



Be a Sugar Detective

Use these tips to find added sugars in the foods you eat!

Sugar is naturally found in some foods and drinks, like fruits and milk. For some foods, sugar might be added during preparation and processing. Check the ingredient list.

If these names for added sugars are on the list, it means the food or drink has added sugar.

- Sucrose
- Dextrose
- Brown sugar
- Corn sweetener
- Corn or malt syrup
- High-fructose corn syrup
- Honey or molasses

TIP For every 4 grams of sugar added = 1 teaspoons of sugar = 1 sugar packet. A serving of food or drink with 23 grams of added sugar has almost 6 packets of sugar!

COMPARE LABELS

- Sugars include both added sugars and natural sugars. Foods like fruit, 100% juice, plain milk and yogurt, and vegetables contain sugar naturally. These are not added sugars.
- You can use the nutrition label to compare the amount of sugar on the label for two similar products (like two sweetened drinks) to find the one with the lower amount of added sugar.
- You will see Total Sugars and Added Sugar on the Nutrition Facts label. You can subtract the added sugars from the total sugar. What is left over is sugar that occurs naturally.

Nutrition Facts	
6 servings per recipe	
Serving size	1 tart
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol	3%
Sodium	9%
Total Dietary Fiber 2g	10%
Total Sugars 13g	7%
Includes 3g Added	6%
Protein 6g	
Vitamin D	0%
Calcium 86mg	6%
Iron 1mg	6%
Potassium 296mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2% of daily requirements are based on diet. 2% of daily requirements are based on diet. 2% of daily requirements are based on diet.

MY FAMILY LIKES SUGARY DRINKS. WHAT ARE SOME WAYS TO CONTINUE TO ENJOY WHAT WE LIKE?

- Try smaller portions of sugary drinks.
- Serve sugary drinks less often.
- Serve water and other drinks without added sugar often.
- Limit or leave out how much sugar, honey, and syrup you put in drinks.

DRINK MORE WATER WITH THESE FUN TIPS!

- Add sliced cucumbers, fresh herbs, citrus or pineapple to pitchers of water.
- Make a fruity, fizzy drink by diluting juice with water or seltzer.
- Use a special cup or water bottle to encourage regular water drinking.
- Kids can help make fun ice cubes that have a little lemon or lime juice and some frozen berries.
- Save your favorite sugar-sweetened beverages for special occasions, like birthday parties or long road trips.

NON-FOOD WAYS TO CELEBRATE!

TIP

- Children can wear a birthday crown or have special jobs that day
- Make a special craft
- Dance parties
- Small toy or stickers

TRY THIS SUGAR ACTIVITY!

MATERIALS

- Empty containers of sugar-sweetened beverages with food labels (ex.: soft drinks, fruit-flavored drinks, agua fresca, sweet tea, vitamin water, chocolate milk or sports drinks)
- Clear plastic cups (one for each empty can or bottle)
- Bag of white table sugar
- Teaspoon
- Calculator

SET UP

Set out the empty bottles for the beverages with a clear cup in front of each one. Use the calculation below to determine how much sugar is in each drink container.

1. $\text{Grams of sugar in one serving} \times \text{Number of servings} = \text{Grams of sugar in total package}$

2.
$$\frac{\text{Grams of sugar in total package}}{4} = \text{Teaspoons of sugar in total package}$$

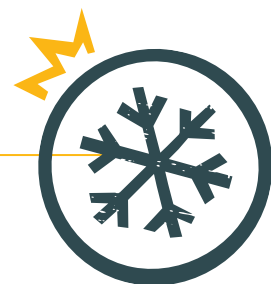
INSTRUCTIONS

1. Review the Nutrition Facts panel to find the amount of added sugar in one serving. Total sugars includes both added sugars and natural sugars. Foods like fruit, 100% juice, plain milk and yogurt, and vegetables contain sugar naturally. These are not added sugars.
2. Use the serving size information to figure out the grams of added sugar in the entire container. Use a calculator to determine the equivalent teaspoons of sugar.
3. Scoop the teaspoons of sugar into an empty plastic cup.
4. Compare the results of your drinks and discuss impressions.

Water, unflavored low-fat or fat-free milk, or small portions of 100% juice have no added sugar and are great options.

Chill Out

Use these tips for freezing, thawing and refrigerating foods safely.



1 FREEZING

Freeze foods for later in the month. Use them when you don't have time to cook.

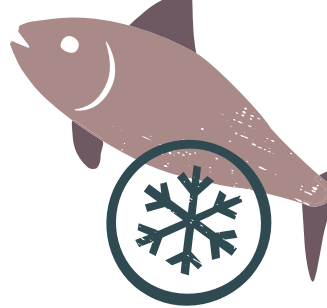
- Cool all foods safely in the fridge first. This speeds up freezing and helps retain the natural color, flavor and texture of food.
- Use plastic wrap, freezer bags or airtight containers to seal food and keep moisture out.
- Freeze in small portions for a quick single-serving meal.
- Label your package. Write the type of food and date it was made.
- Keep freezer at 0°F or lower so food stays safe.

2 THAWING

Defrosting food at room temperature can make them unsafe to eat. Try these methods instead.

- **Refrigerator**
Place food on the lowest shelf until it is no longer frozen. It will then keep for 2 to 5 days.
- **Cold Water**
Submerge the food, packed in an airtight container or a leak-proof bag, in cold water. Change the water every 30 minutes to keep thawing. Cook foods defrosted in cold water right after thawing.
- **Microwave**
Thaw in microwave on defrost setting. Cook microwave-defrosted foods right after thawing. Some parts of the food may have started to cook while defrosting.





3 STORING

Keep food from spoiling or becoming unsafe to eat. Use within the time listed or freeze right away. The timelines below are for best quality.

PRODUCT	REFRIGERATOR 40°F	FREEZER 0°F
Fresh eggs, in shell	3 to 5 weeks	do not freeze
Hot dog & luncheon meats, unopened	2 weeks	1 to 2 months
Hot dog & luncheon meats, opened	3 to 7 days	1 to 2 months
Ground raw meat & stew meat	1 to 3 days	3 to 4 months
Raw beef, lamb, veal, pork chops, & fish	1 to 3 days	4 to 6 months
Raw whole poultry or poultry pieces	1 to 3 days	9 to 12 months
Leftovers	1 to 4 days	1 to 2 months
Cheese, hard or grated	6 to 12 weeks	6 to 12 months
Milk	1 week	3 months
Yogurt	1 to 2 weeks	1 to 2 months

Notes





Compare Prices

COOKING MATTERS®

Use unit prices to find the best buy.



You can save money when you buy foods in bulk or in their whole form. The unit price is the easiest way to find the difference in cost. Look for the unit price right on the shelf tag. It will be listed separately from the retail price (the price you pay).

A		<table border="1"> <tr><th colspan="2">Peanut Butter</th></tr> <tr><td>UNIT PRICE</td><td>RETAIL PRICE</td></tr> <tr><td>\$0.13 per oz.</td><td>\$1.99</td></tr> </table>	Peanut Butter		UNIT PRICE	RETAIL PRICE	\$0.13 per oz.	\$1.99	B		<table border="1"> <tr><th colspan="2">Peanut Butter</th></tr> <tr><td>UNIT PRICE</td><td>RETAIL PRICE</td></tr> <tr><td>\$0.10 per oz.</td><td>\$3.99</td></tr> </table>	Peanut Butter		UNIT PRICE	RETAIL PRICE	\$0.10 per oz.	\$3.99
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15 OZ. PEANUT BUTTER		40 OZ. PEANUT BUTTER															
<p>The unit price is the price per unit (e.g., price per pound, price per ounce).</p>		BETTER BUY															
<p>The retail price is the price you pay for the item.</p>		<p>Buying in bulk will usually mean a lower unit price. Only purchase in bulk if you can use the food before it goes bad!</p>															

DID YOU KNOW?

Gas prices are actually unit prices! Gas is listed as price per gallon. Unit prices for food are often listed as price per ounce or price per pound.

TIP

If your store doesn't have unit prices, you can figure it out yourself. All you need to do is divide the retail price by the number of units.

$$\text{Unit Price} = \frac{\text{Retail Price}}{\text{Number of units}}$$

LET'S TRY IT BY COMPARING THESE CARROTS!



A

5 LBS. CARROTS

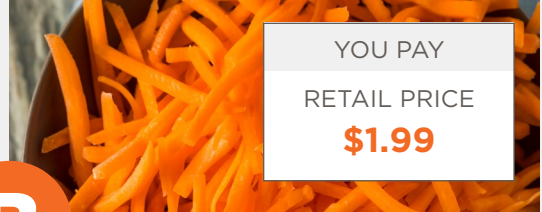
First convert pounds to ounces.

$$5 \times 16 = 80\text{oz.}$$

Then find the unit price.

$$\$0.04 = \frac{\$3.49}{80\text{oz.}} \quad \underline{\$0.04 \text{ PER OZ.}}$$

BETTER BUY



B

10 OZ. SHREDDED CARROTS

This product is already in ounces.

Find the unit price.

$$\$0.20 = \frac{\$1.99}{10\text{oz.}} \quad \underline{\$0.20 \text{ PER OZ.}}$$

FIND A COMMON UNIT FIRST

Sometimes the units of food you want to compare (e.g., pounds, ounces) are different. Look for a common unit first.

TIP

Remember 1 lb. = 16 oz.

USE UNIT PRICES TO COMPARE

- The same food in different form (like whole carrots and baby carrots)
- Foods in different size containers (like a half gallon and whole gallon of milk)
- Foods in a similar category or food group (like a pound of zucchini and a pound of asparagus)
- Different brands of the same food (like name brand or store-brand cereal)



Cooking Terms

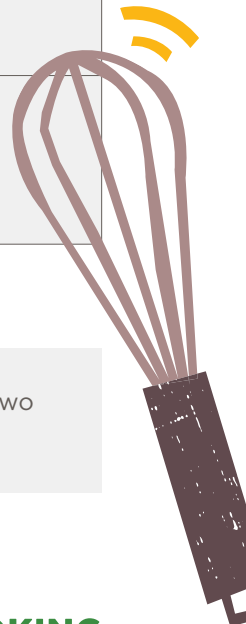
Recipes are easier to follow when you know these common cooking terms.



BAKE	To cook food in an oven with dry heat.
BLANCH	To briefly cook in boiling water, until produce turns a bright shade (no more than 3 min.). Transfer produce to a bowl of ice water. Drain well and pat dry.
BOIL	To cook food quickly in heated liquid. The liquid moves rapidly, and large bubbles keep breaking the surface. Often used for vegetables and pasta.
BROIL	To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.
BROWN	To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and the inside stays moist.
CHOP	To cut into pieces, which can vary in size.
DICE	To cut into small, even cubes, usually about ¼ inch per side.
GRILL	To cook food directly on the heat source of a gas, charcoal or wood grill. Often used for fish, tender cuts of meat and vegetables.



KNEAD	To mix and work the ingredients that make up dough into smooth, elastic form. Can be done with hands or a heavy-duty mixer.
MINCE	To cut food into even smaller pieces than diced.
MIX	To beat or stir two or more foods together until they are combined.
ROAST	To cook by dry heat, usually in an oven.
SAUTÉ (PAN FRY)	To cook food in a small amount of fat or oil on top of a stove. Heat the fat until hot (but not smoking), add the food, and cook to stated time or tenderness.
SIMMER	To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.
SLICE	To cut into wide, thin pieces.
STEAM	To cook food quickly in a covered pot by the moist heat made from a small amount of heated liquid. The food is held above the liquid by a basket or rack. Often used for vegetables and fish.
WHISK	To beat ingredients with a fork or a “whisk.” This adds air and increases the volume. The mixture appears light and fluffy.



TIP When you see “divided” next to an ingredient in a list, know you will use that ingredient in two places in the recipe. Be sure to read through the whole recipe!

Feeding Kids

Kids need a variety of foods to keep them healthy and growing.

? WHAT SHOULD MY CHILD EAT?

- If you have a baby, they should continue to drink breast milk or formula until they are at least one year old. It's important to offer nutritious foods from all food groups starting at or around 6 months. This gives them the nutrients they need to grow and develop.
- If you have an older child, a variety of foods from all the food groups will help children grow into the body that is right for them. Early food preferences influence later food choices.
- Serve nutritious snacks to be sure kids get plenty of fruits and vegetables. Keep snack sizes small and not too soon before meals.
- The amounts and types of foods kids eat through the day varies. That's okay! Make food choices so that every bite counts.

TIP

You can use meal planning tools like MyPlate to help with variety or to learn more about recommendations that fit your family's needs.



TRY SWAPPING THESE...

<p>Cereal with Added Sugars</p>	<p>Fruit Products with Added Sugars</p>	<p>Fried Vegetables</p>	<p>High-sodium Snacks</p>	<p>High-sodium Meats</p>	<p>Beverages with Added Sugars</p>
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...FOR THESE

<p>Cereal with Minimal Added Sugars</p>	<p>Fruit (e.g., canned in 100% juice)</p>	<p>Roasted Vegetables</p>	<p>Nuts</p>	<p>Ground Lean Meats</p>	<p>Unsweetened Beverages</p>
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? HOW MUCH FOOD SHOULD MY CHILD EAT EACH DAY?

- Infants, toddlers, and kids have tiny tummies and need to eat small portions several times a day in order to get the energy and nutrients they need to grow and thrive.
- The exact amount your child needs will vary based on sex, age, growth spurts, activity level, and developmental stage. It's normal for the amount they eat to change day to day.
- Caregivers can help kids learn to eat when they feel hungry and stop when they feel full.



HOW DO I HELP MY CHILD EAT THE RIGHT AMOUNT FOR THEM?

1. Plan sit-down family meals and snacks and give time and attention to eating.
2. Allow your child to choose which foods and how much to eat from what you serve.
3. Consider letting your child serve themselves and stop eating when they are full.

? HOW DO I TALK TO OTHER CAREGIVERS ABOUT FEEDING MY CHILD?

There are times when other caregivers like family members, friends, child care providers or teachers may be feeding a child. Try these tips for when you talk to other caregivers about how to feed kids.

Be consistent. Children are more likely to learn healthy eating behaviors when they receive similar messages at home, in school or child care, and in the community. Share what you know about how you want your child to be fed.

Have older kids help. Older kids can be great role models in helping younger ones eat foods to keep them healthy and growing!

Talk to your child. If they are old enough, discuss the different ways they are fed by other caregivers. Noticing similarities and differences allows you to have a conversation about your family's eating practices.

Ask questions and keep an open mind. Prevent misunderstandings by asking questions in advance such as "what has your experience been feeding infants solids?" Showing other caregivers that you're open to their suggestions can help build positive relationships and allow you to learn something new.

Make a plan. Other caregivers may have different ways of feeding your child. You may not agree on everything. Talk about how they can be supportive of the many aspects of feeding. Maybe another caregiver isn't willing to try a new food, but will gladly sit down with the child during mealtime.

First Year Foods



0-6 MONTHS



If possible, start your baby off by feeding them only breast milk. You can do this by breastfeeding or pumping. When you can, have another caregiver share the responsibilities by having them feed the breast milk from a bottle.

BREASTFEEDING IS GOOD FOR BABY...

- Gives baby easy-to-digest nutrition and helps their digestive system grow.
- Provides the right amount of nutrients for your baby's growth and development
- May keep your baby from getting sick
- May protect your baby from skin problems, allergies, and too much weight gain as a child

...AND GOOD FOR PARENT TOO!

- Helps you bond with your baby
- Can build confidence in parenting
- May save money - breast milk is free
- May save time — no measuring or mixing formula

If feeding breast milk isn't an option, you can feed your baby donor human milk or properly mixed iron-fortified formulas. Formula can be offered if breast milk is not available and can be offered throughout the first year of life. If feeding breast milk, continue to offer it through the first year of life, and longer if desired.

6 MONTHS

At about 6 months, introduce infants to solid foods to help your baby grow and develop a strong immune system. At this time in their life, they need nutrient-rich foods, especially foods high in iron and zinc.

IRON-RICH

- Pureed or shredded meats
- Low sodium canned or pureed spinach or greens
- Iron-fortified whole grain cereals

ZINC-RICH

- Mashed beans and lentils
- Thinned nut butters
- Low sodium canned chicken or low-mercury canned fish

NUTRIENT-RICH

- Scrambled or hard-boiled eggs
- Fruits: banana, steamed or pureed apples, berries
- Vegetables: avocado, steamed or pureed sweet potato, green beans



TIP

- You can give infants small amounts of drinking water in a cup when you start solid foods.
- Cow's milk and soy beverages should not replace breast milk or formula in the first year. Babies can have cheese and plain yogurt.
- Avoid honey and unpasteurized foods and beverages.
- Avoid added sugars and foods high in sodium.

Food for You and Baby

**COOKING
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Start your baby off right by nourishing your body during and after pregnancy.

Your body needs extra energy and nutrients to grow and then feed a baby. Avoid dieting or restricting your weight at this time. Talk to your health care provider about the weight gain that's right for you.



SHOULD I DOUBLE UP ON PORTIONS NOW THAT I'M “EATING FOR TWO?”

No! The need for extra food to support pregnancy starts in the second trimester. You need about one extra snack or small meal (about 350 extra calories per day), and a little more than that in the 3rd trimester. If you breastfeed or pump milk, you will need to continue to take in extra energy to support breastfeeding. Extra calories should come from nourishing foods to give you and your baby the nutrients you both need.

TRY THESE TIPS TO GET RELIEF FROM NAUSEA, VOMITING, HEARTBURN AND CONSTIPATION.

1. Never let your stomach get empty. Eat 5-6 small meals each day.
2. Limit fried or greasy foods.
3. Eat plenty of fiber-rich foods like whole grains and fruits and veggies with skins left on.
4. Try to keep roughly the same meal and snack times each day.
5. Drink plenty of fluids, like water.
6. Be active to help food move through your body. Talk to your doctor first if you are new to exercise.






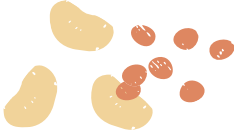
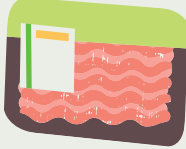

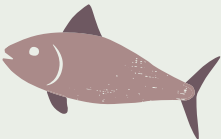
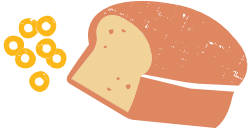




WHAT OTHER NUTRIENTS DOES MY BODY NEED DURING AND AFTER PREGNANCY?

Choose foods high in these nutrients to grow a strong baby, and then help heal your body after birth. Talk to your provider about whether you also need to take a supplement.



EAT FOODS HIGH IN...

IODINE	IRON	CHOLINE	FOLATE/ FOLIC ACID
Supports brain and nerve growth during pregnancy and in infancy	Helps make new blood and muscle cells	Helps with baby's brain growth and development	Needed very early on in pregnancy to prevent birth defects
 Dairy products	 Lean meat, poultry and seafood	 Eggs	 Beans and lentils
 Eggs	 White beans, lentils	 Meats	 Oranges & orange juice
 Low-mercury seafood	 Fortified breads and cereals	 Beans, peas and lentils	 Dark green vegetables

Not sure how much of these you need? Talk to your health care provider.

Fun with Fruits and Veggies

Offer fruits and vegetables at each meal in ways that are fun for kids.

HAVE FUN WITH FOOD

- Ask kids to describe the shapes of fruits and veggies.
- Make faces on bread or bagel halves. Spread cream cheese or peanut butter. Use fruits and veggies to make eyes, eyebrows, nose, cheeks and a smile. Try making fruit and veggie faces with other favorite foods.
- Turn kids' favorite recipes into kabobs using skewers or clean popsicle sticks – pizza, sandwiches, pasta, and fruit and cheese.
- Consider giving kids a small portion of a new food to be able to hold, touch, smell, or just look at even if they don't eat it.



TALK ABOUT ALL THE COLORS

- Help kids learn their colors by telling you which ones are on their plate.
- Make a wall chart. Let kids put a sticker by each color they eat that day.
- Connect colors to things kids know. Relate red tomatoes to a red toy they like or to a superhero's red cape.

ADD NEW FLAVORS

- Add a small amount of oil, a dab of syrup, and some salt and pepper to sweeten some cooked veggies.
- Serve raw or lightly steamed veggies with a dip.



MAKE A GAME OUT OF TRYING NEW THINGS

- Have kids taste-test vegetables seasoned with different herbs, spices or flavors. Let them vote for the one they like most.
- Make up silly songs about a new fruit or vegetable. Have kids sing them as you show them the new food.

OFFER FOODS IN DIFFERENT WAYS

- Try mashing, sautéing, steaming, baking, or roasting veggies.
- Serve fresh, frozen or canned fruit in a yogurt parfait.






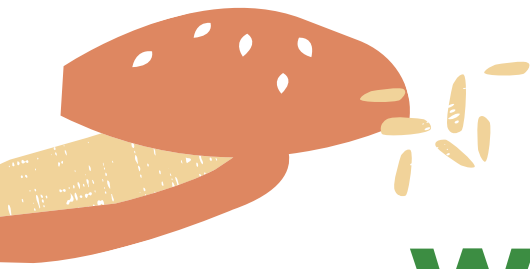
Fresh, Frozen and Canned

Enjoy fruits and vegetables in all their forms.

All forms provide nutrients, and you can mix and match based on what works best for you and your family:

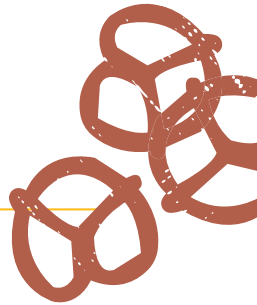


	+ PROS	? WHAT TO CONSIDER	* TIPS & IDEAS
FRESH 	<ul style="list-style-type: none"> Greater variety Able to touch, smell and see whole form before buying Can cost less when purchased in season 	<ul style="list-style-type: none"> Use up before they go bad Learn about ripeness and storage Can cost more if not in season 	<ul style="list-style-type: none"> Purchase fresh produce when in season to save money Purchase only the amount you plan to use up before it goes bad, or plan to freeze Check your WIC and SNAP benefits for special deals at farmers markets
FROZEN 	<ul style="list-style-type: none"> Can cost less compared to out-of-season produce Long shelf life (up to 6 months) Little preparation required Available year-round Frozen at peak freshness 	<ul style="list-style-type: none"> Consider choosing foods with lower sodium, sugar and/or fat Texture changes with freezing 	<ul style="list-style-type: none"> Read the label and ingredients list Easy to add to casseroles, soups, stir-frys You can defrost a small amount for your kids to try new foods, and keep the rest frozen for later
CANNED 	<ul style="list-style-type: none"> Can cost less compared to out-of-season produce Long shelf life (2-4 years) No preparation required Available year-round Canned at peak freshness 	<ul style="list-style-type: none"> Consider choosing foods with lower sodium, sugar and/or fat Texture changes with canning 	<ul style="list-style-type: none"> Read the label and ingredients list Rinse canned vegetables under water The soft texture is great as a first food for baby Great option to keep on hand



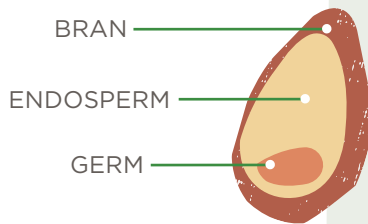
Great Whole Grains

Grains are an important part of the foods we eat.



SATISFYING & NOURISHING

Grains help us feel satisfied, especially when combined with other foods. Whole grains have nutrients that keep our bodies nourished, help us feel full longer and reduce risk for some diseases.



GRAIN ANATOMY

In a whole grain, all the parts of the kernel are included. When grains are refined, the bran and the germ are removed in processing. Refined grains are missing some of the important nutrients when the bran and germ are gone. However, refined grains are often fortified. Fortified grains have nutrients added back and can be a part of the total grain foods we eat.

CHECK FOR WHOLE GRAINS

Look for a whole grain as the first ingredient on the ingredients list.

Whole grains can be listed with the word “whole”.

- Whole grain cornmeal
- Whole wheat chapati
- Whole wheat bread
- Whole grain cereals and crackers

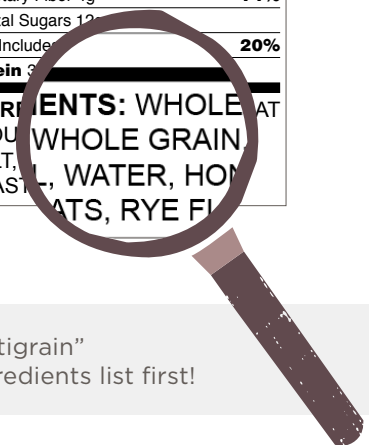
Or, there are some grains that are always in their whole form.

- Brown rice
- Oats
- Bulgur
- Popcorn
- Millet
- Quinoa
- Farro
- Wild rice

Any whole grains listed after the first ingredient may only be a very small part of the product.

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 Added Sugars 0g	20%
Protein 3g	
INGREDIENTS: WHOLE WHEAT FLOUR, WHOLE GRAIN FLOUR, WATER, HONEY, YEAST, SALT, VITAMIN B1, VITAMIN B2, VITAMIN B6, VITAMIN NIACIN, RYE FLOUR	



TIP Don't be fooled by foods that are brown in color or say “wheat” or “multigrain” on the package. If you're looking for whole grains, always check the ingredients list first!

NOT SURE IF YOUR GRAIN IS A WHOLE GRAIN?

Here are examples of some:



Brown rice



Bulgur



Millet



Farro



Oats



Popcorn



Quinoa

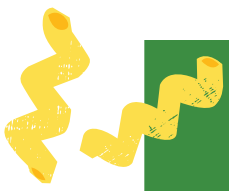


Wild rice



GRAINS FOR THE WHOLE FAMILY

Introduce whole grains to babies and the entire family.



	BABY'S FIRST FOOD (fed with a spoon, not in a bottle)	THICKER TEXTURES	FINGER FOODS	FOR THE FAMILY
OATS	Blend into a powder & mix with water, formula or breast milk	Prepare as oatmeal; add fruit puree or mash	Baked oatmeal bars cut into slices	Bake oats into muffins
BULGUR, FARRO OR QUINOA	Pureed with water, formula or breast milk	Prepare according to package; add veggie puree	Eat with hands or serve with a mash	Grain bowl with protein, veggies and toppings
WHOLE WHEAT BREAD		Small, broken up pieces	French toast strips or strips with avocado or nut butter	French toast or top toast with avocado, egg or toppings of choice
WHOLE WHEAT PASTA		Spaghetti pieces	Any pasta; use oil or a little sauce to prevent stickiness	Pasta with sauce or in a stir-fry



Use the Food You Have

Meals and snacks can come together quickly
when you have foods ready to use.



FREEZER

- **Frozen fruits and vegetables**
You can defrost a small portion and save the rest for another time.
- **Breads and grains**
If you're worried about bread going bad, keep the loaf in the freezer. Toast slices as needed.

REFRIGERATOR

- **Kids' favorites**
Fruits and vegetables they've tried and liked. Yogurt, cheese, or other foods.
- **Condiments**
Sauces, dressings, and spreads for kids to dip vegetables or accompany with new foods.
- **Leftovers**
Refrigerate in individual containers and eat it on a busy night.

PANTRY/ CUPBOARD

- **Canned fruits and vegetables**
Soft texture works as a first food for baby.
- **Canned beans and other legumes**
Soft texture works as a first food for baby, or as a meat replacement in a recipe.
- **Cereals, crackers, and pasta**
Stock up on your kids' favorites for the occasional picky day.



COUNTERTOP

- **Room temperature fruit**
Apples, bananas or oranges for kids to reach themselves when they're hungry.



Take a photo and share with a friend!

COOKING MATTERS®

Keeping Food Safe

Use these tips to handle food safely and keep your family from getting sick from food.



01



SHOPPING

- Choose meat packages that are cold and tightly wrapped.
- Look for package leaks or other damage.
- Put refrigerated and frozen foods in your cart last.

02



STORAGE

- Refrigerate or freeze perishable items promptly.
- Store frozen foods in airtight containers or packaging.
- Keep freezer temperature at or below 0°F.
- Keep refrigerator temperature at or below 40°F.
- Defrost meats, poultry and fish on a plate or pan on the lowest fridge shelf.

03



PREPARATION

- Wash hands often.
- Keep counters, cutting boards, and utensils clean. Wash them with hot, soapy water. Then, sanitize with bleach solution.
- Use different cutting boards for raw meats, poultry, and seafood than for other foods.

04



COOKING

- Use a food thermometer to be sure food is safe to eat.
- Place the thermometer in the thickest part of the food, away from bones.
- Wash the thermometer with hot, soapy water after each use.

TIP

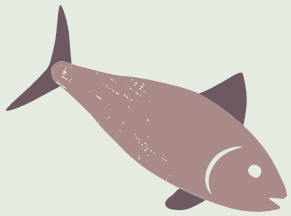
- A “Best if Used By/Before” date tells you when the food will have the best flavor or quality.
- A “Sell-By” date tells the store how long to display the product for sale.
- A “Use-By” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.



SAFE MINIMUM INTERNAL TEMPERATURES

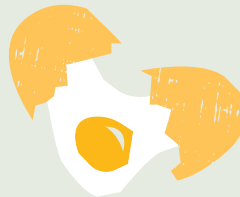
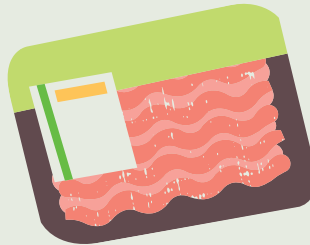
Follow these temperature guidelines to be sure foods are safe to eat.

145°F



Fish, roasts, steaks and chops
(beef, pork, veal and lamb)

160°F



Egg dishes and ground meats
(beef, pork, veal and lamb)

165°F



Stuffing, all poultry, casseroles
and reheated leftovers



BLEACH SOLUTION FOR KITCHEN SURFACES

- Mix ¼ teaspoon bleach and 2 cups water in a plastic spray bottle.
- Store in a cool, dry place for no more than 1 month.
- Wear rubber gloves when using the bleach solution.



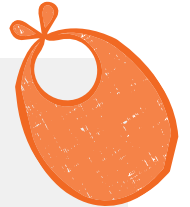
Kids in the Kitchen

Help kids develop a love for food by involving them in the cooking process.



LET 0-6-MONTH-OLDS:

- Grab and chew on a baby spoon
- Sit in their highchair at the family meal table
- Watch and listen to you cook and talk about foods



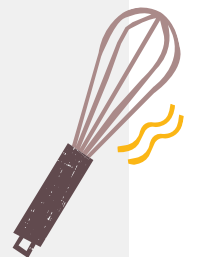
LET 6-12-MONTH-OLDS:

- Play with plastic measuring cups, spoons and containers
- Practice drinking water from a cup
- Explore age-safe ingredients from meals, such as dips, sauces or soft foods



LET 1-2-YEAR-OLDS:

- Play with a bowl of water and a whisk
- Learn to say names and colors of foods being used
- Smell foods and taste small amounts





YOU GOT THIS!



LET 3-YEAR-OLDS:

- 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



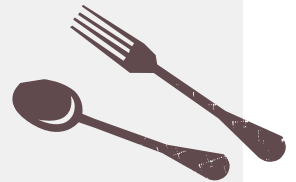
LET 4-YEAR-OLDS:

- 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
- Sweep the floor and wipe the table after meal



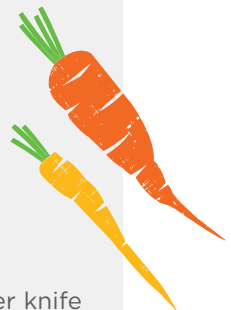
LET 5-YEAR-OLDS:

- Help grate cheeses and vegetables
- Crack and beat eggs
- Peel oranges
- Set and clear the table



LET 6+ YEAR-OLDS:

- Get out ingredients and put them away
- Read the recipe
- Measure small amounts of ingredients
- Rinse, scrub, and peel onions, carrots, cucumbers and other produce
- Grate cheese and vegetables
- Roll out and shape dough
- Cut soft foods with a plastic or dull butter knife





Knife Basics

COOKING
MATTERS®

Follow these tips to buy, use and care for your knives.

USING KNIVES SAFELY

Our recipes call for a lot of slicing, dicing, chopping and mincing. Use these tips to cut like a pro.

01 Watch your fingers.
Tuck your fingers and thumb toward your palm on the hand that is holding the food.

02 Lead down with the tip.
Angle the tip of the knife toward the cutting board.

03 Slice.
Cut through the food with a slicing or sawing motion. Don't just push down.

04 Create a flat surface.
When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.



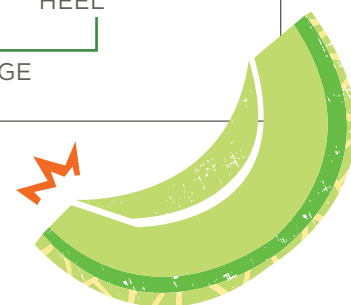
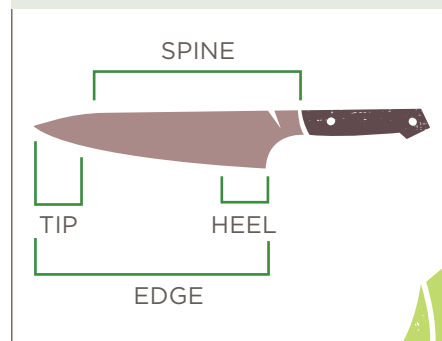
TIP

Most kitchen tasks can be done with one good chef's knife. Look for one with an 8-10" blade. If you want more, you can add a 3-4" paring knife for more precise work like coring, and a serrated knife for slicing bread and cutting soft-skinned produce like tomatoes.

SAFETY TIPS

- Never put a knife in a sink full of water. You or someone else may forget it's there. This can lead to cuts when you pick up things to clean.
- Don't try to catch a falling knife. If you drop it, take a quick step back so it doesn't cut your toes or bounce back on you.
- To pass a knife to another person, set it down on the counter and let the other person pick it up.
- Always walk with the blade of your knife pointed towards the floor and announce that you have a knife when passing by.
- When you are not using your knife, place it at the top of your cutting board. Keep the blade facing away from you.

KNIFE ANATOMY





Make Meals Fast

Spend less time in the kitchen and more time with your family.



01

STAY ORGANIZED

- Organize your kitchen or cooking space. Know where to find the ingredients and cooking tools you need.
- Read the recipe all the way through at least twice. Make sure you have all the ingredients and supplies you will need.
- Prep all ingredients — such as rinsing and chopping all of the vegetables — before you start cooking. Everything should be ready to use as soon as the recipe calls for it. If you can, prep some ingredients the night before.

02

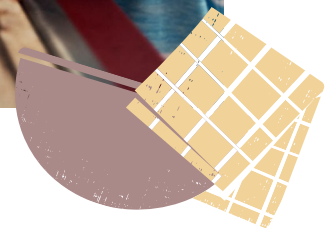
PREP ONCE, EAT TWICE

- Cut up large amounts of vegetables that your family enjoys. Store in large, zip-top plastic or reusable bags. Use as needed.
- Double the recipe and freeze the extra portion. Serve it later in the month when you don't have time to cook

03

MAKE CLEANUP EASY

- Wipe up spills as they happen.
- Line baking sheets with aluminum foil. Then use it to cover leftovers.
- Presoak pots, pans, and dishes as soon as they are used.
- Clean as you cook. Try not to save it all for the end.
- Organize a family cleanup team. Sing or play a game while you're working together.
- Kids can help by bringing dishes to the sink, wiping down surfaces and sweeping.





Take a photo and
share with a friend!

**COOKING
MATTERS®**

Make Your Produce Last Longer

These tips can help you plan to use what you buy
and avoid food waste.



BUYING FRESH FRUITS AND VEGETABLES

- Look for fruits and vegetables bright in color and without any soft spots or bruises. Whole forms will last longer than pre-cut versions.
- If you have time and freezer space, consider buying fruits and veggies in bulk when they are in season. Freeze the extras to use another time.

FREEZING FRESH FRUITS AND VEGETABLES

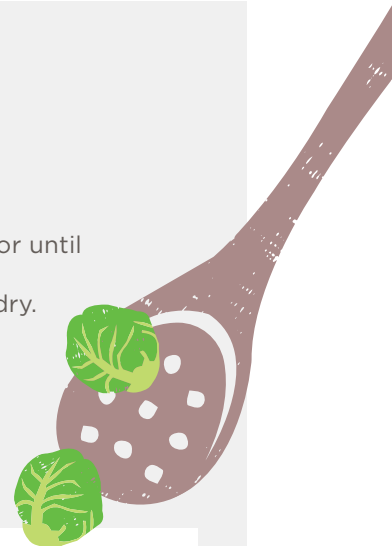
To freeze fruits and veggies, follow these simple steps:

1. Rinse produce. Pat dry.
2. Prep by removing inedible portions and cut into pieces.
3. If freezing vegetables, blanch (briefly cook in boiling water) for about 2 minutes, or until vegetable turns a bright shade (no more than 3 minutes). Using a slotted spoon, immediately transfer blanched veggies to a bowl of ice water. Drain well and pat dry.
4. Place produce in a single layer on a baking sheet and freeze.
5. Transfer frozen produce to a large freezer-safe bag or other airtight container.

Most produce maintains its quality when frozen up to about 6 months (for fruits) or 12 months (for veggies).

TIP

Blanching slows the loss of flavor, color, texture and nutrients during freezing.



STORING FRESH FRUITS AND VEGETABLES

Don't let produce go bad. Keep it fresh longer using these tips.

- When purchasing fresh produce buy a mix of items that are ready to eat and some that are ready later. As an example, buy a mix of green and yellow bananas that will be ready at different times throughout the week.
- Refrigerate most produce to keep it fresh for longer. If they keep it cool at the store, you should too.
- Root vegetables like potatoes, onions, yams, yuca and garlic should be stored in a cool, dark place.
- Tender greens like spinach, some lettuces, cilantro and other herbs should be patted dry before refrigerated.



COOKING MATTERS | HANDOUTS

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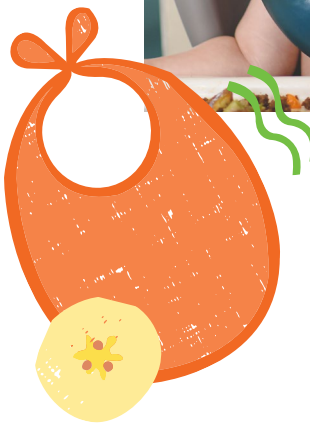
Make Your Own Baby Food

You can introduce solid foods starting around 6 months of age. Make sure to keep feeding breast milk and/or formula. First solids should be a texture that is easily mashed by a caregiver by squeezing between two fingers or a fork. Some babies may be ready for soft chunks around 6 months, and some families choose to start with purees. Either or both may work for your baby.



MAKING YOUR OWN BABY FOOD CAN:




- 1 Help cut down on family food costs
- 2 Help baby get used to foods the family eat
- 3 Give baby the nutrients they need without added salt or sugar



As your baby matures, slowly start letting them try safely prepared foods from the family table. Set aside some food for baby before adding sugar, salt or lots of spices for the rest of the family.

HOW TO MAKE IT

First, wash hands and work spaces thoroughly. Then follow the chart below.

TO MAKE:	PREP	COOK OR SERVE	BLEND & SERVE
 <p>FRESH FRUITS & VEGGIES</p>	<p>Wash, peel, and remove any core or seeds.</p>	<p>Cook until tender. Boil in a small amount of water. Or, try steaming or baking.</p>	<p>Use a blender or fork to mash the food until it is smooth. Add liquid, such as water, formula, or breast milk, to thin as needed.</p>
 <p>CANNED OR FROZEN PRODUCE</p>	<p>Be sure it has no added salt, sugar, fat, or spices.</p>	<p>Serve if soft, or move to next step for puree.</p>	
 <p>MEAT, POULTRY, OR FISH</p>	<p>Remove bones, skin, and fatty parts.</p>	<p>Cook food until tender. Boil in a small amount of water. Serve if soft/shredded, or move to next step for puree.</p>	

KEEP IT SAFE

- Let food cool so it does not burn your baby’s mouth and throat. Taste-test the temperature before serving.
- If you’re concerned about allergies, introduce one new food at a time.
- Refrigerate baby food that is not eaten right away. Use within a few days or, store in the freezer up to 1 month, labeled with the date the food was frozen.

RE-HEAT STORED BABY FOOD TO AT LEAST 165°F. LET COOL TO A SAFE TEMPERATURE BEFORE SERVING.



ON THE STOVE

Place a small heat-safe dish in a small pot. Add about an inch of water. Bring water to a simmer. When food is warm, remove from pot. Stir and test for temperature.



IN THE MICROWAVE

Stir well and turn dish often to prevent hot spots. Stir, let sit a few minutes, and test for temperature.

Meal Planning Basics

Plan ahead to save time during the week.

1. Check what you already have. See what needs to be used (items in the pantry or freezer, WIC foods, or foods about to go bad).
2. Don't focus on the details. Start by writing down ideas rather than specific recipes.
3. Think about ingredients you can use in more than one meal (like foods bought in bulk, leftovers, or herbs and spices).
4. Check store flyers. Look for sale items you could use in your meals.
5. Create a shopping list to make sure you buy all the items you need.



HERE'S AN EXAMPLE OF HOW YOU CAN STRETCH INGREDIENTS

CHICKEN THIGHS

CARROTS

ONIONS

RICE

SPINACH

DAY 1

Roasted carrots and onions with chicken thighs and rice

DAY 2

Spinach salad with leftover chicken thighs

DAY 3

Soup with pre-chopped onions and carrots and pre-made rice



Take a photo and share with a friend!

FOOD GROUPS

VEGETABLES, FRUITS, GRAINS, DAIRY, PROTEIN

FOR MEALS,
PICK AT LEAST
3 FOOD GROUPS

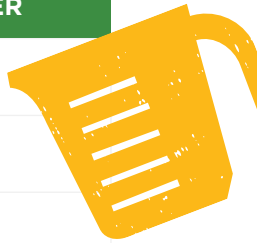
FOR SNACKS,
PICK AT LEAST
2 FOOD GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK

Measure Up

Use these common conversions.

TEASPOONS	TABLESPOONS	CUPS	OUNCES	OTHER
3 teaspoons	1 tablespoons	$\frac{1}{16}$ cup	$\frac{1}{2}$ oz	
6 teaspoons	2 tablespoons	$\frac{1}{8}$ cup	1 oz	
	4 tablespoons	$\frac{1}{4}$ cup	2 oz	
	8 tablespoons	$\frac{1}{2}$ cup	4 oz	$\frac{1}{4}$ pint
	12 tablespoons	$\frac{3}{4}$ cup	6 oz	
	16 tablespoons	1 cup	8 oz	$\frac{1}{2}$ pint
		2 cups	16 oz	1 pint
		4 cups	32 oz	1 quart
		8 cups	64 oz	2 quarts
		16 cups	128 oz	4 quarts = 1 gallon



COMMON ABBREVIATIONS

You may see these symbols in your recipes.

TEASPOON	t or tsp	FLUID OUNCE	fl or fl oz	QUART	qt
TABLESPOON	T or Tbs or Tbsp	CUP	c	GALLON	gal
OUNCE	oz	PINT	pt	POUND	lb

COMMON TERMS

Use these for measuring dry ingredients. Use a liquid measuring cup for anything that pours.

EVEN OR LEVEL

Measure the exact amount (so the ingredient is level with the top of the cup or spoon). If the recipe doesn't say, measure like this.

FIRMLY PACKED

Press as much of the ingredient as you can fit into the measure and level.

LIGHTLY PACKED

Press the ingredient into the cup lightly and level. Don't pack too tightly.

ROUNDED

Allow the ingredient to pile up above the rim of the measuring cup or spoon naturally, into a soft mound.

HEAPING

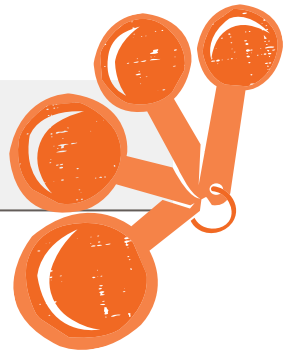
Pile as much of the ingredient on top of the measure as it can hold.

SIFTED

Pass dry ingredients through a fine-mesh strainer or sifter before measuring.

PINCH OR DASH

A small amount, usually less than $\frac{1}{8}$ of a teaspoon.



Notes

TIP

Spray measuring spoons with cooking spray before pouring in sticky items like honey.



Take a photo and share with a friend!

COOKING MATTERS®

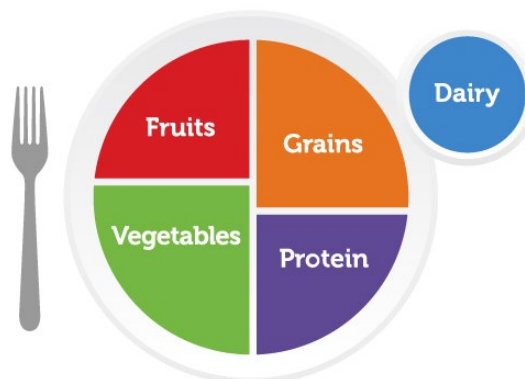
MyPlate Your Way

ALL FOODS FIT

MyPlate is a symbol that helps remind us how to build meals that work for you and your family— not an exact replica of our plate at each meal. You can use the MyPlate image as a framework to be tailored to your individual needs and preferences, including foods from your culture and traditions. You can think of MyPlate as each meal or what your family eats over the course of a day or a week.

WHEN CHOOSING FOODS, THINK ABOUT:

- Your family's preferences
- What you can find at the store
- What will be covered by SNAP or WIC benefits
- What is on sale
- What you can stretch across multiple meals
- What's available locally



MyPlate.gov

FRUITS & VEGETABLES

Choose fresh, frozen, and canned produce in your meals.

GRAINS

Enjoy all grains. Make half your grains whole grain. Pair refined grains with other foods like fruits, vegetables and protein foods to boost the overall satisfaction and nutrition of the meal or snack.

PROTEIN

Vary your protein sources. Try fresh, frozen, or canned, and lean forms like chicken, fish, turkey or non-meat proteins like beans, lentils, and soy products like tofu.

DAIRY

Enjoy a few servings of dairy or dairy alternatives each day. Include options like low-fat dairy milk, yogurt, and cheese. Try lactose-free versions or fortified soy beverages and yogurt.

TIP

Dairy provides calcium and vitamin D. If you do not eat dairy, try these other foods: Dark green, leafy vegetables (spinach, broccoli, okra, and collard greens), some types of fish (canned sardines and salmon), sesame seeds, flax seeds, almonds, and brazil nuts, soybeans and white beans.

Packaged Food Makeover

COOKING
MATTERS®

Love the convenience of packaged foods? Try these tips to bulk them up with other foods your family likes or has on hand.

TACO DINNER KITS

- Use lean ground meat like beef, chicken, or turkey.
- Substitute half of the meat with beans or lentils.
- Add veggies like chopped tomatoes or shredded zucchini.



FROZEN PIZZA

- Choose a whole grain crust if available.
- Add your own toppings, like peppers, mushrooms, or olives.
- Add leftover cooked meat, like chicken or sausage.

BOXED MACARONI & CHEESE

- Add fresh, frozen, or canned veggies to the pasta during the last few minutes of cooking.
- Choose whole grain versions when available.
- Offer as a side dish with a protein and vegetable.

FROZEN CHICKEN NUGGETS OR FISH STICKS

- Compare labels for saturated fat and sodium.
- Serve with a salad or a side of cooked vegetables.

“JUST ADD MEAT” MEAL KITS

- Use lean ground beef, chicken, or turkey.
- Add veggies you have on hand.

FRIED RICE & NOODLE DISHES

- Choose options with brown rice or wholegrain noodles.
- Stir in your favorite fresh, frozen or canned veggies. Try bell peppers, carrots, cauliflower, or garbanzo beans.
- Make your own sauce and season to your taste.



FROZEN WAFFLES OR PANCAKES

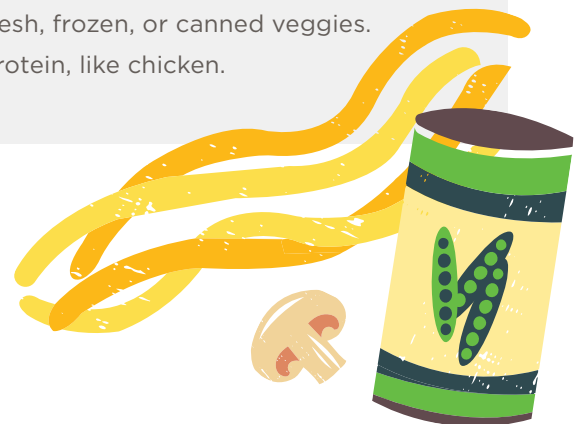
- Choose whole grain versions when available.
- Try toppings other than syrup: Fresh, frozen, or canned fruit, yogurt, nut butters, ricotta cheese, or jam.

INSTANT NOODLES

- Stir in fresh, frozen, or canned veggies. Try broccoli, peas, edamame or spinach.
- Add protein. Try leftover cooked chicken, fish, beef or tofu.
- Use only half of the seasoning packet.

CANNED RAVIOLI OR PASTA DISHES

- Choose whole grain versions when available.
- Add fresh, frozen, or canned veggies.
- Add protein, like chicken.





Prevent Choking at Meals

Little mouths and lots of energy put kids at greater risk of choking. Know how to keep your child safe.

STEPS TO MAKE MEALTIME SAFE

1. Ensure you're serving foods that are developmentally appropriate for their age.
2. Stay with children while they are eating. Watch them closely.
3. Make sure they are seated. Never allow a child to eat while lying down, walking, or running.
4. Maintain a calm environment. No distractions, yelling or horseplay while eating.
5. Encourage children to eat one bite at a time.
6. Prepare foods in a way that is safe for your child. The chart on the next page tells you how.





Take a photo and share with a friend!

CHOKING RISK	EXAMPLES	SAFER SOLUTION
SHAPE		
Marble-sized or round foods can get stuck in a child's throat.	<ul style="list-style-type: none"> • Whole grapes • Hot dogs • Baby carrots or carrot rounds • String cheese chunks 	Cut into short strips rather than round pieces.
SMOOTH AND SLIPPERY		
Smooth foods can slip down a child's throat before they have a chance to chew.	<ul style="list-style-type: none"> • Cherry tomatoes • Cooked pasta • Melon balls 	Quarter the food or chop into small pieces.
STICKY		
Sticky foods can "ball up" in the airway and get stuck.	<ul style="list-style-type: none"> • Spoonfuls of nut butters • Chewy fruit snacks 	Spread thinly on crackers or bread. Or, cut into small pieces.
HARD TO CHEW		
Foods that take a long time to chew or are hard to break down can get stuck.	<ul style="list-style-type: none"> • Bagels • Tough or large pieces of meat 	Cut into small pieces.
HARD AND CRISP		
Foods that break into chunks may slip into the throat before they are chewed.	<ul style="list-style-type: none"> • Raw green peas • Large whole beans • Other raw or hard fruits and vegetables 	Cook until soft enough to mash with fork. Or, break into small pieces. Or, grate first.
OTHER FOODS TO KEEP AN EYE ON		
Pretzels, chips, nut pieces, fish with bones, dried fruit, round or hard candy, gum, marshmallows, popcorn, ice cubes, fruits with pits.		

TIP

Know the difference between gagging and choking. Gagging can be very noisy and includes coughing and gurgling. Choking can cause high-pitched noises or even be silent. If there is choking, the caregiver must intervene immediately.

BE PREPARED

All parents and caregivers should learn the skills necessary to save an infant's life. Check out the American Heart Association (AHA) and the American Red Cross websites for local classes on infant first aid and CPR (cardiopulmonary resuscitation).



Raising a Healthy Eater

Support the development of children's lifelong eating habits.

01

FOLLOW A REGULAR MEAL AND SNACK SCHEDULE SO KIDS KNOW WHAT TO EXPECT

- Keep your favorite fruits and vegetables on hand to add to meals and snacks.
- Offer foods many times, and in different ways (roasted vs steamed, canned vs raw).

02

LET KIDS LEARN BY SERVING THEMSELVES

- Consider offering regular sit-down family meals and snacks and enjoy eating together.
- Respect their fullness by teaching “your body knows how much you need to eat.”

03

BE PATIENT. IT WORKS BETTER THAN PRESSURE

- Give children repeated neutral exposure to unfamiliar food rather than persuading or motivating them to eat it.
- Reassure them they don't have to eat what is served by others.

04

LET KIDS HELP IN THE KITCHEN

- Kids like to try foods they help make. It's a great way to support trying new foods.
- Name their dish (“Karla's Salad”). Make a big deal of serving foods they help create.
- Use foods to learn and teach about math, science, culture, and history.

05

SET A POSITIVE EXAMPLE




- Let your children see family members eating and enjoying many nourishing foods. As a family, be open to trying new foods.
- Turn off screens during mealtime. Silence your cell phones.
- Be respectful and considerate of all body types to allow all children to feel positive about their body. Talk to kids about the importance of growing into a body that's right for them.



06

USE ENCOURAGING WORDS.

- Talk about all food neutrally; avoid placing value on one food over another.
- Teach children how to manage unfamiliar food: how to say “yes, please,” and “no, thank you” and “don’t yuck my yum.” Everyone likes different foods.
- Make mealtime enjoyable by talking about traditions and cultural practices that are important in your family.
- See chart below for more examples of positive phrases to consider.

INSTEAD OF...	TRY THIS!
<p>Avoid phrases that teach children to eat to win your favor.</p> <ul style="list-style-type: none"> • “Eat that for me.” • “If you do not eat one more bite, I will be mad.” 	<p>Support trying new foods by connecting them to the senses.</p> <ul style="list-style-type: none"> • “This is kiwi fruit. It’s sweet like a strawberry.” • “These radishes are very crunchy!” 
<p>Avoid phrases that teach children to ignore fullness to win your favor.</p> <ul style="list-style-type: none"> • “You’re such a big girl. You finished all your peas.” • “You have to take one more bite before you leave the table.” 	<p>Help children to tell when they are full to prevent overeating.</p> <ul style="list-style-type: none"> • “Is your stomach telling you that you’re full?” • “Is your stomach still making its hungry growling noise?” • “Has your tummy had enough?”
<p>Avoid phrases that imply children are wrong to refuse a food.</p> <ul style="list-style-type: none"> • “See, that didn’t taste so bad, did it?” 	<p>Let children explore the taste of the food and decide what they like.</p> <ul style="list-style-type: none"> • “Do you like that?” • “Which one is your favorite?” • “Everybody likes different foods, don’t they?”
<p>Avoid phrases that teach children to eat to feel better.</p> <ul style="list-style-type: none"> • “Stop crying and I will give you a cookie.” 	<p>Reward children with support and kind words.</p> <ul style="list-style-type: none"> • “I am sorry you are sad. Come here and let me give you a big hug.”
<p>Avoid phrases that make some foods, like dessert, seem better than others, like vegetables and phrases that emphasize children’s dislikes.</p> <ul style="list-style-type: none"> • “No dessert until you eat your broccoli.” • “I know broccoli isn’t your favorite, but can you give it a try?” 	<p>Let children make the choices about when to try new foods. They will be more likely to enjoy it when they do. Help children understand that learning to like new foods may take time.</p> <ul style="list-style-type: none"> • “We can try broccoli another time.” • “Next time would you like to try it raw instead of cooked?” 



Reading Food Labels

Learn how to read and compare food labels.



? WHY READ LABELS?

Food labels are a great comparison tool. Look at these two food labels. What is different?

CEREAL EXAMPLE 1	
Nutrition Facts	
12 servings per container	
Serving size	1cup (55g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 1g	2%
Vit. D 10%	Calcium 20%
Iron 45%	Potassium 6%
INGREDIENTS: CORN FLOUR, SUGAR, OAT FIBER, CONTAINS 2% OR LESS OF SOYBEAN OIL, SALT BHT FOR FRESHNESS	

CEREAL EXAMPLE 2	
Nutrition Facts	
9 servings per container	
Serving size	1cup (55g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 9g Added Sugars	18%
Protein 5g	10%
Vit. D 0%	Calcium 0%
Iron 10%	Potassium 6%
INGREDIENTS: WHOLE WHEAT FLOUR, WHEAT GLUTEN, RICE, WHEAT GERM, RAISINS, SEA SALT, NATURAL FLAVOR	

SERVING SIZE

Look at the serving size first. This is the amount of food that the label refers to, but it may not be the amount that you eat.

CALORIES

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

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.

INGREDIENTS LIST






































Ingredients are listed by weight. That means, the first ingredient on the list weighs the most, and the last ingredient weighs the least. Use this list to check for allergens.

TIP

When comparing labels, look for foods higher in fiber, vitamins and minerals and foods lower in added sugars, saturated fats and sodium.

Safe Start to Fruits and Veggies

Every child develops differently! Use these as a general guide for feeding your child.

AGE & MILESTONES	INFANT	TODDLER	OLDER TODDLER	PRESCHOOL
	<ul style="list-style-type: none"> 6 months Sitting solo No teeth 	<ul style="list-style-type: none"> 12 months Crawling/Toddling A few teeth 	<ul style="list-style-type: none"> 18 months Walking Molars 	<ul style="list-style-type: none"> 3+ years Very active Many teeth
TEXTURE	Soft, Mashed, Pureed	½ in. for soft ¼ in. for firm	½ in. for all	Larger chunks & halves
BANANA				
BELL PEPPER	not yet!			
MANDARIN				
CARROT	cooked 	cooked 		
PINEAPPLE				
MANGO				
CELERY	not yet!	cooked 		
BROCCOLI	cooked 	cooked 		
BLUEBERRY				
GRAPE	not yet!			

TIP

Fresh, frozen, or canned offer new texture while saving time and money!

Shopping with Kids

COOKING MATTERS®

Make your trip to the store fun for your kids!

BEFORE YOU GO TO THE STORE

- Let kids draw pictures of the foods on your shopping list.
- Ask kids to help you decide on a few menu items.
- Give your child a fulfilling snack before shopping.
- Avoid shopping at naptime.



AT THE STORE

- Let your kids be “produce pickers.”
- Consider picking out a new fruit or vegetable your family has never tried before.
- Have your child help you search the aisles for the foods on your list. The child can cross them off as you add them to the cart.
- Ask your child to count the number of items you need.
- Talk about the color, shape, and size of items you are buying.



BACK AT HOME

- Have your child help you put groceries away.
- Discuss why certain foods are stored in the freezer, refrigerator, or pantry.
- At mealtime, remind kids how they helped you find and pick out the foods you are eating.
- Ask kids what they like about the color, texture, or shape of the foods.





Stages of Feeding

Learn when your baby is hungry and full, and when they might be ready for solids!

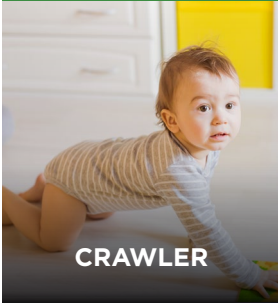
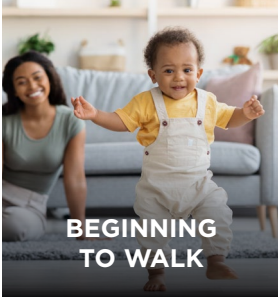
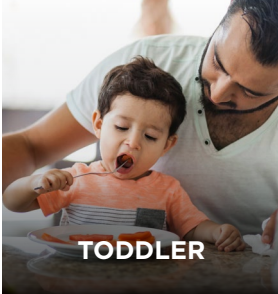


DEVELOPMENTAL STAGE	HUNGER CUES	FULLNESS CUES	PHYSICAL SKILLS →	EATING SKILLS
 <p>NEWBORN</p>	<ul style="list-style-type: none"> Sucks on fist Opens mouth Roots on caregiver 	<ul style="list-style-type: none"> Decreases or stops sucking Turns head away Falls asleep 	Needs head support	Exclusive breast milk and/or formula is the perfect food for your baby.
 <p>HEAD UP</p>	<ul style="list-style-type: none"> Smiles/cues to indicate wanting more 	<ul style="list-style-type: none"> Sucking slows Spits out nipple Turns head away 	Can hold head up	Breast milk and/or formula is still all they need!
 <p>SUPPORTED SITTER</p>	<ul style="list-style-type: none"> Reaches for spoon or food 	<ul style="list-style-type: none"> Turns head away Seals lips Distracted by surroundings 	Mostly sitting on their own	They might be ready for small amounts of purees or mashed food.
 <p>INDEPENDENT SITTER</p>	<ul style="list-style-type: none"> Reaches for and points at food 	<ul style="list-style-type: none"> Eating slows down Pushes food away 	Sitting on their own and picks up and brings objects to their mouth	They are ready for purees and mashed foods, along with breast milk/formula.






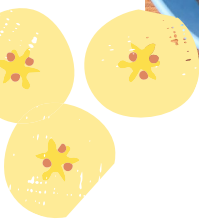
Take a photo and share with a friend!

DEVELOPMENTAL STAGE	HUNGER CUES	FULLNESS CUES	PHYSICAL SKILLS →	EATING SKILLS
 <p>CRAWLER</p>	<ul style="list-style-type: none"> Reaches for and points at food 	<ul style="list-style-type: none"> Eating slows down Pushes food away 	<p>Crawling, and maybe even pulling themselves to standing</p>	<p>They are ready for chunks of soft food and can experiment with spoons and cups.</p>
 <p>BEGINNING TO WALK</p>	<ul style="list-style-type: none"> Expresses desire for specific foods with words or sounds 	<ul style="list-style-type: none"> Shakes head to say "no more" 	<p>Standing on their own, and maybe even taking some steps</p>	<p>They are ready for more complex textures and table food and can experiment with dips and a straw.</p>
 <p>TODDLER</p>	<ul style="list-style-type: none"> Uses phrases and gestures, or seeks food 	<ul style="list-style-type: none"> Uses words like "all done" and "get down" Plays with food or throws food 	<p>Walking, and maybe even running</p>	<p>They are ready for firmer foods and can use a fork and cup skillfully.</p>



TEXTURE SCALE

LESS TEXTURE ● ————— ● MORE TEXTURE



Sub It In

COOKING MATTERS®

**Tempted to skip over a recipe because of one ingredient?
Just use something else!**

If your recipe calls for a food that is too pricey, hard to find, or that you simply don't care for, try subbing in another.

01

MAKE SWAPS IN THE SAME FOOD GROUP

- Change the cheese based on the one you prefer.
- If a fruit or vegetable is not in season, use one that is.
- Swap out half of the meat in a recipe for beans or lentils.

02

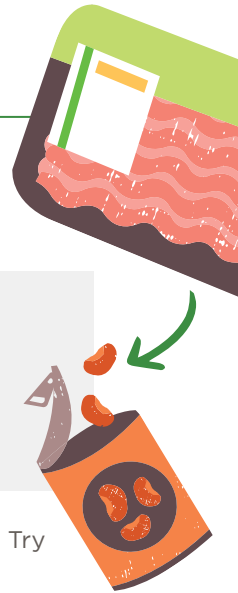
YOU CAN CHANGE THE TEXTURE

- Add crunch to smooth foods like soups or stews. Try tortilla chips or bread crisps.
- You may prefer canned peaches in yogurt parfait instead of the crunch of fresh peaches.
- If you have a nut allergy, use sliced apples in salad for the same crunch.

03

MAKE ADJUSTMENTS FOR YOUR FAMILY

- If you're serving a meal for your family with multiple foods combined, try separating out each food for your child.
- Make favorite condiments available to ease your child into eating.
- Swap foods in the same food group if your child is feeling picky this week.



EXPERIMENT WITH SWAPS THAT COULD IMPACT TEXTURE

When baking, you can use different spices or fruit than the recipe calls for.	You can replace half of the white flour with whole wheat flour.	Pay attention to a swap that might need more or less cooking time.



Understanding Food Allergies

? WHAT IS A FOOD ALLERGY?

A food allergy is a reaction that happens when the body's immune system mistakes a food for something harmful.

? WHICH FOODS CAUSE FOOD ALLERGIES?

Any food can cause a reaction, but the most common causes are:



Milk



Sesame



Wheat



Tree nuts (Cashews, Walnuts, etc.)



Fish & Shellfish



Soy



Peanuts



Eggs

TIP

Introduce potential allergenic foods (including peanuts/nut butters) in a consistency that is appropriate for their age when solids are introduced. This may decrease the risk of a child developing food allergies.





Take a photo and share with a friend!



HOW CAN I KNOW IF MY CHILD HAS A FOOD ALLERGY?

If you have a family history of allergies, or are concerned about them, when it's time to start solids, offer one new food at a time to see how your baby reacts. For more allergenic foods, or foods you're concerned about, wait a few days between offering new foods.

Symptoms usually start within minutes of eating the food, and rarely more than two hours later. Most symptoms are just uncomfortable, but some people can have severe, life-threatening reactions.

Rare but severe symptoms of a food allergic reaction could include difficulty breathing, hives, vomiting, abdominal cramps, diarrhea, tingling sensation in the mouth, or swelling of the tongue and throat.



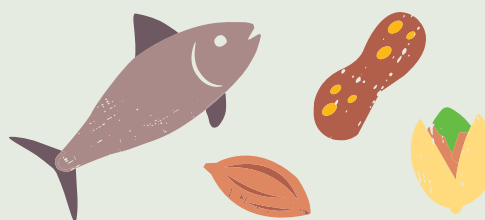
WILL MY CHILD OUTGROW A FOOD ALLERGY?

Children often outgrow allergies to milk, eggs, soy and wheat. Allergies to peanuts, tree nuts and fish usually last. Shellfish allergies often start later in childhood or adulthood. If you think your child may have a food allergy, it is crucial to work with your pediatrician to find out which food(s) causes the allergic reaction.

ALLERGIES OFTEN OUTGROWN



ALLERGIES OFTEN LASTING



WHERE CAN I GET MORE INFORMATION?

- American Academy of Allergy, Asthma & Immunology (AAAAI) www.aaaai.org
- The Food Allergy & Anaphylaxis Network www.foodallergy.org




Veggie Appeal

COOKING MATTERS®

Experiment which ways work best for you, and your child!

Wash before cooking. Peel if needed. Cut into the same size so they cook evenly. Then, follow the directions below.

COOKING METHOD	DIRECTIONS	COOK FOR	TIPS	TRY WITH
 <p>STOVE TOP</p>	<p>Steaming: Fill a pot with 1½ inches of water. Add veggies. Simmer until tender.</p> <p>Sautéing: Cook in a pan over medium high heat with a small amount of fat; look for slight browning color.</p>	<p>Steaming: 1-5 minutes; look for brightness</p> <p>Sautéing: 4-10 minutes</p>	Veggies should be a bright color, a little bit of crunchiness left.	<p>Broccoli</p> <p>Zucchini</p> <p>Yellow Squash</p>
 <p>OVEN ROASTING</p>	Preheat oven to 450°F. Toss veggies with 1 Tablespoon oil. Spread veggies evenly on the baking sheet so they are not touching. Bake, using cook times to the right.	20-25 minutes, look for crispy edges.	Veggies should be slightly browned from roasting. For crunchier vegetables, roast for less time.	<p>Root vegetables</p> <p>Brussel sprouts</p> <p>Asparagus</p>
 <p>MICROWAVE</p>	Place veggies in a microwave-safe dish with a lid. Or, cover with plastic wrap. Vent by poking a few holes in the plastic or folding back a small corner. Add 2 Tablespoons water. Microwave on high, using cook times below. Drain well after cooking.	2-6 minutes on high setting.	Many vegetables cooked on the stove top and microwave/steam method can be offered to babies over 6 months, as long as the texture is mashable between your two fingers.	<p>Peas</p> <p>Carrots</p> <p>Cauliflower</p>
 <p>RAW</p>	Slice in strips or dice in small pieces and offer with dressing.	No cooking needed!	Try grating vegetables to make a simple slaw or add to muffins or sauces. Cut veggies in new shapes, or ask children to assemble a face on their plates!	<p>Snow peas</p> <p>Sugar snap peas</p> <p>Cabbage</p>



TIP Try preparing one vegetable three different ways. Kids may prefer one cooking method over another.