



Child and Adult Care Food Program (CACFP)

CONTINUING EDUCATION
NUTRITION HOME ASSIGNMENTS

Using Whole Foods to Improve Nutrition and Overall Well-Being

Updated May 2019

Successful completion of this assignment will result in a certificate for 2 hours of continuing education.

Please Note: 4-C CACFP Continuing Education Nutrition Home Assignments are a benefit of participation in the 4-C CACFP. You must be currently enrolled in the 4-C CACFP to receive continuing education credit for these assignments.

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Using Whole Foods to Improve Nutrition and Overall Well-Being Remember to F.L.O.S.S (Fresh, Local, Organic, Seasonal, Sustainable)

What are whole foods? Whole foods are foods in their most natural state, unprocessed or minimally processed. They are unrefined and unchanged. Eating whole foods provides the nutrients, fiber, and the least amount of added sugar, additives, preservatives, artificial colors and flavors, and trans fats as possible.

How many ingredients does it have? A whole food has only one ingredient – the food itself. No label of ingredients is necessary on simple foods like apples, salmon, and wild rice. If a product has a long list of ingredients, it is probably not that close to its original form.

What has been done to the food since it was harvested? The less, the better. Many foods we eat no longer resemble anything found in nature. They have been stripped, refined, hydrogenated, and chemically treated. The closer the food is to its natural state the more nutrients it contains.

Refined foods: Food companies refine foods in order to prolong their shelf life. The process of refining removes the most nutritious parts: the bran, the germ, and the fiber from grains. Then a few B vitamins and iron are added back to the foods and they can be termed refined. They are missing many of the nutrients, vitamins, and minerals they had before being refined.

Foods are hydrogenated to harden the oils in them in order to extend their shelf life. This results in trans-fatty acids which increase the risk of heart disease. Look for products that don't contain hydrogenated oils or shortening.

Why eat this way? Whole foods like fruits, vegetables, and whole grains are packed with antioxidants, vitamins, minerals, flavonoids, and fiber. Our bodies process these nutrients much better when ingested from whole foods than in supplement form. Supplements are lacking in some of the nutrients found in whole foods. For example, fiber is found in whole foods and makes us feel fuller and more satisfied with smaller serving sizes.

Two-thirds of Americans are overweight or obese. According to the CDC (Center for Disease Control), the percentage of obese children has tripled since 1980. According to National Health and Nutrition Survey 17% of children age two to 19 years old are obese. Most are suffering from malnutrition at the same time. Empty calories from filling up on highly refined foods and not eating enough healthy food choices contribute to weight gain and little else. Malnutrition develops when the body does not get the right amount of vitamins, minerals, and other nutrients it needs to maintain healthy tissues and organ function.



Why eat organic foods? Organic foods are the most natural foods you can purchase. These foods can be purchased at farmer's markets, health food stores, co-ops, and at most supermarkets and grocery stores. A co-op is a food distribution outlet where decisions about food production and distribution are chosen by its members. It's a collectively owned grocery store. It is not necessary to be a member of a co-op in order to shop there, but being a member often means being able to purchase food at reduced prices.

Why eat local foods? A whole food harvested in season with very little transportation time to the market is at its peak in flavor and nutrients. Eating locally grown food reduces the carbon footprint, in other words less fuel is used to transport food, so it's better for the planet as well. Additionally, when you eat locally you support local farmers that grow the foods you buy.

Seasonal - Choosing food that is grown in season gives the best price and taste, and puts your body in tune with the climate you live in. It makes sense to eat lighter foods in the summer, such as salads, and heavier foods in winter.

Sustainable – Paying attention to what we purchase and put in our body benefits our health as well as the health of our planet. In simplest terms, sustainable agriculture is the production of food or other plant or animal products using farming techniques that protect the environment, public health, human communities, and animal welfare. This form of agriculture enables us to produce healthful food without compromising future generations' ability to do the same.

Shopping

In the 1960s, Americans spent 18% of their money on food and 5% on health care. Today we spend 9% on food and 16% on health care. High quality food is sometimes more expensive, but when you plan meals, spend money on essential ingredients, and make homemade foods they're often less expensive than "convenience" foods. Eating healthy doesn't have to cost more. Convenience foods often cost more than homemade. For example, bag of 12 apples costs \$1.29 per pound and a 25-ounce jar of applesauce costs \$1.89. There are 5 servings in the jar of applesauce, and 24 servings in the bag of apples.

Other money saving tips:

- ✓ Buy fruits and vegetables in season (see chart in seasonal fruits and vegetable section).
- ✓ Buy more when food is on sale.
- ✓ Don't shop when you're hungry.
- ✓ Comparison shop.
- ✓ Avoid or limit expensive snack foods, desserts, sodas and you'll have more money for healthy food. These foods also perpetuate appetite and crowd out more nutritious, health promoting foods. When you compare what you get for \$1.00 it's obvious which choices are better: \$1.00 buys a 4-ounce bag of chips, 2 small cookies, or 2 liters of soda. Or with \$1.00 you can buy 3 small apples or a pound of carrots. With the chips, cookies, and soda you get sodium, sugar, and fat and little or no nutritional value. With the apples and carrots, you get vitamins, minerals, and fiber.

Whole, fresh foods will have the most nutrients. Frozen and canned are healthy choices too, but may lose some color, flavor, and texture. Frozen and canned foods are picked when ripe and processed immediately and then shipped to markets. That makes these foods a good choice as well. If you buy canned food, it's best to look for low sodium versions. Or drain and rinse canned foods to remove much of the sodium.



Buying locally grown food is important because most farmers who sell their food locally don't artificially treat crops to withstand shipping and extend their shelf life. Check out farmer's markets and join a Community Supported Agricultural (CSA) farm. You can join a CSA and purchase a share or half share of fruits and vegetables. Most CSA's offer weekly pick-up locations for the share purchased.

You can often bring children there so they can visit the farm and see how food is grown. This helps your local economy as well. As for the ecological benefit, transporting 5 calories worth of strawberries from California to NY costs 35 calories of fossil fuel. In other words, we use more than three times as much energy to obtain our food as to fuel our homes when food is transported instead of buying locally (nearly as much as we use to fuel our cars). Buying local supports your community, your health, and conserves global resources. To find a local CSA farm in your area go to <http://www.localharvest.org/csa>.

Organic: What does organic mean? Organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, or genetically modified organisms. Animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones. A label that says "100% organic" must contain all organic ingredients. If it simply says "organic" at least 95% of the ingredients are organically produced. When labels read, "Made with organic ingredients" at least 70% of the ingredients are organic.

Buying organic can be beneficial for pregnant and nursing moms, infants, and children because toxins found in conventionally grown (nonorganic) foods may be harsh for the immature system of a fetus or an infant. Regulatory practices used to control pesticides in foods are based on studies of pesticide exposure to the general population, without regard to the special needs of infants. Some of the most pesticide-saturated foods are ones that we routinely give children to snack on, including peanut butter, peanuts, raisins, and potato chips. Nonorganic apples, peaches, strawberries, and celery can contain as many as eighty pesticide residues.

If you can't afford to buy all organic produce try to purchase the organic version of the "Dirty Dozen", the produce with the highest amount of pesticides – peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, lettuce, potatoes. The 15 least contaminated (or "clean 15") are onions, avocado, sweet corn (frozen), pineapples, mango, asparagus, sweet peas (frozen), kiwi, bananas, cabbage, watermelon, eggplant, sweet onions, cantaloupe, grapefruit, and sweet potatoes.



Variety is the spice of life

The key to healthy eating is balance, variety and moderation. Balance high fat foods, such as meat, with lower fat foods like fruits and vegetables. Eat a variety of foods in order to get the variety of nutrients they provide, and eat in moderation by keeping portions in control.

Our goal should be to have half of our plate consist of fruits and vegetables, with the vegetable portion larger than the fruit portion. The other half of our plate should consist of whole grains and protein with the grain portion larger than the protein portion. The protein choices should consist of lean animal sources such as poultry, seafood, lean meats, low-fat cheese, yogurt, and/or plant-based protein sources such as dried beans, peas, nuts and seeds. Choosing some plant based proteins are both economical and beneficial for our health. It is recommended that we choose plant based meals at least twice a week. To find economical recipes visit www.meatlessmonday.com.

Healthy Fats



Fats are essential in our diets for many reasons: they are essential for brain development in children, for insulation, for absorption of fat-soluble vitamins, for energy, for hormone production, among other reasons. Choose heart-healthy fats such as monounsaturated fat, which lower LDL, the bad cholesterol, and raise HDL, the healthy cholesterol, thereby lowering the risk of heart disease. Monounsaturated fat is found in olive oil, canola oil, sesame oil, peanut oil, most nuts, avocados and peanut butter. Choose olive oil and canola oil as your main cooking oils.

Omega 3 fats are also essential in our diets. These are found in oily fish (salmon, tuna, mackerel, herring, and sardines), olives, omega 3 eggs, wheat germ, and small leafy greens (arugula, watercress, etc.), nuts and flax oil and flax seeds. Omega 3 fats protect against heart disease, lower blood pressure, they are necessary in brain and eye development in fetuses and young children, and they help treat autoimmune disease, such as arthritis. Strive to eat these daily.

Drizzle healthy oils such as EVOO (extra virgin olive oil), grapeseed oil, coconut oil, sesame oil, walnut oil, pumpkin seed oil, almond oil, and hazelnut oil on cooked vegetables and noodles, and use in marinades. Use peanut oil for stir-frying because it holds up well under high heat. Use EVOO in salad dressings, and use canola oil for baking and sautéing.

Bake with nuts, sprinkle them into sautéed veggies and stir fries for crunch and flavor. Try a variety of nut butters, such as almond, cashew, and hazelnut, for dipping raw veggies. Use sunflower seeds or sliced or slivered almonds in trail mix and sprinkle them on salads. (Don't serve nuts to children under 3 years old as they are a choking hazard).

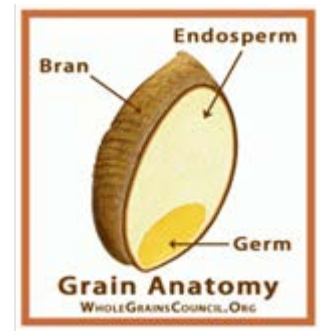
Avoid trans fats (found in processed foods and fast foods) and limit saturated fats, found mainly in high fat meats and high fat dairy products. Trans fats are found in many processed foods so the best way to avoid them is to limit or avoid processed foods as they raise cholesterol and can lead to heart disease.

Minimize consumption of high fructose corn syrup (HFCS) - HFCS is the number one sweetener in processed food – sodas, juices, cookies, candy, sugary cereals, cakes, pastries, etc. Frequent consumption of HFCS can promote weight gain. Read labels to avoid it.

To sum it up, it's important to eat as many whole foods as possible and avoid processed foods. In order to do this, some time- saving tips maybe helpful. One way to save time is to double recipes and use the leftovers to create different meals for the rest of the week. For example, make a roast chicken, eat it as a main course one day, use the leftover chicken remove the bones, skin, and use it as the base of a chili, a salad, wrap sandwiches, or soup. On the weekend clean and cut up vegetables and put in containers and store in the refrigerator for use throughout the week. Cook whole grains and oatmeal and use them throughout the week for a base for meals.

Identifying whole grains

Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Refined grains, on the other hand, have been milled, a process that removes the bran and the germ. This is done to give grains a finer texture and improve their shelf life, but it removes dietary fiber, iron, and many B vitamins. Eating whole grains is more satisfying because they contain more fiber than refined grains.



Whole grains can be cooked and served, ground into flours or cereals, and made into pasta or noodles. Examples of whole grain foods include brown rice, wild rice, polenta, quinoa, spelt, millet, pearled barley, oats, grits, and mung bean cellophane noodles. Examples of pastas made from whole grains include brown rice, quinoa, spelt and corn pasta. Whole grains can be ground into oat flour, spelt flour, amaranth flour, buckwheat flour, barley flour, quinoa flour, rice flour, rye flour, millet flour, cornmeal, cornstarch, oat bran.

Many breads and cereals are labeled on the front with the term high-fiber or whole-grain. It is still important to check the ingredients label on the package. Whole grains – whole-wheat flour, for example- should be listed as one of the first ingredients. The nutritional information also lists the percentage of your daily fiber in one serving size. The higher the number, the better.

Quinoa (pronounced keen-wah) is a very nutritious grain. Quinoa is different from other grains because it contains hypoallergenic proteins (beneficial for people with celiac disease because it's gluten-free). It cooks quickly, and is an excellent source of protein and fiber. Most people start by using cooked quinoa in recipes where they've traditionally used rice, but it's so versatile, it can be a main dish for breakfast, a side dish, or added to soups, stews, salads, muffins, bars, cookies, puddings and other desserts.

Superstar Foods

It's important to eat more fruits and vegetables to benefit from a variety of essential nutrients. Fruits and vegetables are low in fat, high in fiber, antioxidants, vitamins and minerals that promote health and protect against disease. Enjoy a rainbow of fruits and vegetables every day. A child requires 5 or more servings of fruits and vegetables a day.

The superstar fruits are berries, cherries, plums, mangoes, kiwis, apples, cantaloupe, pomegranates, and citrus fruit such as oranges, grapefruit, tangerines. Superstar veggies include all cruciferous (broccoli, cabbage, cauliflower, Brussels sprouts, kale, collards), tomatoes, carrots, onions, garlic, asparagus, spinach, dark salad greens and sweet potatoes.

Identifying Greens

Greens are rich in vitamins A and C, folic acid, calcium, and iron. The darker the color the more nutrients present, especially vitamin A. Greens are delicious steamed, stir-fried, in salads, and smoothies. In your bag of mixed greens, you've probably gotten some greens you never tried before such as arugula, beet greens, romaine, and Swiss chard.



Arugula has a peppery flavor and is very popular in "wild green" mixes. Buy dark green fresh-looking, not wilted leaves. Arugula is great in salads, it can be added to pesto, sprinkled on just cooked pizza, or tossed into hot pasta.



Beet greens are the tops of the beet plant. Often you can buy beets with the tops still attached. Only use them if the leaves are full and vibrant; discard wilted tops. Toss raw into salads, or try them steamed, sautéed or in any dish calling for a mild, tender green such as spinach. Beet greens are a good source of iron, calcium, and vitamin A. Beets themselves are high in potassium.



Bok Choy has a white bottom and green leaves. You can chop up the whole plant and use it. It is great sautéed in butter or oil with garlic. It's particularly high in calcium. Bok Choy, also known as Chinese cabbage, has been grown in China for over 6,000 years. When purchasing Bok Choy look for those that have firm stalks and leaves that are free of brown spots. It can be stored in a plastic bag in the refrigerator for up to one week. Wash Bok Choy under cool, running water before serving. Bok Choy is an excellent source of vitamins A and C and a good source of folate. It can be eaten raw or cooked. A few great ways to introduce Bok Choy to young children include serving it as a substitute for lettuce on a sandwich or in salads; or you can fill the stalks with hummus for a healthy snack.



Broccoli is appealing to children because of its treelike structure. Blanch it and let children dip it. Or kids love “trees and cheese”. Chop into salads, toss into casseroles, quiches, soups, stir-fry, on top of pizza.



Brussels Sprouts have a strong flavor, but when well-prepared can be delicious. Boil or steam 5 to 10 minutes, but don’t overcook or they’ll be mushy! They can be tossed in olive oil, lemon juice and a dash of salt and pepper; or top with butter; or marinate overnight in your favorite dressing for use in salads; or toss into soups or stews with sautéed onion and fresh herbs. They’re also delicious roasted, as are most vegetables.



Chinese cabbage (Napa) looks like green cabbage but has curlier leaves. It can be used in place of green cabbage in any recipe. Savoy cabbage looks and tastes similarly. Eat cabbage raw or lightly cooked as overcooked cabbage may have a strong odor and flavor. Cabbage is rich in vitamin C and has fair amounts of vitamin A and thiamine.



Collard Greens are big, broad, oval-shaped, dark green leaves that need heat to bring out their goodness. They’re delicious lightly cooked, sautéed in olive oil with garlic and other seasonings and they are packed with vitamin A and C and contain large amounts of calcium and phosphorus.



Endive is a small cream to pale green, cigar-shaped plant. It only needs a bit of heat, or it can be served raw in salad. Endive is a good source of vitamin A.



Escarole is a type of endive with a milder flavor. It is most often used as a leafy green in salads but can be cooked briefly or added to soups.



Green Cabbage is wonderful lightly cooked, raw in slaws, or used as a wrapper as in veggie rolls.



Kale, a member of the cabbage family, comes in a number of shapes, sizes, and types. There is curly leafed kale, red kale, dinosaur kale, and more. All kales have a strong flavor and benefit from some cooking. Kale is very rich in vitamins A and C, is a good source of B vitamins, calcium, potassium, and other minerals. It’s best to remove the inner rib (which is the most bitter part) and use the leaves.



Mustard Greens are another member of the kale family. These leaves have a peppery flavor.



Swiss Chard has big, majestic-looking leaves with white, yellow, pink, or red stems. Cook it as you would collards or kale but with much less cooking time.



Watercress has small, round leaves and a bright, sharp taste. Use it like a fresh herb to finish soup, grain, or bean dishes or add to salads.

Many of our favorite fresh herbs, such as basil, oregano, sage, cilantro, and parsley, are nutrition- packed, dark leafy greens too.

Identifying winter squashes and sweet potatoes

These sweet vegetables are rich in vitamin A, C, fiber and trace minerals.

- ✓ **Acorn squash** is shaped like a large acorn with prominent ridges. It comes in dark green, yellow or orange. It has a sweet, light flesh.
- ✓ **Buttercup squash** is shaped like a pumpkin but smaller. It has green or gold skin; the meat is dark orange and creamy.
- ✓ **Butternut squash** is gourd-shaped with a neck, a bulbous base, and buff-colored skin; the flesh is orange and firm.
- ✓ *Spaghetti squash* is a large oval shaped squash with yellow skin. The insides are long thin golden strands when cooked. Kids like to eat this “spaghetti” with butter or spaghetti sauce.
- ✓ **Sugar pie pumpkins** are small, dark orange pumpkins, perfect for pie making.
- ✓ **Sweet potatoes** are shaped like a potato with pointed ends. Their skin may be white, beige, yellow, orange, red, purple or brown. Their meat is gold or dark orange. Delicious sliced, steamed or roasted with any seasoning on top. Try cinnamon or savory spices like garlic, thyme, basil, oregano. They taste good with anything. No marshmallows needed. Sweet potatoes are an excellent source of vitamin A and C, and high in potassium.

Healthy proteins include fish, eggs, lean cuts of beef and pork, chicken without skin, beans, nuts, seeds, and low fat dairy. For variety try a meatless meal once a week, such as chili made with beans instead of meat. Avoid processed meats such as bacon, sausage, bologna, etc. Limit whole dairy products such as whole milk (except for children under 2), full fat cheese, ice cream, etc.

Dried beans, lentils, and legumes are a rich source of protein, potassium, magnesium, and soluble fiber and the B vitamin folate, as well as iron and other nutrients. In addition, they’re much less expensive than animal protein if you’re trying to save money. Long term studies suggest that people who eat beans, dried (not canned) peas, and other legumes at least 4 times a week have a significantly lower risk of coronary heart disease than those who only eat them once a week. Black beans have the highest antioxidant levels of all legumes. Canned beans tend to be high in sodium, drain and rinse them before using in order to reduce the amount of sodium they have. Dried beans cost less, and allow you to cook them in ways that minimize digestive issues. Soak dried beans overnight in water, then drain and replace the liquid with fresh water for cooking. Try different types of beans and



legumes to add variety to your meals. Chickpeas or garbanzo beans have been shown to have anti-inflammatory effects and may help lower cholesterol. Chickpeas are a staple in spreads like hummus, and go well in soups, stews, salads, and pasta dishes.

Basic bean cooking: Beans should be sorted and well washed before cooking. Remove broken or discolored ones. It isn't absolutely necessary to soak beans before cooking. They can be added to soups, for example, directly after being sorted and washed, although they will tend to cook more slowly and less evenly than beans that have been soaked. To soak beans, cover them with water (about 6 to 8 cups of water for a pound of beans). Bring to a boil over high heat and boil for 2 minutes. Remove the pot from the heat and let it stand, covered, for one hour. Then drain and rinse the beans before cooking. The beans can also be covered with the 6 to 8 cups of water and soaked at room temperature overnight.

The cooking time of beans varies depending on variety, although it's generally between 1-1/2 and 2-1/2 hours. Always cook thoroughly as underdone beans are difficult to digest. When done, the beans should be tender but should hold their shape.

Although you soak most dried beans before cooking to shorten the cooking time, if you don't have time to soak them overnight place the beans in a deep pot covered with lots of water. Bring it to a boil and cook for 2 minutes. Remove the pot from the heat, cover, and let stand for one hour.



When beans are cooled, divide them into four quart-sized re-sealable freezer bags. About 1-1/2 cups of beans per bag is good – that's about how much is in a can. Freeze the cooked beans (remember to label the bags so you know what kind of beans are in each). The next time you need beans, just pull a bag out of the freezer. Thaw first if using in a salad or for a sauté; if they're going into a soup or stew it's fine to add them frozen.

Add flavor by cooking dry beans with chopped onion, garlic, green pepper, and celery, and with herbs, such as bay leaf, thyme, and marjoram. To keep down foam during bean cooking, add a tablespoon of butter or vegetable oil to the cooking water.

Beans are good not only in soups and casseroles, but also marinated or simply chilled and used in salads. Beans can be used to stretch a protein, for example, you can serve smaller pieces of expensive protein such as beef or salmon if you serve beans as well. Following are ways to use a variety of beans:

- ✓ **Black beans** are often used in South American and Caribbean dishes and mixed with rice and spices.
- ✓ **Black-eyed peas** are a traditional ingredient in Southern cooking, such as black-eyed peas and collard greens, or black-eyed peas and ham.
- ✓ **Borlotta beans** are large, speckled beans, mostly pureed and turned into creamy dips.
- ✓ **Chickpeas** (also called garbanzo beans) are large, semi-firm beans sold dried and canned. They are often used in casseroles, soups, and stews; also to make hummus.

- ✓ **Kidney beans/red beans** are the traditional beans used in chili and other earthy casserole dishes and soups. A white kidney bean, called cannellini, is used in many northern Italian dishes.
- ✓ **Lentils** can be boiled with vegetables and other seasonings for side dishes, soups, and stews. No soaking is required before cooking.
- ✓ **Lima beans** are eaten as a side dish with mild seasonings. They are also good in casseroles, especially with ham.
- ✓ **Pinto beans** are the base of Mexican refried beans.
- ✓ **Split peas** are often used in soups, especially with ham. Like lentils, no soaking is required.
- ✓ **White beans (large ones)** are used in stews and casseroles. They're often simmered with ham bones or other flavorful stocks.
- ✓ **White beans (small)** or Boston beans are the foundation of Boston baked beans and the French cassoulet.

Nuts and Nut butters

Peanut butter is a staple in most homes, but there are alternatives for children who have peanut allergies. Almond butter has less saturated fat and more vitamin E, magnesium, and copper than peanut butter. Most brands of almond butter have about 10 percent of a day's calcium in a 2 tablespoon serving. Sunflower seed butter is lower in saturated fat and higher in fiber than peanut butter. It has more vitamin E, magnesium, zinc, and copper. If you or your children can't eat peanut butter, give other nut butters a chance. They may be more expensive but are a healthy, tasty alternative to peanut butter. Serve nuts to children over 3 years old (younger children are likely to choke on nuts). The healthiest varieties are walnuts and almonds. Nuts and nut butters can be counted as a complete meat alternate at snack, or half of a meat alternate at meals.

Ways to add more vegetables to breakfast

- Add ½ cup canned pureed pumpkin to cooked cereal like oatmeal or pancakes.
- Combine leftover vegetables with scrambled eggs and a little cheese.
- Blend greens, carrots, or beets into your favorite smoothie.
- Combine carrot and orange juices for a morning lift with fewer calories than fruit juice.
- Top a leftover sweet potato with vanilla Greek yogurt, walnuts, and cinnamon.
- Serve cooked eggs over a bed of sautéed greens. Add diced sweet peppers, mushrooms, or onions in with the greens if you like.
- Top an egg and cheese muffin with a slice of tomato and spinach.
- Make a breakfast pizza with egg, cheese, and your favorite veggies.
- Shave zucchini, carrot or squash to include in a muffin.
- Try sweet potato hash with onions, eggs, and a bit of cheese.
- Drink low sodium tomato juice instead of fruit juice for breakfast.
- Make a breakfast casserole but replace half or all of the crumbled sausage with chopped mushrooms



Seasonal Fruits and Vegetables

This is a generalized list – it is dependent upon where you live, and what is available at your own market. It can give you a good idea of what fruits and vegetables are available (and least expensive) at different times of the year. For one specific to produce grown in Wisconsin go to the following website: http://ifmwi.org/pdf/Seasonality_Chart.pdf

Winter	Spring	Summer	Fall
<i>Late Dec. to Feb.</i>	<i>March to Early May</i>	<i>Late May to August</i>	<i>Sept. to Early Dec.</i>
Citrus Apples Potatoes Radishes Broccoli Herbs Cooking Greens Winter Squash Salad Greens Carrots Fennel Leeks Shallots Parsnips Beets	Citrus Kiwi Shallots Potatoes Salad Greens Cabbage Cauliflower Asparagus Herbs Artichokes Brussels Sprouts Turnips Radishes Garlic Sugar snap peas Strawberries Carrots	Stone Fruit Cucumbers Green Beans Onions Potatoes Summer Squash Corn Herbs Salad Greens Peppers (Hot & Sweet) Melon Tomatoes Avocados Grapes	Pears Apples Figs Carrots Salad Greens Winter Squash Herbs Onions Peppers (Hot & Sweet) Potatoes Cauliflower Tomatoes Zucchini Radishes

Healthy Drinks

Water is the ultimate drink to offer children at snack and in between meals. You can infuse water with herbs and/or fruit or vegetables to make it tastier. Try adding cucumber, mint, lemon, or cinnamon and apple.



For meals, serve low fat or fat free milk for children over two years old, whole for children between one and two years old, and breast milk or iron fortified infant formula for infants until 12 months old. Soft drinks, sugar fortified juices, and sports drinks have no nutritional value and add contain “empty” calories. They should be consumed sparingly if at all. Avoid artificially sweetened beverages.

Healthy Snacks

It's important to make snacks healthy because children need more calories than they can take in at meals, and these calories need to contribute to the total day's nutrition from all food groups, not just something to fill them up. A growing child needs protein, vitamins, and minerals, and they can't get these in juice and crackers every day.

Serve a variety of fresh, dried fruits, and vegetables. Try avocado in a variety of ways. Avocados have three times the amount of potassium as a banana, and are a good source of fiber, vitamin A, B, and E. They're high in fat, but healthy monounsaturated fat. Add them to salads and sandwiches, or make into dips or spreads. An avocado is ripe if it yields to gentle pressure. If the inside turns brown or pink, scoop out those portions and use the green areas. Once ripe, it can be refrigerated up to one week if it hasn't been sliced. Once sliced, it will last one day. Try various meat alternatives, such as hummus to spread on whole grain bread or for dip with fresh veggies; low fat cheese like mozzarella cheese; or hardboiled eggs. Serve nuts to children over 3 years old. Serve whole grains such as oatmeal or whole grain cereal for high fiber. Children love smoothies made with fruits, vegetables and yogurt. Experiment with new varieties and combinations.

To incorporate more fruits and vegetables into your meals and snacks toss vegetables into scrambled eggs, pile sliced vegetables onto pizza, top a toasted English muffin with cream cheese and sliced fruit for individual fruit pizzas, puree vegetables into soups, make fruit smoothies, add fruit to salads, and stir cooked vegetables into cooked pasta. Use non-traditional spreads on toast or crackers, such as avocado or hummus. Puree or grate vegetables into burgers, into pasta sauce, into dip, add fruits and veggies to muffins. Puree beans or avocado into a sandwich spread, add vegetables such as parsley, cilantro, fresh basil, red pepper, or scallions; add grated zucchini, or corn to burritos.

Choosy Eaters

If you think, "my children won't eat vegetables"! (or other new foods) here are ways to encourage them:

- ❖ Be a good role model.
- ❖ Get them involved - Let them help plan meals, cook, set the table, help in the garden, etc.
- ❖ Even if a child refuses them, regularly offer new foods. They often need to be exposed to a new food 10 to 20 times before they accept them.
- ❖ Prepare foods in fun ways. Add fruit to smoothies and to yogurt. Place fruit chunks on skewers for fruit kabobs. Add vegetables to soups or put in tortillas with cream cheese and roll up.

Resources

Environmental Nutrition newsletter

*“Eat Drink and Weigh Less” by Mollie Katzen and Walter Willett, MD “Quinoa Revolution” by Patricia Green and Carolyn Hemming “Feeding the Whole Family” by Cynthia Lair
www.DrAnnWellness.com*

www.cookingmatters.org

www.fruitsandveggiesmorematters.gov

www.preventcancer.org

www.csacoalition.org

www.sustainabletable.org

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Using Whole Foods to Improve Nutrition and Overall Well-Being
CONTINUING EDUCATION ASSIGNMENT QUESTIONS

PROVIDER NAME	
PROVIDER NUMBER	
DATE COMPLETED	

1. What are whole foods?

2. List at least two examples of each of the following: healthy proteins, healthy grains, healthy fats, and healthy snacks

3. What are the benefits of eating whole foods?

4. Define the following:

100% Organic:

Made with Organic Ingredients:

Organic:

5. What are the “Dirty Dozen” and the “Clean 15”?

6. What are some ways to incorporate more fruits and vegetables into your meals and snacks?

7. What is the difference between whole grains and enriched grains?

12. Compare the cost of a homemade food to the same type of processed food. Choose your own food or use one of the following examples: the price of a one-pound bag of carrots compared to the price of a one pound bag of baby carrots. OR the price of Instant Oatmeal with added sugar compared to the price of unsweetened oatmeal to which you can add your own sweetener, such as adding fruit. Share your comparison below:

CONGRATULATIONS - YOU ARE DONE!

Please return the completed answer sheets to the 4-C CACFP office:

MAIL: 5 Odana Ct. Madison, WI 53719

FAX: 608-271-5380

SCAN/EMAIL: foodprog@4-C.org

Thank you for your participation in this Home Assignment

The 4-C CACFP Team!