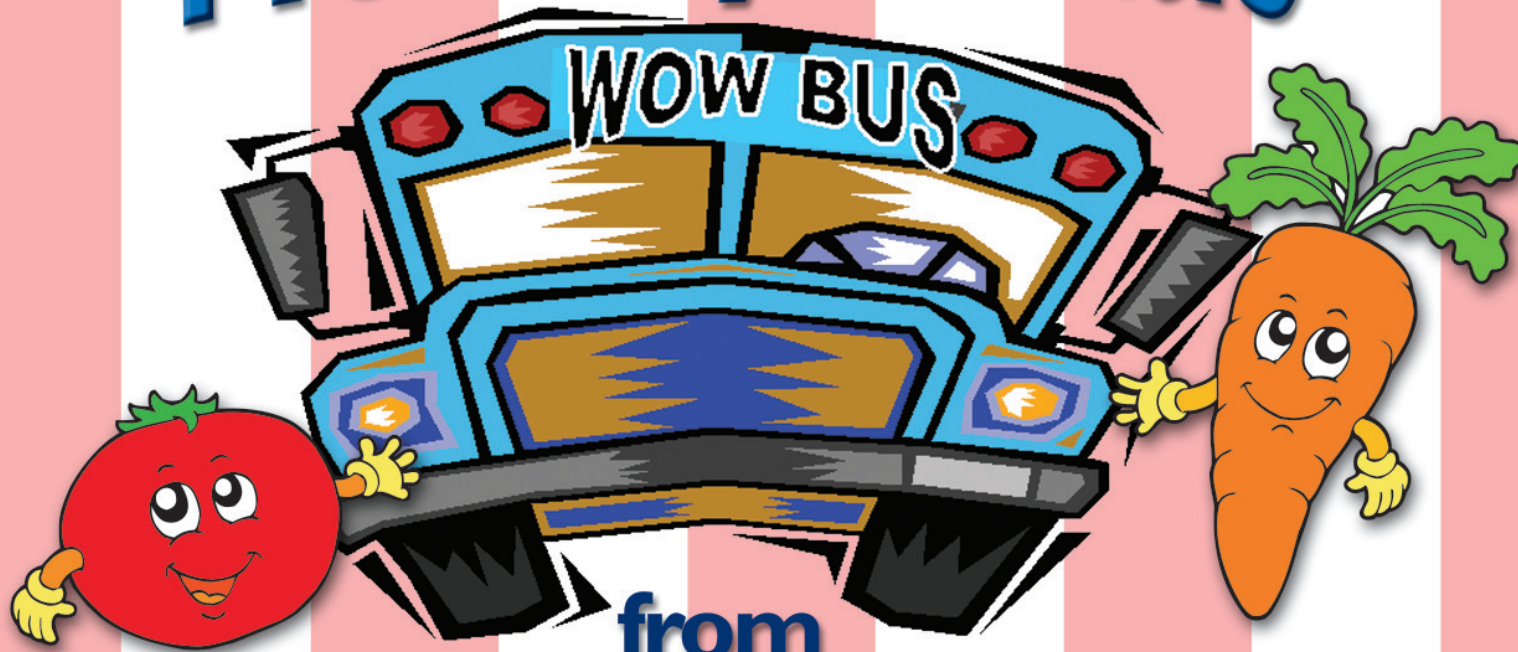


Healthy Meals



from
Words On Wheels

**BROUGHT TO YOU
BY YOUR FRIENDS
AT THE BLT SOCIETY**

"ALL NEW RECIPES FOR KIDS!"

**I'm
Hungry!**

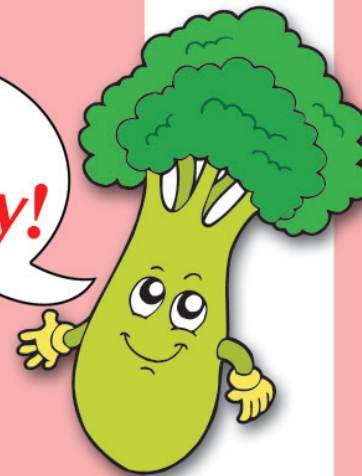


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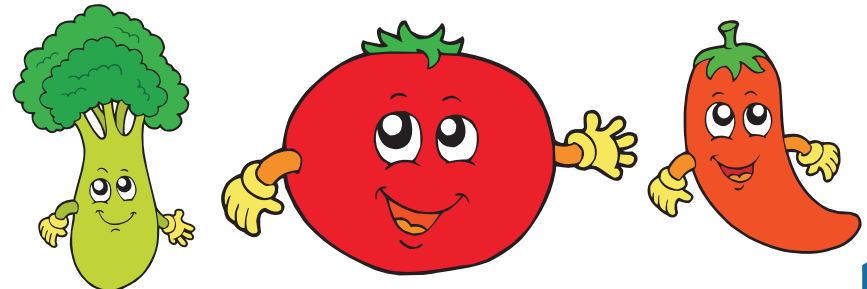
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Contributor History

If you are reading this book, it means you are involved in a wonderful project! The Words On Wheels (WOW) Bus is a mobile early learning and parent resource center, which visits different neighbourhoods several times each month in the South Peace area of Northern British Columbia. The WOW Bus delivers a parent/child interactive program; a book and toy lending library; parent resources; and healthy snacks to families with children aged birth to five years.



■ WOW Bus coordinator Karen Hills and Vancouver Foundation representative Marc Gifford pose with the WOW Bus at Moberly Lake

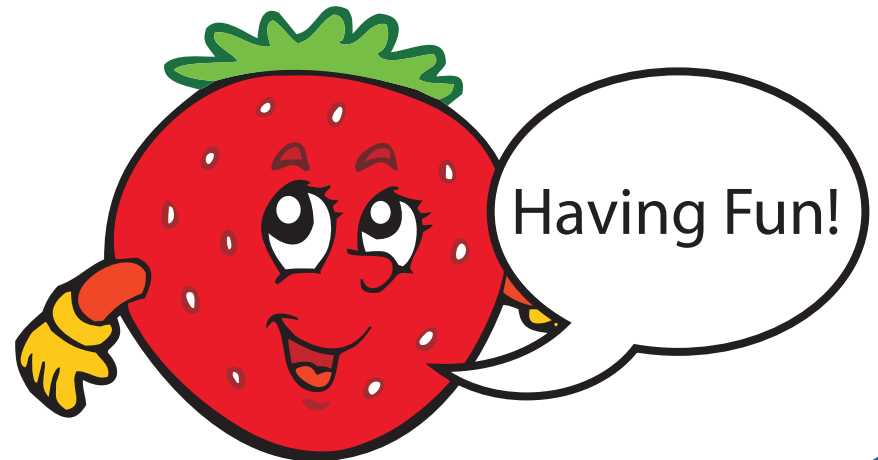
The WOW Bus is free to all families and has been on the road since 2007. As families boarded the WOW Bus it became apparent that many parents were concerned about their children not eating a healthy diet. The WOW Bus decided to address this issue

by initiating a cookbook project called, “Healthy Meals From Words On Wheels”.

The most influential factor with the WOW Bus cookbook project has been the mass appeal of helping the children. This outreach project appeals to everyone. There is something magical about a big, blue school bus travelling to neighbourhoods to visit families. Community support for the WOW Bus and this cookbook project has been very gratifying. Recipes were provided from parents, community supporters, and the World Wide Web.

The cookbook design is meant to encourage children and adults to partner together to create yummy dishes for every hour of the day. All aspects of this cookbook were created at the local level. Research, promotions, graphic design, and printing were all provided by a Dawson Creek resident, organization, or business. The South Peace Building Learning Together (BLT) Society hopes many happy hours are spent with adults and children collaborating together to create healthy meals and cherished memories.

Enjoy!



Contributor Recognition

The generosity of donors makes many dreams possible. The 2010 South Peace Building Learning Together (BLT) Society would like to extend a very special thank you to all of our Contributors. Without your support and encouragement this cookbook would not be possible.

A special thanks goes out to everyone who submitted recipes. Without your content, the cookbook would not have the local flavour that it does.

The Words on Wheels (WOW) Bus will hand out 200 copies of the “Healthy Meals from Words on Wheels”, thanks to the following sponsors:

Read’s Books
The Vancouver Foundation
Literacy BC
Children First
Shell Canada
South Peace Child Care Resource and Referral Agency

This cookbook was developed and designed by Gordon Currie, (Eldoren Consulting Inc), Samantha Evans (Sevan Design) with the support and ongoing assistance of Gloria Cleve.



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Tips for Getting Kids to Eat Well

Getting kids involved in cooking is one way to encourage healthy eating. If they help prepare it, they just may eat it. Following are suggestions, tips, the best and worst foods for kids, plus some healthy recipes everyone is sure to enjoy!

Get kids cooking! But first . . .

- Always make sure an adult is close by when you are cooking.
- Always read the recipe before you cook.
- Before you cook, you need to get ready. Read the recipe before you do anything.
- Get out all the ingredients and cooking equipment that you will need.
- Prepare and measure the ingredients. This way you won't forget to add anything.
- * Clean up as you go. The kitchen will be neat and there won't be a big mess when you are finished cooking.

It may be more convenient to feed kids smaller meals and give them nutritious nibbles between meals when they are hungry. That is one way to sneak in fruits and vegetables when the kids are not expecting them and are the most likely to eat them because they are hungry.

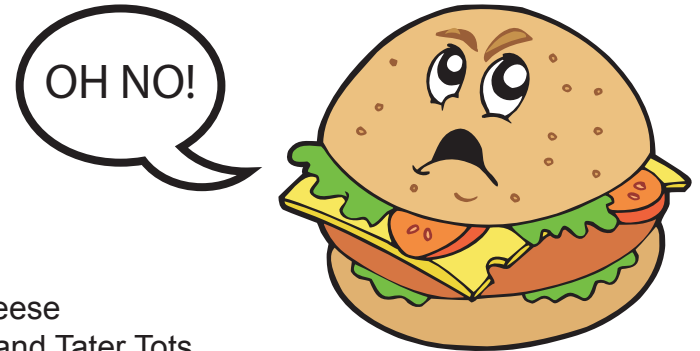
Remember to combine different colors and textures at mealtime to make it more interesting and enticing.

The Worst and Best Foods for Kids

Following are ten of the worst children's foods, according to the Center for Science in the Public Interest.

The Worst:

1. Soda
2. Hamburgers
3. Hot dogs
4. Ice cream
5. Bologna
6. Whole milk
7. American cheese
8. French fries and Tater Tots
9. Pizza loaded with cheese and meat
10. Chocolate bars



The Best:

1. Fresh fruits and vegetables (especially carrot sticks, cantaloupe, oranges, watermelon, strawberries)
2. Chicken breast and drumstick without skin or breading
3. Cheerios, Wheaties or other whole-grain, low-sugar cereals
4. Skim or 1-percent milk
5. Extra-lean ground beef or vegetable burgers
6. Low fat hot dogs
7. Non-fat ice cream or frozen yogurt
8. Fat free corn chips or potato chips
9. Seasoned air-popped popcorn
10. Whole wheat crackers or Small World animal crackers

Even if you have picky eaters to feed, these seven sure-fire tips will help you add more of the good stuff to your meals and snacks without even trying.

Tips for Getting Kids to Eat Well continued....

1. Try something new. Next time you go grocery shopping, try fruits or vegetables you've never had before; for example, papaya, lychee, guava, bamboo shoots and rapini.

2. While fresh is best, canned or frozen fruits and vegetables are good alternatives. Even though they have about the same nutritional value as fresh, check the label to ensure that there's no sugar or syrup added (for canned fruits) and that veggies have no salt added.

3. Soup it up! Soups are a great way to get more veggies into your diet — and your kids' tummies. Puree squash, broccoli, carrots, peppers — or just about any vegetable you can think of — and add them to your favourite soup recipe. But don't stop there: Find and try recipes for fruity soups that use melon or apple.

4. Add zing to tomato sauce or chili. Another way to get more vegetables into the mouths of picky eaters is by grating carrots, broccoli, mushrooms or zucchini into their favourite tomato sauce or chili. Chances are they won't even notice. Even if you're not trying to sneak them in, adding vegetables to homemade or store-bought sauce will add flavour and nutrients.

5. Keep healthy snacks within reach. Keep a bowl of fresh fruit, fruit salad, cut up veggies or pre-packaged baby carrots, snow peas or celery sticks on the most visible shelf in your refrigerator. The next time you or a family member heads to the fridge for munchies, you'll have a no-fuss, no-mess snack waiting.

6. Mix 'em up. Choosing fruits and vegetables of different colours is a good way to reduce your risk of cancer, heart disease and stroke. So mix up dark green, orange and red items to make a colourful salad. Don't be afraid to mix fruits with vegetables; for example, try a spinach salad with orange slices and strawberries.

7. Keep it smooth and tasty. Get one or two servings of fruit early in the day by having a smoothie for breakfast. You can use just about any fruit you want for a fast and easy way to start the day.

Easy Ways to Increase Fibre

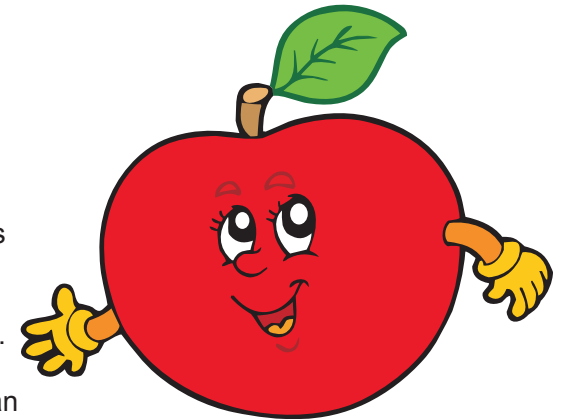
Replace white rice, bread and pasta with whole grain, higher-fibre versions such as brown rice, whole grain bread and whole-wheat pasta.

Are your kids big on burgers, burritos and sloppy Joes? Amp up the fibre in these beef dishes by adding kidney beans, tofu or bran cereal into the mix. If your kids love chicken fingers, make your own high-fibre version by coating chicken strips in whole grain cereal and flax seeds. Use your imagination to tuck fibre into all of their favourite comfort foods.

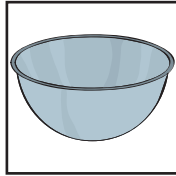
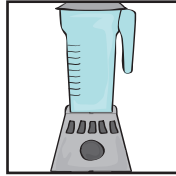
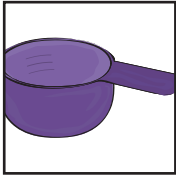
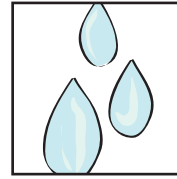
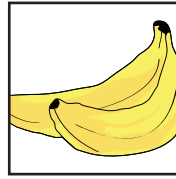
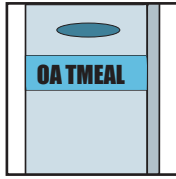
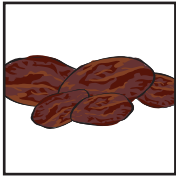
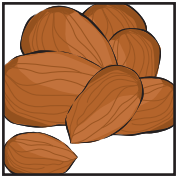
Replace potato chips with fibre-rich popcorn or a cup of whole grain breakfast cereal. Choose a blend of cereals made from whole grain oats, corn, quinoa, amaranth or wheat.

Legumes such as chickpeas, lentils and kidney beans have a ton of fibre and lend themselves well to soups and dips. Kidney beans are fun in slurpy minestrone or chicken noodle soup. Pureed beans are perfect for preparing hummus or black bean dip. Simply add some vegetables for dunking and you've made a great fibre-rich snack.

Fruit is a delicious source of fibre. The top fibre-containing fruits are berries, pears, apples and oranges. Dried fruit is another excellent option. Can't convince your kids to eat more fruit? Call fruit by a silly name — studies show this helps kids eat more fresh produce. Serve up a bowl of warrior sticks (apple wedges) and puddlepums (grapes) and they may ask for seconds.



Awesome Oatmeal - Breakfast



Instructions

Ingredients: Oatmeal, water, almonds, dates, banana, cinnamon.

Tools: Blender, bowl, cup, teaspoon.

Soak in water overnight:

125 ml	½ cup	Raw whole oats
60 ml	¼ cup	Natural almonds
	2	Medjool dates

In the morning, drain water and place the oats, almonds and dates in a blender.

Add to the blender:

	½	Banana
2.5 ml	½ tsp	Cinnamon

Blend well. Eat right away. Makes one serving.

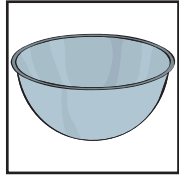
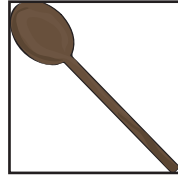
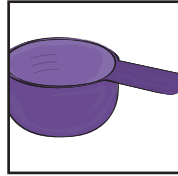
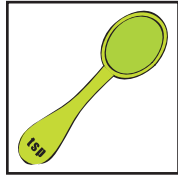
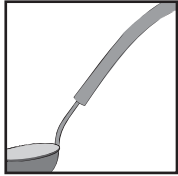
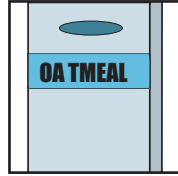
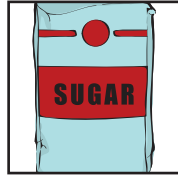
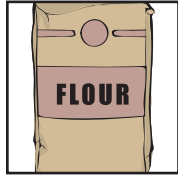
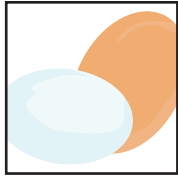
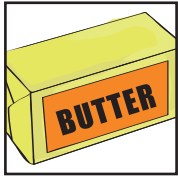
Contributed by Tracey Davis



■ Brandi mashing bananas!



Oatmeal Pancake - Breakfast



Instructions

Ingredients: Flour, oatmeal, milk, sugar, baking powder, salt, eggs, butter.

Tools: Mixing bowl, cup, teaspoon, tablespoon, ladle, flipper, fry pan.

Preheat fry pan to medium heat.

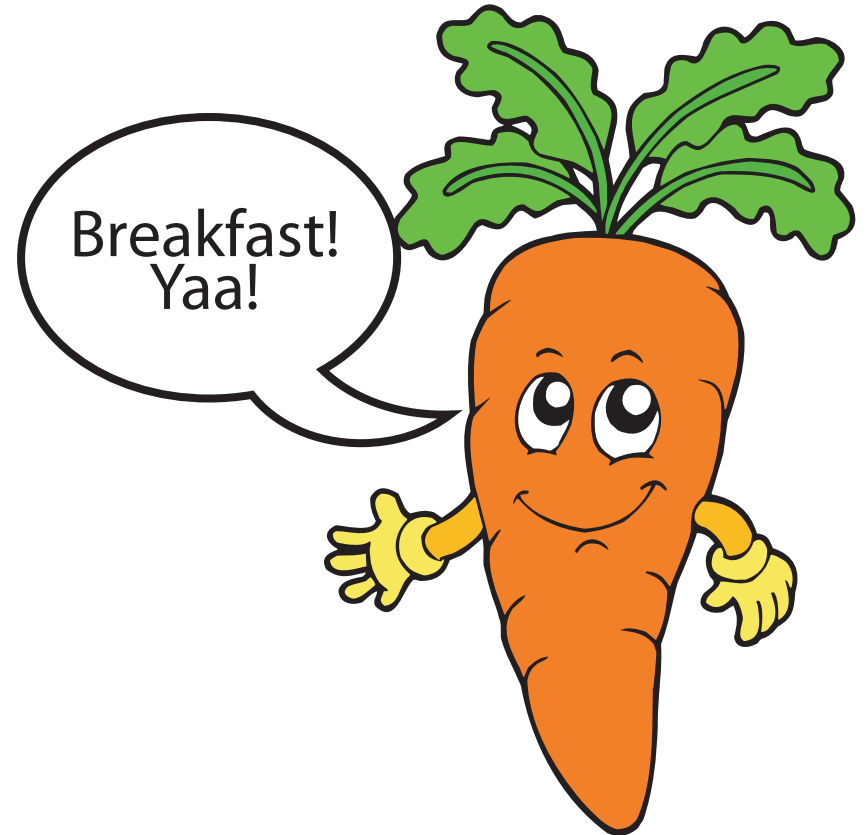
In a large bowl mix:

500 ml	2 cups	Milk
375 ml	1 ½ cup	Oatmeal
500 ml	2 cups	Flour
30 ml	2 tbsp	Sugar
22 ml	3 ½ tsp	Baking Powder
	2	Eggs already beaten

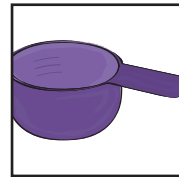
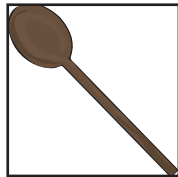
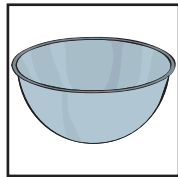
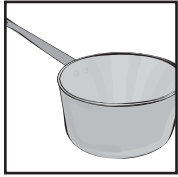
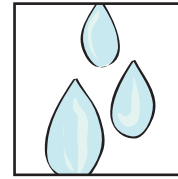
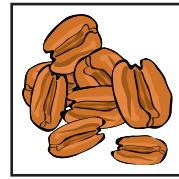
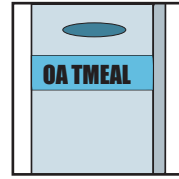
Butter frying pan before every batch. Ladle dollops of batter into fry pan. Flip pancakes when the batter bubbles.

Serve with fresh, canned or frozen fruit, peanut butter, or applesauce.

Contributed by Tracey Davis



Pumpkin Spiced Oatmeal - Breakfast



Instructions

Ingredients: Water, oatmeal, canned pumpkin, pecans, cinnamon, brown sugar, nutmeg, cloves, salt.

Tools: Saucepan, mixing spoon, small bowl, cup, tea-spoon.

In a saucepan over high heat, bring to a boil:

250 ml 1 cup Water

Add:

80 ml 1/3 cup Quick Oats
Pinch Salt

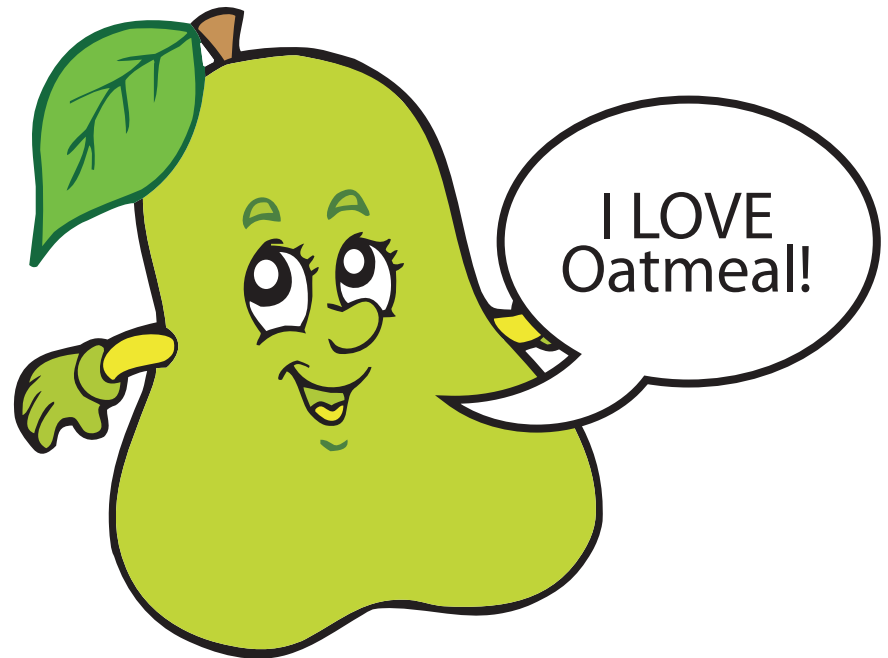
Cook, stirring for 90 seconds. Reduce the heat to low.

In a small bowl combine:

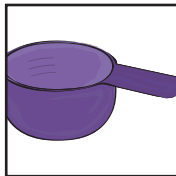
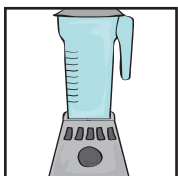
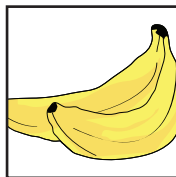
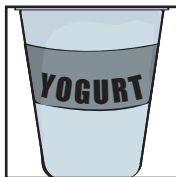
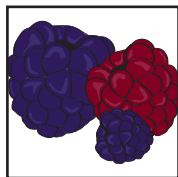
60 ml 1/4 cup Canned pure pumpkin
30 ml 2 tbsp Toasted and chopped pecans
2 ml 1/4 tsp Ground cinnamon
10 ml 2 tsp Brown sugar
Pinch Grated nutmeg
Pinch Ground cloves

Stir into the oatmeal mixture and eat.

Contributed by Gloria Cleve



Banana Berry Wake-Up Shake - Spectacular Smoothies



Instructions

Ingredients: Banana, berries, milk, yogurt.

Tools: Blender, cup.

Put in blender:

	1	Ripe banana or a mango
250 ml	1 cup	Fresh or frozen berries
250 ml	1 cup	Milk or soy milk
185 ml	$\frac{3}{4}$ cup	Plain or flavored yogurt

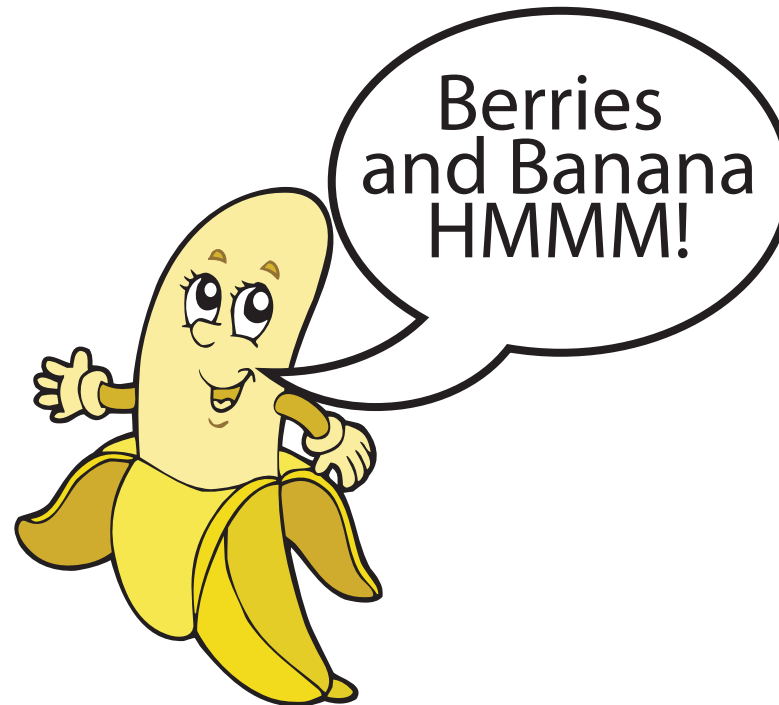
If the shake is too thick, add extra milk to achieve desired consistency.

Why not enjoy this shake with a whole grain muffin or with some dry whole grain cereal.

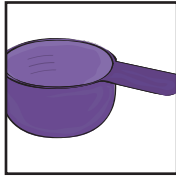
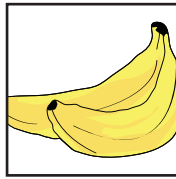
Contributed by Northern Health



■ Rachelle likes cooking with her mother.



Banana Peanut Butter Smoothie - Spectacular Smoothies



Instructions

Ingredients: Banana, peanut butter, milk.

Tools: Blender, cup, teaspoon.

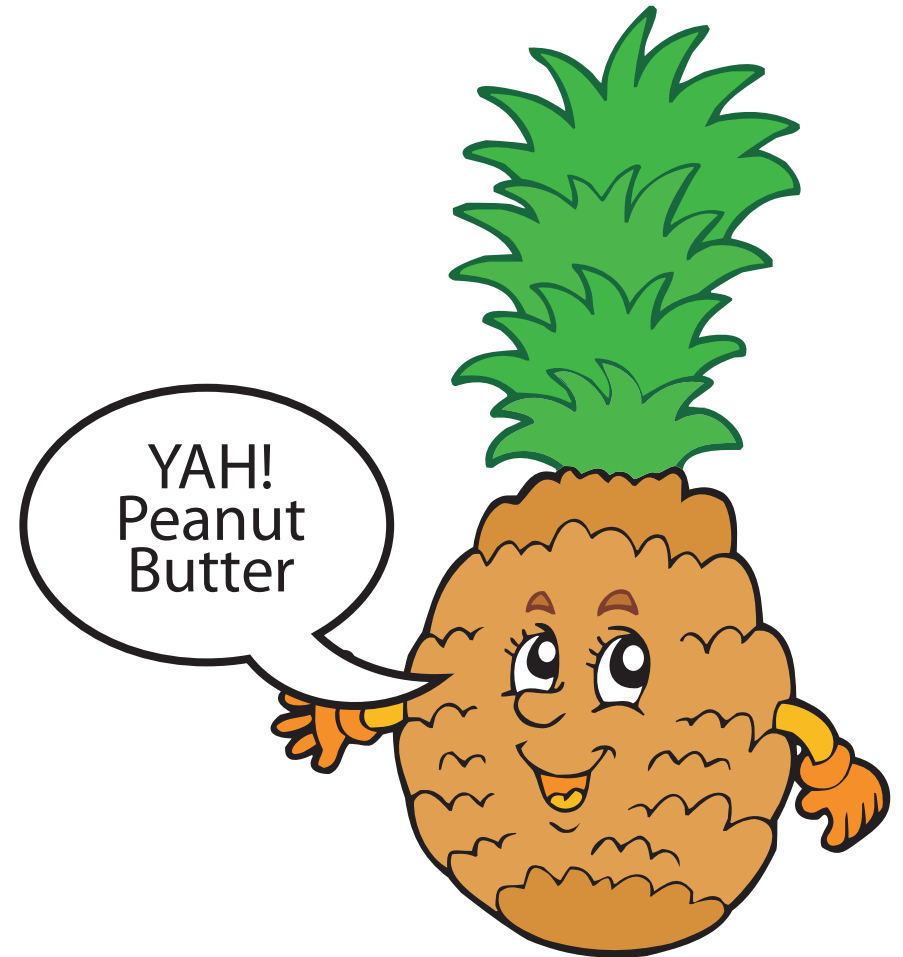
Mix in blender:

250 ml	1	Frozen banana
125 ml	1 cup	Milk
	½cup	Natural peanut butter

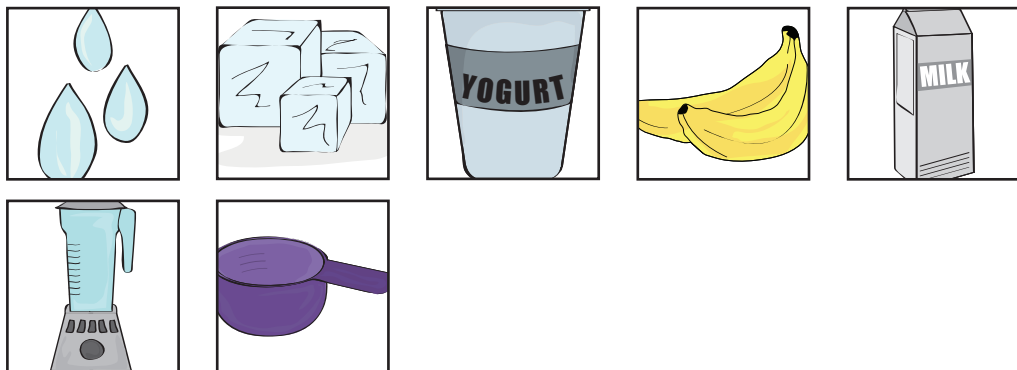
Blend until smooth.

This is a quick balanced treat for the kids.

Contributed by Tracey Davis



Banana Smoothie - Spectacular Smoothies



Instructions

Ingredients: Banana, yogurt, water, milk, ice cubes.

Tools: Blender, cup.

Put in blender:

	1	Ripe banana
125 ml	½ cup	Plain or vanilla yogurt
125 ml	½ cup	Water
125 ml	½ cup	Milk
	3	Ice cubes

Blend on high speed for 45 seconds or until smooth.

Goes well with a slice of whole grain toast and peanut butter.

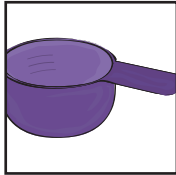
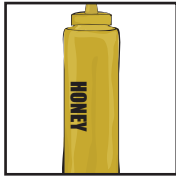
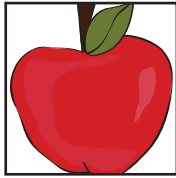
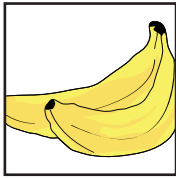
Contributed by Northern Health



■ Mmmm....Smoothies for everyone!



Delicious Green Smoothie - Spectacular Smoothies



Instructions

Ingredients: Spinach, apple, banana, honey, water.

Tools: Blender, cup, tablespoon.

Put in blender:

500 ml	2 cups	Spinach
	1	Apple
	2	Bananas
30 ml	2 tbsp	Honey or Agave
1250 ml	5 cups	Water

Blend on high for 1 minute or until smooth.

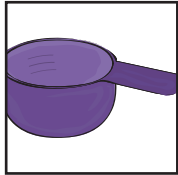
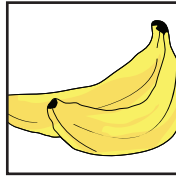
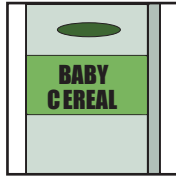
Serve. Kid approved!

Contributed by Kathryn Wolfe



Did You say
APPLE?

Fruit Smoothie - Spectacular Smoothies



Instructions

Ingredients: Mango, banana, milk, baby cereal.

Tools: Blender, cup, tablespoon.

Put in blender:

	1	Ripe banana or a mango
250 ml	1 cup	Milk

Blend on high speed until smooth.

Stir in cereal.

30 ml	2 tbsp	Iron fortified baby cereal
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Can be refrigerated for up to 24 hours.

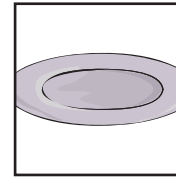
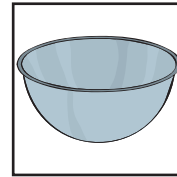
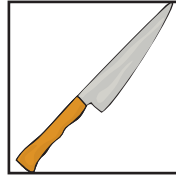
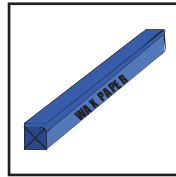
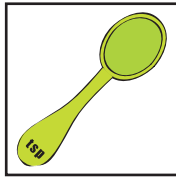
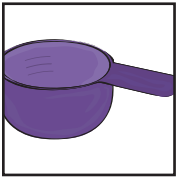
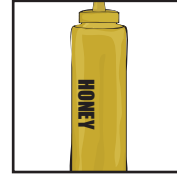
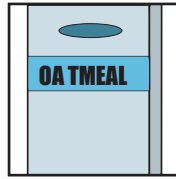
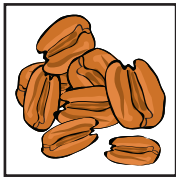
Contributed by Northern Health



■ I wonder if Mattie and Karen are reading a recipe?



Almond Butter Balls - Sensational Snacks



Instructions

Ingredients: Almond butter, oatmeal, pecans, honey, vanilla extract.

Tools: Knife, bowl, cup, teaspoon, wax paper, plate.

Mix in a bowl:

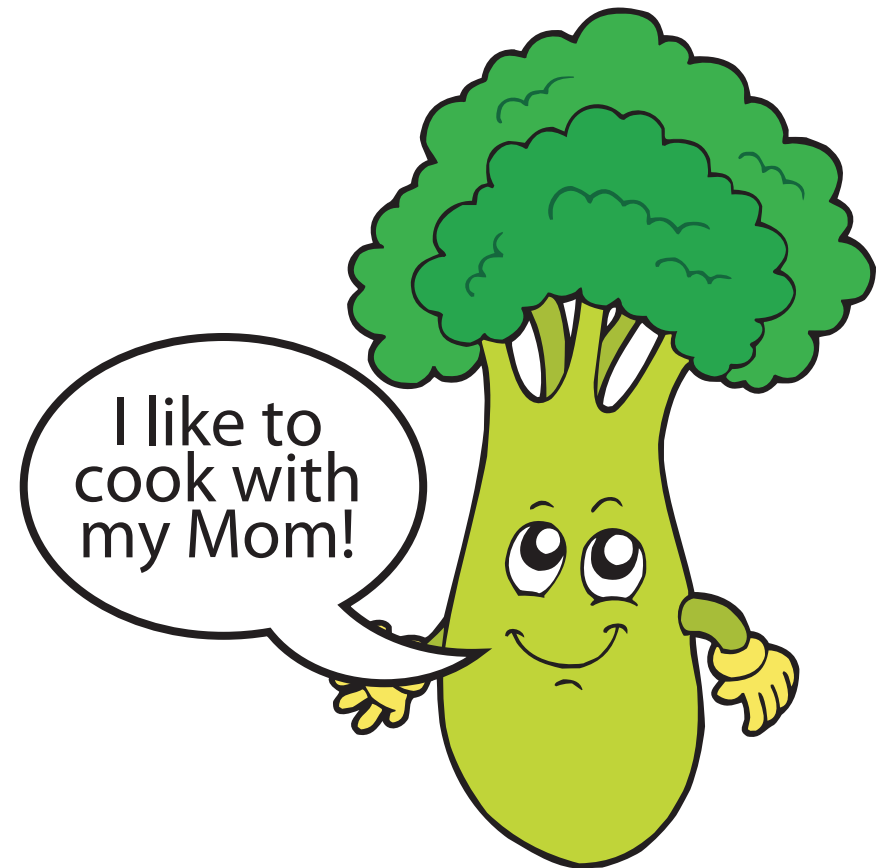
125 ml	½ cup	Almond butter
250 ml	1 cup	Old fashioned oats
60 ml	¼ cup	Chopped pecans
60 ml	½ cup	Honey or Agave nectar
2 ml	½ tsp	Vanilla extract - try almond extract instead

Form into balls and roll in:

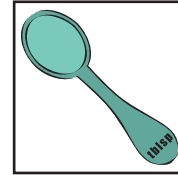
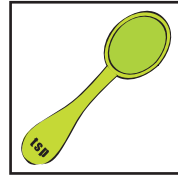
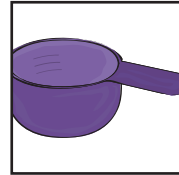
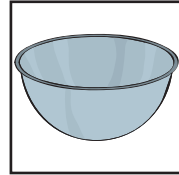
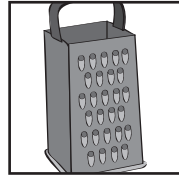
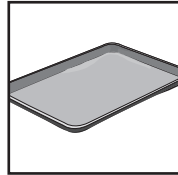
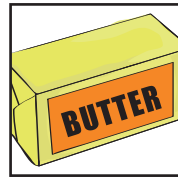
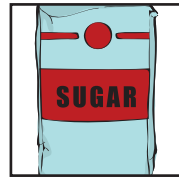
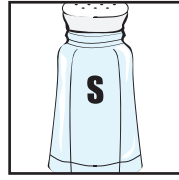
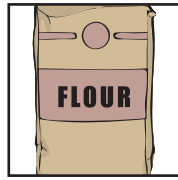
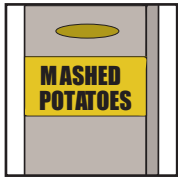
250 ml	1 cup	Chopped pecans
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Put on a waxed papered plate and refridgerate.

Contributed by Tracey Davis



Bannock - Sensational Snacks



Instructions

Ingredients: Flour, salt, butter, sugar, mashed potatoes, baking powder, milk.

Tools: Mixing bowl, cup, teaspoon, grater, knife, fork, baking sheet, tablespoon, teaspoon.

Preheat oven to 350°F

In a large bowl combine:

375 ml	1 ½ cup	All purpose flour
250 ml	1 cup	Whole wheat flour
45 ml	3 tbsp	Sugar
30 ml	2 tbsp	Baking Powder
5 ml	1 tsp	Salt

Using a fork or pastry cutter, cut in:

30 ml	1/6 cup	Butter
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When mixture resembles coarse crumbs, stir in:

250 ml	1 cup	Leftover mashed potatoes
250 ml	1 cup	Plain yogurt

Create wet dough.

On a floured work surface, knead dough until smooth and elastic.

Shape into a round about 4 cm thick and place on a prepared baking sheet.

Prick the, top with a fork.

Bake in oven for about 20 minutes or until top is golden and a tester inserted in the center comes out clean.

Let cool on baking sheet for 10 minutes, then remove to a wire rack to cool completely.

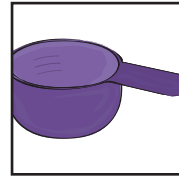
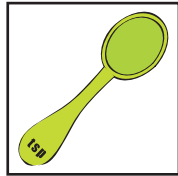
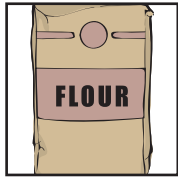
Contributed by GWILLIM LAKE

(Pat O'Reilly Outdoor/Environmental Studies Centre)

MEAL RECOMMENDATIONS

www.sd59.bc.ca/pubs/pdfs/Gwillim_Meals.pdf

Bread In A Bag - Sensational Snacks



Instructions

Ingredients: Flour, yeast, sugar, salt, vegetable oil, water.

Tools: Zip lock bags, cup, teaspoon, tablespoon, 3 mini loaf pans.

Put in a 2 gallon heavy duty zip lock bag:

125 ml	½ cup	All purpose flour
	1 pkg	Active dry yeast
2 ml	½ tsp	Sugar

Hold top closed and shake a little.

Add:

125 ml	½ cup	Warm water
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Force air out of bag, close tightly. Mix with your hands, being careful. The bag can break! Make sure your top stays tightly closed. Let rest 15 minutes.

Add to the bag:

2 ml	½ tsp	Sugar
500 ml	2 cups	Whole wheat flour
250 ml	1 cup	All purpose flour
10 ml	2 tsp	Salt
15 ml	1 tbsp	Vegetable oil
180 ml	¾ cup	Warm water

Close bag.

Thoroughly mix dough in the bag until it pulls away from the bag - about 5 minutes.

Lightly flour hands and work surface.

Take the dough out of the bag and divide into 3 parts. Knead the dough (fold, push, pull, and turn, repeat) for 5 minutes.

Use enough flour to keep the dough from sticking to hands and the surface. But be careful - too much will make the dough too dry, and it won't rise enough.

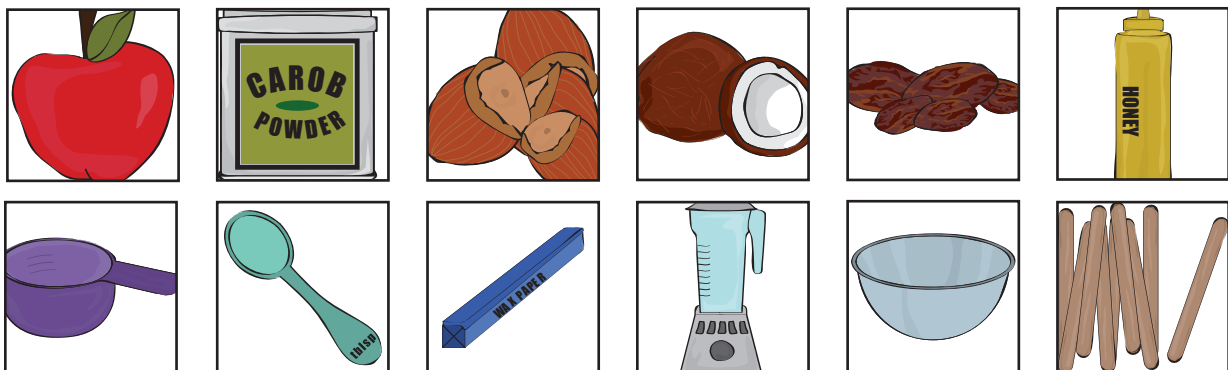
Cover the kneaded dough with a plastic bag or towel and let rest for 10 minutes in a place that is at least 70 degrees. Oil 3 mini loaf pans, 5 x 3", the pans may be disposable. Shape dough for the pans. Press it flat with fingertips in a 4 x 6 inch rectangle. Beginning at the short end, roll rectangle up like a sleeping bag. Pinch the edge to the rest of the dough forming a seam. Fold over the two ends and pinch. Place dough, seam side down in pan. Cover with bag. Let rise until doubled, about 45 - 60 minutes.

Preheat oven to 400 degrees.

Bake 30 - 35 minutes or until brown and the sides have pulled away from the pan a bit. "Thump" the top of the loaf, it should sound a bit hollow. Remove from pans, let cool on a wire rack. Enjoy!!

Contributed by <http://cooking-basics.suite101.com>

Caramel Apples - Sensational Snacks



Instructions

Ingredients: Hazelnuts, dates, honey, carob powder, coconut, apple.

Tools: Blender, bowl, cup, tablespoon, Popsicle™ sticks, wax paper.

Blend until smooth:

375 ml	1 ½ cups	Natural almonds
180 ml	¾ cup	Dates
60 ml	¼ cup	Homey or Agave nectar
15 ml	1 tbsp	Carob powder

Place on a popsicle stick:

1 Apple

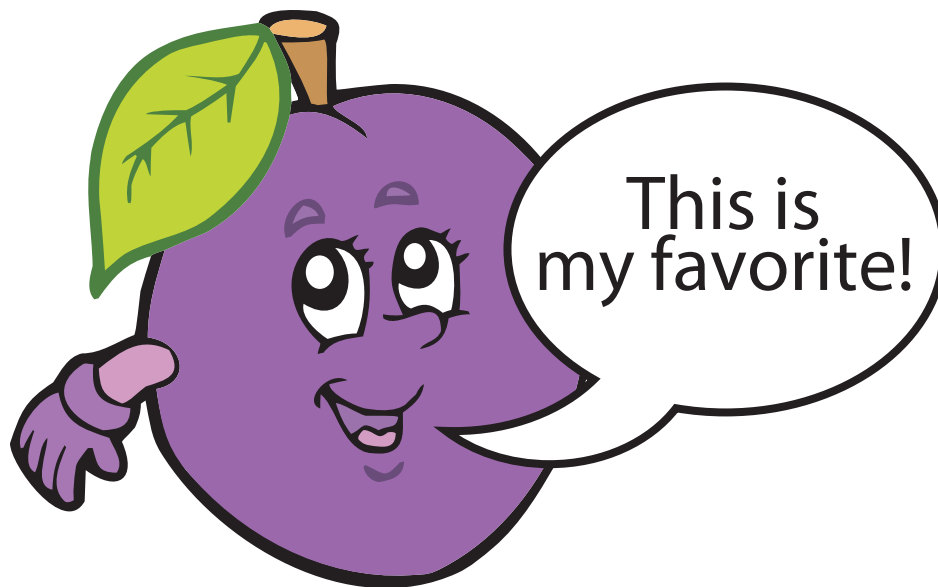
Cover apple with blended mixture.

Roll in:

250 ml 1 cup Shredded coconut

Place on a wax papered plate in the fridge and eat when hardened.

Contributed by Tracey Davis



Carrot Cookies - Sensational Snacks



Instructions

Ingredients: Flour, rolled oats, flaxseed, cinnamon, baking soda, egg, brown sugar, butter, vanilla extract, carrots.

Tools: Large mixing bowl, medium mixing bowl, cup, electric mixer, grater, mixing spoon, teaspoon, tablespoon, baking sheet, oven.

Preheat oven to 350°F

Mix together in medium bowl mix:

250 ml	1 cup	Whole wheat flour
185 ml	¾ cup	Quick cooking rolled oats
125 ml	½ cup	Ground flaxseed
2.5 ml	½ tsp	Baking Soda
5 ml	1 tsp	Ground cinnamon

In a large bowl, using an electric mixer, beat until smooth:

185 ml	1	Egg
125 ml	¾ cup	Brown sugar
5 ml	¾ cup	Butter
	1 tsp	Vanilla extract

Fold flour mixture into liquid mixture.

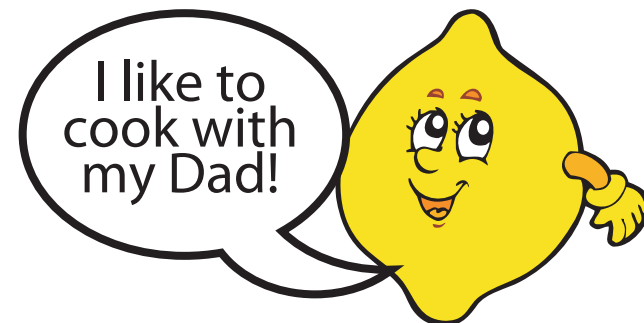
Add:
250 ml 1 cup Grated carrots

Drop dough onto a lightly greased cookie baking sheet.

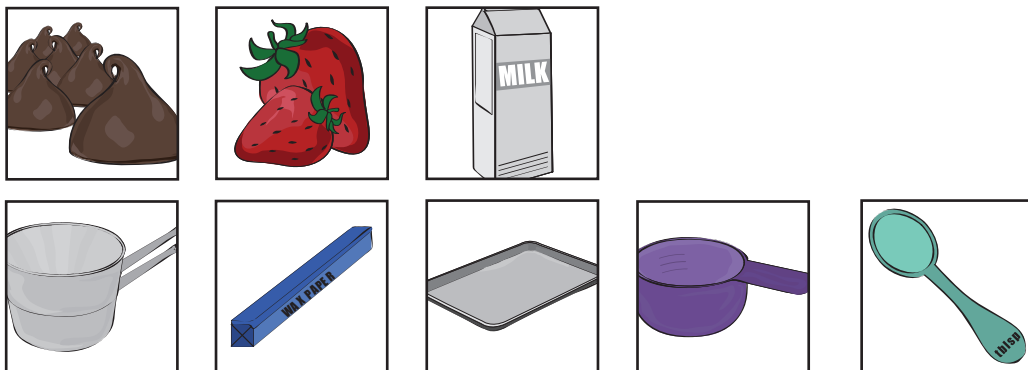
Bake in preheated oven for about 10-12 minutes.

Let cool onto a baking sheet or wire rack for 5 minutes.

Contributed by Northern Health



Chocolate Strawberries - Sensational Snacks



Instructions

Ingredients: Chocolate chips, milk, strawberries.

Tools: Double boiler, cup, tablespoon, baking sheet, wax paper.

Line a baking sheet with wax paper.

In the top of a double boiler set over boiling water, melt:

250 ml	1 cup	Semi-sweet chocolate chips
15 ml	1 tbsp	Fat-free milk

Stir until the mixture is smooth. Remove from heat.

Holding by the stem, dip into the chocolate:
20 Ripe, medium strawberries

Coat each berry three-quarters of the way up.

Place on the wax paper, leaving 1 inch of space around each berry. Chill for 30 minutes to set the chocolate.

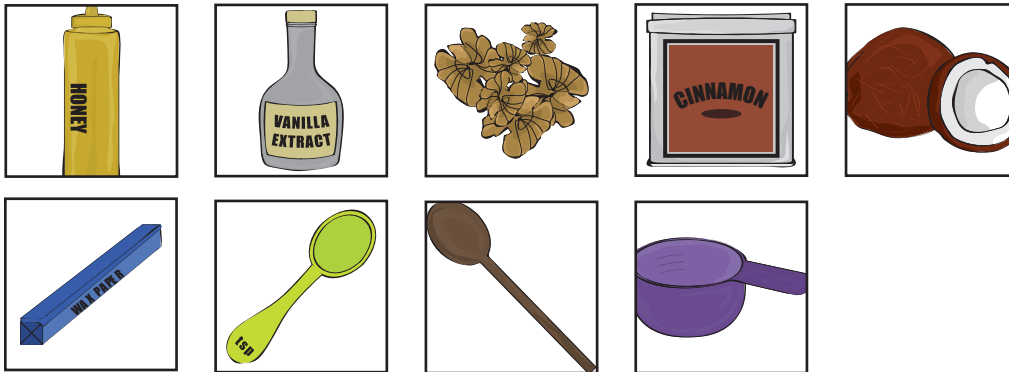
Contributed by Gloria Cleve



■ Strawberries....mmmm good!



Cinnamon Walnut Turtles - Sensational Snacks



Instructions

Ingredients: Walnuts, honey, cinnamon, vanilla.

Tools: Bowl, cup, teaspoon, mixing spoon, wax paper.

Mix in a bowl:

500 ml	2 cups	Unsalted walnuts
250 ml	1 cup	Honey or Agave nectar
125 ml	½ cup	Ground cinnamon

Optional: can add:

1 ml	¼ tsp	Various spices
250 ml	1 cup	Various nuts
250 ml	1 cup	Shredded coconut
250 ml	1 cup	Various dried fruits

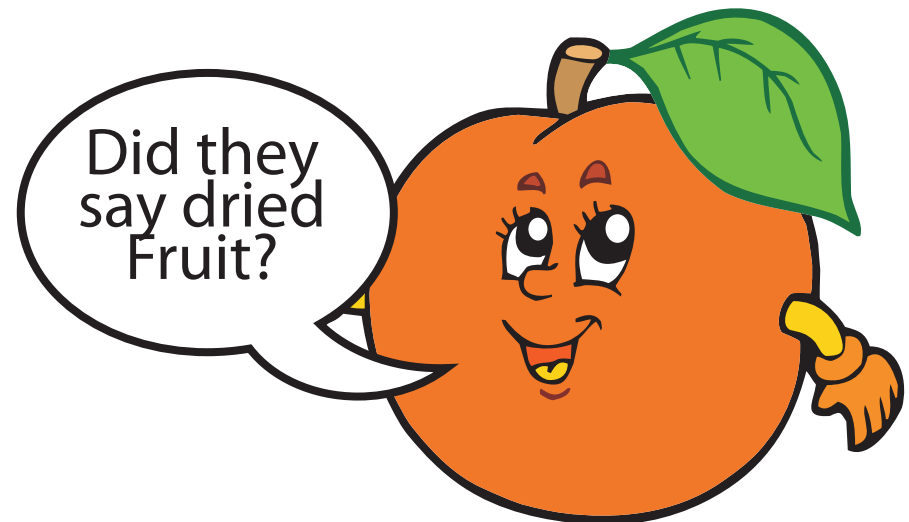
Remember to increase the honey and cinnamon if you add optional ingredients.

Form nut mixture into clusters.
Dehydrate 24 hours or put on wax paper and freeze.

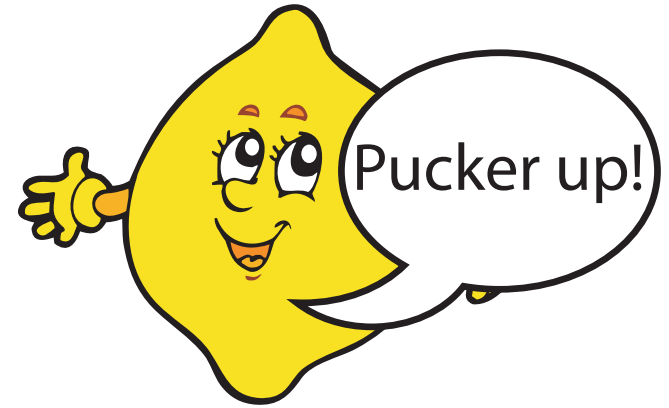
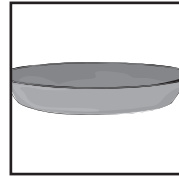
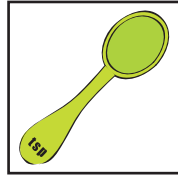
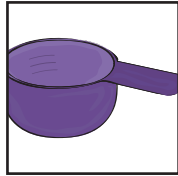
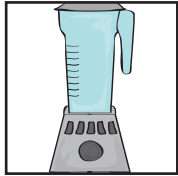
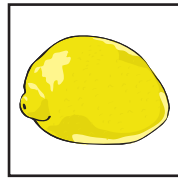
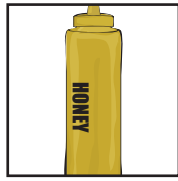
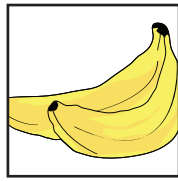
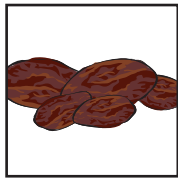
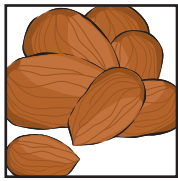
Contributed by Tracey Davis



■ Double the “cute factor“ with twins in the WOW Bus



Cold Banana Cream Pie - Sensational Snacks



Instructions

Ingredients: Dates, honey, almonds, banana, cinnamon, lemon.

Tools: Blender, knife, cup, freezer, tablespoon, teaspoon, pie plate.

Put in blender:

5	Pitted, chopped dates
125 ml	¼ cup Honey or Agave
375 ml	1 ½ cups Almonds

Blend until clumped together.
Push down into a pie plate.
Freeze.

Put in blender:

4	Bananas
30 ml	2 tbsp Honey or Agave
8 ml	½ tbsp Juice from half a lemon
5 ml	1 tsp Cinnamon

Blend until smooth.

Pour into the crust.

1 Banana

Slice banana coins and decorate the top of the pie. Freeze.

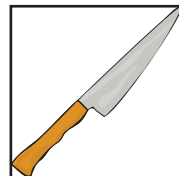
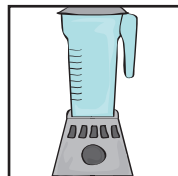
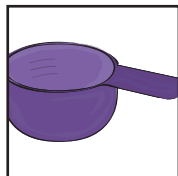
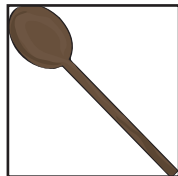
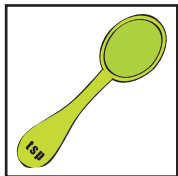
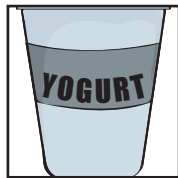
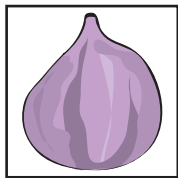
When ready to eat, remove from freezer, let stand 10 - 15 minutes and cut into slices. Eat while still mainly firm.

Contributed by Kathryn Wolfe



■ Jordynn holds her Banana Cream Pie

Dilly Veggie Dip - Sensational Snacks



Instructions

Ingredients: Cottage cheese, yogurt, onion, parsley, dill, salt.

Tools: Blender, cup, knife, mixing spoon, cup, teaspoon, tablespoon.

In a blender mix together:

500 ml	2 cups	Cottage Cheese
250 ml	1 cup	Plain yogurt
30 ml	2 tbsp	Chopped onion
30 ml	2 tbsp	Dried parsley
15 ml	1 tbsp	Dried dill
5 ml	1 tsp	Salt

This dip can be served with raw or slightly steamed vegetables.

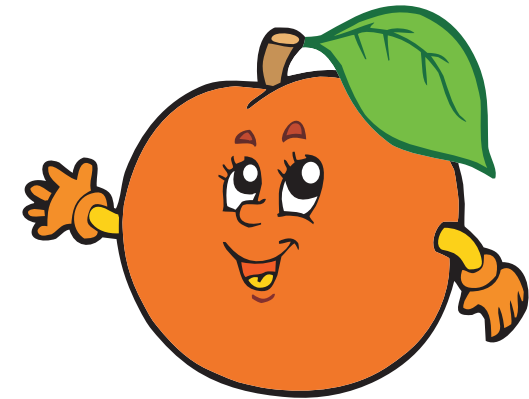
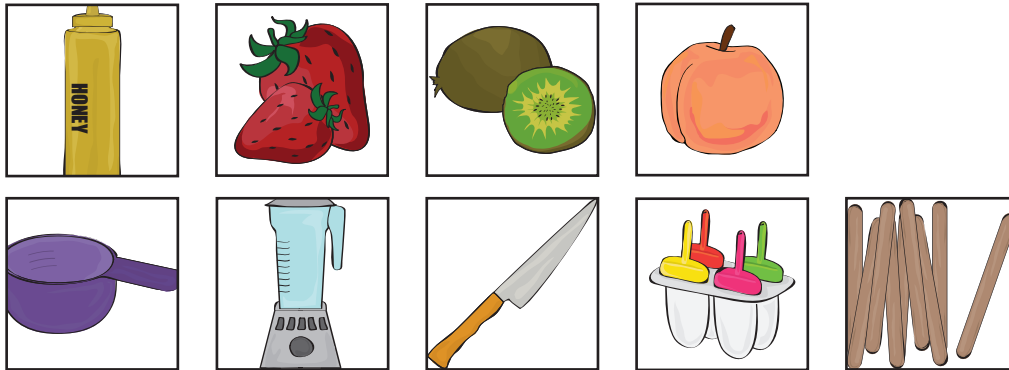
Contributed by Northern Health



■ Aaliyah holds her cucumber alligator



Fruit Popsicles - Sensational Snacks



Instructions

Ingredients: Honey, strawberry, kiwifruit, peach.

Tools: Blender, knife, cup, freezer, Popsicles™ moulds, Popsicle™ sticks.

Put in blender:

500 ml	2 cups	Sliced fresh strawberries
62 ml	¼ cup	Honey or Agave

Blend until smooth.

Pour into popsicles moulds or plastic cups.
Freeze for 30 minutes or until firm.

Put in blender:

62 ml	6	Peeled and sliced kiwifruit
	¼ cup	Honey or Agave

Blend until smooth.

Pour over frozen strawberry layer.
Insert Popsicle sticks.

Freeze for 30 minutes or until firm.

Put in blender:

300 ml	1 1/3 cups	Sliced fresh ripe peaches
62 ml	¼ cup	Honey or Agave

Blend until smooth.

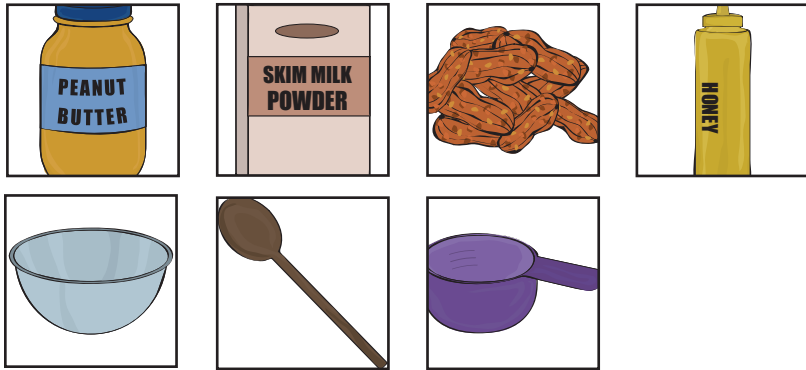
Pour over frozen kiwi layer.

Freeze until firm. Serve on a hot day!

Contributed by Kathryn Wolfe



Peanut Honey Roll- Sensational Snacks



Instructions

Ingredients: Honey, peanut butter, skim milk powder, and peanuts.

Tools: Mixing spoon, cup, bowl.

Cream together in a bowl:

250 ml	1 cup	Honey or Agave
250 ml	1 cup	Peanut butter

Add gradually until a stiff mixture is obtained:

750 ml	1 ½ cup	Skim Milk Powder
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Mix in and roll into a log:

250 ml	1 cup	Chopped peanuts
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Chill well. Slice as needed

This mixture is very good for stuffing dates.

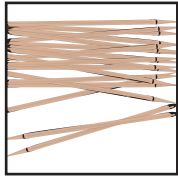
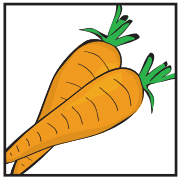
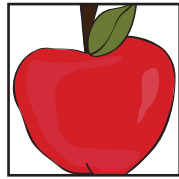
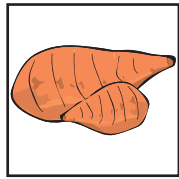
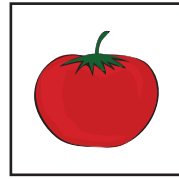
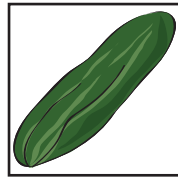
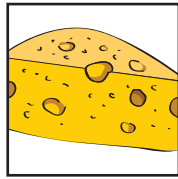
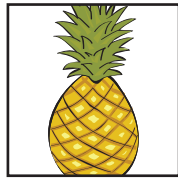
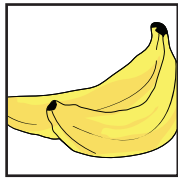
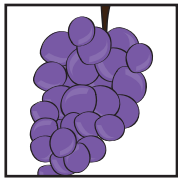
Contributed by Gloria Cleve



■ Jorjya is enjoying a quiet moment with a great book from the WOW Bus.



Fruit Or Veggie Kabobs- Sensational Snacks



Instructions

Ingredients: Tomato, cheese, cucumber, sweet potato, carrot, pineapple, apple, banana, grapes.

Tools: Knife, wooden skewers.

Veggie Skewers:

Alternate threading onto wooden skewers:

- Cubed Cheese chunks (try cheddar, Swiss, mozzarella, etc.)
- 3 Tiny tomatoes
- 3 Cucumber chunks
- 1 Carrot rounds (slightly steamed)
- 2 Sweet Potato chunks (slightly steamed)(try all kinds of vegetable combinations)

Fruit skewers:

Alternate threading onto wooden skewers:

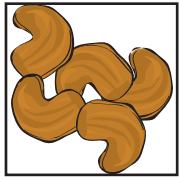
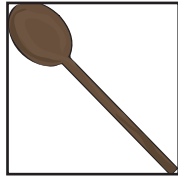
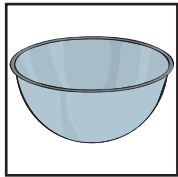
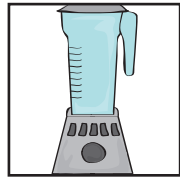
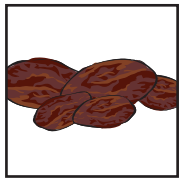
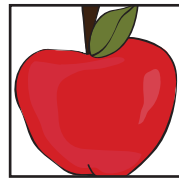
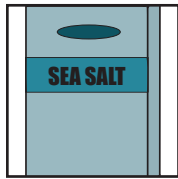
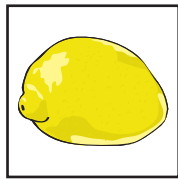
- Cubed Cheese chunks (try cheddar, Swiss, mozzarella, etc.)
- 3 Pineapple chunks
- 3 Apple chunks
- 3 Banana chunks
- 3 Large grapes

Cut the sharp points off the skewers. Serve.
Contributed by Northern Health



■ Lily holds her fruit shishkabob

No Bake Apple Crisp - Sensational Snacks



Instructions

Put In Blender

125 ml	½ Cup	Drained raisin that have been soaked in water 2-12 hours
	3	Apples, peeled, cored and chopped
5 ml	1 tsp	Cinnamon
	½	Lemon- squeeze the juice into the blender
2 ml	½ tsp	Nutmeg
30 ml	2 tbsps	Honey or Agave Nectar
2 ml	½ tsp	Vanilla
2 ml	½ tsp	Sea salt

Blend until smooth

3 Apples

Mix blended mixture and chopped apples in a bowl

Topping, put in blender

375 ml 1 ½ cup Cashews

180 ml ¾ cup Dates

Blend until smooth

125 ml ½ cup Topping. Stir it into the apple mix

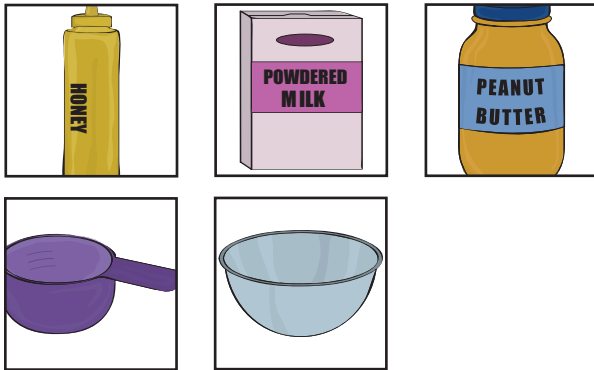
125 ml ½ cup Topping sprinkled on top of the finished mixture

■ Paris, Brianna and Lane made mice from pear halves with almond slice ears, black berry noses, raisin eyes and cheese string tails.



Can be served cold or warm - Contributed by Kathryn Wolfe!

Peanut Butter Playdough - Sensational Snacks



Instructions

Ingredients: Peanut butter, honey, powdered milk.

Tools: Mixing bowl, cup.

Mix together:

125 ml	½ cup	Peanut butter
60 ml	¼ cup	Honey or Agave
250 ml	1 cup	Powdered milk

Mix until the dough feels soft and playful.

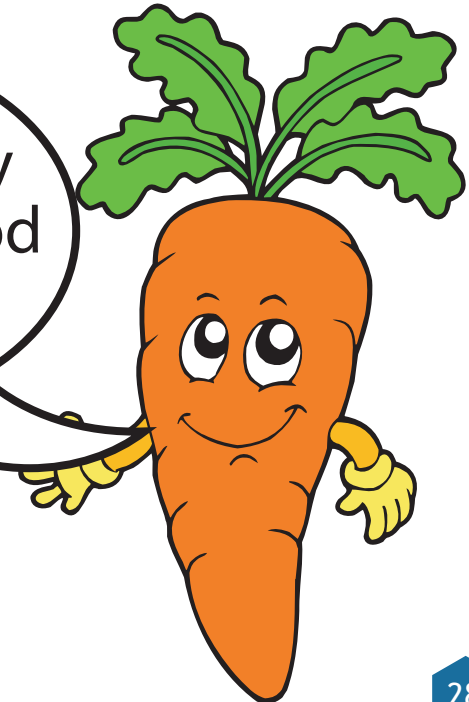
Shape with cookie cutters and decorate with raisins, coconut, nuts, or anything else you have in the cupboard.

Contributed by Tamara Ziemer

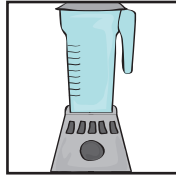
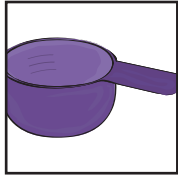
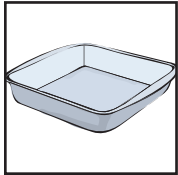
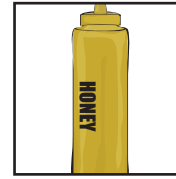
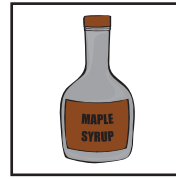
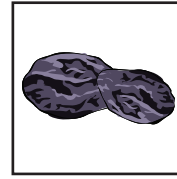
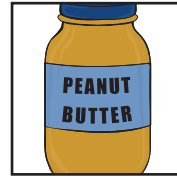
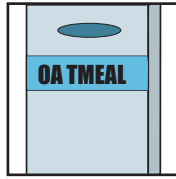
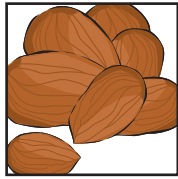
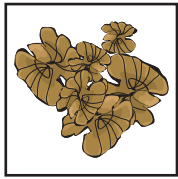


■ Naomi loves her visit to the WOW Bus

You can play
with your food
sometimes



Tracey's Healthy Eatmore Bars - Sensational Snacks



Instructions

Ingredients: Almonds, walnuts, carob powder, maple syrup, honey, oatmeal, peanut butter, dates, prunes, figs.

Tools: Blender, glass baking dish, cup.

Mix in a blender:

500 ml	2 cups	Unsalted almonds
250 ml	1 cup	Unsalted walnuts
180 ml	2/3 cup	Carob powder
60 ml	1/4 cup	Real maple syrup
60 ml	1/4 cup	Honey or Agave nectar
375 ml	1 1/2 cup	Natural peanut butter
	10	Medjool dates
	5	Dark figs
	5	Prunes

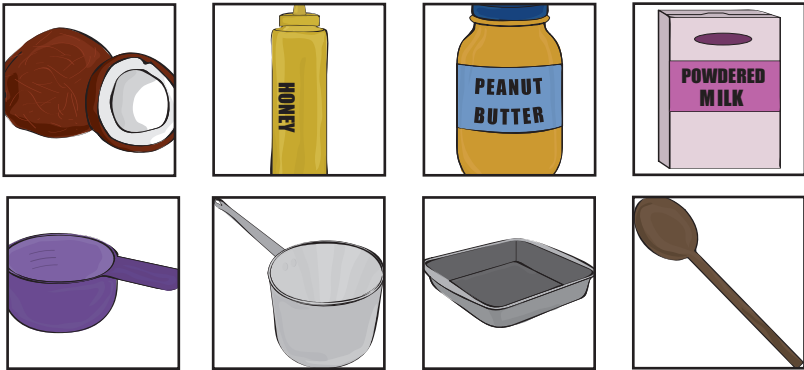
Press into a glass baking dish and refrigerate.

These are really good and a healthy option to chocolate bars

Contributed by Tracey Davis



Sesame Chews - Sensational Snacks



Instructions

Ingredients: Sesame seeds, peanut butter, powdered milk, honey, coconut.

Tools: Saucepan, cup, mixing spoon, square pan.

In a saucepan over medium heat, mix:

150 ml	1 ¼ cup	Smooth peanut butter
175 ml	1 ½ cup	Honey or Agave nectar

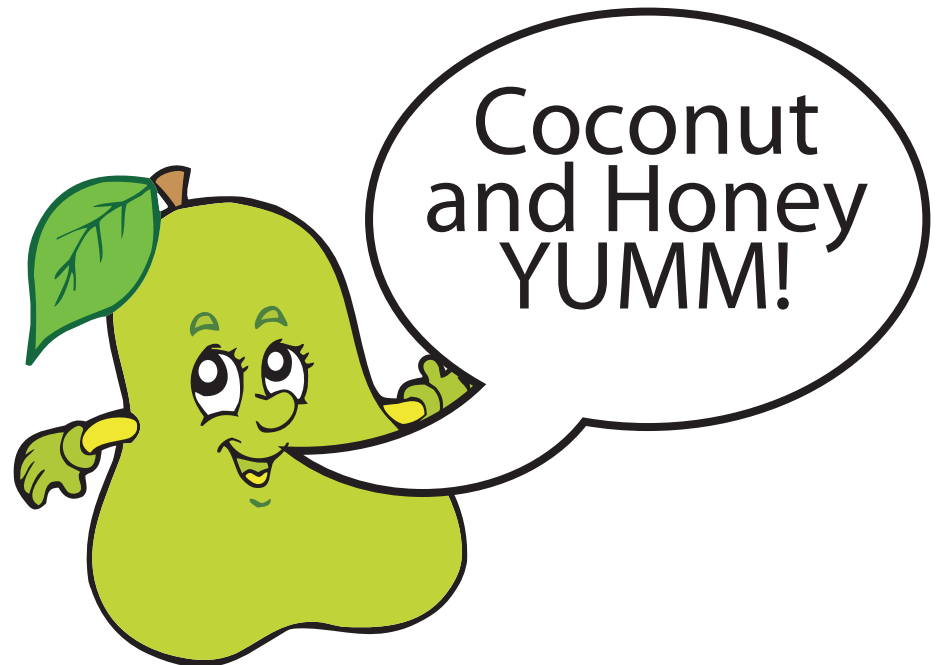
Once mixture is melted, add:

150 ml	1 ¼ cup	Unsweetened shredded coconut
375 ml	1 ¾ cup	Sesame seeds
375 ml	1 ¾ cup	Powdered milk

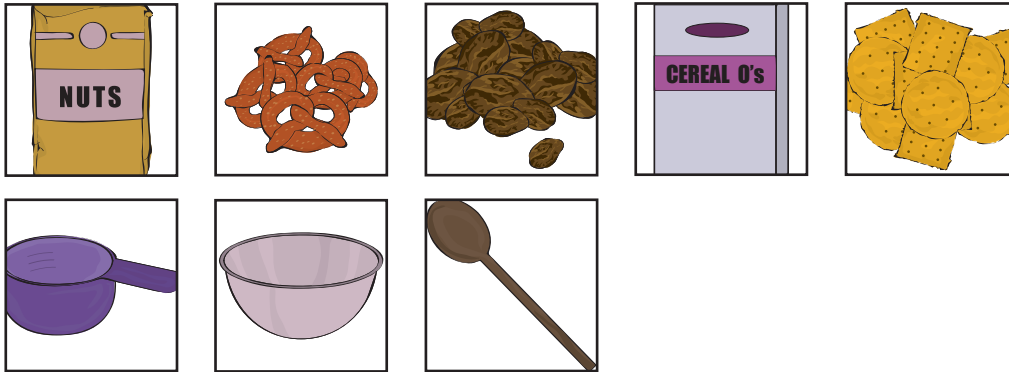
Pat mixture into an 8" X 8" square pan. Cool. Cut into 5" X 5" squares for serving.

Contributed by School District No. 59

Special Occasion Meal Recommendations Cookbook
www.sd59.bc.ca/pubs/pdfs/Spec_Occasion_Recipe.pdf



Simple Snack Mix - Sensational Snacks



Instructions

Ingredients: Cereals (squares or O's), dried fruit, nuts, crackers, pretzels.

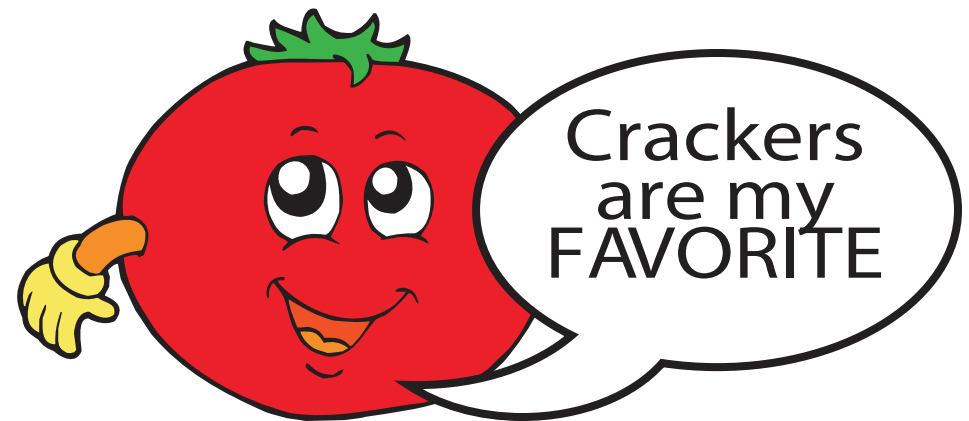
Tools: Mixing bowl, cup, mixing spoon.

In a large bowl mix:

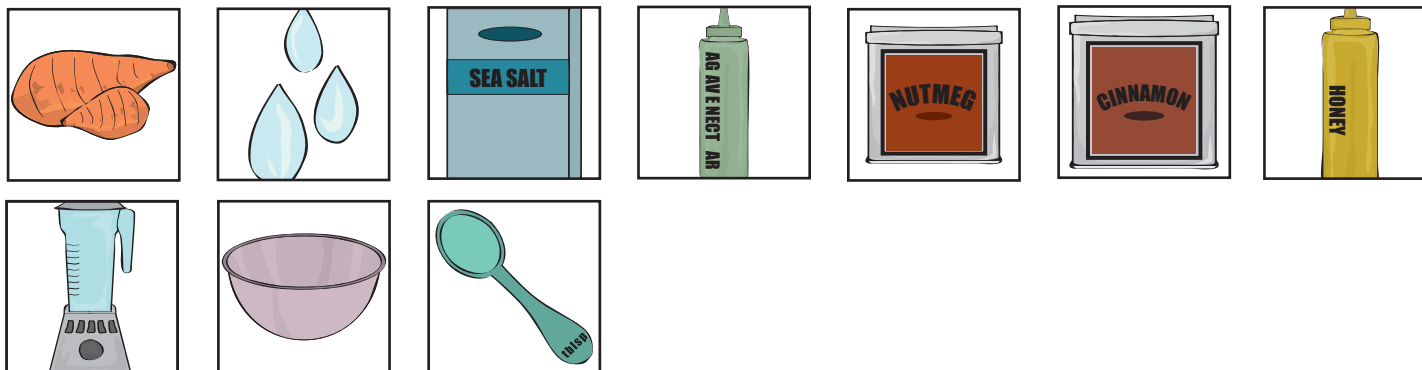
250 ml	1 cup	Whole grain cereal (squares or Os work best)
60 ml	¼ cup	Dried fruit of your choice (mango, apple, raisin, date, prune, banana, cranberry, etc)
60 ml	¼ cup	Nuts of your choice (walnuts, almonds, pistachio, peanuts, etc)
60 ml	¼ cup	Whole grain snack crackers or pretzels

Use single-serving bags or containers to take this snack on the go.

Contributed by <http://kidshealth.org>



Sweet Potato Pudding - Sensational Snacks



Instructions

Ingredients: Sweet potato, water, nutmeg, cinnamon, sea salt, honey, cashews.

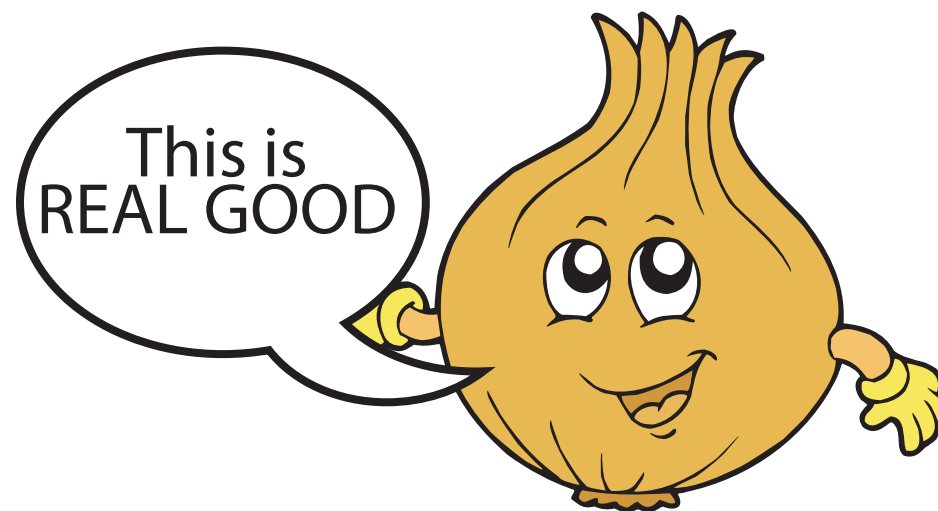
Tools: Knife, blender, cup, tablespoon, teaspoon, bowl.

Put in blender:

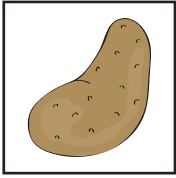
125 ml	½ cup	Sweet potato peeled and cubed - can be raw or cooked
250 ml	1 cup	Water - may need more to blend smoothly
15 ml	3 tsp	Cinnamon
10 ml	2 tsp	Nutmeg
2 ml	½ tsp	Sea salt
45 ml	3-4 tbsp	Honey or Agave Nectar
125 ml	½ cup	Cashews

Blend on low and then high for 2 minutes.
Put into a bowl and enjoy!

Contributed by Kathryn Wolfe



Baked Potato - Marvelous Meal Ideas



Instructions

Ingredients: Potato.

Tools: Knife.

Preheat oven to 350°F

Scrub potatoes and pierce to allow steam to escape.

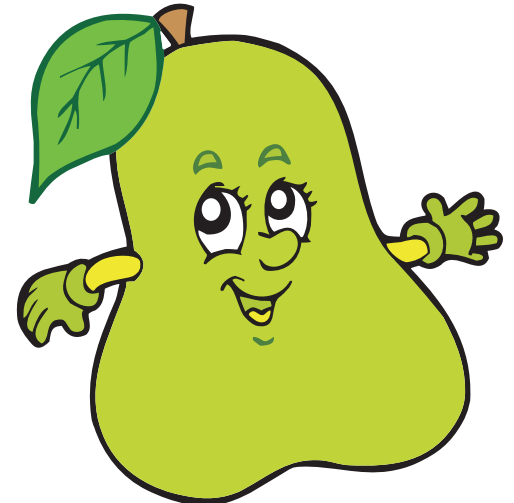
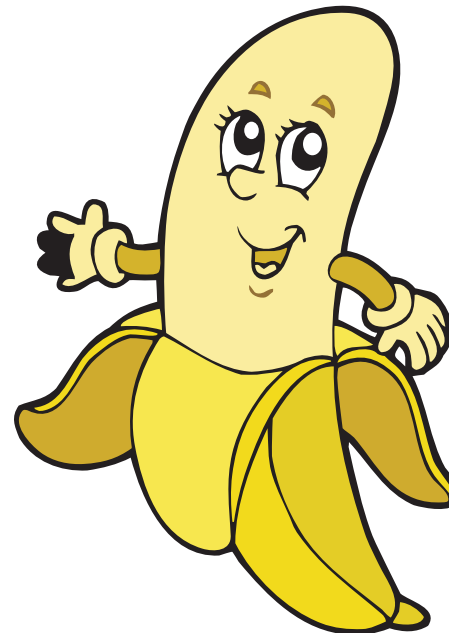
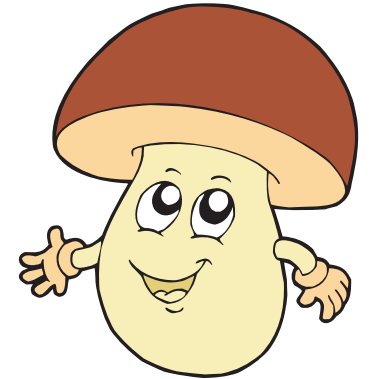
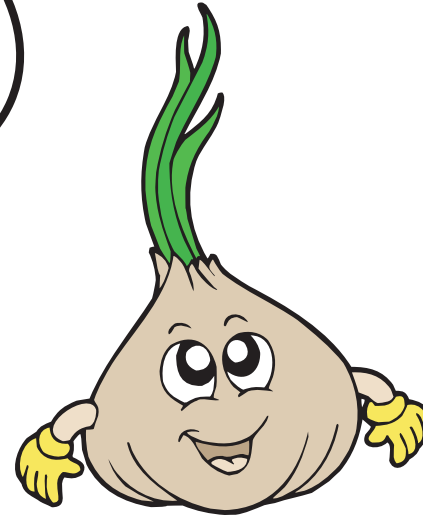
Bake on oven rack for 60-75 minutes. (To test for doneness, squeeze with an oven mitt. Potatoes should give easily.)

Favorite toppings are sour cream or butter. Healthy alternatives include salsa, broccoli and low fat cheese, or chili.

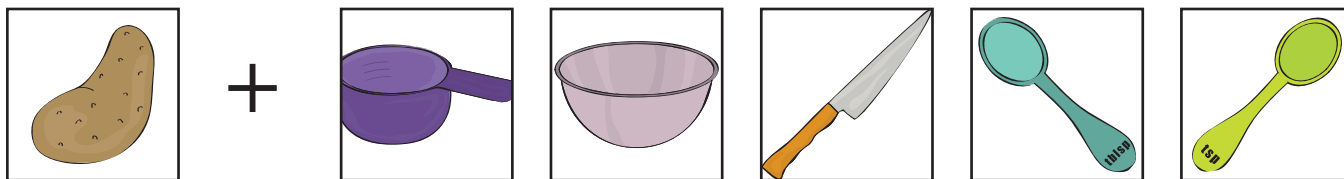
Did you know.....

One medium (5 ounce) potato contains:

- No fat
- 21% of your recommended daily potassium
- 45% of your recommended daily Vitamin C
- 3 grams of fiber (Eaten with the skin)



Baked Potato Toppings - Marvelous Meal Ideas



Instructions

Toppings to serve on baked potatoes or offer as a topping choice for a baked potato bar.

Corn and Black Bean Salsa

Ingredients: Black beans, corn, tomatoes, cilantro, bell pepper, lime juice, jalapeno, cumin, hot pepper sauce, and salt.

Tools: Knife, bowl, tablespoon, teaspoon, cup.

Yield: 5 cups

In a large bowl mix:

420 g	1 (15 oz)	Can of black beans, drained and rinsed
600 g	1 lb	Corn kernels, fresh or frozen
125 ml	½ cup	Chopped cilantro
125 ml	½ cup	Chopped red bell pepper
60 ml	¼ cup	Lime juice
45 ml	3 tbsp	Chopped jalapeno peppers
15 ml	1 tsp	Ground cumin
	Dash	Hot pepper sauce
	Dash	Salt

Yogurt-Horseradish Topping

Ingredients: Yogurt, horseradish sauce, chives, pepper, salt.

Tools: Knife, bowl, tablespoon, teaspoon, cup.

Yield: 3 cups

In a large bowl mix:

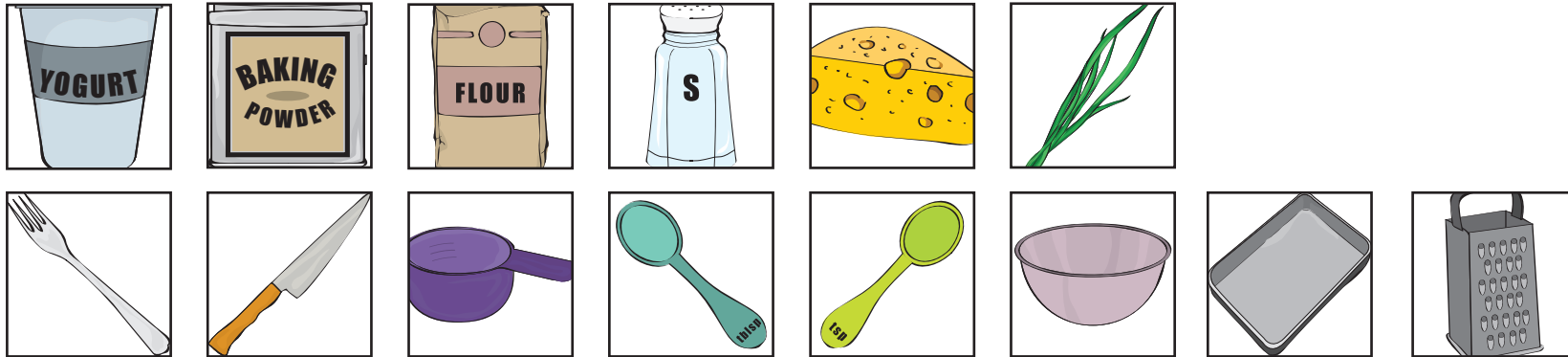
908g	2 lbs	Plain yogurt
60 ml	¼ cup	Horseradish sauce
15 ml	1 tsp	Salt
2 ml	¼ tsp	Pepper
60 ml	¼ cup	Chopped fresh chives

Refrigerate, covered.

Contributed by <http://www.healthy-kid-recipes.com>



Cheddar Chive Drop Biscuits - Marvelous Meal Ideas



Instructions

Ingredients: Flour, baking powder, salt, shortening, yogurt, cheese, chives.

300 ml	1 ¼ cup	Plain yogurt
250 ml	1 cup	Shredded cheddar cheese
60 ml	¼ cup	Chopped fresh chives

Tools: Mixing bowl, cup, teaspoon, grater, knife, fork, tablespoon, baking sheet.

Stir gently, just until all the dry ingredients are moistened. This helps keep the biscuits from becoming tough. Drop dough by generous tablespoonfuls onto greased cookie sheets.

Preheat oven to 450°F

Bake for 9-12 minutes at 450 or until light golden brown. Makes 18 biscuits.

Grease 2 cookie sheets.

Note: For tender biscuits, stir gently and work quickly.

Contributed by Tracey Davis

In a large bowl mix well:

500 ml	2 cups	All purpose flour
15 ml	3 tsp	Baking Powder
5 ml	1 tsp	Salt

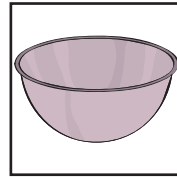
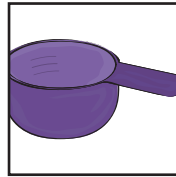
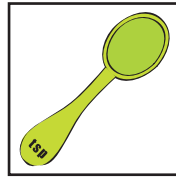
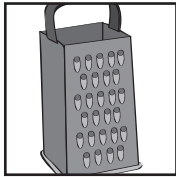
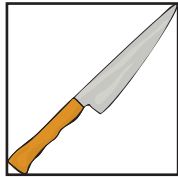
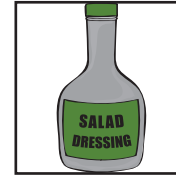
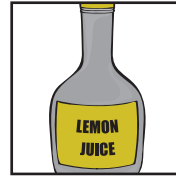
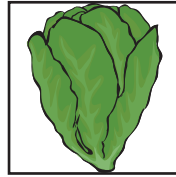
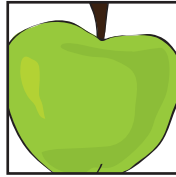
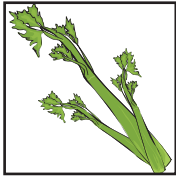
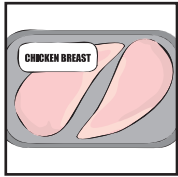
Using a fork or pastry fork, cut in:

125 ml	½ cup	Shortening
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When mixture resembles course crumbs, add:
3 Chopped green onions



Chicken Pita Pockets - Marvelous Meal Ideas



Instructions

Ingredients: Chicken, celery, green onions, granny smith apple, leaf lettuce, pita pocket bread, lemon juice, curry, salad dressing.

Tools: Bowl, cup, teaspoon, grater, knife, tablespoon.

In a bowl mix meat mixture:

100 g	5 oz	Cooked, shredded chicken. Try tuna or salmon as well.
60 ml	¼ cup	Chopped celery
30 ml	2 tbsp	Chopped green onions
60 ml	¼ cup	Grated Granny Smith Apple
Add:		
10 ml	2 tsp	Lemon juice
2 ml	½ tsp	Curry paste or powder
45 ml	3 tbsp	Salad dressing, Miracle Whip, or mayonnaise

Wash and tear into large pieces:

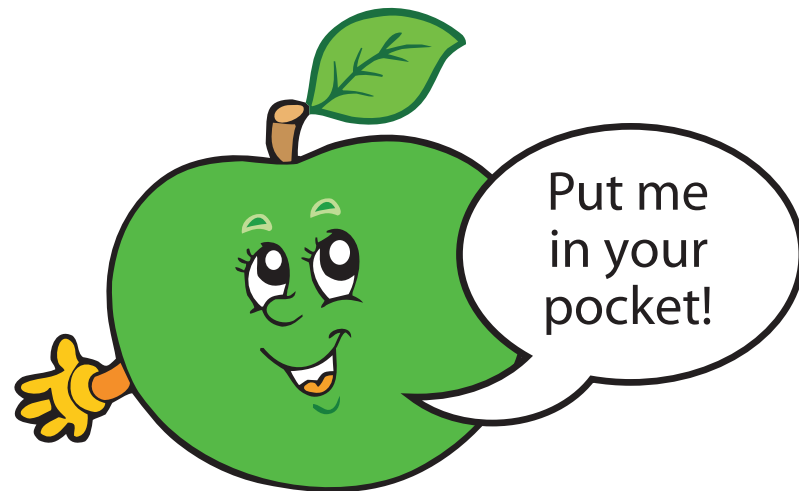
125 ml	½ cup	Green or red leaf lettuce
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Cut in half:

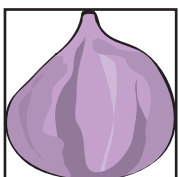
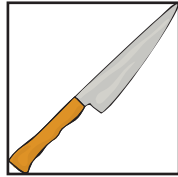
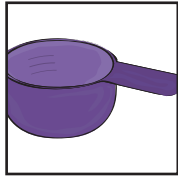
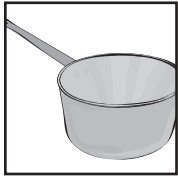
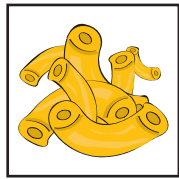
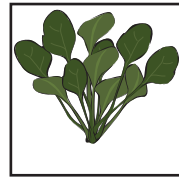
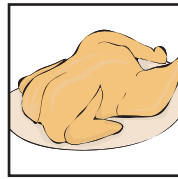
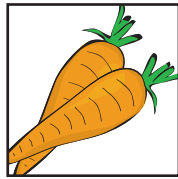
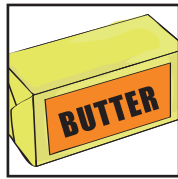
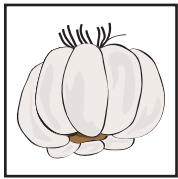
1 Whole grain pita pocket

Place 1-2 lettuce pieces into the pita pocket. Spoon in 2-3 tablespoons of the meat mixture.

Contributed by Fraser Public Health Nutrition



Chicken Vegetable Soup - Marvelous Meal Ideas



Instructions

Ingredients: Chicken breast, onion, garlic clove, butter, carrots, tomato-vegetable juice cocktail, water, pasta, italian seasoning, spinach.

Tools: Large saucepan, knife, cup, tablespoon.

In a large saucepan over medium heat, combine:

454 g	1 lb	Boneless, skinless chicken breasts, cut into bite-sized pieces
250 ml	1 cup	Chopped onions
	2	Cloves of minced garlic
30 ml	2 tbsp	Butter

Sauté for about 5 minutes, or until the onions are tender.

Add:		
375 ml	1 ½ cups	Diced carrots - can be fresh, cooked or frozen
960 ml	4 cups	Tomato-vegetable juice cocktail
960 ml	4 cups	Water
375 ml	1 ½ cups	Whole-wheat farfalle pasta - or any pasta
15 ml	1 tbsp	Italian seasoning
375 ml	1 ½ cup	Chopped spinach - fresh or frozen - try other vegetables

Bring to a boil, then reduce heat to low. Cover and simmer for about 20 minutes.

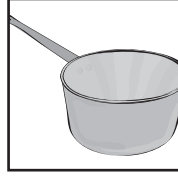
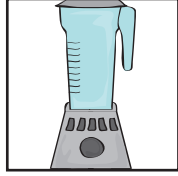
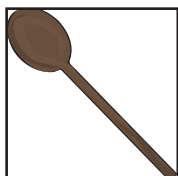
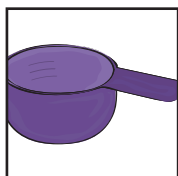
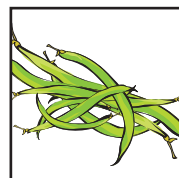
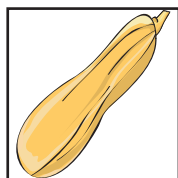
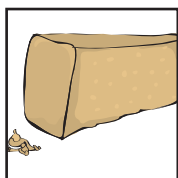
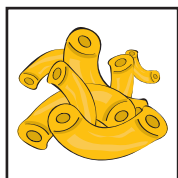
Add :
 375 ml 1 ½ cup Chopped spinach - fresh or frozen
 - try other vegetables

Cook for 5 more minutes. Serve hot with whole grain crackers.

Contributed by allrecipes.com



Hidden Veggie Pasta - Marvelous Meal Ideas



Instructions

Ingredients: Green beans, butternut squash, tomato sauce, parmesan cheese, cream.

Tools: Cup, mixing spoon, tablespoon, blender, sauce pan.

Put in blender:

30 ml	2 tbsp	Green Beans or zucchini
30 ml	2 tbsp	Cooked Butternut squash

Put in a sauce pan on the stove:

60 ml	4 tbsp	Veggie Puree from the blender
125 ml	½ cup	Plain tomato sauce
15 ml	1 tbsp	Parmesan cheese
60 ml	¼ cup	Half and Half Cream

Cook while stirring on medium heat. Cook until it thickens a bit. Do not boil or the cream will break.

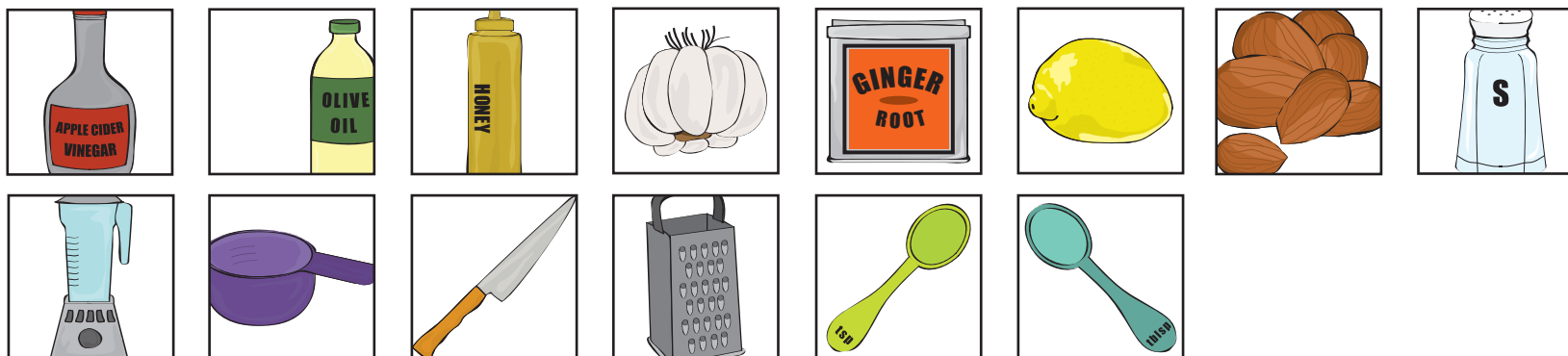
Add the sauce to the pasta and toss:

500 ml	2 cups	Cooked macaroni
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You can also add some cooked chicken breasts or low-fat sausage. Contributed by Teresa Myers



Homemade Salad Dressing - Marvelous Meal Ideas



Instructions

Ingredients: Apple cider vinegar, olive oil, honey, garlic, ginger root, lemon, almonds, salt.

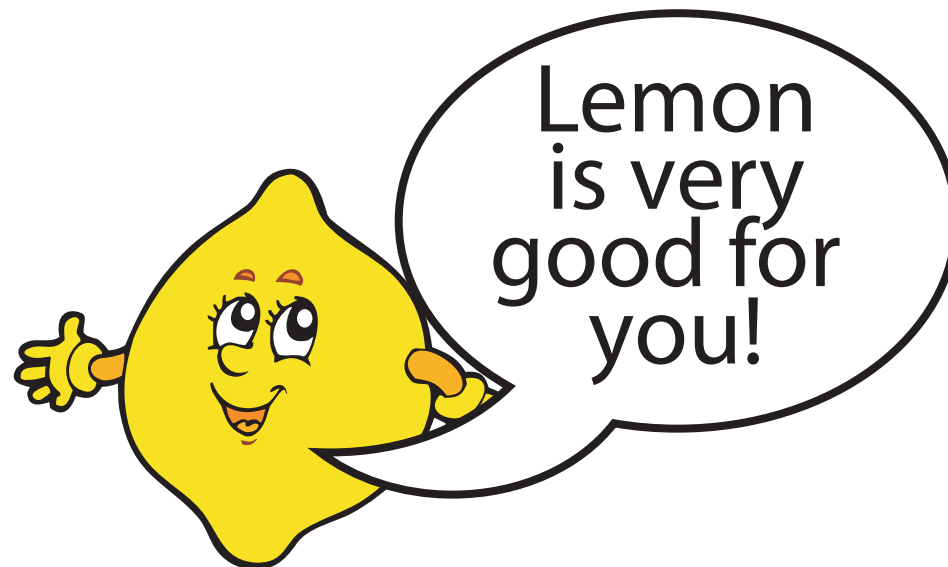
Tools: Blender, cup, teaspoon, grater, knife, tablespoon, teaspoon.

Mix in a blender:

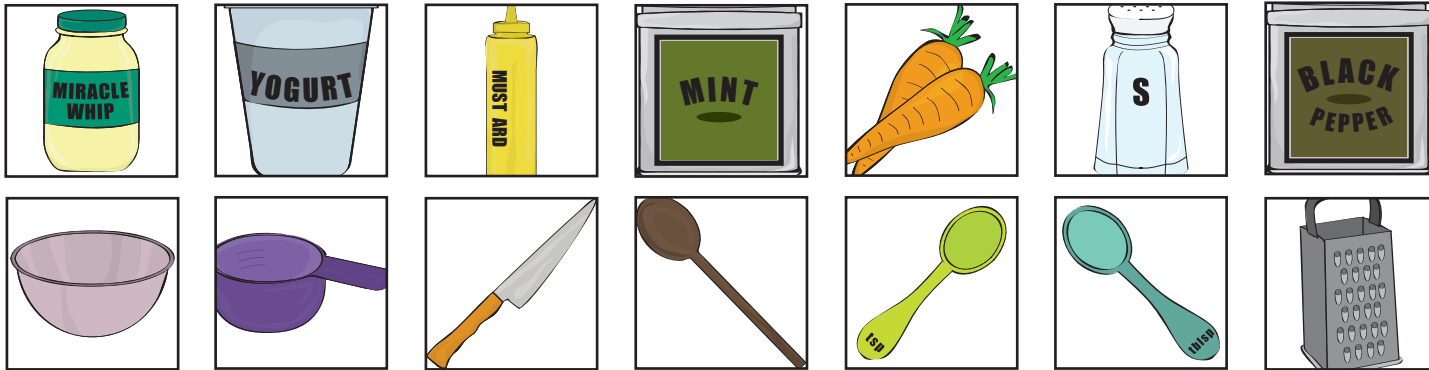
125 ml	½ cup	Apple cider vinegar
60 ml	¼ cup	Olive oil
45 ml	3 tbsp	Honey or Agave nectar
	3 cloves	Garlic
	½	Lemon juiced
180 ml	¾ cup	Almonds or pinenuts to thicken
	Dash	Sea salt or herbamare

Pour over salad and enjoy!

Contributed by Tracey Davis



Mint Carrot Salad - Marvelous Meal Ideas



Instructions

Ingredients: Miracle Whip™, yogurt, mustard, mint, carrots, salt and pepper.

Tools: Bowl, cup, knife, mixing spoon, cup, teaspoon, tablespoon, grater.

In a bowl mix together:

45 ml	3 tbsp	Miracle Whip
45 ml	3 tbsp	Plain yogurt
5 ml	1 tsp	Mustard
15 ml	1 tbsp	Fresh mint chopped or 1 tsp dried mint

Fold in:

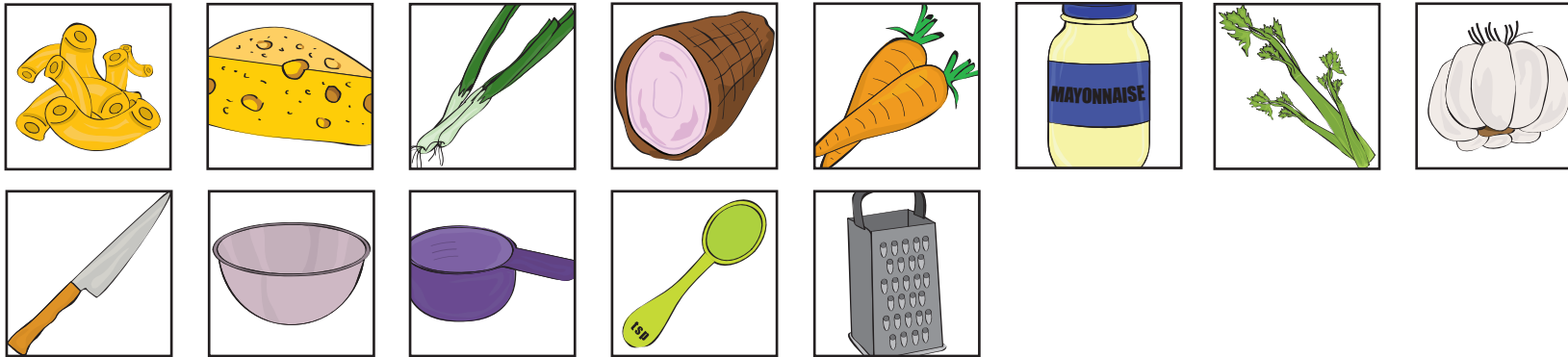
750 ml	3 cups	Grated carrots
	Pinch	Salt and pepper to taste

Enjoy!

Contributed by Northern Health



Mom's Macaroni Salad - Marvelous Meal Ideas



Instructions

Ingredients: Macaroni, cheese, green onions, ham, carrots, mayonnaise, celery, garlic.

Tools: Knife, bowl, cup, teaspoon, grater.

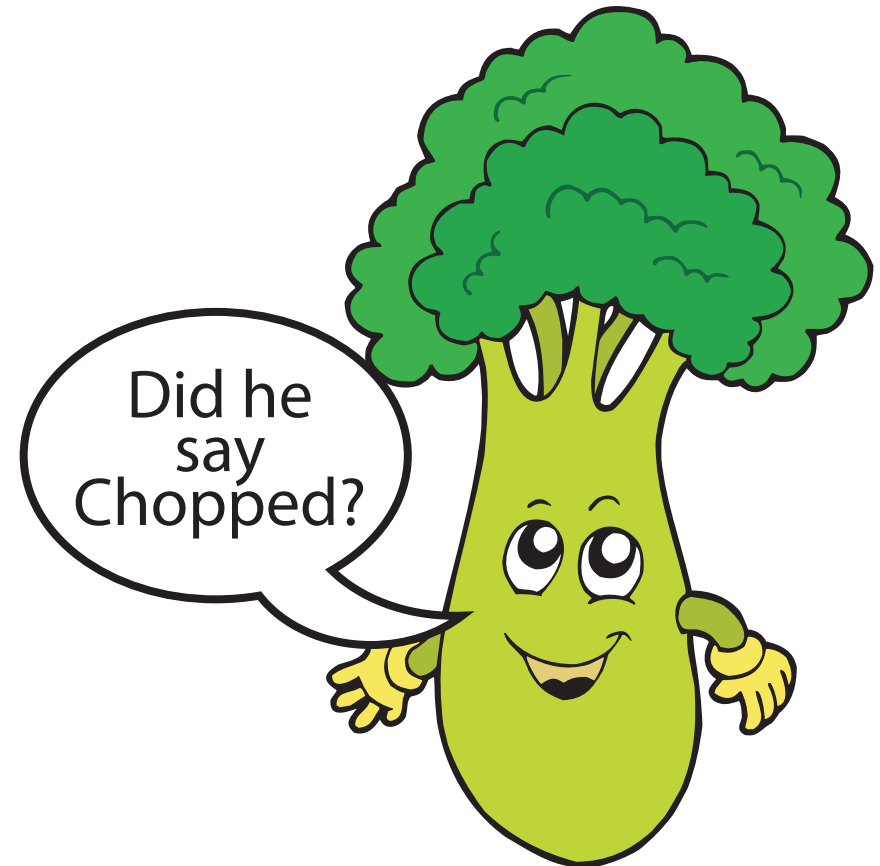
Cook and cool:

500 ml 2 cups Cooked macaroni

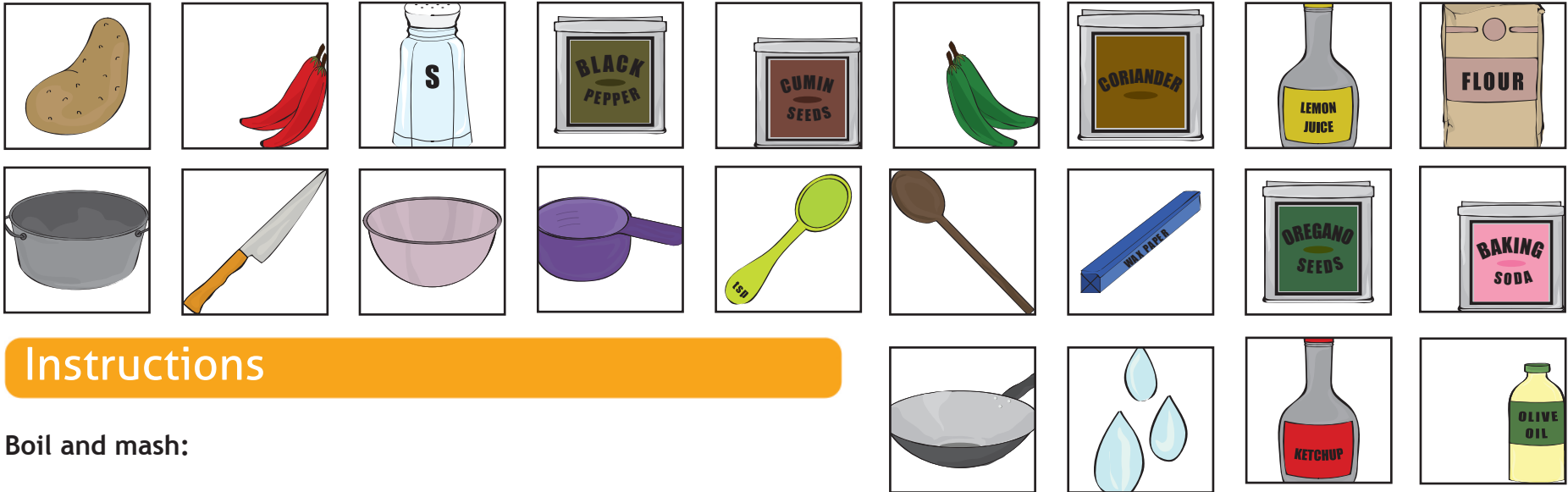
In a bowl add to macaroni:

250 ml	1 cup	Cubed cheese - very small (try cheddar, Swiss, mozzarella, etc.)
	3	Chopped green onions
250 ml	1 cup	Cubed ham - very small
250 ml	1 cup	Grated carrots
250 ml	1 cup	Peas
125 ml	½ cup	Finely chopped celery
2 ml	¼ tsp	Garlic
250 ml	1 cup	Mayonnaise (try the light variety)
2 ml	¼ tsp	Salt & pepper to taste

Contributed by Cara Hauber



Potato Kachorian - Marvelous Meal Ideas



Instructions

Boil and mash:

½ kg 1lb Potatoes

Mix together with the mashed potatoes:

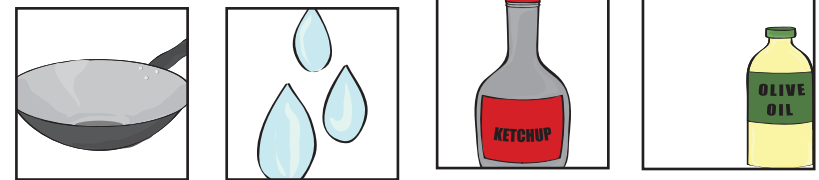
1 ml	¼ tsp	Salt to taste
2 ml	½ tsp	Pepper
5 ml	1 tsp	Crushed red chili pepper flakes
2 ml	½ tsp	Cumin seeds
	4-6	Chopped green chilies
	1 bunch	Fresh chopped Coriander
60 ml	4 tbsp	Lemon juice

Refrigerate this mixture for 10 minutes.

Mix together:

500 g	1lb	Flour
1 ml	¼ tsp	Salt
2 ml	½ tsp	Baking Soda
1 ml	¼ tsp	Dried Oregano seeds

Knead into a hard dough using a little water. Cover with wax paper and set aside for 15 minutes.



Then, hand roll small flat rounds to stuff like dumplings.

Using potato stuffing mixture from the fridge, stuff each portion with one tablespoon full. Carefully fold up the edges with wet hands to completely cover the filling and press the edges together to seal.

Refrigerate the Kachoris for 15 minutes.

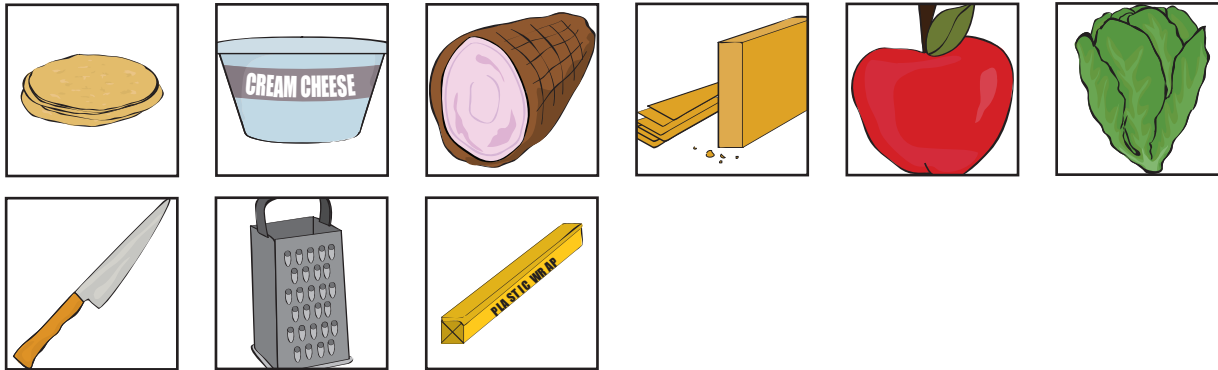
Wet your hands again, and lightly press each Kachoris in your palm. In a wok, heat:

125 ml ½ cup Olive Oil

On medium heat for 3-5 minutes. Deep fry the Kachoris until golden brown. Serve with ketchup.

Contributed by Samreen Rizwan

Pinwheel Sandwiches - Marvelous Meal Ideas



Instructions

Put on a clean counter:

1 6 - 8 inch Flour tortilla

Spread cream cheese on half of the tortilla bringing cheese right to the edge:

28g 1 oz Cream cheese (onion & chive or herb & garlic, or try goat cheese)

Sprinkle cheddar cheese over cream cheese and make strips with the other ingredients:

28g 1 oz Lean ham (also try roast chicken, smoked turkey breast, roast beef, etc)

250 ml 1 cup Shredded cheddar cheese (non-fat or low-fat) (try a variety of different shredded cheeses)

125 ml ½ cup Chopped apple (chopped tomato, pears, salsa, peach or apple preserves, or chopped avocado)

125 ml ½ cup Shredded lettuce (substitute spinach, chopped cucumber, alfalfa sprouts, or any greens)

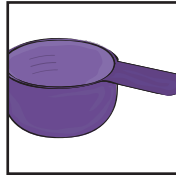
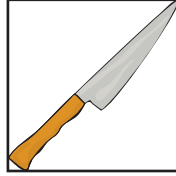
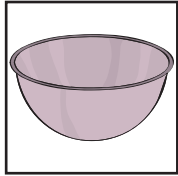
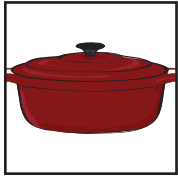
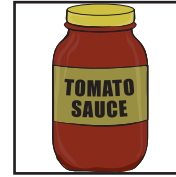
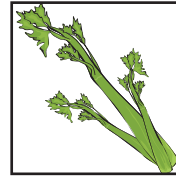
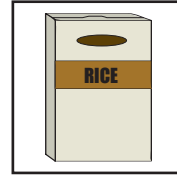
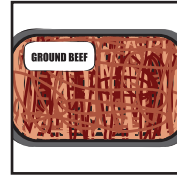
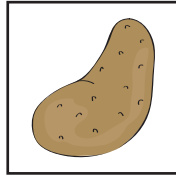
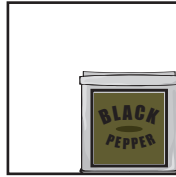
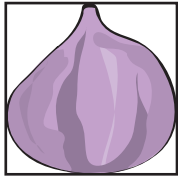
Tightly roll up the tortillas from left to right, pressing the edge with the cream cheese down - this will help the edges to stick and keep the roll together. Trim off the ends. You can wrap this roll in plastic wrap and keep refrigerated until serving time.

Unwrap and cut rolls into 1 inch pieces and lay them flat on a plate - so they look like pinwheels.

Contributed by Karen Hills



Shipwreck Casserole - Marvelous Meal Ideas



Create layers on top the potatoes by adding:
500 g 1 lb Lean ground beef - pat it down

Between each layer sprinkle with:

A dash Salt
A dash Pepper

Scatter a layer with:

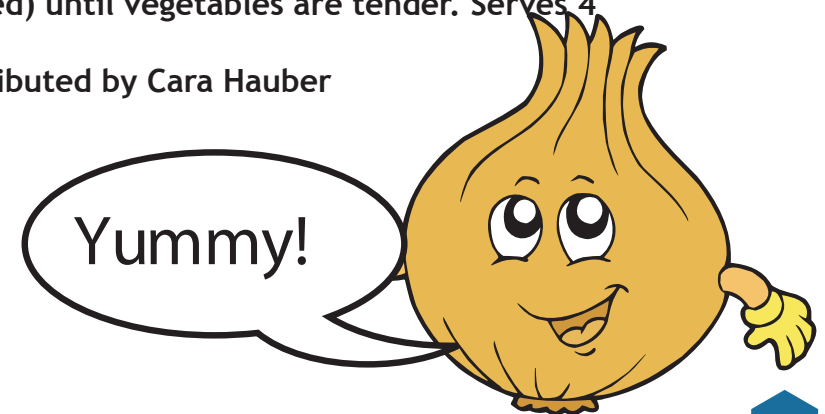
125 ml ½ cup Long grain rice
250 ml 1 cup Chopped celery

In a small bowl mix:

1 10 oz can of tomato paste
1 10 oz can of boiling water

Pour over top of layers. Cover and bake for 1 ½ hours (2 if needed) until vegetables are tender. Serves 4

Contributed by Cara Hauber



Instructions

Ingredients: Onion, salt, pepper, potato, ground beef, rice, celery, tomato paste, water.

Tools: Casserole dish with lid, small bowl, knife, cup.

Preheat oven to 350°F

Thinly slice or grated:

2 Large onions
2 Medium potatoes

Place onions in the bottom of a 2-quart casserole dish.

Sprinkle with:

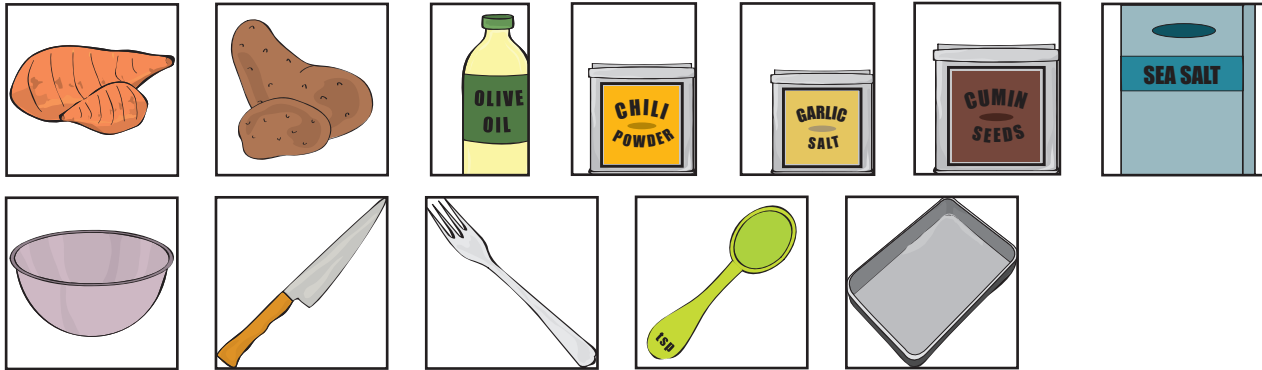
A dash Salt (try other spices for a different taste)
A dash Pepper

Layer the potatoes over the onions:

Sprinkle with:

A dash Salt
A dash Pepper

Something Different Fries - Marvelous Meal Ideas



Instructions

Ingredients: Sweet potato, russet potato, olive oil, chili powder, garlic powder, cumin, salt.

Tools: Mixing bowl, knife, fork, teaspoon, baking sheet.

Preheat oven to 450°F

Peel and slice into thin strips:

- 1 Large Sweet Potato
- 1 Large Russet Potato

In a bowl, toss together:

- | | | |
|-------|-------|---------------|
| | | Potatoes |
| 60 ml | ¼ cup | Olive oil |
| 2 ml | ½ tsp | Chili pepper |
| 2 ml | ½ tsp | Garlic powder |
| 2 ml | ½ tsp | Ground cumin |

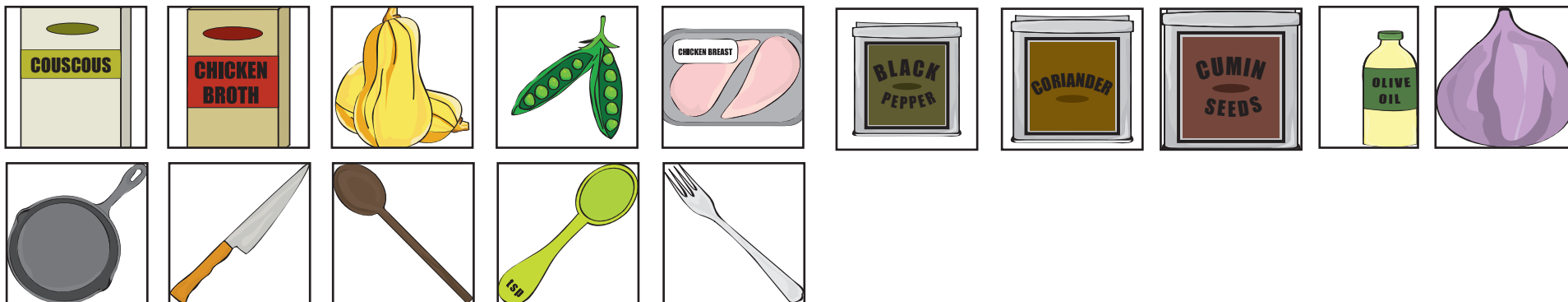
Sprinkle with:

- | | | |
|------|-------|----------|
| 2 ml | ½ tsp | Sea salt |
|------|-------|----------|



Contributed by Gloria Cleve

Summer Couscous - Marvelous Meal Ideas



Instructions

Ingredients: Couscous, chicken broth, squash, peas, chicken breast, cumin, coriander, olive oil, onion, pepper.

Tools: Skillet, knife, mixing spoon, cup, teaspoon, fork.

Put in skillet on medium heat and sautee:

5 ml	1 tsp	Olive oil
	1 small	Finely chopped onion

Then add and cook until tender (10 - 15 minutes):

250 ml	1 cup	Cubed squash
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Stir in together.

250 ml	1 cup	Fresh or frozen peas.
	1	Shredded cooked chicken breast

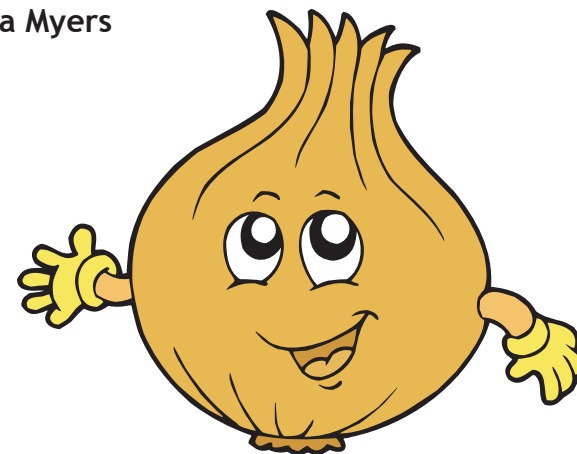
Add and turn off heat:

250 ml	1 cup	Plain couscous
420 ml	1 ¾ cup	Chicken stock
2 ml	¼ tsp	Pepper

Cover and let stand for 5 minutes.

Use fork to fluff it up and then serve

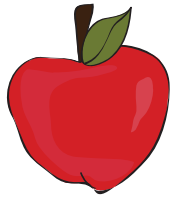
Contributed by Teresa Myers



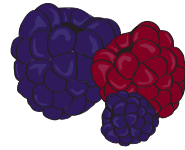
Glossary Of Ingredients



Agave Nectar



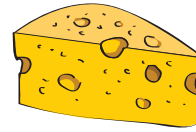
Apple



Berries



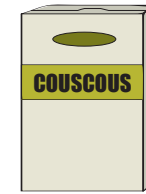
Carob Powder



Cheese



Chocolate Chips



Couscous



Curry



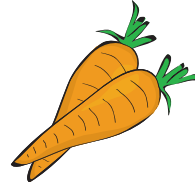
Almond Butter



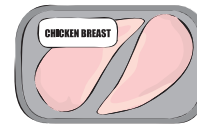
Baby Cereal



Black Pepper



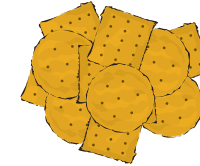
Carrots



Chicken Breasts



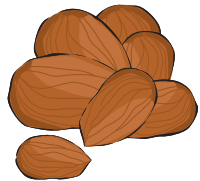
Cinnamon



Crackers



Dates



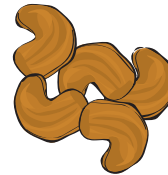
Almonds



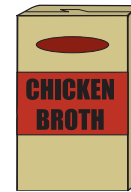
Baking Powder



Brown Sugar



Cashews



Chicken Broth



Cloves



Cream Cheese



Dill



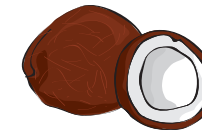
Butter



Celery



Chicken



Coconut



Cream



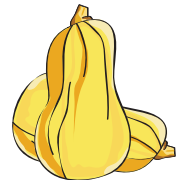
Drained Raisins



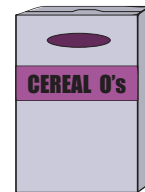
Apple Cider Vinegar



Baking Soda



Butternut Squash



Cereal O's



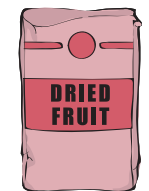
Chili Powder



Coriander



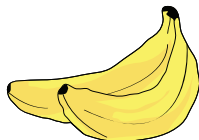
Cucumber



Dried Fruit



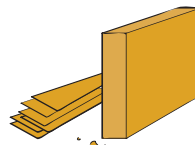
Apple Sauce



Banana



Canned Pumpkin



Cheddar Cheese



Chives



Cottage Cheese

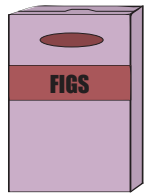


Cumin

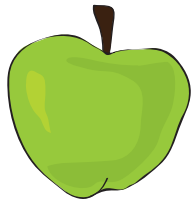


Eggs

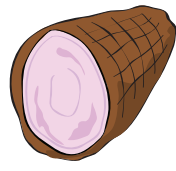
Glossary Of Ingredients



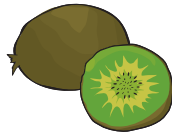
Figs



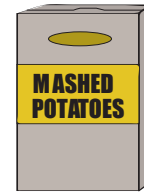
Granny Smith Apple



Ham



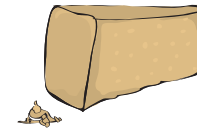
Kiwi



Mashed Potatoes



Nutmeg



Parmesan Cheese



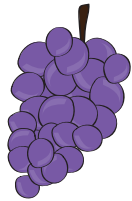
Oregano



Red Chilis



Flax Seed



Grapes



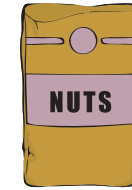
Hazelnuts



Leaf Lettuce



Mayonaisse



Nuts



Parsley



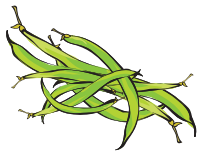
Pineapple



Rice



Flour



Green Beans



Honey



Lemon Juice



Milk



Oatmeal



Peach



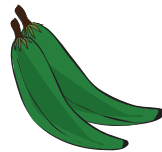
Pita Pocket



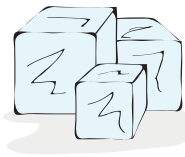
Rolled Oats



Garlic



Green Chilis



Ice Cubes



Lemon



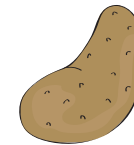
Mint



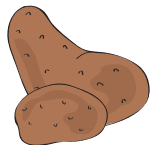
Olive Oil



Peanut Butter



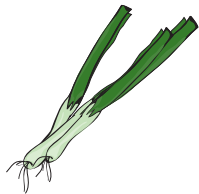
Potato



Russet Potato



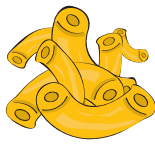
Garlic Salt



Green Onions



Italian Seasoning



Macaroni



Miracle Whip



Onion



Peanuts



Powdered Milk



Salad Dressing



Ginger Root



Ground Beef



Ketchup



Mango



Maple Syrup



Mustard



Orange Juice



Peas



Pretzel



Prunes



Salt



Pecans

Glossary Of Ingredients



Sea Salt



Sugar



Vegetable Oil



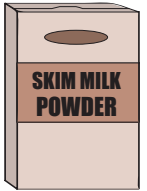
Sesame Seeds



Sweet Potato



Walnuts



Skim Milk Powder



Tomato



Water



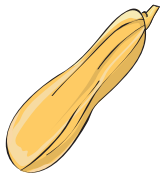
Spinach



Tomato Sauce



Yeast



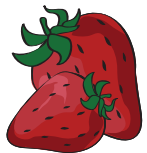
Squash



Tomato Veggie Cocktail



Yogurt



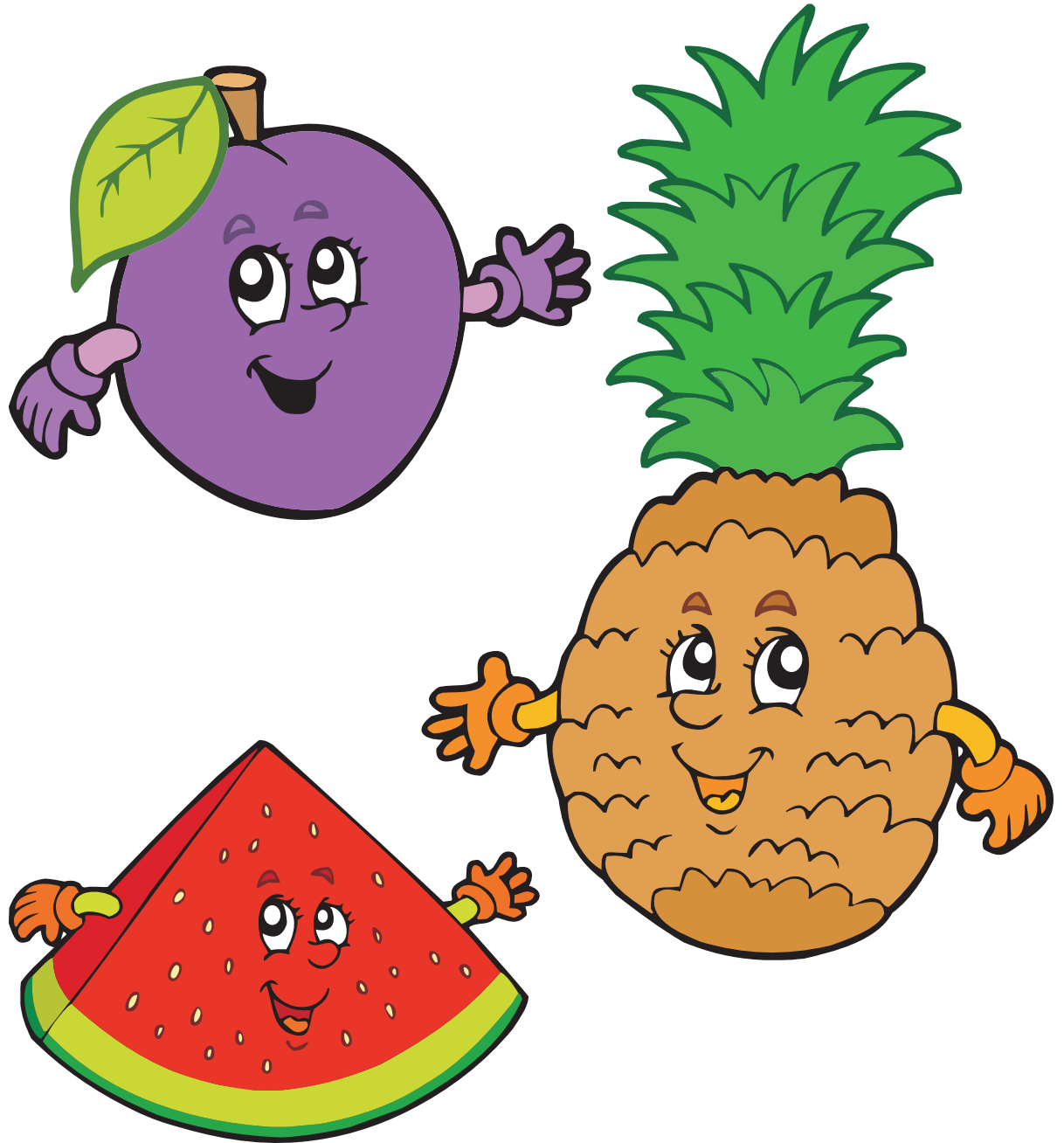
Strawberries



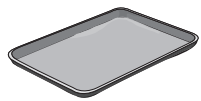
Tortilla's



Vanilla Extract



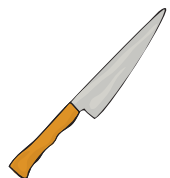
Glossary Of Tools



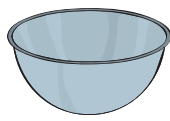
Baking Sheet



Double Boiler



Knife



Medium Mixing Bowl



Pie Plate



Serving Spoon



Waxpaper



Blender



Flipper



Ladle



Mixer



Plastic Wrap



Plate



Skillet



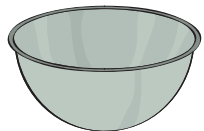
Wok



Bowl



Fork



Large Mixing Bowl



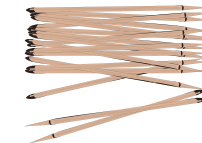
Electric Mixer



Popsicle Moulds



Small Bowl



Wooden Skewers



Casserole Bowl



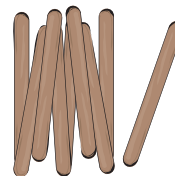
Freezer



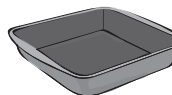
Large Sauce Pan



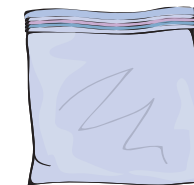
Mixing Bowl



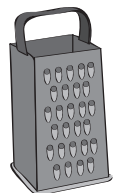
Popsicle Tools



Square Pan



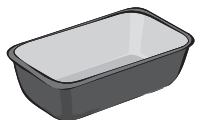
Ziplock Bags



Cheese Grator



Frying Pan



Loaf Pan



Mixing Spoon



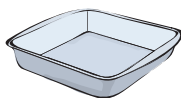
Pot



Tablespoon



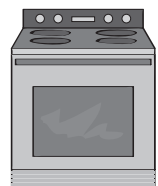
Cup



Glass Baking Dish



Masher



Oven



Sauce Pan



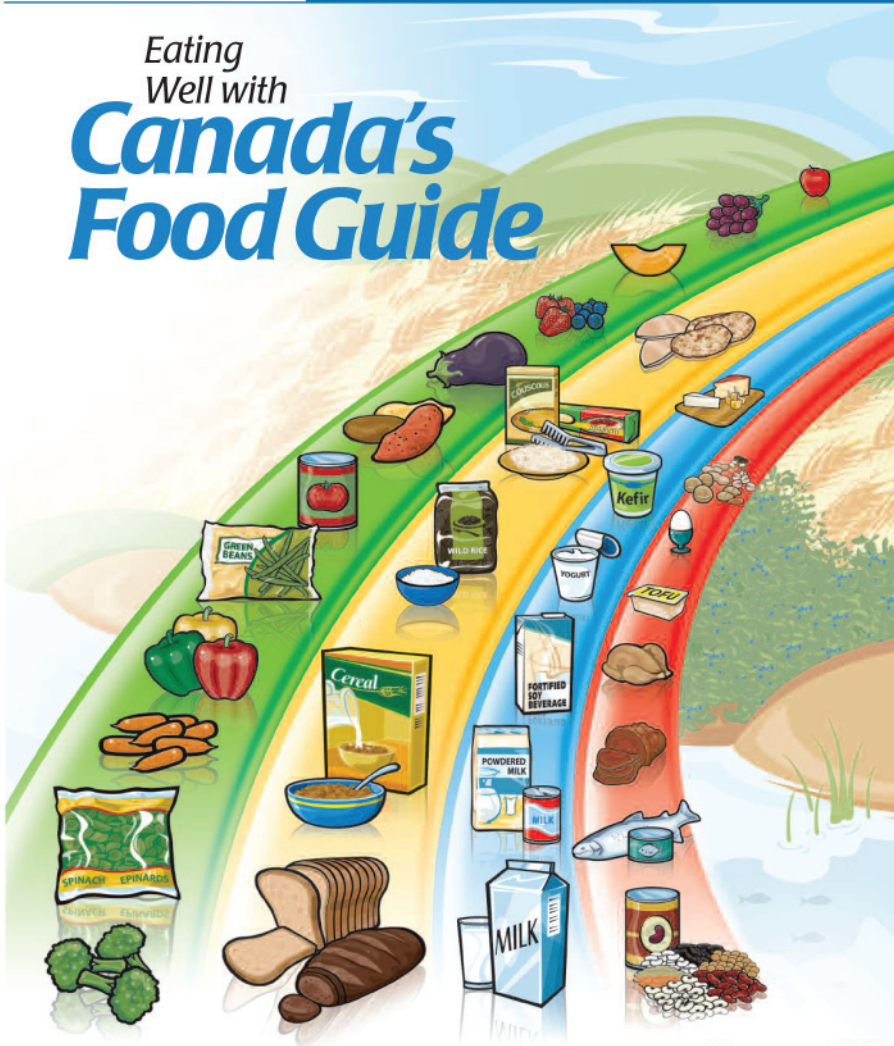
Teaspoon



Health Canada / Santé Canada

Your health and safety... our priority. / Votre santé et votre sécurité... notre priorité.

Eating Well with Canada's Food Guide



Canada

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.





















Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.

Canada's Food Guide continued

What is One Food Guide Serving?

Look at the examples below.

 <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>		 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>		 <p>100% Juice 125 mL (½ cup)</p>					
 <p>Bread 1 slice (35 g)</p>		 <p>Bagel ½ bagel (45 g)</p>		 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>		 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>		 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p>Cooked pasta or couscous 125 mL (½ cup)</p>	
 <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>		 <p>Canned milk (evaporated) 125 mL (½ cup)</p>		 <p>Fortified soy beverage 250 mL (1 cup)</p>		 <p>Yogurt 175 g (¾ cup)</p>		 <p>Kefir 175 g (¾ cup)</p>		 <p>Cheese 50 g (1 ½ oz.)</p>	
 <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p>Cooked legumes 175 mL (¾ cup)</p>		 <p>Tofu 150 g or 175 mL (¾ cup)</p>		 <p>Eggs 2 eggs</p>		 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>		 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>	

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- ▶ **Eat at least one dark green and one orange vegetable each day.**
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
 - ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
 - ▶ **Have vegetables and fruit more often than juice.**
- ▶ **Make at least half of your grain products whole grain each day.**
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
 - ▶ **Choose grain products that are lower in fat, sugar or salt.**
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.
- ▶ **Drink skim, 1%, or 2% milk each day.**
 - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
 - ▶ **Select lower fat milk alternatives.**
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.
- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
 - ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout.
 - ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



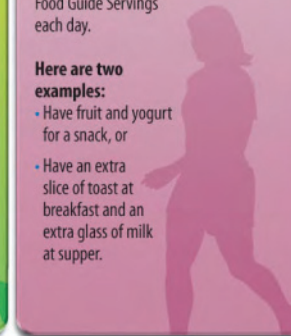
Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert	
250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	= 2 Vegetables and Fruit Food Guide Servings
75 g (2 ½ oz.) lean beef	= 1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	= 2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	= part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	= 1 Milk and Alternatives Food Guide Serving
1 apple	= 1 Vegetables and Fruit Food Guide Serving



Canada's Food Guide continued

Eat well and be active today and every day!

The benefits of eating well and being active include:

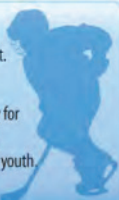
- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.



Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!



For more information, interactive tools, or additional copies visit Canada's Food Guide on-line at: www.healthcanada.gc.ca/foodguide

or contact:

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Bien manger avec le Guide alimentaire canadien

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