

HEALTHY SNACK AND MEAL GUIDE FOR YOUR AFTER SCHOOL PROGRAM



CANFIT

Communities • Adolescents • Nutrition • Fitness

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PREFACE

This guide is intended to help after school youth providers serve healthy snacks and meals/suppers. In creating this guide, CANFIT staff thought about the unique challenges facing after school programs with respect to funding, equipment limitations and cultural influences. All of the foods and menus mentioned in this guide are eligible for federal reimbursement (at the 2013-2014 rate of \$0.80 per snack and \$3.16 per meal). In addition, we made an effort to focus on healthy food items that could be easily obtained from convenience and “big-box” stores, where many community-based after school program providers shop. These “healthy food items” examples are provided to give you ideas, and are not meant as strict guidelines or recommendations.

For those of you who are new to after school snacks and meals, or for those of you who do not know where to start, the guide has many helpful tips on how to start serving snacks and meals, as well as sample cycle menus. For the audience who is well versed in providing healthy after school food, this guide contains many additional snack and meal ideas that fall within nutrition guidelines. It is our intent to make the healthy choice the easy choice, and with this guide, you can be an agent of change for good health in your after school program. For more information on how to pay for snacks and meals, see Appendix A.

ACKNOWLEDGEMENTS

Many people contributed to the creation of this guide. CANFIT would like to especially acknowledge, Juliana Shu, Lauren Au, Amy Huang, and Amy Edmonds, interns from the University of California, Berkeley who each spent many hours doing research and pulling the various components of this document together from interviews, notes, files and observation. The genesis of this project came from discussions with after school providers about the challenges they face finding and affording healthy foods, and discussions with California Food Policy Advocates about how to implement aspects of the Los Angeles County Snack and Meal Policy. Members of The California Endowment’s Healthy Eating, Active Communities After School Sector also gave valuable feedback on how the Healthy Snack and Meal Guide might be used and other items that could be added. CANFIT staff members, Arnell Hinkle, Lloyd Nadal, Misty Avila and Betty Geishirt Cantrell, provided professional expertise at various stages and gave feedback on content and design. Deborah Tamannaie, California Department of Education, Nutrition Services Division, provided helpful feedback and edits that we hope improves the document’s clarity.

ABOUT CANFIT

CANFIT (Communities*Adolescents*Nutrition*Fitness) is a national nonprofit organization that offers planning, policy, training and implementation support to community-based organizations, foundations and government agencies seeking to improve community nutrition and physical activity. CANFIT assists busy professionals in conceptualizing

obesity prevention or healthy lifestyles programs that will be effective in their communities. Our mission is to engage communities and build their capacity to improve the nutrition and physical activity status of low income ethnic youth. Our organizational philosophy emphasizes community empowerment, community engagement and cultural specificity. For more information about CANFIT visit www.CANFIT.org. Or to give us feedback on this document, contact us at info@CANFIT.org or 510-644-1533.

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WHY SERVE SNACKS AND MEALS IN YOUR AFTER SCHOOL PROGRAM?

Over the past decade, we have learned a great deal about the relationship between poor diet, inactivity, and disease. We now know that healthy eating and physical activity patterns during childhood and adolescence not only promote proper growth and development, but also can lead to overall improved health and decreased risk of heart disease, diabetes, cancer, and obesity. Studies have also shown that healthful eating can lead to better school performance and behavior. Providing healthy, inexpensive snacks and meals is one way that you can directly improve eating and activity patterns in the children in your after-school program. So let's take action!

Benefits of Healthy Snacks and Meals:

- Overall improved health.
- Improved academic performance.
- Better behavior.
- Decreased risk of chronic disease such as heart disease

NUTRITIONAL GUIDELINES FOR HEALTHY SNACKS AND MEALS

What Can Be Served?

To be federally reimbursed, at least two of the four components must be served for snacks. All four components must be served for a meal.

1. Grain/Bread (1 serving).
2. Low-fat or Non-fat Milk (1 cup or 8 oz.).
3. Protein/Meat or Meat Alternate (1 oz. for Snacks/ 2 oz. for Meals).
4. Fruit and Vegetable or 100% Juice (3/4 cup). Note: A serving of Dried Fruit ~1/4 cup~ partially fulfills this component.)

In California, snacks must also meet SB 12 Standards of:

- \leq 35% total calories from fat.
- \leq 10% total calories from saturated fat.
- \leq 35% added sugar by weight.

What is SB 12?

In 2005, California passed legislation setting nutritional guidelines for foods served in schools. Those guidelines (SB 12) have since been applied to school-based after school snack and meal programs as well.

- Snacks should have no more than:
 - 175 calories per item – elementary schools.
 - 250 calories per item – middle and high schools
- Meals should have no more than:
 - 500 calories per meal- elementary schools
 - 550 calories per meal- middle schools
 - 600 calories per meal –high schools

Note: Individually packaged cheese, nuts, nut butters, seeds, eggs, fruits, non-fried vegetables and legumes do not have to meet the fat and saturated fat limits. (However, they must meet the calorie limits for middle/high school.)

For a user-friendly tool, please see Appendix B – After School Snacks and Meals: CANFIT Best Practice Guidelines on page 63.

You can also serve other food items besides the food components above or increase the amount of servings; *however* you will only be reimbursed for the components and servings listed above.

Note: Snacks served in California after school programs funded by ASES or the 21st Century Community Learning Centers must meet Education Code (EC) Nutrition standards <http://www.cde.ca.gov/ls/nu/as/snackfacts.asp>

Healthy Hunger-Free Kids Act of 2010 Guidance for CACFP
 From USDA and California Department of Education,
<http://www.cde.ca.gov/ls/nu/cc/mbusdacacfp202011.asp>

- Milk and Milk Substitutes

Fluid milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans (DGA). Persons over two years of age must be served fat-free (skim) or low-fat (1 percent) fluid milk. Milk served must be pasteurized fluid milk that meets state and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2 percent) milk may not be served to participants over two years of age. Non-dairy beverages that are nutritionally equivalent to fluid milk may be allowed as milk substitutes in cases of special dietary needs.

- Water

Water must be made available to children to drink upon their request throughout the day, including at meal times. While drinking water must be made available to children during

meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

WHERE CAN I BUY HEALTHY FOOD?

Fresh, unprocessed foods are usually the healthiest options to choose from; however you can find foods that meet the nutritional guideline for snacks and meals at retail stores, such as Safeway, Costco, Smart and Final, and even Dollar Tree. See Appendix C for specific items that can be found at these locations. Remember that snacks and meals can be reimbursed only if they meet the above nutritional guidelines.

See Appendix A for more information regarding reimbursements. Most after school programs have a limited budget for healthy foods. That is why it is important to be creative when looking for healthy foods to serve – check out food banks, local farmers and donations from local businesses as potential sources. If it is healthy, you can serve it!

HOW DO I START SERVING HEALTHY SNACKS AND MEALS?

TIPS FOR MENU PLANNING

Each day:

For a snack: include at least two of the four components (grain/bread, milk, fruit/vegetable, protein/meat/meat alternative).

For a meal: include four components (grain/bread, milk, fruit and vegetable, protein/meat/meat alternative). Note: For the fruit/vegetable component – you must serve two different items that total $\frac{3}{4}$ cup.

Each week:

Balance the number of components served in a week.

For snacks, each component should be served at least two or three times

For meals, each meal should have all of the components.

Plan ahead! It is helpful to develop your own menus in advance, so that you can make sure there are a good variety of foods being offered.

Try new foods! There are plenty of recipes and combinations included in this guide, but also ask your fellow staff members for suggestions on healthy food options.

Sample Two-Week Cycle for Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grain/Bread Fruit Milk	Grain/Bread Protein Fruit Water	Grain/Bread Vegetable Water	Grain/Bread Vegetable Milk	Grain/Bread Protein Vegetable Water
Week 2	Grain/Bread Vegetable Water	Grain/Bread Protein Fruit Water	Grain/Bread Protein Milk	Vegetable or Fruit Protein Water	Grain/Bread Protein Vegetable Water

Sample One- Week Cycle for Meals

Basic					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	-Whole Grain Bread -Protein -Fruit /Veg -Low-fat Milk	- Grain/Bread -Lean Protein -Fruit/Dark Green or Orange Vegetable -Low-fat Milk	-Whole Grain Bread -Protein -Fruit/Veg. -Low-fat Milk	- Grain/Bread -Lean Protein -Fruit/Veg. -Low-fat Milk	-Grain/Bread -Protein -Fruit/Dark Green or Orange Vegetable -Low-fat Milk

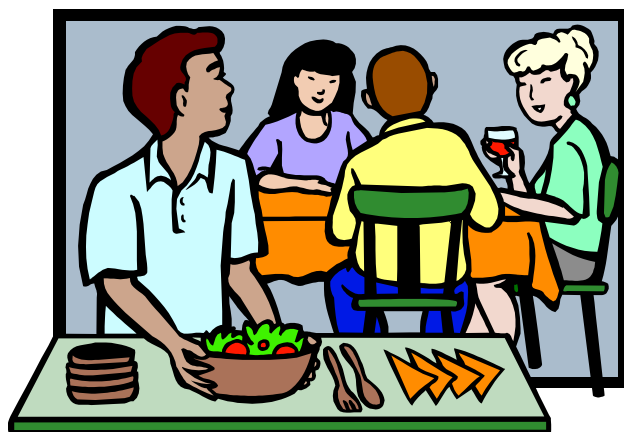
Proficient					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	-Whole Grain/Bread -Beans Protein -Fruit/Veg. -Non-fat Milk	- Grain/Bread -Beans Protein - Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Protein -Fruit/Veg. -Low-fat Milk	- Grain/Bread -Beans Protein -Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Protein -Fruit/Dark Green or Orange Vegetable -Low-fat Milk

Superior					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	-Whole Grain/Bread -Beans Protein -Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Beans Protein -Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Lean Protein -Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Beans Protein - Fruit/Dark Green or Orange Vegetable -Non-fat Milk	-Whole Grain/Bread -Lean Protein -Fruit/Dark Green or Orange Vegetable -Non-fat Milk

STAFF DEVELOPMENT

One key element for implementing any new program or changing an existing program is to ensure staff involvement. Modeling healthy eating behaviors is essential to creating an environment that promotes health. Moreover, involving staff members in key decisions on food purchases can help with variety and creativity.

- Review this document with your staff.
- During your next staff meeting, have each staff member write down his or her favorite snacks and/or meal as a child.
- Allow all staff members to provide input in the cycle menu.
- Conduct taste tests to introduce staff to new foods.



WHAT ARE SOME EXAMPLES OF HEALTHY FOODS?

SAMPLE FOOD LIST BY FOOD CATEGORY

GRAIN/BREAD

Whole Grains

Oatmeal
Brown rice
Couscous
Quinoa
Barley
Granola
Farro

Crackers

Goldfish crackers
Graham crackers
Whole grain crackers
Animal crackers
Rice crackers
Reduced fat Triscuits

Noodles

Rice noodles
Buckwheat or soba
noodles

Bread products

Whole grain bread
Whole grain pita
Bagels
Corn tortillas or sopes
Sopes
Bread sticks

Other Snacks

Chex Mix
Pretzels
Light popcorn
Pita chips
Reduced fat tortilla chips

Quick Tips for Healthy Foods

- Stick with whole grains.
- When possible, serve fresh fruits and vegetables.
- Make sure you can pronounce everything on the ingredient list.
- When possible, purchase reduced fat and sodium snacks.

FRUITS or VEGETABLES

Fruit

Fresh fruit (see page 54 for a complete list)

Apples
Avocados
Bananas
Plums
Peaches
Oranges

Fruit bowls

100% fruit juice

Applesauce

Fruit and nut trail mix

Apple chips

Dried fruit

Agua fresca

Vegetables

Fresh vegetables (see page 57 for a complete list)

Vegetable soup

100% vegetable juice

Hominy

Salsa

Coleslaw

Salad

Nopales

PROTEIN / MEAT /
MEAT ALTERNATIVE

Turkey jerky
Beef jerky
Tuna fish
Teriyaki chicken bowl
Chicken skewers
Chicken/beef flautas
Skim mozzarella cheese
Stuffed chicken breast
Meatless patties
Tofu
Eggs
Cottage cheese
Low fat yogurt

Nuts, Seeds and Beans

Cashews
Peanuts
Almonds
Black beans
Three-bean salad
Hummus
Tahini
Peanut butter
Almond butter
Sunflower seeds
Pumpkin seeds

Dairy

Milk (non or low-fat)
Licuados made with milk

Non-Dairy Substitutes

Soy milk
Almond milk
Rice milk

Cost Cutting Tips

- Buy fruits and vegetables that are in season!
For example, peaches, plums, apricots, nectarines and tomatoes are summer fruits. Apples, oranges, and grapefruits are less expensive in the winter.
- Buy in bulk and save!
- Look for sales in your local grocery store and stock up on non perishable items such as canned beans, pasta and crackers.

**SAMPLE BRAND NAME SNACK LIST BY FOOD CATEGORY AND PRICE:
PRICE PER SERVING FROM LEAST EXPENSIVE TO MOST EXPENSIVE
(2014)**

GRAIN/BREAD

- First Street Saltine Crackers (2¢)
- Guerrero 6" Corn Tortillas (6¢)
- Quaker Grits (6¢)
- Orville Redenbacher's Popcorn (8¢)
- Schultz Stick Pretzels (9¢)
- Village Farm Quick Oats (9¢)
- Monet Original Entertainer Crackers (10¢)
- Honey Graham Crackers (12¢)
- First Street Bakery 100% Whole Wheat Bread (12¢)
- Organic Garafalo Whole Wheat Spaghetti (13¢)
- Quaker Hill Farms Animal Crackers (14¢)
- First Street Oats and More Cereal (18¢)
- Post Shredded Wheat Cereal (20¢)
- Goldfish, Made with Whole Grain crackers (23¢)
- Pop Chili Limon Tortilla Chips (27¢)
- Middle East Baking Co. Whole Wheat Pita Pocket (47¢)

**FRUITS or
VEGETABLES**

- ½ large banana (7¢)
- Montecito Salsa (8¢)
- Juanita's Hominy (10¢)
- Safeway Baby-Cut Peeled Carrots (18¢)
- First Street Mixed Vegetables (20¢)
- Simply Value Yellow Cling Peaches (21¢)
- Eat Smart Fresh Broccoli Florets (25¢)
- Applesnax Unsweetened Applesauce (25¢)
- Pantry Essentials Green Peas (25¢)
- Sunmaid Raisins Box (25¢)
- Domex Fresh Medium Fuji Apple (35¢)
- Eat Smart Fresh Snap Peas (54¢)
- Pacific Natural Foods Roasted Red Pepper and Tomato Soup (54¢)

**PROTEIN / MEAT /
MEAT ALTERNATIVE**

- Kirkland Signature Natural Peanut Butter (7¢)
- Planters Dry Roasted Peanuts (8¢)
- Cal Eggs Extra Large AA Egg (13¢)
- Teasdale Garbanzo Beans (14¢)
- Precious String Cheese, Low Moisture, Part Skim (18¢)
- Sabra Hummus (20¢)
- Naturally Select Snacks Sunflower Seeds (20¢)
- Safeway Oven Roasted Turkey Breast (25¢)
- First Street Mixed Nuts (29¢)
- Roasted and Salted Pistachios (42¢)
- Knudsen Low Fat Cottage Cheese (42¢)
- Chicken of the Sea Light Tuna (44¢)
- Blue Diamond Whole Almonds (50¢)
- Kirkland Signature Boneless and Skinless Frozen Chicken Breast (69¢)
- DAIRY/Alternatives**
- Kirkland Signature Fat Free Milk (15¢)
- Westsoy Soy Milk (25¢)
- Lucerne Lactose Free Fat Free Milk (40¢)

SAMPLE TWO-WEEK CYCLE MENUS FOR SNACKS

Please see Appendix B for a complete breakdown of each level.

Basic

- Whole grains served at least twice per week.
- Beans/peas are served at least once per week.
- Dark green or orange fruit or vegetable served two or more times per week.

Proficient

- Whole grains served at least three times per week.
- Beans/peas are served at least twice per week.
- A different fruit or vegetable is served three or more times per week.
- Only 100% citrus juices.

Superior

- Only whole grains are served.
- Different protein source served three or more days per week.
- A different fruit or vegetable served each day of the week.
- Only 100% citrus juices.

SAMPLE ONE-WEEK CYCLE MENUS FOR MEALS

Basic

- Whole grains served at least twice per week.
- Lean meats/beans/peas are served at least twice per week.
- Dark green or orange fruit or vegetables served 3/4 cup once a week.
- Low-fat milk is served daily

Proficient

- Whole grains served at least three times per week.
- Beans/ peas are served at least three times per week.
- Dark green or orange fruit or vegetables served at least 3/4 cup three times a week.

(Full-strength juices can also be served in place of fresh fruits and vegetables but only 100% citrus juices or vegetable juices)

- Non-fat milk is served 3 times a week

Superior

- Whole grains served everyday
- Beans/ peas/ lean meat are served everyday
- Dark green or orange vegetables served at least 1/2 cup everyday and fruits are served at least 1/4 cup daily. (Juices can also be served in place of fresh fruits and vegetables but only full-strength 100% citrus juices or vegetable juices)
- Non-fat milk is served daily.

Remember!

In order to be reimbursed, a snack must contain at least two of the following and a meal must contain five components, with two fruit/vegetable.

Grain/Bread.

Fruit and Vegetable (meals need two different fruit and/or vegetables).

Protein/Meat/Meat Alternative.

Milk.

Additional Recommendations

Low Sodium Foods: Sodium recommendations by World Health Organization, 2013

http://www.who.int/nutrition/publications/guidelines/sodium_intake_printversion.pdf

Fresh Foods: Choose fresh fruits and vegetables over canned or processed foods whenever possible to avoid added sodium and chemical additives.

<http://www.nlm.nih.gov/medlineplus/ency/article/002095.htm>

Local and Organic Foods: Support your local economy and sustainable agriculture, whenever possible.

http://www.superkidsnutrition.com/nutrition-articles/nutrition_answers/organic_food/

Food Education: Incorporate nutrition education and cooking skills into your program.

Team Nutrition Resources <http://teammnutrition.usda.gov/library.html>

MINIMAL FOOD PREPARATION REQUIRED (SNACKS)

Basic (See page 19 for cost analysis for this cycle snack menu).					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheerios Banana Milk	Pretzels Peanut butter Applesauce	Whole wheat bread Tomato soup Water	2 Corn tortillas Pico de gallo salsa Water	½ Whole Wheat Pita Hummus Baby carrots Water
Week 2	Reduced fat Triscuits Hummus Water	Goldfish whole grain crackers Vegetarian chili Dried apricots Water	Reduced fat tortilla chips Bean salad Milk	Fresh apple Lowfat cottage cheese Water	2 Corn tortillas Pico de gallo salsa Pumpkin seeds Water

Proficient					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pretzels Peanut butter Applesauce Water	Shredded wheat cereal Fresh banana Milk	Whole wheat bread Tomato Soup Orange juice	2 Corn tortillas Pico de gallo salsa Milk	Pita chips Hummus Green beans Water
Week 2	Nopales Hominy with spinach Water	Goldfish whole grain crackers Vegetarian chili Dried apricots Water	Reduced fat tortilla chips Bean salad Milk	Fresh apple Sunflower Seed Butter Water	2 Corn tortillas Pico de gallo salsa Pumpkin seeds Water

Superior (** All grains are whole grain)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole grain Cheerios Banana Milk	Whole wheat bread Peanut butter Applesauce Water	Goldfish whole grain crackers Tomato Soup Water	2 Corn tortillas Pico de gallo salsa Black beans Milk	Reduced fat Triscuits Hummus Green beans Water

Week 2	Reduced fat Triscuits Corn with spinach Water	Kashi TLC crackers Vegetarian chili Dried apricots Water	Reduced fat tortilla chips Bean salad Milk	Trail Mix Orange juice Water	2 Corn tortillas Pico de gallo salsa Apple Water
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FOOD PREPARATION REQUIRED (SNACKS) [SEE P. 24 FOR RECIPES]

Basic					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bean and cheese burrito Baby carrots Milk	Whole wheat Walnut muffin Persimmon slices Low fat chocolate milk	Corn pancake with fresh salsa Orange wedges Water	Black eyed pea salad Whole wheat bread Milk	Red pepper and chickpea salad Corn tortilla Horchata
Week 2	Chile relleno Black beans Water	Chinese dumplings Steamed broccoli Low fat chocolate milk	Red beans and brown rice Orange wedges Water	Lentil stew Cooked spinach Milk	Chinese buckwheat noodle soup Melon slices Tapioca drink

Proficient					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Veggie enchilada Red bell pepper slices Agua Fresca	Peanut butter rice noodles Asian pear Low fat chocolate milk	Corn tortilla with low fat mozzarella Salsa Water	Black eyed pea and cabbage slaw Cornbread Milk	Plantain cereal w/milk Peach slices Water
Week 2	Bean and low fat cheese burrito Baby carrots Water	Cellophane noodles with Sesame Peanut Sauce Edamame Milk	Corn pancake with tomatoes and avocado Orange wedges Water	Black eyed pea salad Collard greens Milk	Red pepper and chickpea salad Corn tortilla Milk

Superior (** All grains are whole grain)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Vegetable enchilada Black beans Red bell pepper slices Agua Fresca	Baked walnut muffin Persimmon slices Low fat chocolate milk	Corn tortilla with low fat mozzarella Fresh tomato salsa Water	Black eyed pea and cabbage slaw Homemade combread Milk	Plantain cereal with milk Peach slices Water
Week 2	Bean and low fat cheese burrito Baby carrots Milk	Stir fry vegetables with brown rice Persimmon slices Low fat chocolate milk	Corn pancake with tomatoes and avocado Orange wedges Water	Black eyed pea salad Collard greens Milk	Red pepper and chickpea salad Whole wheat spinach tortilla Milk

MINIMAL FOOD PREPARATION REQUIRED (MEALS)

Basic (See page 20 for cost analysis for this cycle meal menu).					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole wheat bread with peanut butter, Fresh apple Baby carrots Low-fat Milk	Crackers w/ turkey slices Broccoli florets, Peach cup Low-fat Milk	Shredded wheat cereal Cashews Fresh banana Raisins Low-fat milk	Pretzels Turkey slices Spinach Salad Applesauce Low-fat Milk	Whole wheat pita and hummus, Mixed berries Snap peas Low-fat Milk
Week 2	Whole wheat cheese sandwich Mixed vegetables Raisins Low-fat Milk	Crackers Almond butter Baby carrots Fresh banana Low-fat Milk	Whole wheat tortilla chips Peanut butter Peach cup Salsa Low-fat Milk	Cherrios Sunflower seeds Pineapple Chunks, Orange, Low-fat Milk	Corn tortillas with Salsa and black beans, Fresh apple Low-fat Milk

Proficient					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Turkey and kale sandwich on rye bread Fresh banana Green salad Non-fat Milk	Pita thins Bean Salad Corn Peach Slices Non-fat Milk	Whole wheat pita bread Hummus dip Tomatoes Celery Sticks Low-fat Milk	Crackers String cheese Tangerines Baked Sweet potatoes Non-fat Milk	Corn tortillas Vegetarian bean chili Fruit cup Low-fat Milk
Week 2	Whole wheat bread Boiled egg Minestrone soup Citrus slices Low-fat Milk	Corn tortillas Chickpeas salad Green Beans Salsa Low-fat Milk	Whole wheat tuna sandwich w/ romaine lettuce Sliced tomatoes Low-fat Milk	Pita bread Nopales & corn with Spinach Peach cup Pumpkin Seeds Non-fat Milk	Turkey chili Whole wheat tortilla Applesauce Spinach Salad Non-fat Milk

Superior (** All grains are whole grain)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Beans and brown rice with cheese, Romaine lettuce Mixed Grapes Non-fat Milk	Collard green whole wheat wrap with turkey, Applesauce Non-fat Milk	Rye bread, Minestrone bean soup, Broccoli Florets Pineapple slices Non-fat Milk	Whole wheat hummus, cheese, and bell pepper sandwich, 100% Orange juice Non-fat Milk	Whole wheat pita, Bean salad Celery sticks Strawberries Non-fat Milk
Week 2	Corn tortillas Vegetarian bean chili Fresh Apple & Raisins Non-fat Milk	Whole wheat pita bread Hummus Spinach Salad Dried Apricots Non-fat Milk	Brown Rice noodles with sesame peanut sauce, Cucumber slices Peach cup Non-fat Milk	Whole Grain Tortilla, Chickpeas salad, Pico de gallo salsa, 100% Vegetable juice Non-fat Milk	Corn tortillas, Nopales and corn with spinach, Pumpkin seeds Tangerines Non-fat Milk

FOOD PREPARATION REQUIRED (MEALS)

[SEE P. 39 FOR RECIPES]

Basic (See page 20 for cost analysis for this cycle menu).					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole wheat macaroni and cheese, Steamed veggies Watermelon Low-fat milk	Baked chicken Cornbread Apple slices Corn/Green Beans Low -fat milk	Whole wheat turkey sandwich, Baby carrots Sliced orange Low-Fat Milk	Bean and cheese burrito, Kale salad Peach slices Low-fat milk	Turkey pizza bread, Broccoli salad Tangerines Low-fat milk
Week 2	Peanut butter and jelly on whole wheat bread, Cucumber sticks Sliced banana Low-fat milk	Chicken wrap, Tossed green salad, Apple & Raisins Low-fat milk	Stir fry beef and broccoli with brown rice, Plum Low-fat milk	Turkey chili with corn tortilla, Jicama with lime, Low-fat milk	Rotini pasta with Italian meat sauce, Steamed spinach, Dried apricot Low-fat milk

Proficient					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Almond butter and jam w/ whole wheat bread, Grapes, Carrots Non-fat milk	Beans and rice with cheese, Shredded romaine lettuce, Berry smoothie Non-fat milk	Collard green Whole wheat wrap w/ Grilled chicken, Sliced peaches, Low-fat milk	Pinto bean and butternut squash soup, Dinner rolls Applesauce, Non-fat milk	Roast beef with whole wheat roll, Romaine lettuce, Strawberries, Low-fat milk
Week 2	Cellophane noodles with sesame peanut sauce, Apple/pear slices Low-fat milk	Pita bread with hummus, Spinach salad Dried fruit Non-fat milk	Tuna and lettuce sandwich with whole wheat bread, Sliced pears Non-fat milk	Curried lentils w/ naan bread, Cooked spinach Apple slices Low-fat milk	Chicken, Spinach w/rice, Mixed Grapes Non-fat milk

Superior (** All grains are whole grain)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Vegetable Pesto on whole wheat pasta (peas, cheese, spinach), 100% orange juice Non-fat Milk	Falafel w/ whole wheat pita bread, Collard greens Mixed Grapes Non-fat milk	Veggie burger on whole wheat bun, Broccoli florets with low-fat dip, Strawberries, Non-fat milk	Tofu and Veggies stir fry with whole wheat noodles, Steamed Bok Choy Watermelon Non-fat milk	Vegetable lasagna, Frozen Mixed Grapes, Non-fat milk
Week 2	Black beans and squash chili, Whole wheat tortilla, Apple/Pear slices, Non-fat milk	Vegetable and cheese pizza, Mixed fruit salad, Non-fat milk	Turkey and vegetable whole wheat wrap, 100% orange juice Non-fat milk	Hummus and pita bread, Greek salad Blueberries Non-fat milk	Teriyaki tofu with brown rice Bok choy, Applesauce Non-fat milk

SAMPLE SHOPPING LIST FOR TWO-WEEK SNACK CYCLE

Basic snack, minimal food preparation (see page 14). Cost is based on serving 10 participants per day.

Grain/Bread		Fruit/Vegetable	
	Cost*		Cost
<input type="checkbox"/> Reduced Fat Triscuits	\$3.10	<input type="checkbox"/> Bananas	\$1.40
<input type="checkbox"/> Cheerios	\$2.20	<input type="checkbox"/> Apples	\$3.50
<input type="checkbox"/> Pretzels	\$0.90	<input type="checkbox"/> Applesauce	\$2.50
<input type="checkbox"/> Whole wheat bread	\$1.20	<input type="checkbox"/> Pico de Gallo salsa	\$1.60
<input type="checkbox"/> Reduced fat tortilla chips	\$2.70	<input type="checkbox"/> Dried apricots	\$2.90
<input type="checkbox"/> 1/2 whole wheat pita	\$2.40	<input type="checkbox"/> Tomato bell pepper soup	\$5.40
<input type="checkbox"/> Two Corn tortillas	\$1.20	<input type="checkbox"/> Baby carrots	\$1.80
<input type="checkbox"/> Other _____		<input type="checkbox"/> Other _____	
<input type="checkbox"/> Other _____		<input type="checkbox"/> Other _____	

Protein/Meat/Meat Alternative		Milk	
	Cost		Cost
<input type="checkbox"/> Vegetarian chili	\$2.00	<input type="checkbox"/> Low fat/nonfat milk	\$3.00
<input type="checkbox"/> Peanut butter	\$0.70	<input type="checkbox"/> Nonfat cottage cheese	\$4.20
<input type="checkbox"/> Hummus dip	\$2.00	<input type="checkbox"/> Other _____	
<input type="checkbox"/> Bean salad	\$2.50	<input type="checkbox"/> Other _____	
<input type="checkbox"/> Pumpkin seeds	\$3.10		
<input type="checkbox"/> Other _____			
<input type="checkbox"/> Other _____			

Maximum reimbursement for two weeks:
 $\$0.80 * 10 \text{ snacks} * 10 \text{ days} = \80.00

TOTAL COST of sample Basic Snack menu (see page 14): \$50.30

SAMPLE SHOPPING LIST FOR TWO-WEEK MEAL CYCLE

Basic meal, minimal food preparation (see page 16). Cost is based on serving 10 participants per day.

Grain/Bread		Fruit/Vegetable	
	Cost*		Cost
<input type="checkbox"/> Whole wheat bread	\$ 2.40	<input type="checkbox"/> Banana	\$ 1.40
<input type="checkbox"/> Kirkland Whole Wheat Crackers	\$ 4.00	<input type="checkbox"/> Fresh apple	\$ 7.00
<input type="checkbox"/> Shredded wheat cereal	\$ 2.00	<input type="checkbox"/> Applesauce	\$ 2.50
<input type="checkbox"/> Whole grain tortilla chips	\$ 1.40	<input type="checkbox"/> Salsa	\$.80
<input type="checkbox"/> 1/2 whole wheat pita	\$ 4.70	<input type="checkbox"/> Baby carrots	\$ 3.60
<input type="checkbox"/> Cheerios	\$ 2.20	<input type="checkbox"/> Peach cup	\$ 8.20
<input type="checkbox"/> Corn tortillas	\$.80	<input type="checkbox"/> Snap peas	\$ 5.40
<input type="checkbox"/> Pretzels	\$.90	<input type="checkbox"/> Raisins	\$ 2.40
		<input type="checkbox"/> Mixed vegetables	\$ 2.00
		<input type="checkbox"/> Pineapple chunks	\$ 2.90
		<input type="checkbox"/> Broccoli florets	\$ 2.50
		<input type="checkbox"/> Mixed berries	\$ 2.50
		<input type="checkbox"/> Fresh spinach	\$ 3.00
		<input type="checkbox"/> Orange	\$ 1.60

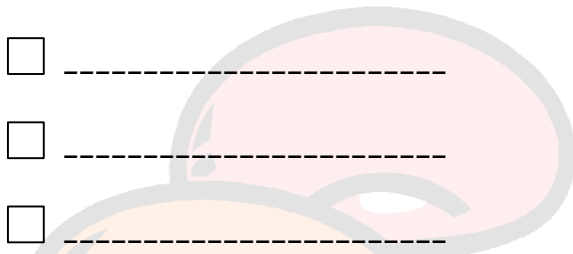
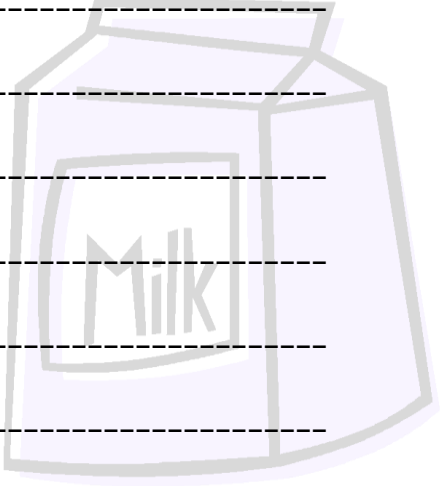
Protein/Meat/Meat Alternative		Milk	
	Cost		Cost
<input type="checkbox"/> Turkey slices	\$ 9.40	<input type="checkbox"/> Low fat/nonfat milk	\$ 15.00
<input type="checkbox"/> Peanut butter	\$ 1.40	<input type="checkbox"/> Other -----	
<input type="checkbox"/> Hummus	\$ 2.00	<input type="checkbox"/> Other -----	
<input type="checkbox"/> Cashew clusters	\$ 2.70		
<input type="checkbox"/> Sunflower seeds	\$ 5.00		
<input type="checkbox"/> Cheese	\$ 1.80		
<input type="checkbox"/> Almond butter	\$ 3.00		
<input type="checkbox"/> Black beans	\$ 2.80		

Maximum reimbursement for two weeks:
 $\$ 3.16 * 10 \text{ meals} * 10 \text{ days} = \316.00

TOTAL COST of sample Basic Meal menu (see page 16): \$ 150.40

SHOPPING LIST TEMPLATE

Grain/Bread	Fruit/Vegetable
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----
<input type="checkbox"/> -----	<input type="checkbox"/> -----

Protein/Meat/Meat Alternative	Milk
<input type="checkbox"/> _____ 	<input type="checkbox"/> _____ 
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

ADDITIONAL FOOD IDEAS

Bean burrito (with veggies and salsa) in whole wheat tortilla

Chips and salsa

Host a Wrap Party:

- Wraps: Whole wheat tortillas
- Collard leaves
- Romaine lettuce leaves
- Naan
- Whole wheat lavash
- Nori
- Whole wheat pita
- Fillers: Cut vegetables
- Hummus
- Salsa
- Cheese
- Pumpkin seed paté

Jicama with chili and lime (can also try carrots, radishes or cucumbers)

Vegetables and hummus dip

Low fat pudding with fruit, water

Mini salad bar with a variety of fresh vegetables and low fat dressings

Mini pizza bar with vegetable toppings (use whole grain English muffins)

Mini taco bar with whole wheat tortillas

Noodles with peanut sauce, juice

Rice crackers, fruit and milk

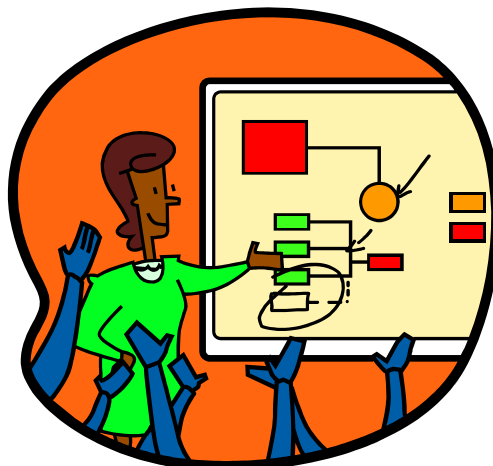
Pita crisps with topping (hummus, salsa or strawberry spread)

Tuna salad, whole wheat crackers, milk

Vegetables, low fat dip

Yogurt, rice crackers and fruit

Yogurt smoothies and mini bagels




RECIPES FOR SNACKS

List of Recipes

Apple salad
Baked tortilla chips
Banana crunch pops
Black bean taco salad
Black eyed pea and cabbage slaw
Black-eyed pea salad
Chili bean dip
Chinese stir fry
Cole slaw
Corn and green chili salad
Corn rice salad
Great grape smoothie
Greek style garbanzo bean salad
Jicama with lime juice
Mexican style chickpea salad
Peanut butter rice (or soba) noodles
Pickled vegetables
Plantain cereal
Pumpkin seed paté
Savory potato salad
Snack mix
Spanish corn
Tricolor pasta
Vegetable quesadillas
Veggie enchiladas
Winter squash soup



RECIPES BY CATEGORY

 = Fruit or Vegetable

Apple salad
Banana crunch pops
Black eyed pea salad
Black bean taco salad
Chinese stir fry
Cole slaw
Corn rice salad
Corn and green chili salad
Great grape smoothie
Greek style garbanzo bean salad
Jicama with lime juice
Pickled vegetables
Plantain cereal
Savory potato salad
Spanish pasta
Tricolor pasta
Vegetable quesadillas
Veggie enchiladas
Winter squash soup

 = Grain/Bread

Baked tortilla chips
Black bean taco salad
Corn rice salad
Peanut butter rice (or soba) noodles
Savory potato salad
Snack mix
Tricolor pasta
Vegetable quesadillas
Veggie enchiladas

 = Protein / Meat / Meat Alternative

Black bean taco salad
Black eyed pea and cabbage slaw
Black eyed pea salad
Chili bean dip
Greek style garbanzo bean salad
Mexican style chickpea salad
Peanut butter rice (or soba) noodles
Pumpkin seed paté
Snack mix

Apple Salad 

From Diabetes and the Family Recipe Book.

Ingredients:

2 cups low fat or nonfat plain yogurt
2 red apples, chopped
2 green apples, chopped
2 celery stalks, chopped
½ cup raisins
1 ½ cups granola

Steps:

Mix all ingredients in a bowl. Refrigerate for 15 minutes and serve.



Baked Tortilla Chips 

From CANFIT Super Manual.

Ingredients:

Corn tortillas
Vegetable cooking spray

Steps:

Preheat oven to 350 degrees. Cut tortillas in half, and then cut each half into three triangles. Place tortilla pieces in a bowl and spray lightly with cooking spray. Place in a single layer on a baking sheet. Bake for 10-12 minutes or until crisp and pale, golden brown.



Banana Crunch Pops 

From CANFIT Super Manual.

Ingredients:

8 oz. nonfat yogurt, any flavor
¼ teaspoon ground cinnamon
6 wooden sticks
3 bananas
1½ cups granola or crisp rice cereal

Steps:

Peel bananas, and cut in half crosswise. Pour yogurt into a shallow dish. Stir in cinnamon. Insert a wooden stick into each banana piece and roll in yogurt. Place cereal into a small, shallow dish, and roll the banana pieces in the cereal. Place on a baking sheet lined with waxed paper. Freeze. Let stand at room temperature before serving.



Black Bean Taco Salad



From www.recipetrove.com.

Ingredients:

2 cans black beans, drained and rinsed
1 can sliced olives
1½ cups chopped tomatoes
1/3 cup shredded low fat cheese
¼ cup chopped green onion
¼ cup fresh cilantro
2 tablespoons lime juice
1 teaspoon ground cumin
¼ teaspoon ground pepper
4 cups chopped spinach

Steps:

Mix beans, olives, tomatoes, cheese green onions and cilantro in a large bowl. In small bowl, mix together lime juice, cumin and pepper. Toss with bean mixture. Serve over spinach.



Black Eyed Pea and Cabbage Slaw



From www.Epicurious.com.

Ingredients:

1 1/2 cups dried black eyed peas, picked over
1 bay leaf
2 parsley sprigs plus 1 cup minced parsley leaves
1/4 cup white wine vinegar
3 tablespoons Dijon mustard
1/3 cup drained bottled horseradish
3/4 cup vegetable oil
A 2 1/2 to 3 pound cabbage, grated coarse in a food processor (about 10 cups)
6 carrots, grated coarse in a food processor (about 4 cups)

1/2 cup minced scallion
2 large garlic cloves, minced

Steps:

Soak peas in enough water to cover by two inches overnight. Drain peas and rinse. In a large saucepan simmer peas, bay leaf, and parsley sprigs in enough water to cover by two inches until tender, about 25 minutes. Peas may be cooked two days in advance and kept covered and chilled. Drain peas and discard bay leaf and parsley sprigs. In a large bowl whisk together vinegar, mustard, horseradish, and salt and pepper to taste. Add oil in a stream, whisking until dressing is emulsified. Add peas, cabbage, carrots, scallion, garlic, minced parsley, and salt and pepper to taste and toss well. Slaw may be made one day in advance and kept covered and chilled.

Serves 12.



Black Eyed Pea Salad  
From Berkeley Unified School District School Menu.

Ingredients:

2 cups cooked black eyed peas
2 tomatoes, chopped
1 cup fresh corn
¼ cup sliced green onions
1 medium jalapeno pepper, seeded and finely chopped
Collard greens, steamed or boiled

Dressing:

1/3 cup olive oil
2 tablespoons red wine vinegar
2 tablespoons lemon juice
1 tablespoon fresh or dried thyme crushed
1 tablespoon Dijon-style mustard
Dash of pepper

Steps:

In large mixing bowl, stir together black eyed peas, tomatoes, corn, green onions and jalapeno pepper. Cover and chill. Mix together olive oil, red wine vinegar, lemon juice, thyme, mustard, and pepper. Cover and shake. Pour dressing over vegetable mixture, toss to coat. Mix in collard greens. Tip: You could also use a bottled dressing instead of making your own, just make sure it has no added sugar.



Chili Bean Dip 
From CANFIT Super Manual.

Ingredients:

- 8 oz. light or nonfat cream cheese
- 1 can (24 oz.) light chili
- 1 package skim mozzarella or other low fat cheese, shredded

Steps:

Spread cream cheese in bottom of small glass baking dish. Spread chili over cream cheese. Sprinkle on cheese. Bake at 350 degrees for approximately 20 minutes, or microwave on high for 3-4 minutes. Let cool. Serve with baked tortilla chips.



Chinese Stir Fry 
From Berkeley Unified School District School Menu.

Ingredients:

- 1 bunch of asparagus, cut into 1 inch pieces
- 2 carrots cut into thin slices
- 2 cloves of garlic
- 1 teaspoon of ginger
- Salt to taste
- 1 tablespoon of olive oil

Steps:

Heat olive oil in large pan. Add garlic, ginger, carrots, and asparagus and stir fry for 5 to 7 minutes.



Cole Slaw 
From Diabetes and the Family Recipe Book.

Ingredients:

- ½ cup vegetable oil
- 2 tablespoons lemon juice
- 2 tablespoons light or nonfat mayonnaise
- ½ teaspoon mustard
- ¼ teaspoon celery salt

½ teaspoon salt
1 head cabbage, shredded
Ground pepper, to taste
Paprika, to taste

Steps:
Mix all ingredients in a bowl.



Corn and Green Chili Salad 
From 5 a Day Discover the Secret to Healthy Eating.

Ingredients:
2 cups frozen corn, thawed
1 (10 oz.) can diced tomatoes and green chilies
½ tablespoon vegetable oil
1 tablespoon lime juice
1/3 cup sliced green onions
2 tablespoons chopped fresh cilantro

Steps:
Combine all ingredients in a medium bowl; mix well.



Corn Rice Salad  
From 5 a Day Discover the Secret to Healthy Eating.

Ingredients:
4 ears of corn, rinsed with husks and silks removed
4 cups water
1 ½ cups cooked brown rice, cooled
1 (10-14 oz.) can diced tomatoes, undrained
2 (7 oz.) cans diced green chilies, undrained
1 medium red bell pepper, sliced

Steps:
Cut kernels from cob to yield about 2 cups. Add water to medium saucepan over medium high heat. Cook corn, covered, for four minutes and then drain. In a medium bowl, mix

corn and rice. Stir in diced tomatoes and chili peppers. Sprinkle tops of salad with bell pepper and serve at room temperature.



Great Grape Smoothie 
From 5 a Day Discover the Secret to Healthy Eating.

Ingredients:

1 cup seedless grapes
½ cup each frozen cherries and strawberries
½ cup each orange and banana slices

Steps:

Combine all ingredients in a blender container. Blend until mixture is smooth. Pour into glasses.



Greek Style Garbanzo Bean Salad  
From Diabetes and the Family Recipe Book.

Ingredients:

1 ½ cup garbanzo beans (or one 15 oz. can, drained)
½ cup red onion, thin slices
½ cup tomatoes, in cubes
½ cup chopped green pepper
4 tablespoons vinegar
2 tablespoons lime juice
2 tablespoons olive oil
1 tablespoon chopped garlic
2 teaspoons fresh parsley, chopped
Salt and pepper to taste

Steps:

Combine all the ingredients in a large bowl. Let marinate a few hours at room temperature, then refrigerate.



Jicama with Lime Juice 
From Diabetes and the Family Recipe Book.

Ingredients:

1 medium jicama
2 ½ tablespoons lime juice
¼ teaspoon chili powder
Salt, to taste

Steps:

Peel jicama and cut into sticks. Jicama can be prepared up to two days ahead and stored in a bowl of water. Just before serving, sprinkle with lime juice, chili powder and salt.



Mexican Style Garbanzo Bean Salad 
From www.foodnetwork.com.

Ingredients:

1 medium onion, chopped
2 garlic cloves, minced
3 medium tomatoes, chopped
4 cups drained, canned garbanzo beans
¼ cup olive oil
¼ cup lime juice
3 tablespoons chopped cilantro

Steps:

In large bowl, mix onion, garlic, tomatoes, beans, olive oil, lime juice and cilantro in a large bowl. Chill for at least two hours (can be chilled for one day).



Peanut Butter Rice Noodles 
From International Vegetarian Union (www.ivu.org).

Ingredients:

8 oz. uncooked rice stick noodles (wheat noodles preferred)
½ cup creamy peanut butter (all natural preferred)
2 tablespoons soy sauce
1 teaspoon grated gingerroot

½ teaspoon crushed red pepper
½ cup water
1 medium red bell pepper, cut into fourths and sliced thinly crosswise
2 green onions, sliced
2 tablespoons chopped fresh cilantro

Steps:

Heat 2 quarts water to boiling in 3-quart saucepan. Break noodles in half and pull apart slightly; drop into boiling water. Cook uncovered one minute; drain. Rinse in cold water; drain and set aside.

Mix peanut butter, soy sauce, gingerroot, and red pepper in same saucepan until smooth. Gradually stir in broth. Add noodles, bean sprouts, bell pepper, and onions; toss. Sprinkle with cilantro.



Pickled Vegetables



From Quick and Healthy Cambodian Cuisine, Families in Good Health.

Ingredients:

1 pound cabbage, sliced
1 pound carrots, ¼" thick slices
1 pound cucumbers, ½" thick cubes
½ teaspoon salt
5 cups water
1 cup rice vinegar

Steps:

Clean and drain vegetables. Mix vegetables and other ingredients together. Place in a clean glass jar and set aside in a cool place for a few days. Serves 4.



Plantain Cereal



Adapted from Healthy Hispanic Recipes by the National Cancer Institute.

Ingredients:

2 large, green plantains
3 cups water

3/4 teaspoon salt
2 teaspoons dried fruit (e.g., raisins, dates)
Nonfat milk

Steps:

Peel plantains and grate very coarsely with hand grater or in a food processor. In medium saucepan, stir together water, salt and fruit. Bring to a boil. Stir in grated plantain and any plantain juice. Reduce heat and cook at a simmer until it is almost smooth, about 10 minutes, stirring occasionally. To serve, divide among four bowls and pass nonfat milk separately. Serve with orange juice and nonfat milk.



Pumpkin Seed Paté 

Adapted from I Am Grateful: Recipes and Lifestyle of Café Gratitude.

Ingredients:

1 cup raw pumpkin seeds
1 large tomato, chopped
1 teaspoon garlic, chopped
2 tablespoons lime juice
1 large date, pitted and chopped
½ jalapeno pepper, chopped
2 scallions, chopped

Steps:

Put all ingredients except for scallions in food processor (S-blade) or blender. Puree into a semi-smooth paté. Place paté into a bowl and mix in chopped scallions. Use as a dip or filler for wraps. Serves 8



Savory Potato Salad 

Adapted from Health-Healthy Home Cooking African American Style, National Institutes of Health.

Ingredients:

6 medium potatoes (about 2 pounds)
2 stalks of celery, finely chopped
2 stalks of scallions, finely chopped
¼ cup red bell pepper, coarsely hopped

¼ cup green bell pepper, coarsely chopped
1 tablespoon onion, finely chopped
1 egg, hard-boiled and chopped
6 tablespoons nonfat mayonnaise or yogurt
1 teaspoon mustard
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon dill weed, dried

Steps:

Wash potatoes, cut in half and place them in cold water in a saucepan. Cook covered over medium heat for 25-30 minutes or until tender. Drain and dice potatoes when cool. Add vegetables and egg to potatoes, and toss. Blend together mayonnaise or yogurt, mustard, salt, pepper and dill weed. Pour dressing over potato mixture and stir gently to coat evenly. Chill for at least one hour before serving.



Snack Mix 
From CANFIT Super Manual.

Ingredients:

5 cups Crispix cereal
¼ cup raisins
¼ cup peanuts
¼ cup sunflower seeds

Steps:

Combine all ingredients and store in plastic bags.



Spanish Corn 
From CANFIT Super Manual.

Ingredients:

2 cups frozen corn, thawed
½ cup chopped green bell pepper
½ cup chopped onion
2 tablespoons canola oil
1 (16 oz.) can tomatoes, undrained
¼ teaspoon dried oregano

Steps:

Prepare corn according to package directions, drain. In a medium skillet over medium-high heat, sauté pepper and onion in oil until tender. Combine all ingredients and spoon into a microwave-safe dish. Cover and microwave on high for 2-3 minutes or until hot.



Tricolor Pasta 

From Diabetes and the Family Recipe Book.


Ingredients:

- 12 oz. tricolor pasta (whole wheat if possible)
- 1 pound frozen chopped vegetables (broccoli, cauliflower, carrot)
- 1 red onion, minced
- 2 (15 oz.) cans garbanzo beans, drained
- 5 tablespoons olive oil
- 5 tablespoons vinegar
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese

Steps:

Cook pasta and drain. Cook vegetables and drain. In a large bowl, combine all ingredients except Parmesan cheese. Mix together and refrigerate for at least two hours, tossing occasionally. Serve with Parmesan cheese.



Vegetable Quesadillas 

From CANFIT Super Manual.

Ingredients:

- 1 large carrot, grated
- 1 zucchini, grated
- 8 whole wheat tortillas
- ¾ cup skim mozzarella

Steps:

In a small bowl, mix carrot and zucchini. Sprinkle ½ cup vegetable mixture over each of the tortillas. Top each tortilla with 3 tablespoons cheese. Cover with second tortilla. Heat nonstick pan over medium hot until and cheese melts. Place each quesadilla in pan. Cook one minute. Turn over and cook one minute longer or until hot and cheese melts. Cut each quesadilla into four quarters and serve. Can serve with pico de gallo or fruit salsa.



Veggie Enchiladas



From www.cdktichen.com.

Ingredients:

Olive oil cooking spray

10 (5 inch) corn tortillas (whole grain)

1 teaspoon olive oil

2 medium zucchinis, shredded

1 clove garlic, crushed or 1/4 teaspoon garlic powder

1/2 red bell pepper, stemmed, seeded and diced

1 (9 oz.) box frozen whole kernel corn

1 (16 oz.) can black beans, drained

1/2 teaspoon ground cumin

1/4 teaspoon salt

1/2 cup light sour cream

1 (16 oz.) jar hot or medium salsa

4 ounces sharp cheddar cheese, shredded (low fat cheese preferred)

Steps:

Heat the oven to 350 degrees F. Coat a 9 or 10-inch pie pan with olive oil cooking spray and set aside.

In a large, nonstick skillet, heat the olive oil over medium heat. Add the zucchini and garlic and cook 4-5 minutes, until the zucchini is limp and moisture begins to evaporate. Stir frequently. Stir in red pepper, corn, black beans, cumin and salt; cook 4-5 minutes longer. Remove from heat and stir in sour cream. Set aside.

Arrange four of the tortillas in an overlapping circle across the bottom of the prepared pie pan. Spoon 1/3 of the zucchini mixture over the top, drizzle with about 1/3 of the salsa and sprinkle lightly with cheese. Top with three more tortillas, and another 1/3 of the zucchini and salsa.

Finish with remaining tortillas, zucchini, salsa and cheese. Bake 40-45 minutes or until top is brown and the mixture is bubbling. Allow to stand at least 10 minutes before cutting.



Winter Squash Soup

Adapted from M.S. Milliken & S. Feniger, Food Network.

Ingredients:

- 4 tablespoons (1/2 stick) unsalted butter or vegetable oil (preferred)
- 1 onion, chopped
- 1 medium tomato, cored, seeded and diced
- 2 garlic cloves, minced
- 2 jalapeno chilies, stemmed, seeded and chopped
- 1 1/2 pounds winter squash, such as West Indian pumpkin, peeled and cut into 1/2 inch cubes
- 3 cups stock or water
- 1 teaspoon coarse salt
- 2 cups whole milk
- 1/4 cup grated Parmesan cheese

Steps:

Melt the butter or vegetable oil in a large stockpot over moderate heat. Add the onion and sauté until soft, about five minutes. Add the tomato, garlic, jalapeno and salt and cook one or two minutes longer. Add the squash and stock and simmer, covered, for about 20 minutes, or until the squash is falling apart and soup is thickened slightly. Puree soup with an immersion blender, or use a blender and return soup to a clean pan. Add the milk and heat gently. Stir in the cheese and adjust the seasonings.



RECIPES FOR MEALS

List of Recipes

No Bake Macaroni and Cheese
Turkey Pizza Sandwich
Bean and Cheese Burrito
Vegetarian Black Bean Chili
Lemon Pepper Baked Cod
Garden Lasagna
Chicken and Spinach Pasta
Italian Tomato Soup
Garden Chicken Wrap
Turkey and Cranberry Sandwich
Pinto Bean and Butternut Squash Soup
Easy Curried Lentils
Easy Tofu Stir-fry
Cellophane Noodle with Peanut Butter Sauce

RECIPES BY CATEGORY



= Fruits or Vegetables

Vegetarian Black Bean Chili
Garden Lasagna
Italian Tomato Soup
Pinto Bean and Butternut Squash
Soup



= Grain / Bread

No Bake Macaroni and Cheese
Turkey Pizza Sandwich
Turkey and Cranberry
Sandwich



= Protein / Meat / Meat Alternative

Bean and Cheese Burrito
Lemon Pepper Baked Cod
Chicken and Spinach Pasta
Garden Chicken Wrap
Easy Curried Lentils
Easy Tofu Stir-fry
Cellophane Noodle with Peanut
Butter Sauce

No Bake Macaroni and Cheese
From LaaLoosh Weight Watchers Recipe

Ingredients:

2 cups Elbow Noodles
1 10-ounce package frozen chopped broccoli
3 tbsp whole wheat flour
3/4 cup shredded extra-sharp reduced fat Cheddar cheese
1/4 cup shredded Parmesan cheese
1 1/2 cups fat free milk
1 tsp Dijon mustard
1 tsp onion powder
1 tsp salt
1/4 tsp ground white pepper

Steps:

1. Bring a large pot of water to a boil. Cook pasta for 4 minutes. Add frozen broccoli and continue cooking, stirring occasionally, until the pasta and broccoli are just tender, 4 to 5 minutes more.
2. Meanwhile, heat 1 1/4 cups milk in another large pot over medium-high heat until just simmering. Whisk the remaining 1/4 cup milk, flour, onion powder, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; return to a simmer and cook, whisking constantly, until the mixture is thickened, 2 to 3 minutes.
3. Remove from the heat and whisk in cheddar, Parmesan and mustard until the cheese is melted.
4. Drain the pasta and broccoli and add to the cheese sauce. Return to the heat and cook, stirring, over medium-low heat, until heated through, about 1 minute.

Serves: 4



Turkey Pizza Sandwich
Adapted from School Nutrition Magazine

Ingredients:

2 slices of whole wheat bread
3 tbsp of tomato pizza sauce
2 slice of Turkey Ham
3/4 oz. Mozzarella Cheese, Shredded

Steps:

Pre-heat the oven to 400°F then spread both sides of whole wheat bread with tomato pizza sauce.

Place the turkey ham on one side of the bread and sprinkle it with mozzarella cheese. Then place the other slice of bread on top of the other and put it in the oven for 8-10 mins or until the cheese melt. Take out the pizza sandwich and serve.



Bean and Cheese Burrito

From www.livitician.com

Ingredients:

1/2 cup of organic black beans or pinto beans, rinsed and drained

1 ounce of shredded part-skim milk mozzarella cheese

1 whole-wheat or sprouted-grain or corn tortilla

1/8 avocado cut-up salsa to taste

Steps:

In a toaster oven at 350° F place a tortilla on the oven rack, scoop the beans on top then sprinkle the cheese on top of the beans fold the tortilla over and cook until cheese melts, about 5 minutes. Then place the burrito on a plate, lift up the tortilla, place sliced avocado and salsa inside. Have with a side mixed green salad; you have an optimally balanced quick meal for lunch or dinner. Make another one for your significant other.

Serves: 1 to 2



Vegetarian Black Bean Chili

From www.epicurious.com/recipes

Ingredients

1/4 cup olive oil

2 cups chopped onions

1 2/3 cups coarsely chopped red bell peppers (about 2 medium)

6 garlic cloves, chopped

2 tablespoons chili powder

2 teaspoons dried oregano

1 1/2 teaspoons ground cumin

1/2 teaspoon cayenne pepper

3 15- to 16-ounce cans black beans, drained, 1/2 cup liquid reserved

1 16-ounce can tomato sauce

Steps:

Heat oil in heavy large pot over medium-high heat. Add onions, bell peppers, and garlic; sauté until onions soften, about 10 minutes. Mix in chili powder, oregano, cumin, and cayenne; stir 2 minutes. Mix in beans, 1/2 cup reserved bean liquid, and tomato sauce. Bring chili to boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes. Season to taste with salt and pepper.

Serves: 4



Lemon Pepper Baked Cod

From www.hubpages.com/

Ingredients

1 pound of cod fillets, thawed
2 tablespoons of olive oil
1 lemon
Salt and black pepper, to taste

Steps:

Preheat the oven to 350 degrees. Lightly brush the bottom of an 8 1/2 X 11 baking dish with olive oil. Place the cod fillets in a single layer in the baking dish. Cut the lemon into quarters and squeeze the fresh lemon juice over all of the fish fillets. Sprinkle with salt and black pepper. Bake for 35 - 40 minutes or until fish flakes easily with a fork.



Garden Lasagna

From www.lowcaloriecooking.about.com

Ingredients:

9 lasagna noodles
1 tsp olive oil
2 cloves garlic, chopped fine
1 medium onion, chopped (3/4 cup)
1 25 oz. jar prepared tomato basil marinara sauce
1 carton low-fat cottage cheese (1 1/2 lb.)
1 large egg,
1 pound fresh mushrooms, sliced (2 cups)

1 lb. zucchini, thinly sliced (2 1/2 cups)
6 oz. shredded, part-skim mozzarella cheese

Steps:

1. Cook the lasagna noodles according to package directions. Drain, and set aside.
2. Preheat the oven to 350°F.
3. In a heavy skillet, heat the olive oil over medium-high heat. Add the garlic and onion, and cook 4 minutes, or until the onion is soft. Add the sauce, cottage cheese, egg, and mushroom. Reduce heat, and simmer for 5 minutes.
4. Spray a 9x13 inch baking pan with non-stick cooking spray. Place 3 lasagna noodles on the bottom of the pan. Next, layer 1/3 of the sauce mix, 1/3 of the zucchini, and then 1/3 of the cheese on top. Repeat this step, adding two more layers on top of the first, using the remaining noodles, sauce, zucchini, and cheese.
5. Cover with tin foil, and bake of 350°F for 45 minutes.

Serves: 12



Chicken-and-Spinach Pasta With Sun-Dried Tomatoes

From www.myrecipes.com

Ingredients

1/4 cup oil-packed sun-dried tomato halves
2 1/2 cups hot cooked farfalle (about 2 cups uncooked bow tie pasta)
1 cup cubed roasted skinless, boneless chicken breast (about 1 breast)
1/2 cup fat-free Caesar dressing
1/4 cup (1 ounce) grated fresh Parmesan cheese
1 (10-ounce) package frozen leaf spinach, thawed, drained, and squeezed dry

Steps:

Drain tomatoes in a colander over a bowl, reserving 1 tablespoon oil. Combine tomatoes, oil, pasta, and remaining ingredients in a bowl; toss well. Microwave at HIGH 2 minutes or until warm. Note: One 10-ounce bag of fresh spinach may be substituted for the frozen spinach, if desired.

Serves: 4



Italian Tomato Soup

From: www.kidshealth.org/kid/recipes/

Ingredients:

1 tablespoon extra virgin olive oil
1 small onion, finely chopped
2 carrots, chopped
2 celery stalks, chopped
1 clove garlic, chopped
1 (16 oz.) box of low-sodium vegetable stock
1 (28 oz.) can of crushed tomatoes
1 teaspoon salt
1 teaspoon black pepper
½ cup basil, chopped
¾ cup alphabet shaped pasta

Steps:

Place olive oil into the large pot over medium heat. Add onion, carrots, celery, and garlic and cook until vegetables begin to soften, about 8 minutes. Stir in vegetable stock and crushed tomatoes. Then season with salt and pepper.

Reduce heat to low and simmer for 25-30 minutes and stir in basil and pasta and cook until pasta is tender, about 5 additional minutes.

Serves: 6



Garden Chicken Wrap

From: www.kidshealth.org/kid/recipes/recipes

Ingredients

4 whole-wheat wraps (8 inches)
2 cups store-bought rotisserie chicken, shredded
½ cup shredded carrots
1 avocado, thinly sliced
1 cup baby spinach leaves
¼ cup of your favorite fat-free/low-fat dressing (about 1 tablespoon per wrap)

Steps:

Place wraps side by side on a flat surface. Divide chicken into four portions (about ½ cup each). Place a portion of chicken on each wrap. Then, top each wrap with carrots,

avocado, and spinach. (Have an adult help with the chopping.) Finally drizzle dressing evenly over each wrap and roll each wrap up tightly and cut on the diagonal.

Serves: 4



Turkey and Cranberry Sandwich

Adapted from www.medicinenet.com

Ingredients:

2 slices whole-grain bread or 1 whole-grain roll
1 to 2 tablespoons plain yogurt
1 to 2 tablespoons cranberry sauce
2 slices of turkey ham
1 slice of lettuce, tomato, onion, and alfalfa sprouts (as desired)

Steps:

1. Spread the plain yogurt over one of the slices of bread or roll. Spread cranberry sauce over the top of that. Add the slices of turkey ham and top with lettuce, tomato, sliced onion or alfalfa sprouts as desired.



Pinto Bean and Butternut Squash Soup

From <http://www.epicurious.com/recipes/>

Ingredients:

1 tablespoon olive oil
2 cups chopped onions
1 cup chopped celery
4 garlic cloves, minced
4 cups canned vegetable broth
2 15-ounce cans pinto beans, drained
1 14 1/2-ounce can diced tomatoes in juice
2 cups 1/2-inch pieces peeled seeded butternut squash
1 teaspoon dried oregano
1/2 teaspoon dried crushed red pepper

Steps:

Heat oil in heavy large pot over medium-high heat and add sauté celery and onions until gold. Add garlic and stir 1 minute. Add broth, pinto beans, tomatoes, butter squash, dried oregano, and crushed red pepper and bring to boil. Reduce heat; cover and simmer until squash is tender, about 15 minutes. Transfer 3 cups soup to blender; cool slightly, then puree until smooth. Return puree to pot with soup. Simmer until heated through, about 5 minutes. Season with salt and pepper.

Serves: 6



Easy Curried Lentils

From Student Friendly Recipes

Ingredients

½ cup lentil
2 ½ cups water or broth
1 bay leaf
½ tsp salt
2 T olive oil
½ large onion, chopped
1 clove garlic, minced
1 T curry powder (adjust to taste)
1 T lemon juice

Steps

Mix first four ingredients in saucepan, bring to a boil and simmer 20 minutes. While the lentils cook, sauté together for 5-7 minutes the oil, onion, garlic and curry powder. Add this mixture and lemon juice to cooked lentils. Serve over rice.



Easy Tofu Stir-fry

Adapted from www.allrecipes.com

Ingredients

1 (16 ounce) package extra firm tofu
2 tablespoons olive oil
1 (16 ounce) package frozen stir-fry vegetables
1 tablespoon low sodium soy sauce

Steps:

Press tofu between paper towels to remove some of the water; cut in to bite size cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning. Add the stir-fry vegetables to the pan with the tofu, and stir occasionally until vegetables are tender, but not mushy. Cook until vegetables are fully cooked.

Serves: 4



Cellophane Noodle with Peanut Butter Sauce

Ingredients

For the noodle

1 (4 ounce) package sai-fun noodles (mung bean noodles)

1 Bowl of room temperature water

1 Bowl of Hot Water

For the sauce

2 tablespoons peanut butter

4 tablespoons hot tap water

3 tablespoons light soy sauce

1 pinch sugar

1/2 teaspoon sesame oil

garlic-red chili paste, to taste

Steps:

Soak the noodles for 1 hour and drain and then soak the noodles in the bowl of hot water. Drain the noodles, reserving it for later use.

Mix the sauce by putting the peanut butter in a 2-cup measuring glass and adding the hot water. Stir with a fork until it is a creamy consistency. Add the remaining ingredients for the sauce and mix with the chilled noodles.

Serves: 4-6



WHAT IS HEALTHY FOOD?

*From the Strategic Alliance for Healthy Food and Activity Environments,
Setting the Bar: Recommendations for Food and Beverage Industry Action*
<http://www.preventioninstitute.org/component/jlibrary/article/id-65/127.html>

- Healthy foods contain whole food ingredients that are minimally processed such as fruits, vegetables, whole grains, legumes, nut/seeds and low fat dairy products.
- Healthy foods are high in naturally occurring nutrients (vitamins, minerals and phytonutrients) and fiber.
- Healthy foods are moderate in calories and low in saturated fat, added sugars and sodium.
- Healthy foods contain no trans fat.
- Healthy foods emphasize regionally and locally grown ingredients.
- Healthy foods do not contain artificial colors, flavors or preservatives.
- Healthy foods are grown and produced using sustainable methods that are protective of the environment and human health.

READ IT BEFORE YOU EAT IT

From USDA Team Nutrition, http://teamn nutrition.usda.gov/Resources/read_it.pdf.



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**
Saturated Fat 3g **15%**
Trans fat 0g

Cholesterol 30mg **10%**
Sodium 470mg **20%**
Total Carbohydrate 31g **10%**
Dietary Fiber 0g **0%**
Sugars 5g
Protein 5g

Vitamin A 4% • **Vitamin C** 2%
Calcium 20% • **Iron** 4%

* Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie intake:
Calories: 2,000 2,500

Total Fat Less than 65g 80g
Sat Fat Less than 30g 25g
Cholesterol Less than 300mg 500mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 30g 57g
Dietary Fiber 25g 50g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What food would have this nutrition facts label? (Answer below!)

What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices



Wheat Flour
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Milk
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts



Raisin Bran Cereal
Nutrition Facts






TEAM
 Use of materials allowed.








How do you eat wheat flour? This combination of foods demonstrates healthy choices of food groups. Raisin bran cereal has about 2,000 calories a day. The portion represents serving size from the label on food packages (1/2 cup). This combination of food shows how to get 100% of the daily recommended intake of fiber. For more information on how to eat healthy, visit www.choosemyplate.gov.

www.choosemyplate.gov
 Use of materials allowed.

WHAT IS A SERVING SIZE?

Adapted from Food Research and Action Center and USDA, www.frac.org and www.usda.gov.

Serving Sizes for Snacks and Meals		
Component (Serve at least two of the following snack components and serve all of the following components for meals)	Serving Size	What does that look like?
Milk Milk, fluid	1 cup	
Fruits and Vegetables Fruit	1 medium – about the size of a baseball	 = 
Vegetable	$\frac{3}{4}$ cup – about the size of a small computer mouse	 = 

<p>Grain/Bread</p> <p>Pasta/Noodle</p> <p>Bread</p> <p>Cereal</p>	<p>½ cup – the bulb part of a light bulb of cooked pasta</p> <p>1 slice</p> <p>¾ cup</p>	  
<p>Protein/Meat/Meat Alternative</p> <p>Lean meat</p> <p>Cheese</p> <p>Nut butter (peanut butter)</p> <p>Cooked dry beans or peas</p>	<p>1 oz. – about half the size of a deck of cards <i>(2oz. for meals)</i></p> <p>1 oz. – about the size of four dice <i>(2oz. for meals)</i></p> <p>2 tablespoons – about the size of a whole walnut <i>(4 tablespoons for meals)</i></p> <p>¼ cup- about the size of a large egg <i>(1/2 cup for meals)</i></p>	   

HEALTHY SUBSTITUTIONS

Ingredients

Instead of	Try
Butter, margarine or shortening in baking	Applesauce
Cream cheese	Neufchatel or low fat cream cheese
Canned condensed soup	White sauce made with skim milk
Egg	Two egg whites
Ground beef	Ground turkey
Heavy cream in sauces and soups	Evaporated milk
Ricotta cheese	Low fat cottage cheese, pureed
Sour cream	Yogurt
Whole milk	Nonfat milk
White flour	½ white and ½ wheat, or all wheat flour
White rice	Brown rice
Mayonnaise	Non or low fat yogurt
Bacon	Lean Canadian bacon

Prepared Foods

Instead of	Try
Pie, blueberry muffins, fruit tarts	Fresh fruit
Pepperoni or sausage pizza	Cheese or vegetable pizza
Fried chicken, bacon or cold cuts	Lean meats, chicken breast, fish or tofu
Cookies	Ginger snaps
Salad with dressing	Salad with low fat dressing on the side
Regular bagels	Mini whole wheat bagels
Croissants, doughnuts or pastries	100% whole grain bread or rolls
Fried egg rolls	Vegetable spring rolls (fresh, not fried)
Regular microwave popcorn	Lite popcorn
Flour tortillas	Corn or whole wheat tortillas
Soda or fruit drinks	Water or 100% fruit juice
Regular potato chips	Baked chips or pita chips
Crackers, e.g., Ritz	Whole grain crackers (<5 grams of fat per serving)

WHAT ARE WHOLE GRAINS?

- Whole grain foods contain all three parts of the grain – the bran, endosperm and germ.
- Common whole grains:
 - Brown rice
 - Buckwheat
 - Corn
 - Farro
 - Millet
 - Oatmeal, whole or rolled oats
 - Pearl barley
 - Quinoa
 - Whole wheat
 - Cracked wheat (also called bulgur)
 - Wild rice
 - Whole rye
- On the ingredients list, look for the term “whole” in front of a grain. It should also be the first ingredient on the list.

INGREDIENTS:
Whole wheat flour, water, high fructose corn syrup, wheat gluten, soybean and/or canola oil, yeast, salt, honey






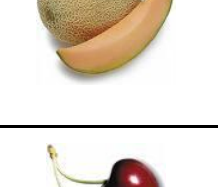

- Phrases that do NOT mean whole grain:
 - 100% Wheat
 - Multigrain
 - Stone ground
 - Pumpernickel









GLUTEN-FREE WHOLE GRAINS








- Amaranth
- Brown rice
- Buckwheat
- Corn, including grits

- Millet
- Quinoa
- Teff

FRUIT AND VEGETABLE GUIDE

FRUITS	
	APPLES Good source of Fiber
	APRICOTS Good source of Fiber, Potassium, Vitamin A
	AVOCADOS Good source of Fiber, Potassium
	BANANAS Good source of Fiber, Potassium
	BLUEBERRIES Good source of Fiber
	CANTALOUPE Good source of Fiber, Potassium, Vitamin A
	CHERRIES Good source of Fiber, Potassium

	<p style="text-align: center;">GRAPES</p> <p>Good source of Fiber, Vitamin C</p>
	<p style="text-align: center;">HONEYDEW</p> <p>Good source of Fiber, Potassium</p>
	<p style="text-align: center;">KIWIS</p> <p>Good source of Fiber, Vitamin C</p>
	<p style="text-align: center;">MANGOS</p> <p>Good source of Fiber, Potassium, Vitamin A</p>
	<p style="text-align: center;">NECTARINES</p> <p>Good source of Fiber</p>
	<p style="text-align: center;">ORANGES</p> <p>Good source of Fiber, Vitamin C, Vitamin A</p>
	<p style="text-align: center;">PAPAYAS</p> <p>Good source of Fiber, Potassium, Vitamin A</p>
	<p style="text-align: center;">PEACHES</p> <p>Good source of Fiber</p>

	<p style="text-align: center;">PEARS</p> <p>Good source of Fiber</p>
	<p style="text-align: center;">PINEAPPLES</p> <p>Good source of Fiber</p>
	<p style="text-align: center;">PLUMS</p> <p>Good source of Fiber, Potassium, Vitamin A</p>
	<p style="text-align: center;">RASPBERRIES</p> <p>Good source of Fiber</p>
	<p style="text-align: center;">STRAWBERRIES</p> <p>Good source of Fiber, Vitamin C</p>
	<p style="text-align: center;">TOMATOES</p> <p>Good source of Fiber, Potassium, Vitamin A, Vitamin C</p>
	<p style="text-align: center;">WATERMELONS</p> <p>Good source of Fiber</p>

VEGETABLES



ASPARAGUS

Good source of Fiber, Potassium, Folate, Vitamin A



BELL PEPPERS

Good source of Fiber, Potassium, Vitamin C, Vitamin A



BROCCOLI

Good source of Fiber, Potassium, Vitamin K, Vitamin A



BUTTERNUT SQUASH

Good source of Fiber, Potassium, Vitamin A



CABBAGE

Good source of Fiber Vitamin K











CARROTS










Good source of Fiber, Potassium, Vitamin A



CAULIFLOWER

Good source of Fiber, Potassium

	<p style="text-align: center;">CHARD</p> <p>Good source of Fiber Potassium, Vitamin A, Vitamin K</p>
	<p style="text-align: center;">CHAYOTE</p> <p>Good source of Fiber, Potassium, Vitamin C</p>
	<p style="text-align: center;">COLLARD GREENS</p> <p>Good source of Fiber, Vitamin A, Vitamin C, Vitamin K</p>
	<p style="text-align: center;">CORN</p> <p>Good source of Fiber, Thiamin, Niacin, Folate</p>
	<p style="text-align: center;">EGGPLANT</p> <p>Good source of Fiber, Potassium, Folate, Vitamin A</p>
	<p style="text-align: center;">GREEN BEANS</p> <p>Good source of Fiber, Potassium, Folate, Vitamin A</p>
	<p style="text-align: center;">JICAMA</p> <p>Good source of Fiber, Potassium, Vitamin C</p>
	<p style="text-align: center;">KALE</p> <p>Good source of Fiber, Vitamin A, Vitamin C, Vitamin K, Calcium</p>

	<p style="text-align: center;">MUSHROOMS</p> <p>Good source of Fiber, Potassium</p>
	<p style="text-align: center;">NAPA CABBAGE</p> <p>Good source of Fiber, Zinc, Vitamin A, Folate</p>
	<p style="text-align: center;">OKRA</p> <p>Good source of Fiber, Potassium, Vitamin A, Folate</p>
	<p style="text-align: center;">RADISHES</p> <p>Good source of Fiber, Potassium</p>
	<p style="text-align: center;">ROMAINE LETTUCE</p> <p>Good source of Fiber, Folate, Vitamin K</p>
	<p style="text-align: center;">SPINACH</p> <p>Good source of Fiber, Folate, Vitamin A, Vitamin K</p>
	<p style="text-align: center;">SWEET POTATO</p> <p>Good source of Fiber, Potassium, Vitamin A, Vitamin C, Folate</p>
	<p style="text-align: center;">YELLOW SQUASH</p> <p>Good source of Fiber, Vitamin A</p>
	<p style="text-align: center;">ZUCCHINI SQUASH</p> <p>Good source of Fiber, Potassium, Folate</p>

HOW DO YOU PAY FOR SNACKS AND MEALS?

Who is Eligible for Federal Funding?

After-school programs that:

- Are sponsored by school-based programs through the National School Lunch Program (NSLP), nonprofit organizations located in low income areas through the Child and Adult Care Food Program (CACFP) or local government programs through CACFP; and
 - Provide children with regularly scheduled activities in an organized, structured and supervised environment, include educational or enrichment activities. Athletic programs that compete in leagues and do not have other activities do not qualify to serve meals.
 - Sites must be located in a geographical area served by a school in which 50 percent or more of the children enrolled are eligible for free or reduced price school meals.
- Who May Be Served?
- Eligible programs may serve other children who are not participating in the educational or learning enrichment activities
 - Siblings of children in the eligible program may be served

From the California Department of Education, Nutrition Services Division

How Do Reimbursements Work?

After school programs may claim reimbursement for one snack/ meal, per child, per day. It's OK to spend money on the more expensive items like fresh fruits and vegetables on some days, and then on other days, some less expensive food items, as long as the average cost for the week falls within the reimbursement rate per snack and/or meal.

Under CACFP, all snacks and meals are free to children and programs will receive reimbursement at the free rate. Children 18 years and younger are eligible to participate. Snacks/ meals served on weekends or holidays, including vacation periods (e.g., spring break), are reimbursable *during the regular school year only*.

The Summer Food Service Program is available to provide reimbursements for meals and snacks served during summer and school breaks.

Federal Reimbursement Rates (2013–2014)

From USDA

\$0.80 per snack – under CACFP or NSLP

\$0.80–\$0.82 per snack – under United States Department of Agriculture’s Summer Food Service Program (SFSP)

\$3.16 per meal– under CACFP

\$3.41– \$3.47 per meal– under United States Department of Agriculture’s Summer Food Service Program

Additional Resources:

USDA

- *Reimbursement Rates, CACFP*
<http://www.fns.usda.gov/cacfp/reimbursement-rates>
- *Reimbursement Rates, SFSP*
<http://www.fns.usda.gov/cnd/summer/FAQs.htm#9>
- *At Risk Afterschool Meals Handbook 2013:*
<http://www.fns.usda.gov/cnd/care/Publications/pdf/handbook.pdf>

Food Research and Action Center

- *Afterschool Nutrition Programs*
<http://frac.org/federal-foodnutrition-programs/afterschool-programs>
- *Reimbursement Rates and Income Guidelines*
<http://frac.org/wp-content/uploads/2010/08/fedrates.pdf>

California Food Policy Advocates

- *Afterschool Nutrition Updates and News*
<http://cfpa.net/afterschool-nutrition>

What is Expected of Participants?

Participants must agree to regular site reviews and must maintain the following records:

- Documentation that sites are located in an area served by a school in which at least 50% of the enrolled students are eligible for free or reduced price meals.
- Daily attendance rosters, sign-in sheets or, with State agency approval, other methods which result in accurate recording of daily attendance.
- Number of snacks and/or meals prepared or delivered for each snack service.
- Number of snacks and/or meals served to participating children for each snack/meal service and menus for each snack/meal service.
- Serve required meal components

How to Apply for CACFP's Afterschool Meals Program

From California Afterschool Network, <http://www.afterschoolnetwork.org/after-school-meal-program>

Funding is now available to serve a meal anytime during your afterschool program. The meals do not have to be prepared by the afterschool program, but the meal must meet USDA guidelines (see page 4).

- California: To begin serving meals/suppers, contact a California Department of Education CACFP specialist. <http://www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp>
- Other states: For detailed application information, reference the Food Research and Action Center's Afterschool Meals Guide, <http://frac.org/federal-foodnutrition-programs/afterschool-programs/fracs-afterschool-meals-guide/> or find your state agency contact, <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>.



APPENDIX B

After School Snacks and Meals: CANFIT Best Practice Guidelines

	Needs Improvement	Basic	Proficient	Superior
		Snacks/ Meals meet SB 12 standards of: ≤ 35% total calories from fat. ≤ 10% total calories from saturated fat. ≤ 35% added sugar by weight. <i>In addition to above:</i>	Snacks/ Meals meet SB 12 standards of: ≤ 35% total calories from fat. ≤ 10% total calories from saturated fat. ≤ 35% added sugar by weight. <i>In addition to above:</i>	Snacks/ Meals meet SB 12 standards of: ≤ 35% total calories from fat. ≤ 10% total calories from saturated fat. ≤ 35% added sugar by weight. <i>In addition to above:</i>
GRAIN/BREAD - Bread (1 slice) - Dry cereal (3/4 cup) - Cooked cereal (1/2 cup) - Pasta, noodles (1/2 cup) - Grain (1/2 cup)	All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.	Snacks: Whole grains served at least twice per week. Meals: Whole grains served at least twice per week.	Snacks: Whole grains served at least three times per week. Meals: Whole grains served at least three times per week. 0 trans fats.	Snacks: Only whole grains are served. Meals: Only whole grains are served. 0 trans fats.
PROTEIN* (*1 oz. – Snack/2 oz. – meal) - Lean meat, poultry, fish - Cheese - Beans/peas (1/4 -1/2 cup) - Peanut or nut butter (2 -4 Tbsp) - Nuts/seeds (1 oz.) - Yogurt (4 oz.- 8 oz.)	All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.	Snacks: Beans/peas are served at least once per week. Meals: Beans/peas/ lean meat are served at least twice per week.	Snacks: Beans/peas are served at least twice per week. Meals: Beans/peas/ lean meat are served at least three per week.	Snacks: Different protein source served three or more days per week. Meals: Beans/peas/ lean meat are served every day.
FRUIT/VEGETABLE* - 1 serving (3/4 cup) - 100% juice (3/4 cup) *To be re-imbursed a serving must include two different fruits or vegetables totalling ¾ cup	All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.	Snacks: Dark green or orange fruit or vegetable served two or more times per week. Meals: Dark green or orange fruit or vegetable served at its minimum requirement (3/4 cup) everyday.	Snacks: A different fresh fruit or vegetable served three or more days per week. Meals: Dark green or orange fruit or vegetable served at least 1 cup every day Only 100% citrus juices.	Snacks: A different fruit or vegetable is served each day of the week. Meals: Dark green vegetable served at least 1 cup per day & Fruits are served at least 1 cup every day. Only 100% citrus juices.
MILK - 1 cup	All beverages and snacks in after school programs meet the minimum NSLP or CACFP component guidelines, regardless of funding source.	Low fat (1%) or nonfat milk.		

APPENDIX C

DETAILED LIST OF FOOD ITEMS AVAILABLE AT SELECTED RETAIL STORES

The following foods were identified at stores in the San Francisco Bay Area in 2013. Please note that prices and availability of products may differ in various locations. These lists are intended to provide examples of healthier snacks that can be found at retail stores.

THE DOLLAR TREE

Grain/Bread Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Schultz Stick Pretzels	11	42 pretzels (30g)	110	4%	4%	0%	\$1.00	\$0.09
Village Farm Quick Oats*	11	1/2 cup uncooked (40g)	150	3%	15%	3%	\$1.00	\$0.09
Quaker Hill Farms Animal Crackers	7	11 cookies (1 oz.)	120	17%	30%	11%	\$1.00	\$0.14
Post Shredded Wheat Cereal*	5	49 g (1 cup)	170	0%	0%	0%	\$1.00	\$0.20
Busy Baker Cheddar Cheese Baked Snack Crackers	7	27 crackers (30g)	150	0%	42%	27%	\$1.00	\$0.15
Monet Original Entertainer Crackers	10	3 crackers (15g)	70	7%	30%	0%	\$1.00	\$0.10
Select Choice Chewy Oat and Raisin Granola Bars	5	1 bar (25g)	100	32%	14%	0%	\$1.00	\$0.20
Honey Graham Crackers	9	2 whole crackers (31g)	130	18%	21%	0%	\$1.00	\$0.12

Fruit or Vegetables, (Includes 100% fruit juice, citrus preferred) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
TJ Farms Select Stir Fry Blend, Frozen	5	1 cup	30	27%	0%	0%	\$1.00	\$0.20
Jennifer's Garden Oriental Blend, Frozen	5	3 oz. (85g)	30	27%	0%	0%	\$1.00	\$0.20
Jennifer's Garden Mixed Berries, Frozen	4	3 oz. (85g)	30	80%	0%	0%	\$1.00	\$0.25
Campbell's Tomato Soup, Canned	3.5	1/2 cup (120 mL)	90	53%	0%	0%	\$1.00	\$0.29
Sunmaid Natural California Raisins	3	1/4 cup (40g)	130	89%	0%	0%	\$1.00	\$0.34
Applesnax Unsweetened Applesauce	4	4 oz. (113g) container	45	89%	0%	0%	\$1.00	\$0.25
Seville Unsweetened Applesauce, Canned	3	1/2 cup (130g)	50	88%	0%	0%	\$1.00	\$0.34
Libby's Chunk Pineapple, Canned	3.5	1/2 cup (122 mL)	70	97%	0%	0%	\$1.00	\$0.29
Libby's Sliced Beets, Canned	3.5	1/2 cup (120g)	40	60%	0%	0%	\$1.00	\$0.29
Libby's Sliced Carrots, Canned	3.5	1/2 cup (120g)	40	40%	0%	0%	\$1.00	\$0.29

Protein (Includes nuts, beans, cheese, yogurt, and meat) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Naturally Select Snacks, Sunflower Seeds	5	1/4 cup	190	2%	71%	9%	\$1.00	\$0.20
Hampton Farms Salted and Roasted Peanuts In Shell	5	1 oz. without shells/ 1/2 cup with shells	160	3%	68%	11%	\$1.00	\$0.20
Hanover Black Beans, Canned	4	1/2 cup (130g)	120	0%	0%	0%	\$1.00	\$0.25

Milk Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Westsoy Low Fat Soymilk Drink, Plain	4	1 cup (240mL)	60	40%	30%	0%	\$1.00	\$0.25

SAFeway

Grain/Bread Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Safeway Kitchens 100% Whole Wheat Bread*	11	2 slices (56g)	120	7%	0%	0%	\$1.99	\$0.18
Middle East Baking Co. Whole Wheat Pita Pocket*	6	1 pita (2 oz./57g)	130	3%	10%	0%	\$2.79	\$0.47
Safeway Reduced Fat Thin Wheat Crackers	8	13 crackers (28g)	120	10%	19%	11%	\$1.79	\$0.22

Safeway Low Fat Honey Grahams	12	2 cracker sheets (35g)	140	17%	13%	0%	\$2.50	\$0.21
Rold Gold Fat Free Tiny Twists	16	18 pretzels (28g)	110	4%	0%	0%	\$3.00	\$0.19
Safeway Crunchy Granola Bars, Oats & Honey*	6	2 bars (42g)	190	23%	39%	2%	\$2.00	\$0.34
General Mills Honey Nut Cheerios*	22	3/4 cup (28g)	110	33%	12%	0%	\$5.79	\$0.27
Safeway Chewy Granola Bars Variety Pack*	18	1 bar (24g)	100	28%	23%	9%	\$3.79	\$0.21
Albers Quick Grits	28	1/4 cup (40g)	140	0%	3%	0%	\$4.99	\$0.18
Mission White Corn Tortillas*	15	2 tortillas (47g)	100	8%	14%	0%	\$1.99	\$0.14

Fruit or Vegetables, (Includes 100% fruit juice, citrus preferred) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Safeway Diced Peaches, No Sugar Added	4	108g (1 cup)	100	36%	0%	0%	\$2.19	\$0.55
Safeway Farms Baby-Cut Peeled Carrots	27	3oz (9 pieces)	35	57%	0%	0%	\$4.99	\$0.18
Sunmaid Raisins Individually Packed	6	1 box	90	89%	0%	0%	\$1.50	\$0.25
Cut n' Clean Greens, Fresh Collard Greens	3	4oz (113g raw)	35	11%	0%	0%	\$1.50	\$0.50

Pantry Essentials Green Peas, Frozen	20	2/3 cup	70	23%	0%	0%	\$5.00	\$0.25
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Protein (Includes nuts, beans, cheese, yogurt, and meat) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Sabra Classic Hummus	10	2 tbsp.	70	0%	64%	13%	\$3.00	\$0.30
Safeway Chunky Peanut Butter	57	2 tbsp.	180	7%	75%	10%	\$11.49	\$0.20
Planters Dry Roasted Peanuts	35	1 oz. (39 pieces)	160	5%	79%	11%	\$2.59	\$0.08
Lucerne 18 Eggs Family Pack	18	1 egg (50 g)	70	0%	58%	19%	\$3.99	\$0.22
Lucerne Light String Cheese	12	1 piece (24 g)	50	0%	45%	27%	\$3.99	\$0.34
Lucerne Strawberry Banana Light Yogurt	6	1 container (6 oz.)	100	44%	0%	0%	\$2.89	\$0.48
Bumblebee Chunk Light Tuna 10 Pack	20	1/4 cup (2 oz. drained)	50	0%	0%	0%	\$9.99	\$0.50
Black Beans, Canned	6.5	1/2 cup (130 g)	110	4%	0%	0%	\$1.79	\$0.28
Safeway Oven Roasted Turkey Breast	16	1 slice (28 g)	30	13%	15%	0%	\$3.99	\$0.25

Milk Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Safeway Organics, Light Soymilk, Vanilla	8	1 cup (240mL)	70	51%	19%	0%	\$3.19	\$0.40
Lucerne Lactose Free, Fat-Free Milk	8	1 cup (240mL)	90	53%	0%	0%	\$3.99	\$0.50
Pantry Essentials Nonfat Milk	16	1 cup (240mL)	90	53%	0%	0%	\$3.79	\$0.24

SMART & FINAL

Grain/Bread Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
First Street Bakery 100% Whole Wheat Bread*	16	1 slice (43g)	110	11%	12%	4%	\$1.99	\$0.12
First Street Instant Oatmeal*	12	1 packet (28g)	100	0%	18%	0%	\$1.99	\$0.16
Guerrero 100% Whole Wheat Flour Tortillas*	11	1 tortilla (41g)	120	13%	30%	15%	\$2.99	\$0.27
Snakrs Stick Pretzels	49	39 pretzels (30g)	110	4%	8%	0%	\$4.49	\$0.09
Snyder's Unsalted Mini Pretzels	11	20 mini pretzels (30g)	110	3%	0%	0%	\$2.79	\$0.25
Triscuit Reduced Fat Crackers*	8	7 crackers (30g)	120	0%	19%	0%	\$2.49	\$0.31
Goldfish Crackers, Made With Whole Grain*	28	55 pieces (30g)	140	3%	32%	6%	\$6.49	\$0.23
Honey Maid Honey Grahams	26	2 cracker sheets (31g)	130	25%	21%	3%	\$4.99	\$0.19

Orowheat 100% Whole Wheat Hamburger Buns*	12	1 bun (74g)	190	8%	17%	2%	\$2.99	\$0.25
First Street Brown Rice, Uncooked*	50	1/4 cup dry (45g)	170	0%	8%	0%	\$5.79	\$0.16
Mission White Corn Tortillas*	35	2 Tortillas (56g)	120	10%	11%	0%	\$2.79	\$0.08
Nature Valley Variety Bars*	60	1 bar	190	25%	33%	7%	\$8.59	\$0.14
Near East Couscous, original plain	4.5	1/3 cup dry couscous	220	2%	4%	0%	\$2.99	\$0.66
First Street Saltine Crackers	300	1 packet (6g)	25	0%	20%	0%	\$7.49	\$0.02
First Street Oats & More Toasted Multi-Grain Cereal*	13	3/4 cup (32g)	130	18%	7%	0%	\$2.35	\$0.18
Quaker Grits	61	1/4 cup dry (37g)	130	0%	3%	0%	\$3.89	\$0.06

Fruit or Vegetables, (Includes 100% fruit juice, citrus preferred) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
First Street Mixed Vegetables, Canned	24	1/2 cup (125g)	45	18%	0%	0%	\$4.79	\$0.20
Simply Value, Blue Lake Cut Green Beans, Canned	24	1/2 cup (120g)	20	40%	0%	0%	\$4.19	\$0.17
Sun Harvest Baby Carrots	11	3 oz. (85g)	35	57%	0%	0%	\$1.99	\$0.18
Mott's Applesauce, Natural	6	1 container (11g)	50	88%	0%	0%	\$2.99	\$0.50

Premium Orchard Apricots, Dried	21	3 tbsp. (33g)	90	84%	0%	0%	\$6.19	\$0.29
Domex SuperFresh Growers, Bagged Fuji Apples	10	1 apple (4.8oz)	65	80%	0%	0%	\$3.49	\$0.35
Montecito Restaurant Style Salsa	117	2 tbsp. (31g)	10	40%	0%	0%	\$8.99	\$0.08
Simply Value Yellow Cling Peach Halves in Light Syrup, Canned	21	1/2 cup (140g)	80	80%	0%	0%	\$4.49	\$0.21
Simply Value Whole Kernel Corn, Canned	24	1/2 cup (125g)	50	32%	18%	0%	\$3.99	\$0.17
Campbell's Condensed Tomato Soup, Canned	11	1/2 cup (120mL)	90	53%	0%	0%	\$2.99	\$0.27
First Street 100% Orange Juice	16	8 oz. (240 mL)	110	76%	0%	0%	\$3.99	\$0.25
Tree Top 100% Fruit Juice, from concentrate	24	1 bottle	140	94%	0%	0%	\$14.99	\$0.62
Minute Maid 100% Juice Boxes	10	1 Juice Box	100	88%	0%	0%	\$3.29	\$0.33
First Street 100% Apple Juice	12	8 oz. (240 mL)	110	100%	0%	0%	\$2.89	\$0.24
Dole Diced Peaches in 100% Fruit Juice	16	1 container (113g)	80	90%	0%	0%	\$8.29	\$0.52

Protein (Includes nuts, beans, cheese, yogurt, and meat) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Simply Value Garbanzo Beans	25	1/2 cup (130g)	180	4%	18%	3%	\$4.19	\$0.17
First Street Chili Beans	24	1/2 cup (126g)	100	4%	9%	0%	\$4.79	\$0.20
Knudsen Lowfat Cottage Cheese	11	1/2 cup (119g)	90	18%	25%	15%	\$5.39	\$0.49
First Street AA Large Eggs	12	1 egg (50g)	70	0%	64%	19%	\$1.99	\$0.17
Sabra Family Size Classic Hummus	17	2 tbsp. (28g/1oz)	80	0%	68%	11%	\$4.99	\$0.29
Mountain High Plain Nonfat Yogurt	4	18 oz. (226 g)	120	47%	0%	0%	\$2.49	\$0.62
Laura Scudder's Old Fashioned Smooth Peanut Butter	14	2 tbsp. (32 g)	210	2%	69%	11%	\$3.29	\$0.24
First Street String Cheese, Low Moisture, Part Skim	24	1 piece (28g)	80	5%	56%	34%	\$7.39	\$0.31
First Street Mixed Nuts	56	28g (1/4 cup)	170	2%	85%	13%	\$15.99	\$0.29
First Street Chunk Light Tuna	23	2 oz. (56g) drained solid	60	0%	0%	0%	\$10.49	\$0.46
Snakrs Roasted and Salted Pumpkin Seeds	16	1/3 cup (31g)	140	0%	39%	6%	\$4.99	\$0.31

Snakrs Dry Roasted Cashews with Sea Salt	19	1/4 cup (30g)	170	2%	74%	13%	\$10.99	\$0.58
Oscar Mayer Ham and Turkey Sub Kit	10	4 slices (57g)	60	6%	38%	0%	\$7.99	\$0.80
Mrs. May's Almond Crunch Snack	20	6 pcs (28g)	156	8%	75%	58%	\$9.39	\$0.47
Blue Diamond Whole Almonds	16	1 oz. (28g)	160	3%	79%	6%	\$7.99	\$0.50
David Original Sunflower Seeds, Individually Packed	24	1 Package (25g)	160	0%	73%	8%	\$11.99	\$0.50
Roasted and Salted Pistachios	12	49 kernels (28g)	170	4.70%	69%	8%	\$4.99	\$0.42

Milk Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
First Street Fat Free Milk	16	1 cup (240mL)	90	53%	0%	0%	\$3.09	\$0.19
8th Continent Original Soymilk	8	1 cup (240mL)	80	35%	45%	0%	\$3.19	\$0.40
Horizon Organic Fat Free Milk	8	1 cup (240mL)	90	53%	0%	0%	\$4.29	\$0.54

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Grain/Bread Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Guerrero 8" Flour Tortillas	40	1 tortillas (41g)	130	3%	14%	14%	\$3.59	\$0.09

Guerrero Corn Tortillas*	50	2 tortillas (51g)	110	7%	12%	0%	\$3.19	\$0.06
Kirkland Signature Whole Wheat Rounds*	24	1 bun (43g)	100	16%	9%	0%	\$4.79	\$0.20
Kirkland Signature Multigrain 100% Whole Wheat Bread*	30	1 slice (53g)	140	11%	10%	0%	\$4.49	\$0.15
Organic Garafalo Whole Wheat Spaghetti*	72	1/9 package	190	4%	5%	0%	\$9.49	\$0.13
truRoots Organic Quinoa*	40	1/4 cup dry (46g)	172	7%	16%	0%	\$9.79	\$0.24
Nature's Path Organic Crunch Gluten Free Cereal*	25	3/4 cup (30g)	110	22%	8%	0%	\$6.89	\$0.28
Kirkland Signature Soft & Chewy Granola Bars*	60	1 bar (24g)	100	24%	23%	9%	\$8.79	\$0.15
Multi-Grain Cheerios*	36	1 cup (29g)	110	22%	8%	0%	\$7.89	\$0.22
Pop Tortilla Chips, Chili Lemon*	18	1 oz. (16 chips)	120	3%	30%	0%	\$4.89	\$0.27
Kirkland Signature Organic Animal Crackers	64	13 crackers (28g)	120	20%	23%	0%	\$9.49	\$0.15
Mary's Gone Crackers Organic Gluten-Free Crackers*	20	13 crackers (30g)	140	0%	32%	3%	\$7.49	\$0.38
18 Rabbits Organic Bunny Granola Bars*	24	1 bar (30g)	130	28%	31%	7%	\$9.97	\$0.42

Fruit or Vegetables, (Includes 100% fruit juice, citrus preferred) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Okami Original Organic Edamame	3.5	1 cup unshelled	170	0%	11%	0%	\$3.99	\$1.14
River Ranch Fresh Foods Fresh Spinach, Bagged	13	3 cups (85g)	20	0%	0%	0%	\$3.89	\$0.30
Eat Smart Stringless Sugar Snap Peas, Fresh and Bagged	11	3 oz. (85g)	40	30%	0%	0%	\$5.89	\$0.54
Eat Smart Broccoli Florets	16	3oz (85g)	25	32%	0%	0%	\$3.99	\$0.25
Grimmway Farms Organic Peeled Baby Carrots	26	3oz (14 carrots)	35	57%	0%	0%	\$4.59	\$0.18
Bananas	3 lbs. (approx. 10 lrg. bananas)	½ lrg. banana	65	50%	2%	0%	\$1.39	\$.07
Maestro sweet bell peppers	10 (6 bell peppers)	1/2 cup chopped	15	53%	0%	0%	\$6.49	\$.65
Paramount Citrus Boxed Navel Oranges	13 lbs. (around 55 oranges)	1 orange (3/4 cup)	86	79%	0%	0%	\$8.99	\$.16
Kirkland Signature Normandy Vegetables, Frozen	20	1 cup (122g)	40	30%	0%	0%	\$5.99	\$0.30
Tropicana Pure Premium Orange Juice with Calcium	32	8 oz. (240 mL)	110	80%	0%	0%	\$11.49	\$0.36

Kirkland Signature 100% Juice Boxes	36	1 container (6.75 oz.)	110	91%	0%	0%	\$9.49	\$0.27
Classico Organic Pasta Sauce	21	1/2 cup (125g)	70	40%	13%	0%	\$8.99	\$0.43
Pacific Natural Foods Roasted Red Pepper and Tomato Soup	24	1 cup (8 fl. Oz.)	110	44%	16%	12%	\$12.79	\$0.54
Progresso Light Chicken and Beef Combo Soup	16	1 cup (8 fl. Oz.)	80	15%	23%	11%	\$11.49	\$0.72
Kirkland Signature Northwest Raspberry Spread	68	1 tbsp.	40	80%	0%	0%	\$4.89	\$0.07
S&W Young Sweet Peas	28	1/2 cup (125g)	60	40%	0%	0%	\$5.69	\$0.21
Kirkland Signature Whole Kernel Corn	42	1/2 cup (125g)	60	40%	15%	0%	\$7.89	\$0.19
Kirkland Signature Cut Green Beans	42	1/2 cup (121g)	20	20%	0%	0%	\$7.99	\$0.19
Dole Pineapple Chunks	36	1/2 cup (122 g)	80	75%	0%	0%	\$9.79	\$0.27
Del Monte Diced Peaches, Fruit in Light Syrup	20	1 container (113g)	70	91%	0%	0%	\$8.29	\$0.41
Kirkland Signature Mandarin Oranges	20	1/2 cup (4oz)	70	91%	0%	0%	\$6.89	\$0.35
TreeTop Organic Apple Sauce Cups	36	1 cup (113g)	50	88%	0%	0%	\$10.49	\$0.29

Kirkland Signature Roasted Seaweed	50	3.4g	20	0%	68%	0%	\$6.99	\$0.14
Cranberry Raspberry 100% Juice Blend	24	8 oz. (240 mL)	120	97%	0%	0%	\$6.69	\$0.28

Protein (Includes nuts, beans, cheese, yogurt, and meat) Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Sabra Hummus, 2 17oz containers	34	2 tbsp.	70	0%	77%	13%	\$6.59	\$0.20
Laughing Cow Light Cheese Wedge	32	2 wedge (21 g)	35	11%	39%	26%	\$6.74	\$0.21
Kirkland Signature Chicken Breast, Boneless and Skinless, Frozen	26	4 oz. (112g)	110	0%	12%	0%	\$17.89	\$0.69
Cal Eggs Extra Large Eggs	24	1 egg	70	0%	64%	19%	\$3.09	\$0.13
Yoplait Light Yogurt	24	1 container	90	44%	0%	0%	\$9.99	\$0.42
Knudsen Low Fat Cottage Cheese	11	1/2 cup (119g)	90	4	2.5	1.5	\$4.79	\$0.44
Precious String Cheese, Low-Moisture Part-Skim	60	1 stick	80	0%	68%	34%	\$10.39	\$0.18
Kirkland Signature Extra Lean Sliced Ham	48	1 slice (1 oz.)	25	0%	18%	0%	\$8.99	\$0.19

Kirkland Signature Oven Roasted Sliced Turkey Breast	21	2 slices (56g)	60	0%	15%	0%	\$9.89	\$0.47
Chicken of the Sea Chunk Light Tuna	24	2 oz. (1/4 cup)	50	0%	9%	0%	\$10.99	\$0.44
Kirkland Signature Natural Peanut Butter	140	2 tbsp. (32g)	185	4%	78%	10%	\$9.99	\$0.07
Maranatha Almond Butter	23	2 tbsp. (32g)	180	4%	80%	5%	\$6.79	\$0.30
Teasdale Garbanzo Beans	25	1/2 cup (130g)	180	4%	18%	0%	\$3.49	\$0.14
Organic S&W Black Beans	24	1/2 cup (130g)	120	3%	0%	0%	\$6.79	\$0.28
Pacific Gold Teriyaki Turkey Jerky	16	1 oz. (28g)	80	35%	11%	0%	\$10.99	\$0.69
Kirkland Signature Variety Snack Nuts	24	2 oz. (1 package)	330	4%	76%	11%	\$15.99	\$0.67
Kirkland Signature Fruit and Nut Medley Trail Mix	52	1/4 cup (30g)	140	34%	39%	10%	\$13.99	\$0.27
Kirkland Signature Fruit and Nut/Seed Bars	20	1.4 oz. Bar	190	21%	57%	9%	\$10.99	\$0.55

Milk Product Name	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	%Total Calories from Fat	%Total Calories from Sat. Fat	Total Price	Price per Serving
Kirkland Signature Fat Free Milk, 2 gallons	32	8 oz. (240 mL)	90	53%	0%	0%	\$4.59	\$0.15
Silk Original Almond Milk 64 oz. 3 pack	24	8 oz. (240 mL)	60	47%	45%	0%	\$7.49	\$0.32

*First ingredient is whole grain
~¾ cup is the snack size serving for fresh fruit