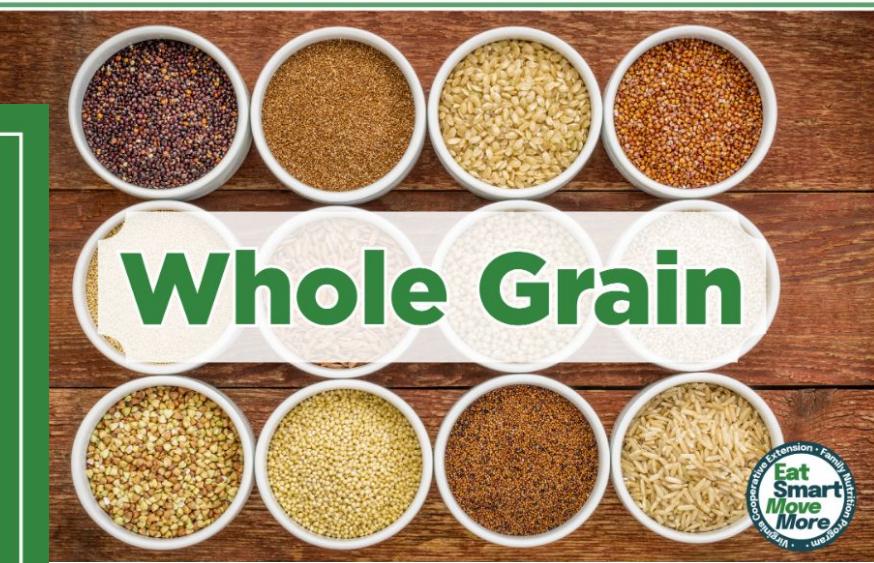
This or That Flipcharts for SSEs

“This or That”

Snacks, Whole Grains, Dairy, Vegetables, Fruits, Protein, Beverages

Interactive Participant Activity for the *Heart Smarts* Curriculum

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Which one of these is not a whole grain?

1. Serving of popped popcorn
2. Slice of whole wheat bread
3. Slice of white bread
4. Whole wheat tortilla



This or That Lesson



Food Demo with This or That Lesson



Food Demo with This or That Lesson



Heart Smarts Handouts

(for SSES or Pantries)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-6.
March 2022.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Los beneficios de una alimentación
saludable se acumulan con el
tiempo, bocado a bocado.

FNS-905-6S.
Marzo 2022.

Start simple with MyPlate



Move to Low-Fat or Fat-Free Dairy

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what dairy or fortified soy items to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include dairy in the morning

Enjoy a bowl of unsweetened cereal with low-fat or fat-free dairy milk or soy beverage. Or, top plain low-fat or fat-free yogurt with a serving of fruit and nuts to include two more food groups.



Look for calcium sources

If you don't consume milk, look for calcium-fortified foods—some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, are also good sources of calcium.



Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy beverage instead of water. Adding milk or soy beverage to smoothies, quiche, and mashed potatoes is another good idea.



Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.



Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy beverage is an easy way to drink a healthy calcium snack.



Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.

Comience de una forma sencilla con MyPlate



Cambie a Productos Lácteos Bajos en Grasa o sin Grasa

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué productos lácteos o fortificados con soya comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Incluya productos lácteos por las mañanas

Disfrute de un tazón de cereales con leche baja en grasas o descremada, o una bebida de soya. También puede agregar yogur natural con una porción de frutas y nueces para incluir dos grupos más de alimentos.



Busque fuentes de calcio

Si no consume leche, elija alimentos fortificados con calcio: algunos panes y jugos de naranja, y productos de soya como el tofu y el yogur de soya. Algunos vegetales de hoja verde, como la col rizada y el repollo, también tienen calcio.



Incorpore productos lácteos a las comidas

Prepare avena y sopas condensadas enlatadas con leche de origen animal baja en grasas o descremada, o bebidas fortificadas con soya en lugar de agua. También es una buena idea agregarlos a batidos, tartas y puré de papas.



Prepare su propio aderezo

Mezcle yogur natural bajo en grasas o sin grasas, jugo de limón y hierbas secas o frescas, como albahaca y perejil, para preparar un aderezo para ensaladas. Esta también puede ser una salsa de vegetales rápida y saludable.



¡Bebá!

Tome un vaso de leche. Una taza de leche de origen animal baja en grasas o descremada, o una bebida fortificada con soya, es una forma fácil de beber un refrigerio con calcio saludable.



Merienda de queso casero para untar

Mezcle requesón bajo en grasas con hierbas como orégano y eneldo, y espolvoree unas cebolletas picadas. Sírvalo con galletas integrales.



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Heart Smarts Handouts (for SSES or Pantries)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-28.
March 2022.

USDA Food and Nutrition Service
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Los beneficios de una alimentación
saludable se acumulan con el
tiempo, bocado a bocado.

FNS-905-28S.
Marzo 2022.

Start simple
with MyPlate



Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

Comience de una
forma sencilla
con MyPlate



Salir a Comer/ Comprar Comida para Llevar

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Descifre el menú

Busque opciones que estén horneadas, asadas, cocinadas en la parrilla, hervidas, cocinadas al vapor o asadas para limitar las grasas saturadas y la sal extra. Si no está seguro, pregunte cómo se preparan las opciones del menú o si pueden prepararse de otra forma.



Empiece comiendo los vegetales

Si comienza su comida comiendo una ensalada o los vegetales primero, se sentirá lleno más rápido y se asegurará de obtener los nutrientes valiosos de los vegetales.



Divida su plato

Cuando pide comida, las porciones pueden ser muy grandes. Puede compartir su comida con otra persona o dividir la comida en dos y guardar una mitad para el día siguiente.



Busque frutas y vegetales

Elija platos en los que resalten los vegetales, como los salteados, los wrap vegetarianos o los kebabs. Elija frutas como guarnición o postre.



Planifique con tiempo y compare las opciones

Antes de comprar comida para llevar o ir a un restaurante, verifique si la información del menú está disponible en un sitio web. Busque opciones que tengan pocas calorías, sodio y grasa saturada.



Elija su salsa

Elija salsas hechas con vegetales, como la marinara, en lugar de salsas con crema o manteca para limitar las calorías de la grasa saturada. Puede pedir que se la traigan separada del plato o que el plato se prepare con menos salsa o sin salsa.

Heart Smarts Handouts (for SSES or Pantries)



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-2.
March 2022.

Start simple
with MyPlate



Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.



Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.



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Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Los beneficios de una alimentación saludable se acumulan con el tiempo, bocado a bocado.

FNS-905-25.
Marzo 2022.

Comience de una forma sencilla con MyPlate



Enfóquese en las Frutas Enteras

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué frutas comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Incluya frutas en el desayuno

Cubra el cereal con su fruta favorita de temporada o congelada, agregue bananas o manzanas cortadas a los panqueques o mezcle pasas de uva con avena caliente.



Lleve las frutas con usted

Las frutas como las naranjas, las bananas y las manzanas son excelentes meriendas que se pueden llevar a todos lados. También puede llevar una lata de mandarinas o trozos de piña empaquetados en agua.



Haga su propio surtido de frutos secos

Combine uno o dos tipos de cereales de desayuno favoritos con arándanos secos y pasas de uva. Lívelo como merienda en una bolsa o recipiente hermético pequeño.



Disfrute de las frutas como merienda

Haga brochetas de frutas con trozos de melón, bananas y uvas. Añada una salsa de yogur liviana para obtener un merienda frutal o una guarnición.



Agregue frutas a la cena

Corte una combinación de frutas tropicales o de temporada para preparar una salsa de frutas para cubrir el pescado o el pollo, o agregue frutas, como trozos de pomelo, rodajas de manzana o uvas, a una ensalada mixta.



Tenga las frutas a mano

Corte la fruta y póngala en un tazón en el refrigerador. Deje el tazón en la parte delantera del estante para que sea lo primero que vea cuando abra la puerta.



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Heart Smarts Handouts

(for SSES or Pantries)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-12.
March 2022.

Start simple
with MyPlate



Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



DGA
Dairy
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USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Los beneficios de una alimentación saludable se acumulan con el tiempo, bocado a bocado.

FNS-905-12S.
Marzo 2022.

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Meriendas Saludables con MiPlato

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué merienda comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos.

Prepárelo usted mismo

Prepare su propia mezcla de meriendas con nueces sin sal y añadidos como semillas, cereales sin azúcar, pasas de uva u otras frutas secas y palomitas de maíz simples.



Prepare con anticipación

Lave y corte los vegetales frescos y sirvalos en recipientes reutilizables para que estén listos para llevar. Muchos vegetales pueden prepararse de este modo.



Haga combinaciones

Combine grupos de alimentos para crear meriendas sustanciosos: yogur y bayas, manzana con mantequilla de nueces o galletas integrales con pavo y aguacate. ¡Use su creatividad!



Elija vegetales coloridos

Los vegetales crudos coloridos y crujientes son una opción saludable. Intente mojar brócoli, palitos de calabacín o zanahorias baby en hummus, guacamole o una salsa de yogur baja en grasas.



Lave y disfrute

La fruta fresca es un excelente merienda cuando busca un dulce rápido. Las manzanas, las peras, las uvas y las bananas siempre son refrigerios fáciles y rápidos.



Tenga a mano opciones saludables

Mantenga las opciones de meriendas nutritivas, como frutas y vegetales, a la vista y al alcance en el refrigerador o en la encimera para tener un merienda práctico en cualquier momento.



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Heart Smarts Handouts

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USDA Food and Nutrition Service
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The benefits of healthy eating
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FNS-905-11.
March 2022.

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Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:



Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.



Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.



Compare food labels

Use the Nutrition Facts label when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.



Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.



Grab a bottle on the go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.



Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.



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Los beneficios de una alimentación saludable se acumulan con el tiempo, bocado a bocado.

FNS-905-11S.
Marzo 2022.

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Elija Mejores Opciones de Bebidas

A cualquier edad, lo que bebe puede ser tan importante como lo que come. Cuando decida qué beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Hágalo fácil con estos consejos:



Beba agua

Beba agua en lugar de bebidas endulzadas con azúcar. Los refrescos normales, las bebidas energéticas o deportivas y otras bebidas endulzadas suelen tener una gran cantidad de azúcares añadidos.



Fomente las bebidas aptas para niños

Haga que el agua, la leche de origen animal baja en grasas o descremada, o el agua carbonatada sin azúcar sean las opciones preferidas para sus hijos. Sirva jugo 100% natural solo de vez en cuando.



Compare las etiquetas de los alimentos

Use la etiqueta de información nutricional cuando compre bebidas. Revise y compare calorías, cantidades de azúcares añadidos y porciones por envase.



Reduzca las calorías del café

Evite la crema batida y el salpicado de chocolate o caramel. Elija leche baja en grasas y una pizca de canela o nuez moscada para obtener un café con menos calorías.



Lleve una botella con usted

Lleve una botella de agua reutilizable y limpia en su bolso para llenarla durante el día. El agua de llave suele ser fácil de encontrar.



Dé vida a su bebida

Reavive su agua corriente o carbonatada con rodajas de limón, lima o naranja. Tal vez hasta puede probar con algunas hojas de menta fresca o algunas bayas frescas o congeladas.



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Heart Smarts Handouts (for SSES or Pantries)

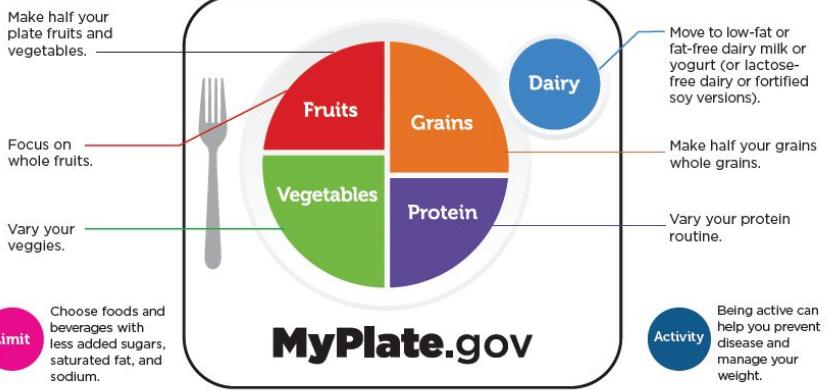
USDA Food and Nutrition Service
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DGA
Dietary
Guidelines
for Americans

FNS-921
January 2022
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Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



**Eat Smart
Move More**
U.S. Department of Agriculture | USDA

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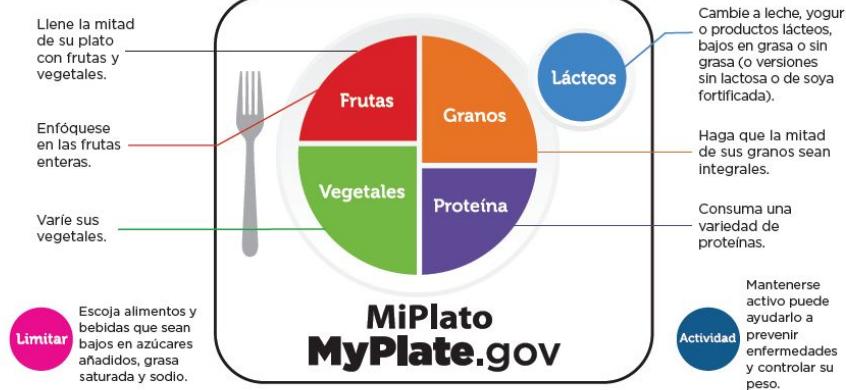
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DGA
Dietary
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FNS-9215
Enero 2022
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Una alimentación saludable es importante en todas las etapas de la vida, con beneficios que se acumulan con el tiempo, bocado a bocado. Los cambios pequeños son importantes.



**Eat Smart
Move More**
U.S. Department of Agriculture | USDA

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Heart Smarts Handouts

(for SSES or Pantries)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-5.
March 2022.

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Vary Your Protein Routine

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what protein foods to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include protein in your snack

Try peanut or nut butter as a dip for apple or celery slices, or as a spread on whole-grain crackers. A hard-cooked (hard-boiled) egg with a dash of pepper also makes a good protein snack.



Keep seafood on hand

Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.



Add protein to your salad

Grilled chicken or shrimp adds tasty protein to a salad of mixed greens. Chickpeas or black beans are delicious, budget-friendly options, too.



Take protein on the go

Pack a mixture of unsalted nuts and sunflower seeds for a crunchy snack. Add some dried fruit like raisins, cranberries, or chopped dates for a touch of sweetness.



Get creative with beans, peas, and lentils

Make chili or stews with kidney or pinto beans, have a bowl of split pea soup for lunch or dinner, or enjoy lentils as a side dish. Check online for recipe ideas.



Serve up lean beef

Broil lean beef cuts like sirloin, top round, or flank steak. Sliced into strips, they're great over greens, in a sandwich, or as is.

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Dietary Guidelines for Americans
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U.S. DEPARTMENT OF AGRICULTURE

Los beneficios de una alimentación saludable se acumulan con el tiempo, bocado a bocado.

FNS-905-5S.
Marzo 2022.

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Consuma una Variedad de Proteínas

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué alimentos ricos en proteínas comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Incluya proteínas en los meriendas

Pruebe usar mantequilla de maní o de nueces como salsa para las rodajas de manzana o apio, o para untar en galletas integrales. Un huevo duro con una pizca de aji también es un buen merienda con proteínas.



Tenga mariscos a mano

Los mariscos enlatados, como el salmón, el atún o el cangrejo, se pueden preparar y disfrutar rápidamente. Los artículos enlatados también son fáciles de almacenar.



Agregue proteínas en las ensaladas

El pollo o los camarones a la parrilla aportan sabrosas proteínas a las ensaladas de vegetales mixtos. Los garbanzos o los frijoles negros también son opciones deliciosas y económicas.



Lleve las proteínas con usted

Empaque una mezcla de nueces sin sal y semillas de girasol para obtener un merienda crujiente. Agregue algunas frutas secas, como pasas de uva, arándanos o dátiles cortados, para darle un toque de dulzura.



Use su creatividad con los frijoles, los guisantes y las lentejas

Prepare chili o estofados con frijoles rojos o pintos, coma un tazón de sopa con arvejas partida para el almuerzo o la cena, o disfrute de unas lentejas como guarnición. Busque ideas de recetas en línea.



Sirva carne magra

Ase cortes de carne magra, como lomo, cuadril o vacío. Cortados en tiras, son excelentes sobre vegetales, en un sándwich o por sí solos.

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Heart Smarts Handouts

(for SSES or Pantries)



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
add up over time, bite by bite.

FNS-905-10.
March 2022.

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Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Read the label

The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.



Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.



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Los beneficios de una alimentación saludable se acumulan con el tiempo, bocado a bocado.

FNS-905-10S.
Marzo 2022.

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Use la Sal de Forma Inteligente

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Lea la etiqueta

La etiqueta de información nutricional le muestra cuánto sodio tienen las comidas empaquetadas. Elija alimentos con bajo contenido de sodio, especialmente si tiene presión arterial alta, diabetes o una enfermedad renal.



Coma frutas y vegetales

Disfrute de una variedad de frutas y vegetales frescos y congelados; casi todos tienen bajo contenido de sodio de forma natural. Busque los vegetales enlatados con la etiqueta “sin sal agregada”.



Busque las palabras clave

Los artículos “encurtidos”, “en salmuera” o “curados” suelen tener un alto contenido de sodio. Incluya estos alimentos en sus comidas con moderación.



Prepare comidas caseras

Preparar sus propias comidas le da más control sobre la sal que consume. Pruebe su comida antes de usar el salero.



Sea cuidadoso con la salsa

Tenga en cuenta la cantidad de salsa, jugo de carne, pico de gallo, kétchup, salsa de soya, adobo o aderezo que usa. El sodio que estos aportan puede acumularse rápidamente.



Use condimentos

Condimente sus alimentos con hierbas y especias frescas o secas en lugar de sal. Elija mezclas de especias que no incluyan sal o sodio en la lista de ingredientes.



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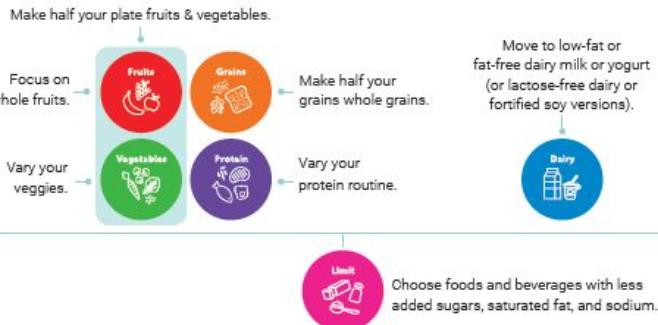


Heart Smarts Handouts (for SSEs or Pantries)



Small Changes Matter.
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Healthy eating is important at every stage of life.



The benefits add up over time, bite by bite.



Los pequeños cambios valen mucho.
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La alimentación saludable es muy importante en todas las etapas de la vida.



Los beneficios se acumulan con el tiempo, bocado a bocado.

Heart Smarts Handouts (for SSES or Pantries)



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U.S. DEPARTMENT OF AGRICULTURE

The benefits of healthy eating
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FNS-905-3.
March 2022.

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Vary Your Vegetables

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.



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FNS-905-3S.
Marzo 2022.

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Varíe Sus Vegetales

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué vegetales comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Empiece el día con vegetales

Agregue las sobras de vegetales cocidos en su tortilla o wrap para el desayuno. ¡O agregue espinacas a un batido por la mañana y disfrute de una explosión de sabor y nutrición!



Agregue variedad a las ensaladas

Haga que su ensalada resalte con color y sabor agregando granos de maíz, rodajas de rábanos o trocitos de cebollas moradas. Incluya vegetales de temporada para variar a lo largo del año.



Pruebe un salteado

Saltee vegetales como zanahorias, repollo rallado, verduras de hoja y hongos de frasco con bajo contenido de sodio para preparar una comida rápida. Agregue un poco de tofu como fuente de proteínas.



Mejore su sándwich

Agregue espinacas o algunas cebollas dulces en rodajas finas a su sándwich o wrap favorito para darle más sabor y un crujido picante.



Haga preparaciones con una salsa o un bañok

Disfrute de rodajas de papas al horno, rodajas de pepinos o trozos de coliflor con un aderezo italiano casero o bañados en una salsa baja en grasas o en hummus.



Lleve los vegetales con usted

Lleve con usted algunos palitos de zanahoria, apio o jícama crujientes. Un recipiente pequeño de tomates cherry o de guisantes dulces también es un merienda fácil.



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Heart Smarts Handouts

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FNS-905-4.
March 2022.

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Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a pre-made whole-wheat flour. Don't forget the veggie toppings.



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FNS-905-4S.
Marzo 2022.

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Haga que la Mitad de Sus Granos Sean Integrales

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué granos comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Coma un desayuno integral

Disfrute de un granos integral caliente. La avena es una de las preferidas, pero considere probar un granos que sea nuevo para usted, como el trigo sarraceno o el mijo. Es posible que descubra un nuevo desayuno favorito.



Disfrute de un tazón de varios granos

Prepare una comida en un solo plato colocando en capas una mezcla de granos como cebada o arroz salvaje con algunos vegetales coloridos y un poco de queso bajo en grasas. Agregue su proteína favorita y una pizca de salsa de aji picante.



Cambie el pan de sus sándwiches

Busque panes para sándwich elaborados con granos integrales. La pita, las tortillas, el naan, los panes en rodajas y los panecillos se consiguen en su versión integral.



Elija granos integrales para llevar

Pregunte sobre las opciones de granos integrales cuando salga a cenar o pida comida para llevar. Por ejemplo, elija pasta de trigo integral o arroz integral o salvaje.



Experimente con un granos nuevo

Cocine un granos nuevo como quinoa, amaranto o mijo. Puede encontrar consejos de cocina y recetas en línea. Los granos son bastante versátiles y también tienen muchos nutrientes importantes.



Haga un cambio a la noche de pizzas

Prepare pizzas caseras individuales en panecillos o tortillas integrales, o haga una pizza tradicional con harina integral prefabricada. No olvide cubrirlas con vegetales.



Go to MyPlate.gov for more information.
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Heart Smarts Lesson



Heart Smarts Lesson



SSES Store Tour



Youth Just Say Yes Handouts (for Farmers Markets or Pantries)

Family Activity: Smart Snacking

**Directions:**

- Create healthy snacks as a family.
- Track your smart snacking over the week using the grid below.
- Have your children draw in the farmers market fruits and vegetables they used to build your family's healthy snack!



Fun Snack Name	Fruits/Vegetables	Other Foods (example: peanut butter, cheese, crackers)	How does it taste? (Sweet, Salty, Sour or Bitter)

Caregiver Tips:

- ✓ Snacks can help children get the nutrients they need to grow and satisfy their hunger between meals.
- ✓ Help children to make their own healthy snacks with fruits and vegetables.
- ✓ Be a good role model — eat healthy snacks with your children.

Spanish (US)

Actividades familiares: Refrigerios inteligentes

**Instrucciones:**

- Prepare refrigerios saludables en familia.
- Controle el consumo semanal de refrigerios inteligentes con la planilla que aparece a continuación.
- Propóngales a sus hijos completarla con las frutas y verduras que usaron para preparar los refrigerios saludables.



Nombre divertido del refrigerio	Frutas/Verduras	Otros alimentos (por ejemplo: mantequilla de maní, queso, galletas saladas)	¿A qué sabe? (dulce, salado, ácido o amargo)

Consejos para las personas que cuidan niños:

- ✓ Gracias a los refrigerios, sus niños pueden obtener los nutrientes que necesitan para crecer y para sentirse satisfechos entre comidas.
- ✓ Ayude a sus niños a preparar refrigerios saludables con frutas y verduras.
- ✓ Sea un buen ejemplo: coma refrigerios saludables con sus niños.

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Youth Just Say Yes Handouts (for Farmers Markets or Pantries)

Family Activity: Terrific Tastes

Directions:

- As a family, taste test five different fruits and vegetables. Write the name of each fruit or vegetable in the left column.
- Check off all the tastes that your family notices for each fruit or vegetable.
- Be sure to try fruits and vegetables your family has never tried before!

Name of Fruit or Vegetable	<u>Sour</u>	<u>Bitter</u>	<u>Salty</u>	<u>Savory</u>	<u>Sweet</u>

Caregiver Tips:

- Plan meals that contain foods your child likes, along with a new fruit or vegetable.
- Be patient — you may need to offer a new food many times before your child decides to try it.
- Make mealtime fun and relaxed. Patience works better than pressure.



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Spanish (US)

Actividades familiares: Sabores deliciosos

Instrucciones:

- En familia, prueben cinco frutas y verduras diferentes. Escriba el nombre de cada fruta y verdura en la columna de la izquierda.
- Marque todos los sabores que su familia percibe en cada fruta o verdura.
- Asegúrese de probar frutas y verduras que su familia nunca haya probado.

Nombre de la fruta o verdura	<u>Ácida</u>	<u>Amarga</u>	<u>Salada</u>	<u>Sabrosa</u>	<u>Dulce</u>

Consejos para las personas que cuidan niños:

- Planifique comidas con alimentos que les gusten a sus niños, e incorpore una nueva fruta o verdura.
- Tenga paciencia: tal vez tenga que ofrecer un nuevo alimento muchas veces hasta que sus niños decidan probarlo.
- Haga que la hora de la comida sea divertida y relajada. La paciencia funciona mejor que la presión.



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Youth Just Say Yes Handouts

(for Farmers Markets or Pantries)

Family Activity: Vary Your Veggies

Directions:

- Each time your family eats a vegetable, help your child draw the vegetable in a box below.
- Track your week of eating a rainbow of vegetables together!
- **For younger children:** Help your child color in a box with the color of the vegetable eaten.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetable #1							
Vegetable #2							
Vegetable #3							

Caregiver Tips:

- ✓ Children take their lead from you. Eat different colored veggies and your child will, too.
- ✓ Have your child be a "produce picker" at the market.
- ✓ Offer vegetables many times, served a variety of ways.

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Spanish (US)

Actividades familiares: Coma verduras variadas

Instrucciones:

- Cada vez que su familia coma verduras, ayude a su hijo a dibujar la verdura indicada en el recuadro que aparece a continuación.
- ¡Planifiquen juntos y coman verduras de todos los colores cada semana!
- **Para niños menores:** Ayude a su hijo a pintar el recuadro con los colores de las verduras que comieron.



	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Verdura 1							
Verdura 2							
Verdura 3							

Consejos para las personas que cuidan niños:

- ✓ Los niños siguen su ejemplo. Coma verduras de distintos colores, y su niño también lo hará.
- ✓ Deje que su niño elija los alimentos frescos en el mercado.
- ✓ Ofrezca siempre verduras, servidas de distintas maneras.

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Youth Just Say Yes Handouts

(for Farmers Markets or Pantries)

Family Activity: Follow Your Food

**Directions:**

- Guide your children around the farmers market to complete the scavenger hunt challenges below.
- Write or draw in your answers in the right-hand column.



Challenge	Answer
Find a <u>pink</u> fruit.	
Find a <u>yellow</u> vegetable.	
Find a <u>crunchy</u> fruit.	
Find a <u>round</u> vegetable.	
Find a fruit that comes in <u>three colors</u> .	
Find a vegetable you've never tried before. What is it called?	
Find a farmer wearing a hat. What is their name?	

Caregiver Tips:

- ✓ Add in your own scavenger hunt challenges at the farmers market.
- ✓ Let your child choose a new fruit or vegetable to try from the farmers market and taste it together.
- ✓ Take a family field trip to a nearby farm or orchard.

Spanish (US)

Actividades familiares: Explora en busca de alimentos

**Instrucciones:**

- Guíe a sus hijos en el mercado de agricultores para completar los desafíos de la "búsqueda del tesoro" que aparecen a continuación.
- Escriba o dibuje sus respuestas en la columna de la derecha.



Desafío	Respuesta
Encuentre una fruta <u>rosa</u> .	
Encuentre una verdura <u>amarilla</u> .	
Encuentre una fruta <u>crujiente</u> .	
Encuentre una verdura <u>redonda</u> .	
Encuentre una fruta que venga en <u>tres colores</u> distintos.	
Encuentre una verdura que nunca haya probado. ¿Cómo se llama?	
Encuentre a un agricultor con sombrero. ¿Cómo se llama?	

Consejos para las personas que cuidan niños:

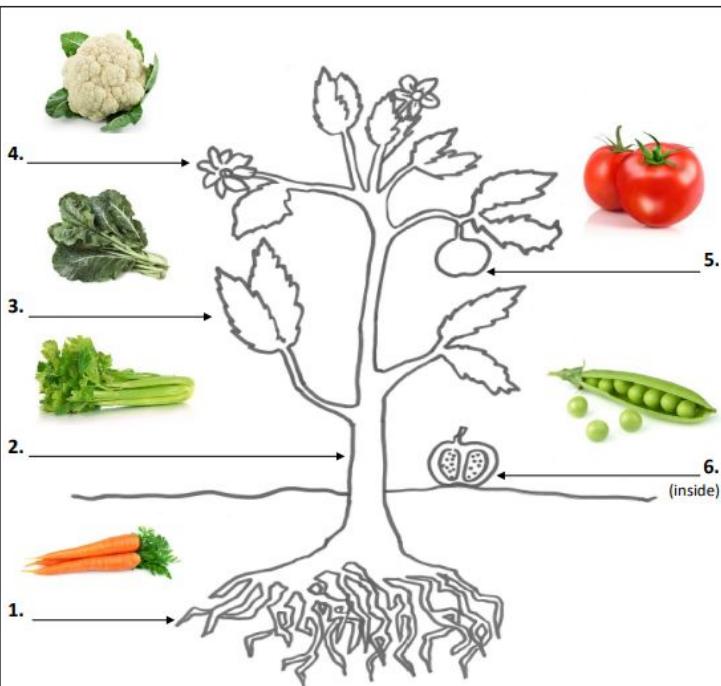
- ✓ Agregue sus propios desafíos para la "búsqueda del tesoro" en el mercado de agricultores.
- ✓ Permita que sus niños elijan una fruta o verdura que nunca hayan probado del mercado de agricultores y pruébela juntos.
- ✓ Realice un viaje familiar a una granja o huerto cercanos.

Youth Just Say Yes Handouts (for Farmers Markets or Pantries)

Family Activity: Growing Goodness

**Directions:**

- Help your children name all the parts of the plant below.
- Write the names in the spaces provided. Use the pictures from the farmers market as clues.
- Don't forget to color the plant, too!

**Caregiver Tips:**

- Grow a container garden at home. All you need is a small milk carton, soil, sunshine, water and a seed!
- Create a new recipe using at least three different parts of the plant from the farmers market. Be sure to give the recipe a fun name!
- Make a salad with all the parts of the plant. Have your children tear the lettuce and pour the dressing.

ANSWERS: 1. Roots, 2. Stem, 3. Leaves, 4. Flowers, 5. Fruit, 6. Seeds

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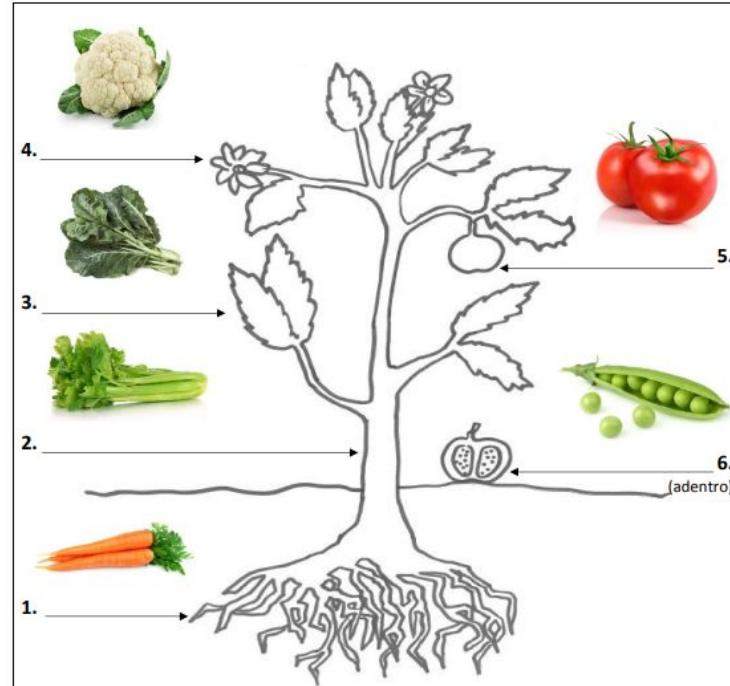
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Actividades familiares: Cultivar lo bueno

**Instrucciones:**

- Ayude a sus hijos a nombrar todas las partes de la planta en el dibujo que aparece a continuación.
- Escriban los nombres en los espacios en blanco. Usen las imágenes del mercado de agricultores como guía.
- ¡No olviden colorear la planta!

**Consejos para las personas que cuidan niños:**

- Siembre un jardín de macetas en casa. ¡Todo lo que necesita es una caja de cartón pequeña, tierra, luz solar, agua y una semilla!
- Cree una receta usando al menos tres partes distintas de la planta del mercado de agricultores. Asegúrese de ponerle un nombre divertido a la receta.
- Haga una ensalada con todas las partes de la planta. Haga que sus niños arranquen la lechuga y le agreguen los aderezos.

RESPUESTAS: 1. Raíces, 2. Tallo, 3. Hojas, 4. Flores, 5. Fruta, 6. Semillas

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Youth Just Say Yes Handouts

(for Farmers Markets or Pantries)

Family Activity: Flavorful Fruit

Directions:

- As a family, fill in the blank letters to name all the farmers market fruits that are pictured below.
- Have each member of your family write their name below their favorite flavorful fruit!



W_A_ER__L_N



C_E__IES



EA__



B_AC_BE_RIES



B_E_ERIES



L__



__AP_S



CA__ALO_P_

Caregiver Tips:

- Fruit is a great snack and a perfect addition to breakfast. You can also eat it for dessert!
- Want your family to reach for a healthy snack? Make sure fruit is within reach.
- Try offering fruits in a new way. Put pieces of cut fruit on a skewer or straw and serve with low-fat yogurt for dipping.

ANSWERS: 1. watermelon, 2. cherries, 3. peach, 4. blackberries, 5. blueberries, 6. plum, 7. grapes, 8. cantaloupe

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Spanish (US)

Actividades familiares: Frutas sabrosas

Instrucciones:

- En familia, completen los nombres de las frutas del mercado de agricultores que se muestran en las imágenes.
- Haga que cada miembro de su familia escriba su nombre debajo de la fruta sabrosa que más le guste.



W_A_D_A



C_R__AS



U__ZN_



O__S



A__N_A_OS



C__U_L_



__AS



EL__

Consejos para las personas que cuidan niños:

- Las frutas son excelentes refrigerios y acompañantes perfectos para el desayuno. ¡También puede comerlas como postre!
- ¿Desea que su familia opte por un refrigerio saludable? Asegúrese de que las frutas estén disponibles.
- Intente ofrecer frutas de otra manera. Prepare frutas en pinchos o sorbetes y sírvalas con yogur semidescremado.

RESPUESTAS: 1. sandía, 2. cerezas, 3. durazno, 4. moras, 5. arándanos, 6. ciruela, 7. uvas, 8. melón

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Youth Just Say Yes Lesson



Adult Just Say Yes Handouts

Lesson 1 (for Farmers Markets or Pantries)

Adult Just Say Yes Handouts

Lesson 2 (for Farmers Markets or Pantries)



10 tips
Nutrition Education Series

smart shopping for veggies and fruits

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.



Go to www.ChooseMyPlate.gov for more information.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

DG TipSheet No. 9

FNPL Last Updated October 1, 2019

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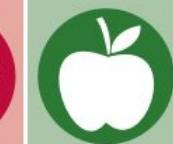
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WHAT'S in Season in Virginia?



Making half your plate fruits and vegetables may seem expensive. However, buying fruits and vegetables when they are in season gives you the best value. Seasonal produce also has better taste and nutrition. Many farmers markets in Virginia now accept SNAP/EBT.

Spring	Summer	Fall	Winter	Year Round
FRUIT strawberries	FRUIT blackberries blueberries cantaloupe cherries figs nectarines peaches plums raspberries watermelon	FRUIT apples cranberries grapes pears	FRUIT apples pears	FRUIT apples
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
asparagus kale peas radishes rhubarb spinach	beets bell peppers black-eyed peas corn cucumbers eggplant green beans hot peppers okra summer squash tomatoes zucchini	acorn squash broccoli butternut squash cauliflower mushrooms pumpkin Swiss chard	Brussels sprouts cabbage collard greens kale parsnips sweet potatoes turnips	carrots celery garlic herbs (cilantro, basil and mint) lettuce mushrooms onions potatoes



Visit your local farmers market and try locally grown fruits and vegetables with your family.

EatSmart MoveMore

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Updated October 1, 2019

Adult Just Say Yes Handouts

Lesson 3 (for Farmers Markets or Pantries)

Freezing Methods to Extend the Harvest

Enjoy your favorite fruits and vegetables all year long!

Some fruits and vegetables can be frozen when they are raw, but others freeze best after being cooked. Here's an easy, basic guide!

Method #1. Freeze raw produce

→ These can go straight from the market to your freezer.

Berries	Grapes	Cherries	Corn: just cut off the cob!
Peaches	Plums	Peeled melon	



Method #2. Blanch in a flash

→ Blanching, or boiling food for a VERY short time and then cooling it quickly, helps food stay fresh and flavorful in the freezer.

Follow these easy steps to blanch your favorite foods:



1. Boil water. General rules: 1 gallon water per pound of fruit or vegetable OR enough water to cover everything in the pot.
2. Clean produce. Chop into even-sized pieces.
3. Submerge produce in boiling water for 1-5 minutes.
4. Rinse under cold water until completely cool.
5. Once cool, strain in colander, place in sealed container and freeze.

→ Blanch these items before freezing:

Brussels sprouts	Cabbage	Leafy greens
Green beans	Asparagus	Beans and Legumes
Broccoli	Carrots	Cauliflower
Celery	Parsnips	Peppers
Summer squash	Zucchini	Okra
Onions	Artichokes	Eggplant

Quick Freezing Tips

- * Store all food in a container that closes tightly.
- * Label your food with the date when you freeze it: food will keep for 6 months.
- * Wash all fruits and vegetables BEFORE freezing.



Method #3. Cook fully first

→ Cook these fruits and vegetables before freezing. Use any method you like (bake/roast, sauté, boil, steam, or poach)

Apples	Beets	Potatoes	Sweet potatoes
Tomatoes	Pumpkin	Radishes	Winter squash

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Just Say Yes to Fruits and Vegetables



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Updated October 1, 2019

Keep Your Farmers' Market Fruit and Vegetables FRESH!

By storing fruit and vegetables in their proper place, they will stay fresher, taste better, have more health benefits and will last longer. Here's a quick guide for farmers' market produce!

Store these in a dark, dry place:

Hidden from heat and light, these foods can stay fresh for 1-3 months!

• Potatoes	• Sweet potatoes	• Onions
• Garlic	• Winter squash	

Let these ripen on the counter; then, eat or move to the refrigerator:

Food can be kept fresh in the refrigerator for 3-10 days!

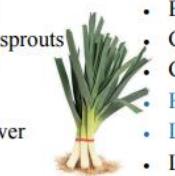
• Apples	• Melons	• Pears
• Cherries	• Plums	• Tomatoes
• Grapes	• Peaches	



Store these items in the refrigerator:

Whole, uncut fruits and vegetables can stay fresh uncovered* 3-14 days!

• Asparagus*	• Chile peppers	• Mushrooms (keep in paper bag)
• Berries (all types)	• Corn	• Okra (keep in paper bag)
• Beets	• Cucumbers	• Peas
• Broccoli	• Eggplant	• Peppers
• Brussels sprouts	• Green onions	• Radishes
• Cabbage	• Green beans	• Summer squash
• Carrots	• Herbs*	• Zucchini
• Cauliflower	• Leafy greens*	
• Celery*	• Leeks	



*keep these items in a sealed plastic bag until ready to use!

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Just Say Yes to Fruits and Vegetables

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Updated October 1, 2019

Adult Just Say Yes Handouts

Lesson 4 (for Farmers Markets or Pantries)

FIGHTBAC!

SIX STEPS TO SAFER FRUITS AND VEGETABLES

Safe Handling of Fresh Fruits and Vegetables

PROVIDED BY THE PARTNERSHIP FOR FOOD SAFETY EDUCATION

Check

- Check to be sure that the fresh fruits and vegetables you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and pre-cut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Clean

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, includ-

- Separate fresh fruits and vegetables from raw meat, poultry and seafood. Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

Cook

- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.

Chill

- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.

Throw Away

How to Keep Food Safe

- Always refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home.
- Never let raw meat, poultry or fish, eggs, cooked food or fresh fruits and vegetables sit at room temperature for more than two hours.
- If the room is above 90°F, don't let food sit out for more than one hour.

Is it safe to eat?

Use a food thermometer to be SURE.

	165°F All Poultry Whole, Parts, Ground Leftovers
	160°F Ground Meat Beef, Veal, Pork & Lamb Egg Dishes
	145°F Steaks, Chops & Roasts + 3 minute rest time for Beef, Veal, Pork & Lamb
 Dial Thermometer 2" sensing area	 Digital Thermometer 1/2" sensing area

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FIGHT BAC!® LIKE A producepro

As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed

RINSE

fresh fruits and veggies
like a produce pro!

CLEAN

hands, surfaces and utensils to prevent contamination

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals

Sink Those Germs! Food Safety

Food Safety Know-How

CLEAN:

Wash hands and food preparation surfaces often.

SEPARATE:

Don't cross-contaminate food items. For example, after cutting meat, wash the knife before using it to cut vegetables, or use a different knife.

COOK:

Cook food to proper temperature.

CHILL:

Refrigerate food promptly.

The Importance of Handwashing

Hand washing is one of the easiest and most important ways to keep you and your child from getting sick.

Wash with warm water and soap for **20 seconds**. Your children are less likely to get sick if they wash their hands properly. Plus, it may become a healthy habit for life! Wash your hands

- after using the bathroom;
- before and after handling or eating food;
- after playing with pets or visiting a zoo;
- after coughing, sneezing, or blowing your nose; or
- whenever they are dirty.

Handwashing Fun

- Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" (all the way through) while washing hands to make sure your child is washing long enough.
- Have your child pick out a special soap for washing hands.
- Help your child reach the sink easily by using a stool.

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How to Keep Food Safe

- Always refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home.
- Never let raw meat, poultry or fish, eggs, cooked food or fresh fruits and vegetables sit at room temperature for more than two hours.
- If the room is above 90°F, don't let food sit out for more than one hour.

Minimum Internal Temperature for Safety

Poultry, Stuffing, Casseroles, Reheated Foods

Ground Meats

Beef, Lamb, Veal (medium); Pork, Egg Dishes

Beef, Lamb, Veal (dark meat; medium rare)

Seafood

Ham, fully cooked (to reheat)

Minimum Internal Temperature for Cooked Foods

Some bacterial growth may occur

SAFE COOKING TEMPERATURES®

Leftovers and Casseroles	165°F
Fruits	140°F
Vegetables	140°F
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
Fresh Beef, Fresh Lamb	
Medium Rare	145°F
Medium	160°F
Well Done	170°F
Poultry	
Whole Poultry and Parts	165°F
Stuffing (alone or in bird)	165°F
Fresh Pork	
Medium	160°F

Clean Kitchen

Always rinse fresh vegetables and fruits before eating, cutting, or cooking them to keep your family safe from germs. This will keep germs from transferring from the outside to the inside of the fruit or vegetable; rinse off any chemicals that may have been sprayed on the fruit or vegetable.

Physical Fun

- Spray water on children's hands with a spray bottle.
- Explain that the water represents germs that come out of their mouths when they cough or sneeze.
- Have the children touch something (table or chair). What happened?
- Explain that this is what happens when we sneeze into our hands and then touch something.
- What happens if your friend touches it?
- Answer: They might pick up the germs and get sick.
- Explain that if you wash your hands after coughing or sneezing in them, the germs will be washed away!

Option: water can be colored with food coloring for effect.

For tips visit us at:

www.movemore.ext.vt.edu

www.facebook.com/vafnp

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PUBLICATION HNFE-12INP

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VT121019gB4HNE-12INP

Adult Just Say Yes Handouts

Lesson 5 (for Farmers Markets or Pantries)

Building Healthy Meals Together

Building Know-How

Kids learn by watching you. Teach your kids at a young age how to build healthy meals. It's a lesson they'll use for life!

The building blocks of a healthy meal are:

1. Vegetables and fruits, which are packed full of good nutrition that promotes good health. Let your children pick out the fruits and vegetables they want to eat.
2. Proteins to help build and repair your body smart to play hard. Fuel up on less fatty cuts of meat.
3. 100% whole grains are great for digestion and they also help you to feel full since they are high in fiber. Look on the package for "100% whole grain"; **or** "100% whole wheat"; **or** "whole" listed before the first ingredient on the label.
4. Low-fat dairy products help your kids maintain teeth. Serve low-fat milk at meals or snacks.



Kitchen Ideas

- **Your kids love to help you.** Give them small jobs to do, and efforts. Their smiles will light up your kitchen!
- **Relax during mealtimes.** Remember to eat slowly and talk to another. Ask your child what was the best part of their day.
- **Use smaller plates.** Smaller plates can help with portion control. Teach your kids at an early age about portion sizes.

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Physical Fun

■ Walk together after meals. Taking a walk after dinner is a great way to expend energy while spending quality time together.

■ Too cold outside or raining? Play indoor games with your kids like "Simon Says," "Red Light Green Light," or "Hide and Go Seek."

Recipes Rule

Satisfy that sweet tooth in a healthy way. Fruit always makes a great dessert. Try this yummy fruit dessert to put a smile on everyone's face.

Peach Crumble (Makes 12 servings, 3/4 cup per serving)

Ingredients

Nonstick cooking spray
4 (15-ounce) cans juice-peach slices, drained (drained in their own juice)
2 tablespoons cornstarch
1 teaspoon vanilla
1 1/4 teaspoons ground cinnamon
2/3 cup old-fashioned oats
1/4 cup brown sugar
1/3 cup flour
2 1/2 tablespoons butter

Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch, deep-dish pie pan with nonstick cooking spray, and pour peaches in the pan.
3. In a small bowl, stir together cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

Remember to Start Early!

Even very young children can enjoy the goodness of whole grains. When starting finger foods (at about 9 to 12 months), offer whole-grain breads, dry cereals, well-cooked pasta, crackers, tortillas, or other whole-grain items that are easy to chew and swallow.

For tips visit us at:



www.eatsmartmovemoreva.org



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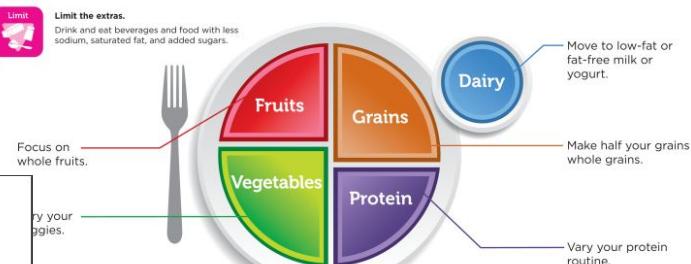
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Eat Smart, Move More at Home

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



ChooseMyPlate.gov

Eat Smart Move More
Virginia Cooperative Extension • Virginia State University

For more tips, visit www.eatsmartmovemoreva.org or find us on Facebook at www.facebook.com/vafnp

Fruits	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit when choosing juices.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.	Choose whole-grain versions of common foods such as bread, tortillas, and tortillas.	Choose low-fat (1%), or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.	Create 'MyWins' that fit your healthy eating style. Start with small changes that you can enjoy, like having an extra piece of fruit today.
Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.	Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain" on the label.	Pack your lunch.	Not lactose intolerant? Try lactose-free milk or a fortified soy beverage.	Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2 1/2 cups	6 ounces	3 cups	5 1/2 ounces
1 cup counts as: 1 large banana cup mandarin oranges 1/2 cup raisins cup 100% grapefruit juice	1 cup counts as: 2 large raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 ounce counts as: 1 slice bread 1/2 cup cooked oatmeal 1 small tortilla 1/2 cup cooked brown rice 1/2 cup cooked grits	1 cup counts as: 1 cup milk 1 cup yogurt 2 ounces processed cheese	1 ounce counts as: 1 ounce tuna fish 1/2 cup cooked beans 1 Tbsp peanut butter 1 egg

Drink water instead of sugary drinks.

Regular sodas, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.
Kids at 60 min./day | Adults at 150 min./week

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

ChooseMyPlate.gov/MyWins

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Last Updated October 1, 2019

Adult Just Say Yes Handouts

Lesson 6 (for Farmers Markets or Pantries)

Basic Foods... For a Well-Stocked Kitchen

What foods do you like to have on-hand for a last minute meal or snack?

Take a look at the lists below and think about your favorite fast and healthy meals.

Remember to stock up on staple items when they're on sale!



Foods to Make a Quick Meal

- **Fast cooking grains:** Oats, bulgur, cornmeal, whole wheat pasta
- **Canned soups:** Choose low-sodium, low-fat soups
- **Canned beans:** Choose a variety of low-sodium canned and dried beans.
- **Fruits and veggies:** Use fresh farmers' fruits and vegetables when possible but always have some canned or frozen on hand!
- **Flavorings and spices:** Grow herbs indoors – all you need is ONE light filled window! Store dried herbs in a cool, dark place to make them last longer.
- **Protein foods:** Choose healthy, lean proteins in addition to beans, such as:
 - ✓ Eggs
 - ✓ Canned tuna, salmon or other fish packed in water
 - ✓ Peanut butter – make your own chunky version by finely mashing or pureeing roasted peanuts with a little vegetable oil at home!
- **Other items to keep on hand:** Olive oil, low-sodium broth or no salt added canned tomatoes

Grab and Go Foods

- **Fresh fruit:** Select fruit that's in season!
- **Dried fruit:** Choose varieties with no added sugar.
- **Raw veggies:** Cut your vegetables when you get home from the farmers' market and you'll be more likely to grab-and-go!
- **Cheese:** Low-fat cheese or string cheese are great, healthy options.
- **Bread:** Choose 100% whole wheat rolls, breads and crackers to grab on your way out.

Visit our website at www.jsyfruitveggies.org for more great recipes!
For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets



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Updated October 1, 2019

Meals Made Easy

Plan ahead

Plan using these 2 easy steps:

- 1) **Check your cabinets and refrigerator.** What do you have on hand?
- 2) **Go to the farmers' market OR supermarket.** Pick up fresh fruits and vegetables to prepare with your at-home, staple items.

Cook when you have more time. Maybe on weekends. Make soups, stews or casseroles to freeze for the next week.

Do some tasks the day before. Wash and cut vegetables or make fruit salad. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

Fast meals

- **Hearty soup:** Add fresh vegetables to soup.
- **Pasta dish:** Mix cooked fresh vegetables with chopped lean ham, cooked chicken or tuna into pasta dishes.
- **Super chili:** Serve homemade or canned chili over a baked potato or brown rice.
- **Your ideas:**

Shop for time savers

Check prices on foods that are grated, chopped or washed. These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken and mixed salad greens when they are on sale.

Stock your kitchen. Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned or dried)
- Vegetables (fresh, frozen or canned)
- Fast cooking grains such as whole grain bread or pasta or brown rice
- Canned beans, fish, poultry or meat
- Other proteins: eggs or peanut butter
- Canned soups or stews (low-sodium)
- Low-fat or fat-free cheese or yogurt
- Herbs & spices (grow herbs indoors!)

Save time in your kitchen

- **Cook a fast way.** Microwave, broil, or stir-fry when you can. Roasting and baking take longer.
- **Make no-cook meals and snacks.**
 - Salads with canned tuna, chicken or beans
 - Cold sandwiches
 - Raw vegetables and low-fat yogurt dip
 - Fruit
- **Cook for today and later.** You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Adapted from *Loving Your Family Feeding Their Future*, USDA curriculum.

Visit our website at www.jsyfruitveggies.org for more great recipes!
For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets



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Adult Just Say Yes Handouts

Lesson 7 (for Farmers Markets or Pantries)



Publication 348-720

FRUIT: How Much Do I Need?

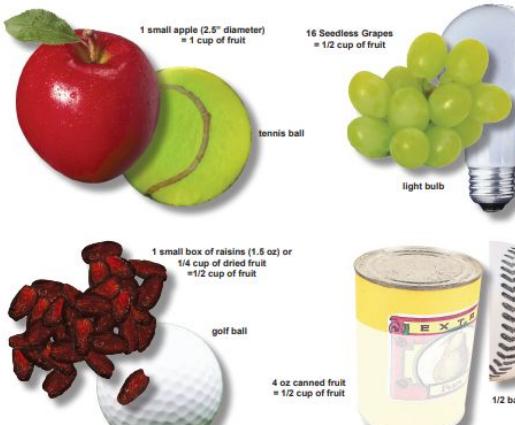
Fruits are good for you. They are full of fiber, vitamins, minerals, and thousands of powerful things called antioxidants and phytochemicals. These things give a fruit its color, flavor, and smell. And, when you eat them, they also protect you from many different diseases (like heart disease and cancer). Make half your plate fruits and vegetables. The more color, the better. Try to eat at least 2 different colors of fruits each day.

Adults need about 2 cups of fruit each day.

Kids need about 1.5 cups of fruit each day.

(See the next page for the amount of fruit that is recommended based on age and sex.)

What does 1/2 to 1 cup of fruit look like?



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What counts as one cup of fruit or vegetables?

The MyPlate recommendations are to eat 3 cups of vegetables and 2 cups of fruit everyday.* Review the serving sizes below to learn what one serving looks like!

*Recommendations vary depending on age, size, and physical activity level.

One large sweet potato counts as one cup of vegetables

Two cups of raw, leafy greens counts as one cup of vegetables

One cup of chopped vegetables counts as one cup of vegetables

One medium apple counts as one cup of fruit

8-10 medium strawberries count as one cup of fruit

2 large or 3 medium plums count as one cup of fruit

8 fluid ounces of 100% fruit or vegetable juice counts as one cup of vegetables

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For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets

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Publication 348-721

VEGETABLES: How Much Do I Need?

Kimberley Hodgson, M.S., R.D., FNP Graduate Assistant, Planning, Governance, and Global, Virginia Tech

Stephanie K. Goodwin, R.D., FNP Graduate Assistant, Human Nutrition, Foods and Exercise, Virginia Tech

Vegetables are good for you. They are full of fiber, vitamins, minerals, and thousands of powerful things called antioxidants and phytochemicals. These things give vegetables their color, flavor, and smell. And, when you eat them, they also protect you from many different diseases like heart disease and cancer. Make half your plate fruits

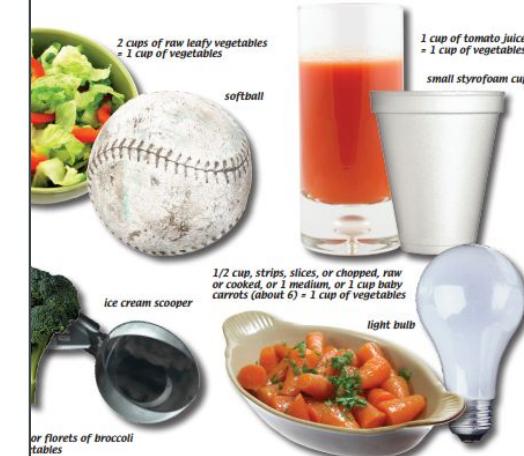
The more color the better. Try to eat at least 3 different colors of vegetables each day.

Adults need at least 2.5 cups of vegetables each day.

Kids need at least 1.5 cups of vegetables each day.

(See the next page for the amount of vegetables that are recommended based on age and sex.)

What does 1/2 to 1 cup of vegetables look like?



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NYC Just Say Yes to Fruits and

Health

EatSmart MoveMore

Virginia Cooperative Extension Family Nutrition Program

Updated October 1, 2010

Adult Just Say Yes Handouts

Lesson 8 (for Farmers Markets or Pantries)

Fiber: Are you eating enough?

How much fiber do you need?

Most adults need at least 25 grams of fiber each day. It can be hard to know if you are eating enough fiber. These tips can help.

- Choose at least 3 servings of whole grains each day.
- Eat beans at least 2 or 3 times per week.
- Eat whole fruits and vegetables with their skins.



Why is fiber good for you?

- Keeps you regular and prevents constipation.
- Makes you feel full, so you don't overeat.
- Helps lower cholesterol.
- Helps control blood sugar.



Fiber-Rich Foods

Beans, fruits, vegetables, whole grains, nuts and seeds all have fiber. Here are some examples of foods that you can choose if you are trying to eat more fiber.

BEANS

- Black beans
- Kidney beans
- Lentils
- Lima beans
- Split peas



FRUITS

- Apples with skin
- Bananas
- Oranges
- Pears with skin
- Strawberries



WHOLE GRAINS

- Bran cereal
- Brown rice
- Oatmeal
- Popcorn
- Whole wheat bread



VEGETABLES

- Broccoli
- Green Beans
- Spinach
- Sweet potatoes
- Pumpkins



Other Tips for Finding Fiber

- Check food labels and choose foods with at least 2 grams of fiber per serving.
- Try peanuts, cashews, pumpkin or sunflower seeds for a high fiber snack.
- Meat, chicken, fish, eggs and milk do not have fiber.
- Most fruit and vegetable juices have little or no fiber.

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Visit our website at www.jsyfruitveggies.org for more great recipes!

For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets

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Update October 1, 2019

Low Fiber Meals

Breakfast



French Toast with Blueberries and Syrup

Fiber Content: 2 grams (8% DV)



Lunch

Chicken Alfredo

Fiber Content: 3 grams (12% DV)



Dinner

Shrimp and Tomato Sauce with White Rice

Fiber Content: 3 grams (12% DV)

Total Fiber Content: 8 grams (32% Daily value)

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Updated October 1, 2019

Adult Just Say Yes Handouts

Lesson 9 (for Farmers Markets or Pantries)

The Nutrition Facts Label— What does it tell us?

1. Start with Serving Size.

2. Check Calories per Serving.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium
- Added Sugars

4. Get enough of these:

- Fiber
- Vitamin D
- Potassium
- Calcium
- Iron

5. Percent (%) Daily Value:

- 5% or less is LOW
- 20% or more is HIGH



Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving	Calories	230
Total Fat 8g	% Daily Value*	10%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		13%
Dietary Fiber 4g		14%
Total Sugars 12g		
Includes 10g Added Sugars		20%
Protein 3g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 8mg		45%
Potassium 240mg		6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

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Thank you to the New York Department of Health, Bureau of Nutrition Risk Education for providing this curriculum.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SIDE-BY-SIDE COMPARISON

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

Amount Per Serving

Calories 230

Calories from Fat 72

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

5%

Trans Fat 0g

0%

Cholesterol 0mg

0%

Sodium 160mg

7%

Total Carbohydrate 37g

12%

Dietary Fiber 4g

16%

Sugars 1g

1%

Protein 3g

Vitamin A

10%

Vitamin C

8%

Calcium

20%

Iron

45%

Percent Daily Values are based on a 2,000 calorie diet.

Your calorie needs may be higher or lower depending on your calorie needs.

Total Fat Less than 8g

Sat Fat Less than 20g

Cholesterol Less than 300mg

Sodium Less than 400mg

Total Carbohydrate 30g

Dietary Fiber 25g

Calories 260mg

Iron 8mg

Potassium 235mg

Vitamin D 2mcg

Protein 3g

Calcium 260mg

Iron 8mg

Potassium 235mg

Vitamin D 2mcg

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Protein 3g

Calcium 260mg

Iron 8mg

Potassium 235mg

Vitamin D 2mcg

Protein 3g

Calcium 260mg

Iron 8mg

Adult Just Say Yes Handouts

Lesson 10 (for Farmers Markets or Pantries)



Virginia Cooperative Extension
Virginia Tech • Virginia State University

Family Nutrition
Program
Publication 348-672

Keep You and Your Family Lean with Lean PROTEIN

Kimberley Hodgson, MS, RD, Virginia Tech

What is protein?

You may already know that muscles are made up of protein, but many other important parts of the human body need protein, too. That's why protein is so important for normal growth and development.

Protein works together with other nutrients, like carbohydrates and fat, to make you strong and healthy. The type of protein food and the amount you eat makes a big difference. The Protein Food Group on MyPlate includes beans and peas, unsalted nuts and seeds, seafood, lean poultry and meats and eggs. Protein is also found in some foods from other food groups, such as dairy.

Some types of protein foods are higher in fat or saturated fat, which is bad for your heart if you eat large amounts. Animal protein foods are often higher in fat and contain larger amounts of saturated fat. Plant protein foods are often lower in fat and contain less saturated fat. When you choose animal protein foods, choose lean meat (look for 90% or higher on the label) and seafood, including fish and shellfish (aim for two 4-ounce servings each week).

Remember, different cooking methods can add extra fat. Try broiling, baking, and roasting foods instead of frying.



Healthy PROTEIN Foods

Beans & Peas	kidney beans, red beans, black beans, pinto beans, white beans, chickpeas, green peas, soybeans, tofu, and more
Nuts & Seeds	peanuts, almonds, walnuts, sunflower seeds, pecans, pumpkin seeds, cashews, and nut butters.
Seafood	tuna, salmon, and many other types of fish
Lean Poultry	skinless chicken and turkey
Lean Meat	lean cuts of beef, pork, and lamb (90% or leaner)
Eggs	whole eggs, egg whites, and egg substitute

How much healthy protein do I need?

The average person needs 5½ ounces of protein-rich foods each day.

What gives ONE ounce of protein?

Beans & Peas	1/4 cup cooked beans or tofu
Nuts & Seeds	1 tablespoon nut butter (like peanut butter or almond butter) or ½ ounce nuts or seeds
Seafood	1 ounce fish
Lean Poultry	1 ounce poultry
Lean Meat	1 ounce meat
Eggs	1 whole egg or ½ cup egg substitute



1 small chicken breast = 3 ounces

About the size of a deck of cards or palm of your hand.

Source: Dietary Guidelines for Americans 2015-2020

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VT1910SH-HNFE-34NP

Cooking Beans, Legumes, and Peas

Beans, legumes, and peas are among the cheapest and healthiest foods. Use them in soups, stews, and other baked dishes, or mix them in with your favorite salad. Many people overlook these wonderful culinary treasures, but beans, legumes, and peas are high in protein and fiber, low in fat, and full of flavor! Dry beans, legumes, and peas are easy to cook, and far cheaper than their canned versions. Plus, since they are so high in protein, you can replace meat with beans for a few meals each week.

3 Easy Steps to the PERFECT Bean

1. Sort and Rinse – Spread beans out on a clean kitchen towel or baking sheet. Throw away any beans that are discolored or shriveled. Pour the good beans into a colander or bowl and rinse well with cold clean water. Drain.

2. Soak – Most dry beans, except lentils and split peas, need to be soaked before cooking them. There are 2 ways to soak beans.

Short soak – Place beans in a large cooking pot with lid. Cover the beans with a 3 inch layer of water (or about 4 to 5 cups of water per 1 cup of beans). Bring to a boil. Continue boiling for 3 minutes. Cover the pot, and set aside for 2 to 4 hours. Drain and throw away the water. Rinse beans before cooking.

Long soak – Place beans in a large cooking pot with lid. Cover the beans with a 3 inch layer of water (or about 4 to 5 cups of water per 1 cup of beans). Cover the pot and soak beans for 8 hours or overnight. Drain and throw away the water. Rinse beans well before cooking.

3. Cook – Cook beans in fresh water (if you want to season your beans while they cook, see below for more information), using a large cooking pot with lid. Use about 3 to 4 cups of water for each cup of beans (or enough water to cover the beans by 1 inch). Bring beans to a boil. Reduce heat to low, and simmer until tender. Stir occasionally. Check the directions on the package for more information on cooking times for each type of bean, legume, or pea.

NOTE: seasoning beans

To add more flavor to your beans, try adding these spices to the cooking water: chopped onion, garlic, and/or bay leaves. Add all other spices and seasonings 30 minutes before the beans are finished cooking. Do not add salt, sugar, tomatoes, vinegar, wine, or lemon juice until after the beans are completely cooked.

Source: Dietary Guidelines for Americans 2015-2020

For more tips,
visit us at:



www.movemore.ext.vt.edu



Revised by: Stephanie K. Swinerton, RD, Family Nutrition Program (EFNEP/SNAP-Ed) Graduate Assistant, Virginia Tech; Reviewed by: Eleanor Schlenker, RD, Professor, HNFE, Virginia Tech; Mary McFerren, Family Nutrition Program (EFNEP/SNAP-Ed).

Reviewed by: Austin Brooks, RD, Project Associate, Nutrition Educator and Content Manager, Family Nutrition Program (EFNEP/SNAP-Ed).

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Last Updated October 1, 2019

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Adult Just Say Yes Handouts

Lesson 11 (for Farmers Markets or Pantries)

Keeping Local Food Affordable: Using Your SNAP Benefits At a Farmers Market



How to use your SNAP card at the market:

1) Find the market manager's information table. Look for signs that say "Use your EBT card here."

2) The manager will swipe your EBT card for the amount you request. You will receive \$1 wooden tokens. These tokens act like cash in the market.

3) Use your tokens to buy fruit, vegetables, meat, eggs, herbs, baked goods, seeds, and more!

4) Tokens don't expire, so hold on to them for your next visit if you have any left over.



- At some markets, each farmer will have an EBT machine, so there are no tokens and you pay each farmer with your EBT card.
- Many markets have funds to double your SNAP dollars. For example, when you spend \$10 with your EBT card, they will give you another \$10 free to spend on fresh fruits and vegetables! See the map on the back for more information.

What are the differences between shopping at the supermarket and a farmers market?

Seasonality. Some farmers markets only have produce which is grown in that particular season. For example: asparagus and strawberries will only be found in the spring.



I'm not a great cook yet...

Don't worry! You do not have to be a master chef to add more fresh fruits and vegetables to your diet.

Start slow by adding to what you already eat: top frozen pizza with zucchini; add broccoli to the pasta when you make macaroni and cheese; sauté some bell peppers and carrots to add to your instant noodles. Add a bit here and there!

Chickens from the market are usually whole. Roast them, or make soup.

When you aren't sure how to cook a vegetable, roasting it on a baking sheet in the oven at 350 degrees with olive oil, salt, pepper, and garlic is usually an easy answer. Mix it up with different herbs, lemon juice, or nuts for new tastes.

For more recipes go to: eatsmartmovemoreva.org/recipes/

Follow Us | Like Us



I'm interested! How do I find my local farmer's market?

You can look it up online at:
<https://bit.ly/2WT90bC>

This map shows Virginia markets that accept SNAP. The orange markets will double SNAP!



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Last Updated October 1, 2019

Adult Just Say Yes Posters

(for Farmers Markets or Pantries)

Lower Fiber

BREAKFAST



FRENCH TOAST WITH SYRUP
Fiber Content: 1 gram (4% DV)

LUNCH



CHICKEN GRILLED IN OLIVE OIL TOPPED WITH CHEESE AND WHITE PASTA
Fiber Content: 2 grams (7% DV)

DINNER



SHRIMP AND WHITE RICE
Fiber Content: 0 gram (0% DV)

Total Fiber Content: 3 grams (11% Daily value)

Higher Fiber

BREAKFAST



WHOLE WHEAT FRENCH TOAST WITH FRUIT SAUCE
Fiber Content: 4 grams (14% DV)

LUNCH



CHICKEN GRILLED IN OLIVE OIL TOPPED WITH CHEESE, WHOLE GRAIN PASTA and SAUTEED SPINACH
Fiber Content: 7 grams (25% DV)

DINNER



SHRIMP, BROWN RICE AND SAUTEED SQUASH
Fiber Content: 2 grams (7% DV)

Total Fiber Content: 13 grams (46% Daily value)

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Virginia Cooperative Extension, Virginia State University, and the U.S. Department of Agriculture cooperating. Table 2, James C. Davis, Virginia Cooperative Extension, Virginia State, Blue Springs, M. Ray Hulme, Administrator, 1800 Extension Program, Virginia State University, Petersburg.

What counts as one cup of fruit or vegetables?

The MyPlate recommendations are to eat 3 cups of vegetables and 2 cups of fruit everyday.* Review the serving sizes below to learn what one serving looks like!

*Recommendations vary depending on age, size, and physical activity level.

A photograph of two large, orange sweet potatoes.

One large sweet potato counts as one cup of vegetables

A photograph of two cups of raw, leafy green vegetables, likely spinach or kale.

Two cups of raw, leafy greens counts as one cup of vegetables

A photograph of one cup of chopped vegetables, likely mushrooms.

One cup of chopped vegetables counts as one cup of vegetables

A photograph of one medium apple.

One medium apple counts as one cup of fruit

A photograph of 8-10 medium strawberries.

8-10 medium strawberries count as one cup of fruit

A photograph of 2 large or 3 medium plums.

2 large or 3 medium plums count as one cup of fruit

A photograph of 8 fluid ounces of 100% fruit or vegetable juice in a glass.

8 fluid ounces of 100% fruit or vegetable juice counts as one cup of vegetables

Visit our website at www.jsyfruitveggies.org for more great recipes!

For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets

The logo for NYC Eat Smart Move More, featuring the text "NYC Just Say Yes to Fruits and Vegetables" and "Eat Smart Move More" with the "NYC" logo.

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Farmers Markets

SNAP Banner 1'x2';2'x6'



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SNAP at Farmers Market Brochure

Tips for shopping at a farmers market:

- Markets are fun: live music, tastings, and special events — make them a family outing!
- Some things sell out quickly, so come early.
- The food at the market is locally grown and may only be available during a certain season. Find out what is in season (and at its tastiest!) at www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf
- You can ask farmers questions, and they can often tell you great recipes for produce that is new to you.
- For low-cost, healthy recipes like us on Facebook at www.facebook.com/vafnp.

Fruits and vegetables are great for your family!

- Model healthy eating for your kids by having cut fruits and vegetables handy for healthy snacks. Low-fat yogurt and peanut butter make great dips.
- Challenge your family to eat the rainbow — choose fruit and vegetables with a variety of colors. Make it a game to see who can have the most colorful plate.



The Family Nutrition Program

- Do you want to feed your family healthy meals without breaking your budget? We can help! Learn how with The Family Nutrition Program.
- It is FREE and FUN!
- You will meet and make new friends and learn to cook new foods that lower your grocery bill.
- Call today to learn more about the program 1-888-814-7627.

Eat Smart Move More

Follow us @VaFNP



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Last Updated April 8, 2024

Use Your SNAP EBT Card at Your Local

VIRGINIA FARMERS MARKET



Feed your family the best Virginia has to offer.

Eat Smart Move More

Virginia Cooperative Extension

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HNFE-135NP (HFE-474NP)

SNAP at Farmers Market Brochure

How to use your EBT card at a farmers market

Using your EBT card at a farmers market:

1. Find the market manager's information table.
2. He or she will swipe your EBT card for the amount you request. You will receive \$1 wooden tokens. These tokens act like cash in the market.
3. Use your tokens to buy fruit, vegetables, meat, eggs, baked goods, herbs, and more!



Buy fresh, local foods with SNAP

- Many farmers markets are now able to accept your SNAP benefits.
- Some will double your SNAP dollars for free so you can buy more fresh produce!
- Food from the farmers market is locally grown, healthy, and tasty.
- Visit your local farmers market and experience the difference yourself.

To find the farmers market nearest you and which ones double SNAP dollars, visit
<https://eatsmartmovemoreva.org/shop/farmers-markets/>

What you can buy with your SNAP benefits at the market:

- Meat
- Honey
- Vegetables
- Herbs
- Fruit
- Jams and preserves
- Eggs
- Cheese
- Wrapped baked goods to be consumed at home
- Plants that produce food

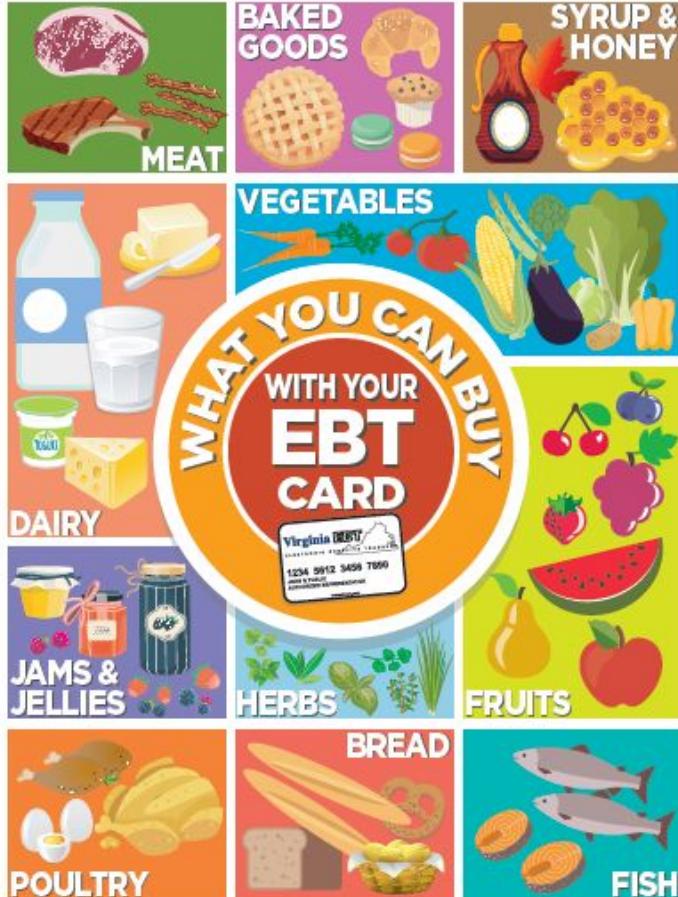
■ You cannot buy hot prepared foods, alcohol, or non-food items, the same rules as at the grocery store.

What to do with leftover tokens:

- Keep unused tokens to use at another time in the market.



SNAP at Farmers Market Postcard



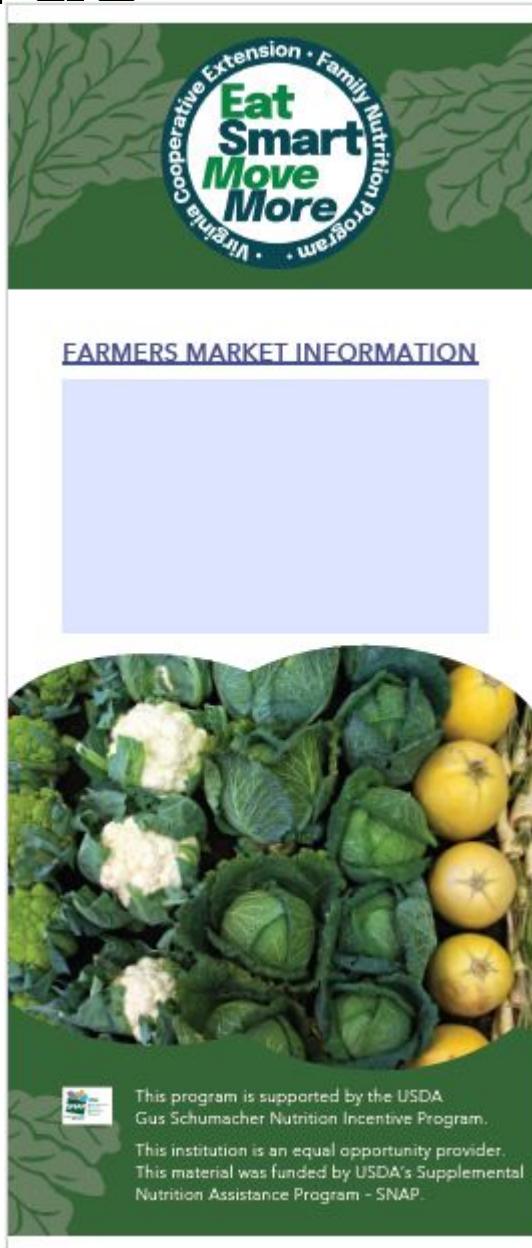
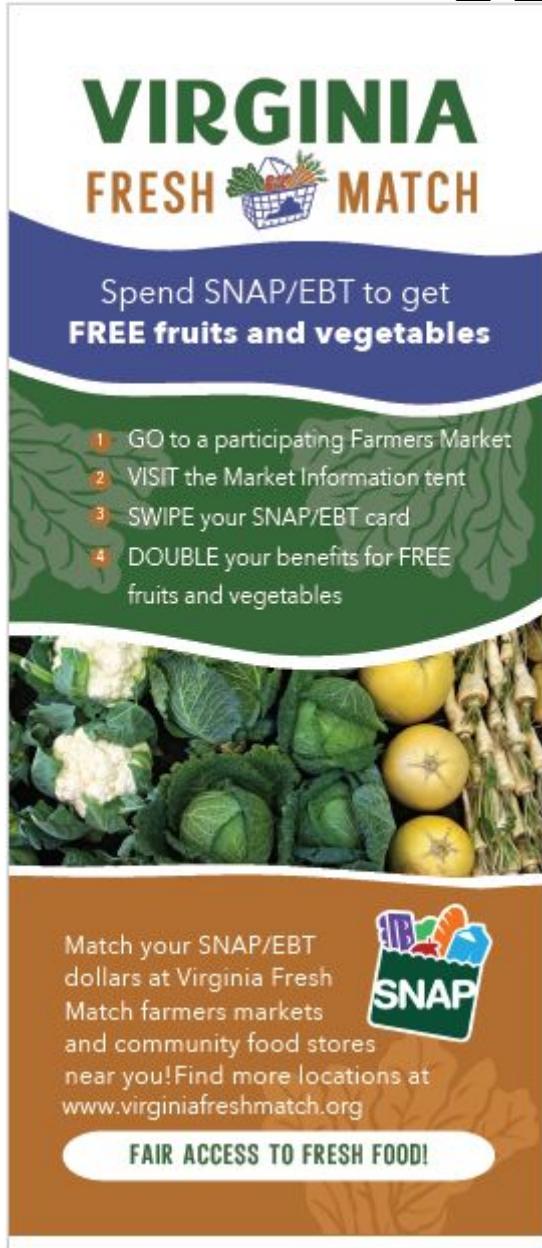
Market Information

[eatsmartmovemoreva.org/
shop/farmers-markets/](http://eatsmartmovemoreva.org/shop/farmers-markets/)



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

Virginia Fresh Match Rack Cards

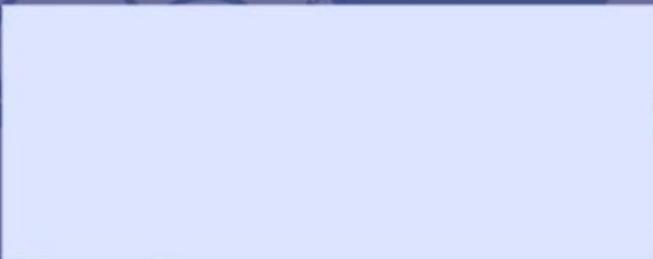


Virginia Fresh Match Marketing Poster



VIRGINIA
FRESH  **MATCH**

Spend SNAP/EBT to get **FREE**
fruits and vegetables at:



 **SNAP**

Visit the Market
Information Tent to
learn more!

Virginia Cooperative Extension • Family Nutrition Program
This program is supported by the USDA Gus Schumacher Nutrition Incentive Program.
This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.





VIRGINIA
FRESH  **MATCH**

Use su SNAP/EBT y obtenga
frutas y verduras **GRATIS:**



 **SNAP**

Visite el puesto de
Información del mercado
para más información

Virginia Cooperative Extension • Family Nutrition Program
This program is supported by the USDA Gus Schumacher Nutrition Incentive Program.
Esta institución es un proveedor que ofrece igualdad de oportunidades. Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA sigue en inglés).



Mini Grant Materials

***The following VFM marketing materials can only
be used for a Mini Grant project**

“How to Use EBT Cards” handout for VFM markets

Welcome to the Farmers Market!

How to use your EBT card at the Farmers Market:

1. Locate the market manager information stand.
2. Give your EBT card to the manager to swipe for the amount you would like to spend; you will need to enter your PIN.
3. You will receive tokens or paper vouchers in the amount swiped that are used as cash.
4. This market will double EBT/tokens with match tokens or vouchers. These match tokens or vouchers can only be spent on fruits and vegetables sold at the market.
5. Use these tokens or paper vouchers to purchase eligible items from any vendor that accepts SNAP.
6. If you are interested in learning about health benefits of fruits and vegetables, along with other nutrition tips and ways to save money on food, call Virginia SNAP-Ed at: (888) 814-7627.



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FRESH MATCH

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Farmers Market Information:

“How to Use EBT Cards” handout languages

Dari

Farsi

French

Korean

Simplified Chinese

Spanish

Tagalog

Traditional Chinese

Urdu

Vietnamese

Yoruba

“How to Use EBT Cards” social media for VFM markets

“How to Use EBT Cards” handout languages

Dari

Farsi

French

Korean

Simplified Chinese

Spanish

Tagalog

Traditional Chinese

Urdu

Vietnamese

Yoruba

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“How to Use EBT Cards” handout for Non-VFM markets

Welcome to the Farmers Market!

How to use your EBT card at the Farmers Market:

1. Locate the market manager information stand.
2. Give your EBT card to the manager to swipe for the amount you would like to spend; you will need to enter your PIN.
3. You will receive tokens or paper vouchers in the amount swiped that are used as cash.
4. Use these tokens or paper vouchers to purchase eligible items from any vendor that accepts SNAP.
5. If you are interested in learning about health benefits of fruits and vegetables, along with other nutrition tips and ways to save money on food, call Virginia SNAP-Ed at: (888) 814-7627.



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FRESH MATCH

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“How to Use EBT Cards” handout languages

Dari

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“How to Use EBT Cards” social media for Non-VFM markets

“How to Use EBT Cards” handout languages

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School Wellness

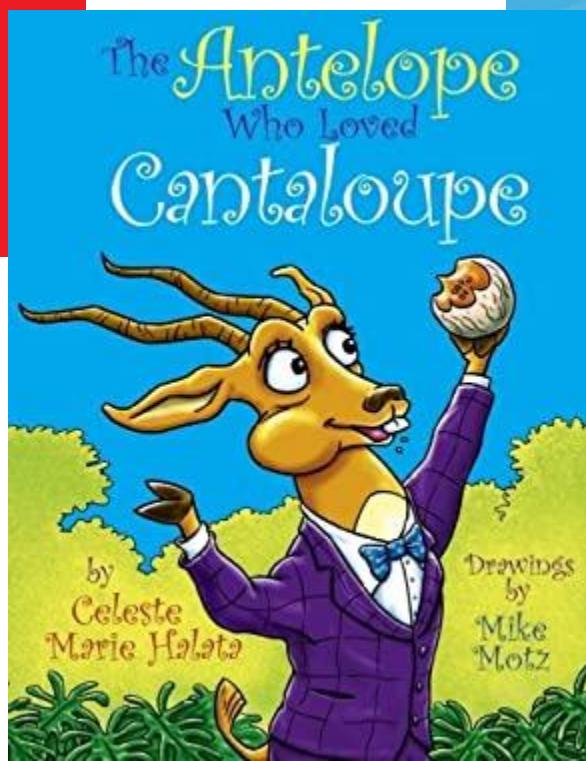
StoryWalk® Books

Growing Vegetable Soup



Written and illustrated by
Lois Ehlert

 SCHOLASTIC



POTTER THE OTTER
A TALE ABOUT WATER



LA NUTRIA POTTER
UN CUENTO ACERCA DEL AGUA

Written by: Shelli Sengh Avera | Illustrated by: Lauren Magda Sotile
www.potterloveswater.com

Water Drinking Challenge

The Virginia Family Nutrition Program 4-Week Drinking Water Challenge Tracker

Student Name: _____ Teacher Name: _____ Grade: _____

Instructions: Write a check or put a sticker on the day if you drank water at least 3 times. See back for ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
Week 1						
Week 2						
Week 3						
Week 4						

As a result of this challenge, did you drink:

More water Less water About the same

Water

Water is one of the body's most essential nutrients. About 60 percent of your body weight is actually water. Water is needed for all body functions.

How much water is needed?

The amount of total water depends on your age, sex, activity level, temperature, and humidity. The older you are, the more water you need. The more you move, the more water you need. And the hotter it is, the more water you need. At a minimum, you should get 7 cups of water a day.

BUILD YOUR OWN Infused Water

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 25 minutes



FRUIT



2 limes, sliced



1/2 cup frozen berries



1/2 cup watermelon, diced



1/2 cup pineapple, sliced or diced

VEGETABLE



1 cucumber, sliced



1 jalapeño, sliced



1/2 cup fennel fronds, chopped

HERB



1/4 cup mint, chopped



1/4 cup basil, chopped



1 teaspoon fresh ginger root, minced

Directions:

- Select a fruit, vegetable, and/or herb.
- Combine fruit, vegetable, and/or herb choices in a water pitcher. Fill with ice and water. Stir to combine.
- Refrigerate water for at least 2 hours for best flavor.
- Makes 8 servings.
- Refill empty pitcher with water and ice to reuse flavoring ingredients once within 4 days if desired.
- As you become more familiar with the recipe, try adding or replacing with different fruits, vegetables, and herbs for a different flavor.



Eat Smart Challenge

The Virginia Family Nutrition Program 4-Week Eat Smart Challenge Tracker

Student Name: _____

Teacher Name: _____ Grade: _____

Instructions: Write a check or put a sticker on the day if you have eaten at least 3 different fruits and vegetables you eat. See back for ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
Week 1						
Week 2						
Week 3						
Week 4						

As a result of this challenge, did you eat:

More fruits and vegetables Less fruits and vegetables About the same

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Eat Smart•Move More
Virginia Cooperative Extension • Family Nutrition Program
www.eatsmartmovemoreva.org

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Add to the A to Z list for fruits and vegetables!

Fruits and Vegetables

Eating fruits and vegetables are important for your health. They provide important nutrients for your body and help you do all the things you like doing. They also provide some water to keep you hydrated.

How much do you need each day?

The amounts of fruit and vegetables you need to eat depends on your age, sex, and activity level.

- Fruit – between 1 and 2 cups each day
- Vegetables – between 1 and 3 cups each day

That may seem like a lot at first, but they can add up between meals and snacks.

Ideas for eating more fruits and vegetables:

- Build your own fruit smoothies.
- Add bananas, berries, and raisins, or other dried fruit, to your cereal.
- Add chopped veggies to eggs, pizza, burritos, potatoes, and more.
- Tell your parents or caregivers which fruits and vegetables you like or would like to try, so they can add them to their grocery list.

	Fruit	Vegetable
A	Apple, apricots	Asparagus, avocados
B	Banana	Bell peppers
C	Cantaloupe, cranberry	Cabbage, carrot, cauliflower
D		
E		
F		
G	Grapes, grapefruit	Garbanzo beans, greens
H		
I		
J		Jicama
K	Kiwi	
L		Lettuce
M	Mango, melon	
N		
O		
P	Papaya, peach, pear, pineapple	Potato
Q		
R		
S	Strawberry	Spinach, squash, sweet potato
T	Tomato	
U		
V		
W		
X		
Y		
Z		

Move More Challenge

The Virginia Family Nutrition Program 4-Week Move More Challenge Tracker

Student Name: _____
Teacher Name: _____ Grade: _____

Instructions: Write a check or put a sticker on the day if you moved for 60 minutes or more. See back for physical activity ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
Week 1						
Week 2						
Week 3						
Week 4						

As a result of this challenge, were you:

More active Less active About the same as before the challenge

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Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program
www.eatsmartmovemoreva.org

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Move More!

How much movement do you need?

Be active at least 60 minutes every day. It doesn't need to be all at once. It can be 10 minutes here, 20 minutes there. It doesn't even need to be the same movement. Try different movements that strengthen muscles and bones and make your heart beat faster.

Physical activity is good for you!

- Builds strong muscles and bones
- Improves your mood and self-esteem
- Helps you sleep
- Gives your brain a boost

Any movement counts toward 60 minutes a day

Add to the A to Z list!

A	Aerobics
B	Baseball, basketball
C	Crab walk
D	Dance, dodgeball
E	
F	Frisbee
G	Garden
H	High kick
I	
J	Jog, jumping jacks
K	
L	
M	Meditation
N	
O	Obstacle course
P	Pull up
Q	
R	Run
S	Stretch, skip, squat, star jumps, swim
T	Throw a ball
U	
V	Volleyball
W	Walk
X	
Y	
Z	

Ideas to Move More at Home

Head Outside

- Practice your favorite sport. Try some basketball dribbling drills or kick a soccer ball around obstacles outside
- Jump around. How many times in a row can you jump rope? Or maybe cartwheels are more your style.
- Play with your siblings. Prove who's faster with a game of tag or show off your stealth in hide and seek.
- Take a hike. Bring the whole family for a walk around the block or on a trail near your home.
- Ride your bike. Grab a helmet and put the pedal to the metal.

Stay Inside

- Dance up a storm. Play your favorite songs and dance along.
- Swap balls for balloons. Blow up a balloon and play your favorite ball games, like volleyball, tennis, or keep away.
- Build an obstacle course. Get creative and set up a course over the rug, under the table, and around the couch.
- Lead the parade. Be the grand marshal of your own parade, acting out the marching band, horse riders, and firetrucks for your family.
- Complete your chores. Cleaning your room, sweeping, and folding laundry all count as physical activity and will make your parents happy.

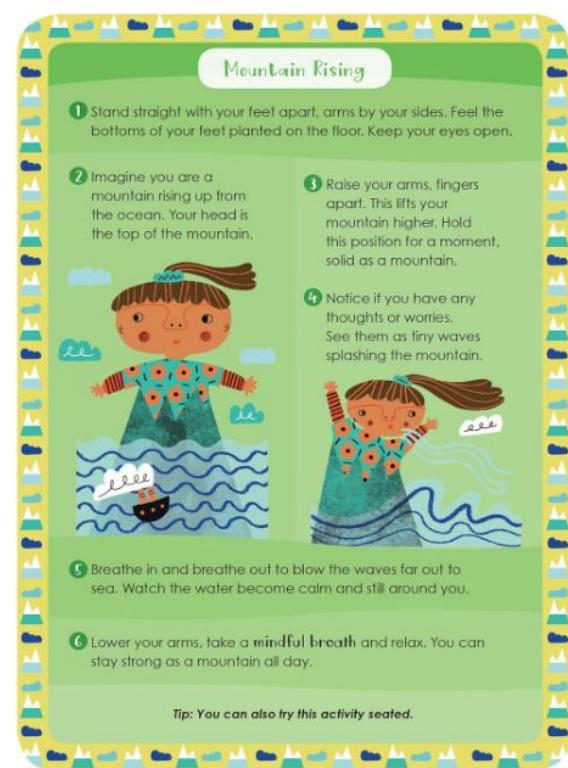
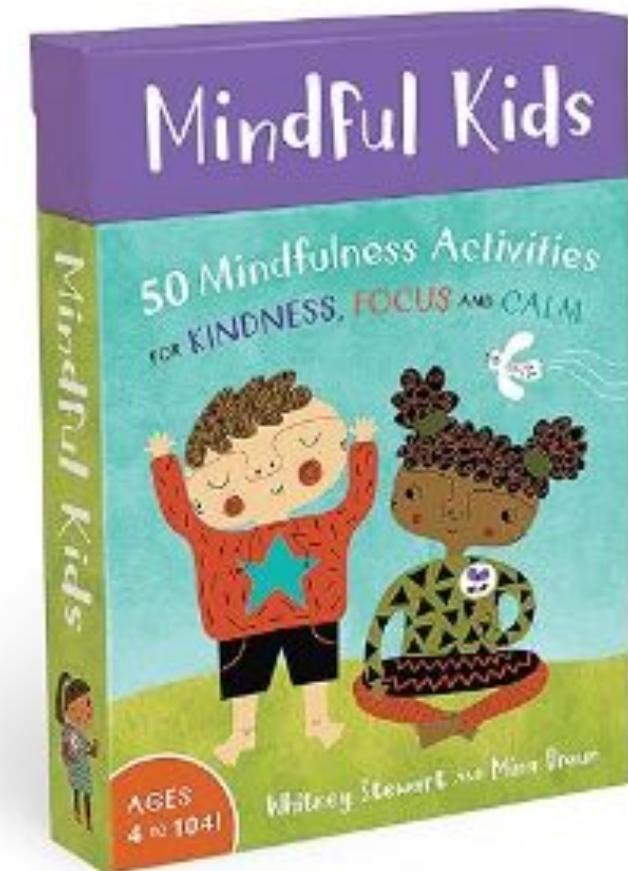
How many different ways can you find to get active at home?

Physical Activity

BEPA Kits



Mindfulness Cards



5 for 5 Cards

