

COOKING MATTERS[®]

HACK YOUR SNACK

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



Table of Contents

Getting Started	3
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Lesson Plan	
Hack Your Snack	7

Recipes

Delicious Dips & Spreads	14
Snack Smart	18

Caregiver Handouts

Kids in the Kitchen	23
Reading Food Labels	25
Great Whole Grains	27

Waiver & Release	30
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Printable Promotion	32
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COOKING MATTERS®

Hack Your Snack: Getting Started

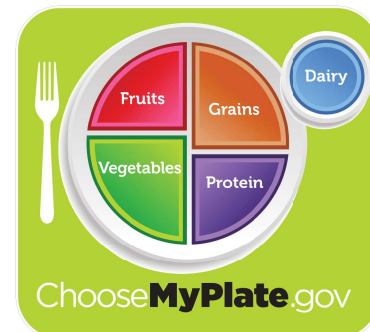


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets.

How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered *Cooking Matters* Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a *Cooking Matters* facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present.

Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your *Cooking Matters* Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES: Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain cultures will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN

LANGUAGE: If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

COOKING MATTERS®

Hack Your Snack: Lesson Plan



FOR FACILITATORS

HACK YOUR SNACK MUST-HAVE TIPS FOR EASY, HEALTHY SNACKS FOR YOUR FAMILY *30-minute lesson*

GOAL

Encourage caregivers to make smart choices about the snacks they serve their kids.

OBJECTIVES

- ✓ Practice making healthy, homemade snacks.
- ✓ Share tips for saving time when buying and preparing healthy snacks.
- ✓ Practice comparing unit prices to save money.

KEY MESSAGES

- ✓ When you can, make your own snacks in place of packaged snacks. This helps kids get the healthy foods they need without the unhealthy fats, sugar, and salt that slows them down.
- ✓ Use unit prices to help you find better deals and bring home more fruits and veggies to use in snacks.
- ✓ The most important thing you can do to encourage healthy snacking is to model healthy snacking yourself.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes

- Samples of different types of packaged snacks (healthier and not-so- healthy) • Pre-made samples of healthy homemade snacks (in addition to those you prepare together in class - optional)
- Materials for kids' activity (if using - optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/

CAREGIVER HANDOUTS

We have provided a comprehensive set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. **You are NOT required to provide all of these handouts as take-homes** (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that **at a minimum you provide a printed copy of the recipe(s) you prepared in class**. Check off the handouts you plan to reference during class:

- ☐ Reading Food Labels
- ☐ Kids in the Kitchen
- ☐ Great Whole Grains

RECIPE OPTIONS

Choose **at least 2-3 snacks** (or as many as time allows) for the hands-on cooking. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. If of interest and appropriate for your group, make your own homemade baby food in place of one snack.

To work within a 30-minute lesson, **please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.**

Snack Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Delicious Dips and Spreads handout	Prep Time: 10 minutes Cook Time: 0 minutes	Prepare fruits and vegetables in advance. Focus lesson making dips and spreads.	“Kids love to dip their foods. Particularly with picky kids, dips are a great way to add new flavors that will encourage kids to eat their fruits and vegetables.” “Dips can be made on the weekends, or when you have a little extra time, and used throughout the week. Get kids involved in the mixing and mashing!”
Snack Smart handout	Prep Time: 10 - 60 minutes Cook Time: 0 minutes	Choose snacks that can be completed in lesson time. If choosing frozen snack, prepare in advance.	“Let your kids help prepare the snacks: they can wash, peel and mash fruits or veggies, spread, and add ingredients.” “Planning is key – think about when you’ll have some extra time to assemble the snacks and store for easy grabbing throughout the week.” “For older kids who can help themselves, make sure healthy snacks are easier to access than less healthy foods. Keep them pre-assembled and in plain sight.”

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them complete the demographics portion of the participant survey and sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain caregivers will learn how to save time and money by preparing quick and healthy snacks at home, and how to use unit pricing to save money.
3. **Get acquainted.**



“Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?” Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented.

Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON SNACK PREPARATION AND DISCUSSION (19 MINUTES)

1. **Begin by having caregivers prepare snacks together.**

***NOTE:** If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.*

- Have caregivers wash hands using proper technique.
- Introduce today's recipes. Point out that making your own snacks in place of packaged snacks can help kids get the healthy foods they need without the unhealthy fats, sugar, and salt that slows them down.
- Delegate different recipe steps as needed. As caregivers work:



“How often do your kids snack on a typical day?”

- Explain that because of their smaller tummies and growing bodies, kids get a significant amount of their food each day from snacks. If those snacks are typically filled with less nutritious foods, this can really add up over the course of a day.



“What do you think makes a healthy snack? What makes it hard to eat healthier snacks?”

- Write the group’s ideas for what makes a healthy snack on flip-chart paper. Guide the group to a shared understanding that healthy snacks should contain at least one serving of fruit or vegetables and have minimal added sugar, salt, or saturated fat. Address common challenges to eating healthier snacks and let caregivers offer ideas to each other to overcome those challenges. Use the following table to offer ideas as needed.

BARRIERS TO HEALTHY SNACKING	
Caregiver	Ideas
“Packaged, less healthy snacks are more convenient.”	Cut up and pre-package fruit and veggie snacks or other homemade healthy snacks in zip-top baggies or small storage containers. Keep non-perishable healthy snacks (like trail mix, raisins or whole-grain crackers) in convenient places like your car, purse, or pantry. Have perishable snacks (like pre-packaged fruits and veggies) up front and ready to pull out quickly from the fridge.
“I get confused when I buy packaged snacks – I have no idea what is healthy.”	Point out that many words and phrases on the front of a package can be misleading – for example, a food that claims to be “fat free” may sound healthy, but it could be full of added sugar. Reading the Nutrition Facts Panel and the ingredients list on the back of the package is the only way to be sure what you’re getting. Encourage caregivers to compare labels and look for snacks that are lower in saturated fat, added sugar, and sodium.
“Packaged, less healthy snacks seem less expensive.”	Explain that in today’s lesson we will learn how to use unit prices to make affordable choices on snacks. Spoiler alert: packaged is not always cheaper!
“I’m short on time.”	Spend 10-15 minutes on a weekend or another day you have the time to create healthy snacks for the week. A little advanced planning goes a long way. Involve kids in the process! Food time can double as family time and even learning time. See more tips on this below. When making things like trail mix or granola, double or triple the recipe and put single servings in zip-lock bags for future easy snacking. This cuts down on the number of times you need to prep and cook.
“My kids beg for the packaged stuff.”	Making healthy snacks together often gives kids what they want even more than sweet or salty snacks – time with you. The more fun, the better! Serve in fun ways like using cut-up fruits and veggies to make a clown face. Have them make healthier versions of their packaged snack favorites – like using real tortillas to make homemade tortilla chips. Even little kids can help! Small hands can scoop seeds out of a cantaloupe, mash beans with a fork to make a dip, stir fruit into yogurt, sprinkle onion or garlic powder (or cinnamon) on home-made tortilla chips. Food time is learning time, and learning time is together time. For example, let kids count out the number of carrot sticks or measure a quarter cup of trail mix to put in a zip-top baggies. Remind caregivers that their kids are always watching them. If caregivers start to eat more homemade snacks in place of packaged snacks, their kids will notice and do the same in the long run.

- Wrap up the discussion by pointing out that it's not all or nothing! Even one or two more fruit- and veggie-filled snacks each week makes a difference! Encourage caregivers to start small and do what they can.
- Move on to discuss ways to save money on healthy home-made snacks. Review the Compare Prices handout and discuss ways to save money on snacks using unit pricing. Provide examples such as:
 - The same food in different forms (baby versus whole carrots, pre-popped versus pop-at-home popcorn kernels)
 - Different size containers (single-serving packages versus larger containers that you can package out at home)
 - Different brands of the same food (name brand versus generic)
- If time permits, have caregivers practice making comparisons using unit prices. For example, have them determine price per cup of cooked popcorn when you buy it pre-popped versus popping it at home yourself (from a bulk container, NOT in microwaveable bags). Or, talk about how many snack servings you can get from a bag of whole carrots or a 3-lb bag of apples compared to how many servings you can get from a large bag of chips, then compare price per serving.
- Acknowledge that there are often time trade-offs to save money – for example, chopping carrots into sticks instead of buying baby carrots. Address time concerns using the suggestions in the Barriers to Healthy Snacking table on page 6 of this lesson.
- Point out that comparing unit prices can help you find better deals and bring home more fruits and veggies to use in snacks.

3. If kids and caregivers have been separated, bring them back together to eat the snacks.

- As kids eat, ask them to comment on their favorite snack they tried today and what they liked about it.

CLOSING (3 MINUTES):

- **ENCOURAGE:** Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.
- **SHARE:** Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram
- **TAKE:** Share handouts for caregivers to take home, as well as any incentive items you are providing. **Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.**

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Hack Your Snack: Recipes



Kids love to help in the kitchen and there are lots of ways to include them.

The recipes in this packet include steps marked with the "little helping hand."



These steps are good for kids, but help from adults may be needed. Use these tips to help kids safely build their skills doing common cooking tasks.

Most recipes have a "Make Food Fun" handout with ideas for engaging kids in preparing, assembling, serving, or eating the recipe. Check out all the visuals and make sure to share your own great ideas.

Most recipes have a "Kid Follow Along" version. This allows kids to follow along with visuals while helping a caregiver make or assemble the recipe.

Trying new foods? Check out the Taste Test: Name that Food handout. Hang it on the fridge or another spot that is easy to find. Use it to introduce new foods to kids in a fun way.

Delicious Dips & Spreads

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

✋ = Have kids help with the steps marked with the “little helping hand”!

✋ If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon or mash all ingredients in a plastic zip top bag. Kids to love helping with mashing and mixing!

Bean Dip

- ✋ Using a blender, mix 1 (15 1/2 ounce) can beans (cannellini, chickpeas, black beans, etc.) rinsed and drained, 1 minced garlic clove, 1/4 cup water, 1 Tablespoon canola oil, 1/2 teaspoon salt, 1/2 teaspoon ground black pepper.
- For extra kick, add 1/4 cup salsa. For a thicker dip, add 1/4 cup low-fat yogurt. For a different flavor, add 1/4 cup of your favorite rinsed and minced fresh herbs.
- ✋ • Serve with cut-up fresh veggies, with whole wheat pita wedges or crackers, or as a sandwich spread.

Honey Mustard Dip

- ✋ • Mix 1/2 cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- ✋ • Serve with Baked Flaked Chicken or soft whole grain pretzels.

Vegetable Dip

- ✋ • Mix 1/2 cup nonfat plain yogurt, 1/2 cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use 1/2 teaspoon each of dried chives and parsley, 1/4 teaspoon each of garlic and onion powder, and 1/8 teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- ✋ • Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Pumpkin Dip

- ✋ • Using a blender, mix 1 (15-ounce) can pumpkin puree, 1 cup low-fat cream cheese (softened), 1/4 cup powdered sugar, 1 teaspoon ground cinnamon, and 1/8 teaspoon ground nutmeg.
- ✋ • Serve with whole wheat graham crackers or apple wedges. Or, use as a spread on whole wheat toast or bread.

Ricotta Fruit Dip

- ✋ • Mix 8 ounces low-fat ricotta cheese, 1/2 cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and 1/2 teaspoon ground cinnamon.
- ✋ • Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Fruit Yogurt Dip

- ✋ • Using a blender, mix 1 cup low-fat cream cheese (softened), 1/2 cup nonfat vanilla yogurt, 1/2 cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and 1/4 teaspoon ground cinnamon.
- ✋ • Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.

Make Food Fun! – Dips and Spreads

Easy and fast tips for making food fun for kids.



Make your food into art or a fun design with the dip on the side.

Tips and Tricks:

Kids love to dip their foods. Particularly with picky kids, dips are a great way to add new flavors that will encourage kids to eat their fruits and vegetables.

Tips and Tricks:

Pair dips and spreads with a variety of dipping options so kids may see one they enjoy.

Serve multiple dips separated with various dipping options: fruits, veggies, grains and protein.



Use muffin liners or small bowls to hold the dip so each kid gets their own serving.

Tips and Tricks:

Dips can be made on the weekends or when you have a little extra time, and be used throughout the week. Get kids involved in the measuring, mixing and mashing!

Dips y cremas deliciosas para untar



= ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda!"!

Sirva sus frutas, verduras y granos integrales preferidos con dips fáciles de preparar.

Dip de frijoles

- Mezcle en la licuadora, 1 lata (15½ onzas) de frijoles (cannellini, garbanzos, frijoles negros, etc.) enjuagados y escurridos, 1 diente de ajo picado, ¼ taza de agua, 1 cucharada de aceite de canola, ½ cucharadita de sal, ½ cucharadita de pimienta negra molida.
- Para darle un toque de sabor extra, añada ¼ taza de salsa. Para un dip más espeso, agregue ¼ taza de yogur bajo en grasa. Para darle un sabor diferente, añada ¼ taza de sus hierbas frescas favoritas, lavadas y picadas.
- Sirva con verduras frescas cortadas, con pan pita de trigo integral cortado en triángulos o galletas de sal, o como una crema para esparcir en un sándwich.

Si no tiene una licuadora, use un tenedor para machacar los ingredientes sólidos. Luego mezcle con los demás ingredientes usando una cuchara para mezclar.

Dip de calabaza

- En una licuadora, mezcle 1 lata (15 onzas) de puré de calabaza, 1 taza de queso crema bajo en grasa (ablandado), ¼ taza de azúcar glas o en polvo, 1 cucharadita de canela molida y 1/8 cucharadita de nuez moscada molida.
- Sirva con galletas graham de trigo integral o pedazos de manzana. O use para untar en tostadas o pan de trigo integral.

Dip de mostaza con miel

- Mezcle ½ taza de yogur natural sin grasa, 1 cucharada de mostaza y una cucharada de miel.
- Sirva con Pollo crujiente al horno o con pretzels blandos de grano integral.

Dip de ricotta y fruta

- Mezcle 8 onzas de queso ricotta bajo en grasa, ½ taza de yogur de vainilla sin grasa, 3 cucharadas de conserva o mermelada de su fruta preferida y ½ cucharadita de canela molida.
- Sirva con fruta fresca cortada o con galletas de trigo integral. O use para untar en tostadas, pan o panqueques de trigo integral.

Dip de verduras

- Mezcle ½ taza de yogur natural sin grasa, ½ taza de mayonesa baja en grasa y 1 cucharada de mezcla de condimentos sin sal (seasoning blend) (o use ½ cucharadita de cebolleta seca y ½ cucharadita de perejil, ¼ cucharadita tanto de ajo en polvo como cebolla en polvo, y 1/8 cucharadita de sal y 1/8 de pimienta). Si lo desea, use crema agria baja en grasa en lugar de mayonesa.
- Sirva con verduras frescas cortadas. O use como un aderezo para quesadillas, tacos o chili.

Dip de yogur con fruta

- En una licuadora, mezcle 1 taza de queso crema bajo en grasa, (ablandado), ½ taza de yogur de vainilla sin grasa, ½ taza de puré de fruta, tal como piña triturada, bayas o puré de plátano, 1 cucharadita de miel y ¼ cucharadita de canela molida.
- Sirva con fruta fresca cortada. Pruebe con manzanas, plátanos, uvas o fresas.

¡Haga que la comida sea divertida! - Dips y cremas deliciosas para untar



Convierta la comida en arte o en un diseño divertido con la salsa a un lado.

Consejos y Trucos:

A los niños les encanta untar la comida. Las salsas son una forma fantástica de añadir sabores nuevos, sobre todo con los niños que son más quisquillosos con la comida, ya que los animará a comer frutas y verduras.

Consejos y Trucos:

Sirva las salsas y pastas con una variedad de opciones para untar para que los niños vean al menos una que les guste.

Sirva varias salsas separadas con opciones para untar: frutas, verduras, cereales y proteína.



Use moldes para mantecadas o cuencos pequeños para la salsa para que cadaniño tenga su porción individual.

Consejos y Trucos:

Las salsas se pueden preparar los fines de semana o cuando tenga un poco de tiempo extra y se pueden usar durante la semana. ¡Haga que los niños le ayuden a medir, mezclar y aplastar!

Snack Smart

 Kids can help with all of the steps in each of these snacks!

Instead of fruit-flavored snacks...

Make Fruit Salad

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-size pieces. Combine in a large bowl.
- Cut a lime in half. Squeeze the juice over the fruit.
- Drizzle a Tablespoon of honey if you like.
- Stir ingredients to combine and enjoy!

Instead of snack or energy bars...

Make Banana Crunch

- Mash a large, ripe banana in a bowl.
- Add ... cup of granola.
- Add a dash of cinnamon.
- Mix ingredients together.
- Spread mixture onto whole wheat wafers or graham crackers and enjoy!

or try...

Make Avocado Crunch

- Mash a ripe avocado in a bowl.
- Add juice from half a lemon, 2 teaspoons of sunflower seeds, and a pinch of salt.
- Spread over whole wheat crackers. Or, eat with vegetable slices

Instead of peanut butter crackers...

Make Peanut Butter Sticks

- Wash and cut celery into short sticks.
- Spread a thin layer of peanut butter onto celery sticks.
- Top peanut butter with raisins and enjoy!

Instead of cheesy crackers...

Make Fruit and Cheese Kabobs

- Cut block cheese into small cubes.
- Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- Slide food onto coffee stirrer "skewers" or whole wheat pretzel sticks. Switch between fruit and cheese pieces.

or try...

Make Cucumber Sammies

- Cut cucumbers into thin slices.
- Top half of the slices with small pieces of turkey and cheese.
- Cover each one with another cucumber slice.

Instead of frozen fruit snacks...

Make Frozen Fruit Poppers

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-size pieces. Place in a freezer-safe plastic bag.
- Let freeze in the freezer. Pull out and enjoy!

Make Fruit Pops

- In a blender, combine fresh or frozen fruit pieces, water, and a small amount of honey or sugar. Blend together.
- Pour mixture evenly into empty ice cube trays.
- Freeze until slushy, about 45 minutes. Stick a popsicle stick or toothpick into each cube. Place back in the freezer for 1 hour or until frozen.

Make Food Fun! – Snack Smart

Easy and fast tips for making food fun for kids.



Turn kids' favorite recipes into skewers – pizza, sandwiches, pasta, and fruit and cheese.

Tips and Tricks:

For older kids who can help themselves, make sure healthy snacks are easier to access than less healthy foods. Keep them pre-assembled and in plain sight.

Tips and Tricks:

Planning is key – think about when you'll have some extra time to assemble snacks and store to easily grab throughout the week.

Tired of ants on a log? Try pretzel butterflies – add a filling of your choice – cream cheese, hummus, avocado and top with mini pretzels to look like wings.



Use an ice cube tray to freeze your frozen fruit poppers in fun shapes and lots of flavors. Plus this makes for easy storage!

Tips and Tricks:

Let your kids help prepare snacks: they can wash, peel, and mash fruit or veggies, spread, and add ingredients!

Snacks o botanas saludables

En lugar de snacks con sabor a fruta....

Prepara una ensalada de frutas

- Lave y pele una variedad de frutas de distintos colores.
- Córtelas en pedazos pequeños. Mézclelas en un tazón grande.
- Corte una lima por la mitad. Exprima el jugo sobre la fruta.
- Añada una cucharada de miel, si lo desea.
- Revuelva los ingredientes para combinarlos y ¡a disfrutarla!

En lugar de un snack o barritas energéticas...

Prepare bananas crujientes

- Haga puré una banana grande, bien madura, en un tazón.
- Agregue ¼ taza de granola.
- Añada una pizca de canela.
- Mezcle los ingredientes.
- Unte la mezcla sobre galletas wafers de trigo integral o galletas graham y ¡disfrútelas!

Prepare guacamole crujiente

- Haga puré 1 aguacate maduro en un tazón.
- Agregue el jugo de medio limón, 2 cucharaditas de semillas de girasol y una pizca de sal.
- Esparza sobre galletas de sal de trigo integral. O sívalas con verduras cortadas en rodajas o palitos.

En lugar de galletas de mantequilla de maní...

Prepare palitos con mantequilla de maní

- Lave y corte apio en palitos cortos.
- Esparza una capa fina de mantequilla de maní o cacahuete sobre los palitos de apio.
- Colóquele pasas encima y ¡disfrútelos!



¡Deje que los niños ayuden con los pasos marcados con la “manito que ayuda!”

En lugar de galletas de queso...

Prepare brochetas de fruta y queso

- Corte un bloque de queso en cuadritos pequeños.
- Lave, pele y corte diferentes frutas coloridas en trocitos.
- Inserte los ingredientes en palitos plásticos para revolver el café o en palitos de pretzel de trigo integral. Alterne entre pedazos de fruta y queso.

Prepare emparedados de pepino

- Corte los pepinos en tajadas delgadas.
- Coloque sobre las tajadas, trozos pequeños de pavo y queso.
- Coloque encima otra tajada de pepino.

En lugar de snacks congelados de fruta...

Prepare frutitas congeladas

- Lave y pele diferentes frutas coloridas.
- Corte las frutas en trocitos. Colóquelas en una bolsa plástica con cierre hermético.
- Coloque en el congelador para que se congelen. Sívalas y ¡a disfrutarlas!

Prepare paletas de fruta

- En la licuadora, mezcle pedazos de fruta fresca o congelada, agua, y una pequeña cantidad de miel o azúcar. Licue.
- Vierta la mezcla uniformemente en bandejas vacías para hielo.
- Congele hasta que esté medio congelado, por unos 45 minutos. Inserte un palito de paleta o palillo o picadientes en cada cubo. Vuelva a meter en el congelador por 1 hora hasta que estén congelados.

¡Haga que la comida sea divertida! – Botanas inteligentes



Convierta las recetas favoritas de los niños en brochetas - pizza, sándwiches, pasta y fruta y queso.

Consejos y Trucos:

Para los niños mayores que se pueden servir solos, asegúrese de que las botanas sanas sean más fáciles de encontrar que las menos sanas. Déjelas preparadas y a simple vista.

Consejos y Trucos:

La preparación es clave – piense en cuándo tendrá algo de tiempo extra para preparar botanas y guárdelas para agarrarlas fácilmente durante la semana.

¿Cansado de las hormigas en un tronco? Pruebe mariposas de pretzel – use el relleno que quiera – queso crema, humus, aguacate y ponga pretzels mini para que parezcan alas.



Use una cubitera para hacer paletas de fruta con formas divertidas y mucho sabor. ¡Además son fáciles de guardar!

Consejos y Trucos:

Deje que los niños ayuden a preparar botanas: ¡pueden lavar, pelar y aplastar frutas o verduras, untar y añadir ingredientes!

COOKING MATTERS®

Hack Your Snack: Caregiver Handouts



Kids in the Kitchen

Help kids develop a love of healthy foods.
Teach them to create healthy meals.

Kids aged 2 and younger can:

- Play with plastic measuring cups, spoons, containers, or a bowl of water and a whisk
- Learn to say names and colors of foods being used
- Smell foods and, depending on the food, taste small amounts

Let 3-year-olds try to:

- Rinse and scrub fresh produce
- Tear, snap, or break foods
- Use a cookie cutter to cut shapes in dough
- Pluck fruits or leaves from stems
- Dip foods into dips
- Arrange foods on a plate
- Help stir ingredients together in a bowl

Let 4-year-olds try to:

- Measure ingredients
- Cut with a plastic or dull butter knife
- Squeeze juice from fruits
- Shake ingredients in small containers, such as jars or zip-top bags

Let 5-year-olds try to:

- Help grate cheeses and vegetables
- Crack and beat eggs
- Peel oranges

Kids can also help:

Set and clear the table, clean up or get out ingredients and equipment and put them away.

Start simple. Make recipes with just a few steps until you learn what each child can do.

Let your experience be your guide. Adjust the tasks you assign based on your child's skills.

Supervise. Make sure kids know the rules of kitchen safety from the start.

Let 6-8-year-olds help:

- Read the recipe
- Crack eggs
- Measure small amounts of ingredients
- Use an egg beater
- Rinse, scrub, and peel onions, carrots, cucumbers, and other produce
- Grate cheese and vegetables
- Decorate cookies
- Spread soft frostings and spreads
- Roll out and shape dough
- Cut soft foods with a plastic or dull butter knife

Let 9-13-year-olds start to:

- Follow recipes and make simple meals by themselves
- Use electrical tools like blenders and mixers
- Open cans
- Drain cooked pasta in a colander
- Remove trays from the oven with adult supervision

Los niños en la cocina

Ayude a los niños a tomarle cariño a los alimentos saludables. Enséñelos a crear comidas saludables.

Los niños de 2 años y menores pueden:

- Jugar con tazas de medir, cucharas, recipientes plásticos o un tazón con agua
- Aprender a decir los nombres y colores de los alimentos que estén usando
- Oler los alimentos y, dependiendo del alimento, probar cantidades pequeñas

Deje que los niños de 3 años traten de:

- Lavar y restregar frutas y verduras frescas
- Rasgar o partir los alimentos
- Usar un cortador de galletas para cortar la masa en diferentes formas
- Arrancar las hojas o los tallos de las frutas
- Untar los alimentos en dips
- Acomodar los alimentos en un plato
- Ayudar a mezclar ingredientes en un tazón

Deje que los niños de 4 años traten de:

- Medir ingredientes
- Cortar con un cuchillo plástico o para mantequilla sin filo
- Exprimir el jugo de las frutas
- Agitar los ingredientes en recipientes pequeños, tales como frascos o bolsas plásticas con cierre hermético

Deje que los niños de 5 años y mayores traten de:

- Ayudar a rallar quesos y verduras
- Partir y batir huevos
- Pelar naranjas

Niños de todas las edades pueden ayudar a:

- Poner y levantar la mesa
- Limpiar
- Sacar los ingredientes y equipos y luego colocarlos de nuevo en su sitio

- Comiencen con cosas simples: Preparen recetas con solo unos pocos pasos hasta que ustedes sepan lo que cada miembro de la familia puede hacer.
- Dejen que su experiencia lo guíe: Ajusten las tareas que asignen con base en las habilidades de su hijo.
- Supervisen: Asegúrense de que todos sepan las reglas de seguridad en la cocina desde un principio.

Dejen que los niños de 6 a 8 años ayuden a:

- Leer la receta
- Romper huevos
- Medir cantidades pequeñas de ingredientes
- Usar un batidor de huevos
- Enjuagar, restregar, y pelar cebollas, zanahorias, pepinos, y otros vegetales y frutas
- Rallar quesos y vegetales
- Decorar galletas
- Extender nevados suaves y cremas o pastas para untar
- Extender y dar forma a masas
- Cortar alimentos blandos con un cuchillo plástico o para mantequilla

Dejen que los niños de 9 a 13 años comiencen a:

- Seguir recetas y a preparar comidas simples por sí mismos
- Usar aparatos eléctricos tales como licuadoras, procesadores de alimentos y batidoras
- Abrir latas
- Escurrir pasta cocida con un colador
- Sacar bandejas del horno con supervisión de un adulto

Reading Food Labels

Use the label to guide your food choices.

The amounts on the label are based on just one serving. Ask yourself, “How many servings am I eating?”

Serving Size

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

Amount of Calories

Calories tell you how much energy you get from one serving. Make sure calories fit within your energy needs for the day.

Nutrients

Aim low on “unhealthy fats”. When comparing foods, look for less saturated fat and no trans fat. When comparing foods, look for more fiber and less sugar.

Footnote

2,000 calories a day is used for general nutrition advice

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

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

Percent Daily Value

The %DV tells you if a food is high or low in a certain nutrient. 20% or more is high, 5% or less is low.

You may see lots of words on the front of the package that make you think a food is healthy, like “good source of Vitamin D” or “low fat.” Always check the Nutrition Facts panel to be sure you get the whole story.

Cómo leer las etiquetas de los alimentos

Use la etiqueta como guía para seleccionar sus alimentos.

Las cantidades que aparecen en la etiqueta se basan solo en una porción. Pregúntese, “¿cuántas porciones estoy comiendo?”

Serving Size



Amount of Calories



Las calorías le dejan saber la cantidad de energía que usted obtiene de una porción. Asegúrese que las calorías corresponden a la energía que usted necesita para su día.

Nutrients



Propóngase consumir pocas “grasas no saludables”. Cuando compare alimentos, busque los que tienen menos grasa saturada y no grasa trans.

Footnote



2,000 calorías al día se utilizan para el asesoramiento nutricional general

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Percent Daily Value



El % de Valor Diario le permite saber si un alimento tiene un contenido alto o bajo de un nutriente. 20% o más es alto, 5% o menos es bajo.

Usted quizás vea muchas palabras en el paquete que le harán pensar que el alimento es saludable, como “buena fuente de vitamina D” (good source of Vitamin D) o “bajo en grasa” (low fat). Revise siempre el panel de Datos de Nutrición para asegurarse de que tiene toda la información.

Great Whole Grains

Use these clues to search out tasty whole grains.

The first ingredient should always be a whole grain. You may see:

- Whole [name of grain, like wheat, rye, or oats]
- Whole grain [name of grain, like barley, flour, or cornmeal]
- Bulgur
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Brown rice

Whole grains contain fiber, vitamins, minerals, and antioxidants. They may reduce the risk of some diseases and help maintain a healthy weight.

Watch out for these common tricks.

- **Don't be fooled by the other ingredients!** Any whole grains listed after the first ingredient may only be a very small part of the product.
- **Don't be fooled by the name!** Just because it says "wheat" or "multigrain" in the name doesn't mean it's a whole grain.
- **Don't be fooled by the color!** Just because it's brown doesn't mean it's a whole grain.

Fíjese que sean granos integrales

Use estas pistas para descubrir sabrosos granos integrales.

El primer ingrediente debe ser siempre un grano integral. Usted puede encontrar:

- [Nombre del grano] integral, como trigo, centeno o avena
- Grano integral [nombre del grano, como cebada, harina o harina de maíz]
- Trigo bulgur
- Trigo negro (buckwheat)
- Mijo (Millet)
- Avena u hojuelas de avena
- Quinoa
- Arroz integral
- Palomitas de maíz

Los granos integrales o enteros contienen fibra, vitaminas, minerales y antioxidantes. Estos pueden reducir el riesgo de contraer varias enfermedades y ayudan a mantener un peso saludable.

Cuídese de estas confusiones comunes.

- ¡No se deje engañar por los otros ingredientes! Todos los granos integrales que aparece en la lista después del primer ingrediente podrían ser solo una mínima parte del alimento.
- ¡No se deje engañar por el nombre! Solo porque diga en el nombre “trigo” (wheat), o “multigrano” (multigrain), no significa que sea un grano integral.
- ¡No se deje engañar por el color! Simplemente porque sea marrón, no significa que sea un grano integral

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Waiver & Release Printable Promotion





Cooking Matters by Share Our Strength Waiver and Release

Please read carefully, initial, sign and date at the bottom of the page.

Assumption of risk and liability waiver: I want to participate in or volunteer for Cooking Matters. I recognize that doing so could present potential hazards including but not limited to: cuts, burns, slips, falls, allergic reactions and other injuries as a result of activities, products and equipment used. I acknowledge that by participating in Cooking Matters, I may be in a class with other participants and members of the public and that there is a risk of transmission of illnesses, including COVID-19, from person-to-person contact, by contact with contaminated surfaces and objects and/or even possibly in the air. I voluntarily assume all risks and dangers of injury to my person or property arising from, incidental to, or related in any way to my participation in Cooking Matters. **I release and forever discharge and covenant not to sue Share Our Strength, program partners, sponsors and each of their officers, directors, agents, employees, and volunteers ("Releasees") from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses, including attorneys' fees that I may have or that may hereafter accrue to me, arising out of or related to any harm, loss, damage or injury, including but not limited to disability, death, property loss or illness, including from the transmission of COVID-19 or other communicable disease, that may be sustained by me or my child, whether caused by my/his/her action or negligence or the action or negligence of Releasees or third parties in connection with my participation in Cooking Matters. I also agree not to sue Releasees in connection with any such harm, loss, damage or injury.**

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I certify that I am at least 18 years of age. If under 18 years of age, signature of guardian is also required.

Name of Participant or Volunteer (please print): _____

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Date: _____ Program Code: _____



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