

NUTRITION IN THE HOME



In this section we will start by giving a few tips and fun activities for gardening indoors. Then we will look at nutrition and safety. We will end with some easy to make and delicious after-school snack recipes.

These sources are compiled from:

MindBodyGreen: www.mindbodygreen.com

Health Benefits Times: www.healthbenefits.com

Creative Ideas: www.cr8tiveideas.com

our.WindowFarm: www.ourwindowfarms.org

Action for Healthy Kids: www.ohioactionforhealthykids.org

Conscious Life News: www.conciouslifenews.com

Easy, Fun, & Indoor Gardening Projects



General Tips for Indoor Gardening

1. Make sure the pot you pick is well drained. This can be done by either picking a pot that has holes at the bottom or by placing rocks in the bottom of the pot.

2. Make sure that the soil you are using for your plants is good. You could buy potting soil or compost, but there are many good homemade potting soil recipes online and well.

3. Make sure that your plants have good access to sunlight or grow lights, which you can pick up at most garden supply or hardware stores.

IDEAS FOR INDOOR CROPS

Vegetables

Peppers	Carrots
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Salad Greens	Onions
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Kale	Cherry Tomatoes
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Chard	Bush Beans
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Herbs

Basil	Cilantro
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Parsley	Rosemary
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Oregano	Chives
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Lavender	Carmint
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Fruits

Strawberries	Dwarf Apples
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Blueberries	Citrus
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Easy, Fun, & Indoor Gardening Projects

1. CHIA PETS

Remember the “ch-ch-ch-chia pet commercials?” Well, something they never told you is that you can **EAT THE SPROUTS** not just the seeds!

Sprouts grow in 4-5 days and have 4-6 times more nutrients than a mature leaf. They are a great way to get some fresh green during the North Country’s eternal winter!

Add them to a sandwich, guacamole, salsa, a smoothie and much more!



Health benefits:

They have maximum nutrients with minimal calories

They contain high levels of ALA omega-3 fatty acids

They're a good source of fiber and antioxidants

They're high in calcium

They're high in manganese (good for bones and helps our body use other essential nutrients and makes you happier)

Have plenty of phosphorus to maintain healthy bones and teeth

They are a great protein source

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2. GARLIC GREENS (Scapes)



Garlic Scapes are the garlic greens before they flower.

Buy a head of garlic with small cloves (it is good if the head is already starting to burst or sprout).

Break apart the cloves and plant close together in a 4-inch pot. Water well, keep in the sun and pick before they flower.



They are great as pesto, in eggs, on a salad and more!

Health Benefits:

They increase oxygen levels in your blood

They have antioxidants

They protect the kidneys and liver

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3. CELERY BOTTOMS:



Did you know that you can grow celery from the bottom of a bunch?

To start, all you need is to buy a bunch of celery and then stick the bottom of it in water

Once it roots (in a matter of days), you can plant the celery bottom in a container to continue growing

Celery is not only great for a snack but also the stalks and leaves are good for cooking!

Also, like celery, you can also grow CARROTS, ONIONS, GINGER, ROMAINE LETTUCE and more FOREVER!

Window Gardens:

Keeping the Growing Going Year-Round

Fall is here and with it comes cooler temperatures, changing of leaves, and less time outside. For those of us who enjoy gardening during the summer months, the change in season often symbolizes the end of the harvesting season. However, through creating Window Gardens in your home, you can have access to fresh, homegrown produce year round.

Window Gardens were popularized through the organization WindowFarms.org. The company currently has 4,000 online community growers. Through WindowFarms, you can purchase a \$179 kit to get started farming. However, they are also easy to create using less expensive, everyday materials.

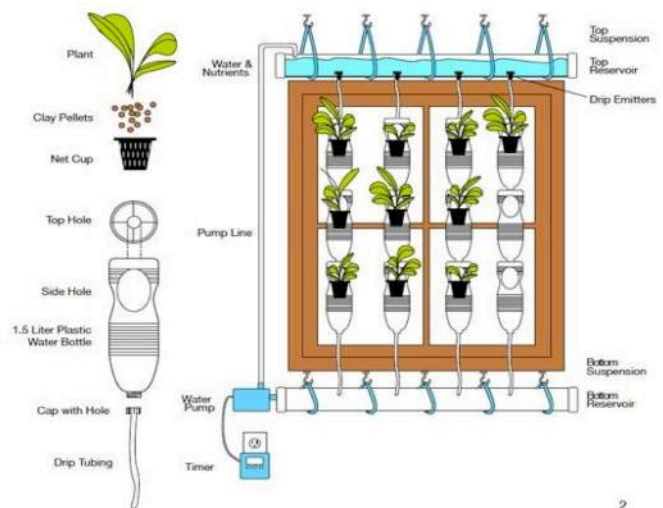
Window Gardens utilize hydroponic systems to pump water and nutrients equally throughout all the plants. The plants grow out of recycled water bottles with holes cut in them. Year round, you can grow anything leafy and green. For beginners, it is suggested to try hearty lettuce varieties, like Buttercrunch, and lots of herbs.



Above: Here we see an example of a Window Garden. Window Gardens use recycled plastic water bottles and hydroponic watering and nutrient systems to grow fresh produce year-round.

To create your very own Window Garden for under \$30 you will need:

- A window with lots of light (preferably South facing)
- 3 1.5 plastic water bottles
- An aquarium air pump
- Air valve (like the kind used to blow up a basketball)
- Hanging system (like one designed to hang art)
- Seedlings of your choice (hearty greens and herbs work best)



Above: This diagram shows the basic parts of a successful Window Garden. Window Gardens focus on using recycled materials and can be constructed anywhere you have a window.

For those interested in a more detailed description on creating window-gardens, please visit: our.windowfarms.org. There you will find helpful tricks and hints from experiences window-growers. You can also get ideas for what makes the sense for your home. Window growing is a sustainable and easy way to produce your own food year round. We hope you give it a try!

Appendix B: Food Safety Tips

Keep Hot Food Hot & Cold Food Cold.

Some food safety principles remain constant for all kitchens:

- “Keep hot food hot and cold food cold”,
- Keep foods out of the “Danger Zone.”

Focus on the “Danger Zone”

Understanding the “Danger Zone” is critical because bacteria can multiply rapidly in any perishable food that is left in the “Danger Zone” (between 40 and 140 °F) for more than 2 hours.

- Cold food should not rise above 40 °F
- Hot food that fall below 140 °F

Avoid the “Danger Zone” by keeping hot food hot and cold food cold!

Remember the 2-Hour Rule:

Perishable food should never be left in the “Danger Zone” for more than 2 hours. This includes both hot food and cold food. If it's been more than 2 hours (or 1 hour in temperatures above 90 °F) — discard the food.

Preparation Tips for Produce

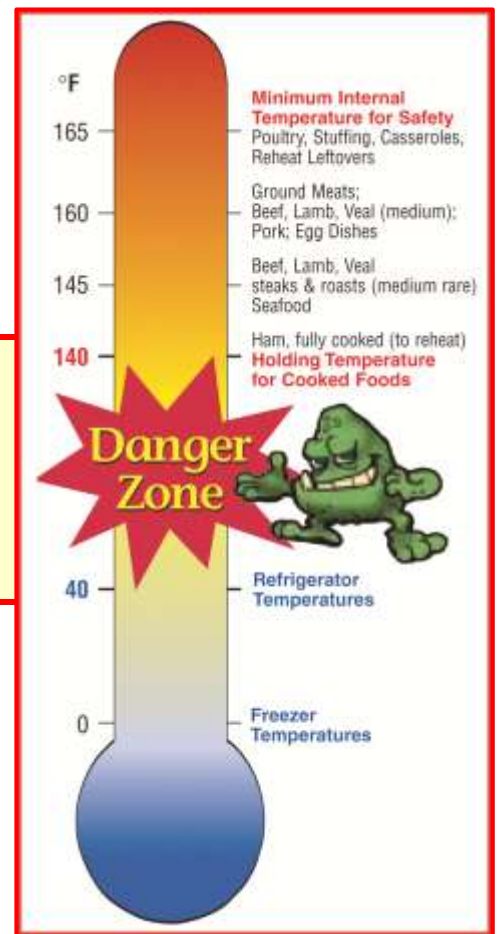
Fresh fruits and veggies are nutritional mainstays. Here's how to make sure they're safe:

- Before eating or preparing, wash fresh produce under cold running tap water to remove any lingering dirt. This also reduces bacteria that may be present. Firm produce (like apples or potatoes) can be scrubbed with a brush.
- Don't wash fruits and vegetables with detergent or soap. These products are not approved for use on food. You could ingest residues from soap or detergent absorbed by the produce.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.

Keep Everything Clean.

It's a fact that bacteria can easily spread by hands, utensils, cutting boards, and juices.

- Always wash hands before and after handling food
- Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring water with you or have disposable wipes on hand.



Cross-Contamination

Cross-contamination is the transfer of harmful bacteria to a food from other foods, cutting boards, utensils, surfaces, or hands. It is prevented by keeping food separated and by keeping hands, utensils, and food handling surfaces clean.

Source: USDA Kitchen Companion

http://www.fsis.usda.gov/PDF/Kitchen_Companion.pdf

Whole Grains: *Make at least half of your grains whole grains*

Why Whole Grains?

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases (such as heart disease), can help with weight management, and can alleviate constipation. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Grains are divided into 2 subgroups: Whole Grains and Refined Grains. Whole grains contain the entire grain kernel (the bran, germ, and endosperm), while refined grains have had the bran and germ removed during a milling process that can give the grains a finer texture and improve shelf life, but it also removes dietary fiber, iron, and many B vitamins. Most refined grains are *enriched* (meaning certain B vitamins – thiamin, riboflavin, niacin, folic acid – and iron are added back), but fiber is not added back to enriched grains.

Commonly eaten whole grains:

- Whole wheat breakfast cereals
- Brown rice
- Whole wheat pasta
- Oatmeal
- Popcorn
- Whole wheat bread
- Whole wheat tortillas
- Wild Rice
- Quinoa



According to the new meal patterns of the National School Lunch Program, students in Grades K-8 will be offered at least 8 – 10 cups of grains weekly, and students in Grades 9-12 will be offered at least 10 – 12 cups of grains weekly.

Berry Bread Pudding

Makes 4 ½-cup servings

Ingredients:

- 1½ cups unsweetened, frozen berries, thawed (blueberries, raspberries, or sliced strawberries)
- ½ tsp sugar (optional)
- 5 slices whole wheat bread, crusts removed
- Vanilla yogurt (optional)



Directions:

- Combine the thawed berries and sugar (sugar is optional).
- Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
- Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
- Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
- Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Dairy: Switch to fat-free or low-fat (1%) milk.

Why Dairy?

The dairy group is made up of all fluid milk products and many foods made from milk. Most Dairy Group choices should be fat-free or low-fat. Consuming dairy products provides nutrients that are vital for health and maintenance of your body, such as calcium, potassium, vitamin D, and protein. The intake of dairy products is linked to improved bone health (it is especially important during childhood and adolescence, when bone mass is being built), may reduce the risk of osteoporosis, and is associated with a reduced risk of cardiovascular disease, type 2 diabetes, and with lower blood pressure in adults.

Research suggests chocolate milk is a popular choice in schools and if not an option, kids will drink less milk and get fewer essential nutrients. Through flavor reformulation, Ohio's school milk suppliers are leading the way to reduce added sugars and calories, while maintaining the same great taste kids love.

Chocolate milk contains the same nine essential nutrients as white milk, including vitamin D, calcium and potassium – three nutrients that most kids don't get enough of, according to the 2010 Dietary Guidelines for Americans.

The Nutrition Facts on food labels do not distinguish between naturally-occurring and added sugars. It's important to know that milk has 12 grams of naturally-occurring sugar called lactose. These 12 grams are included in the table.

Commonly eaten dairy items:

- Fat-free milk
- Low-fat (1%) milk
- Flavored milk
- Cheese
- Yogurt
- Pudding



According to the new meal patterns of the National School Lunch Program, students in Grades K-12 will be offered at least 5 cups of fluid milk weekly.

Apple Brown Betty Smoothie

Makes 6 2/3-cup servings

Ingredients:

- ¾ cup fat-free or low-fat milk
- 2 Tbsp plain low-fat yogurt
- 1/3 cup applesauce
- ½ tsp cinnamon
- 1 Tbsp caramel topping
- 1 Tbsp low-fat whipped topping (optional)
- 1 tsp sugar cookie crumbs (optional)

Directions:

- Combine milk, yogurt, applesauce, cinnamon and caramel topping in a blender; blend until very smooth.
- Top with whipped topping and a few cookie crumbs, if desired.

Recipe courtesy of Jean Gottfried - Upper Sandusky, OH. FIRST PRIZE WINNER of The National "got milk?"® "Ultimate" smoothie recipe contest.



Beans and Peas (Legumes): Canned, frozen, or cooked from dry

Did you know?

Beans and Peas are part of the Meat/Meat Alternative Group because they are an excellent source of plant protein and also contain iron and zinc; similar to meats, poultry, and fish. Beans and Peas are also part of the Vegetable Group because they are excellent sources of dietary fiber, folate, and potassium; similar to other vegetables. When meal planning, Beans and Peas can be served as a Meat/Meat Alternative or a Vegetable, but the serving cannot be counted as both groups simultaneously.

Commonly eaten beans and peas include:

- Black beans
- Black-eyed peas (mature, dry)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans, mature
- Navy beans
- Pinto beans
- Soy beans/edamame
- Split peas
- White beans

*Green peas, green (string) beans, and green lima beans are not included in this category but can be found in other vegetable subcategories.



According to the new meal patterns of the National School Lunch Program, students in Grades K-12 will be offered at least ½ cup beans/peas weekly.

Hearty Healthy Rice and Beans

Makes 6 1-cup servings

Ingredients:

½ lb pork ham hock or turkey ham
 1 onion
 ½ lb brown rice
 3 cups dry black beans (soak overnight)
 1 ¼ peppers (each): red, green, yellow
 1 ¼ tsp brown sugar
 ½ Tbsp cumin
 1/3 Tbsp salt
 1-2 cups water

Directions:

- Cut peppers and onions into small pieces
- Add all produce, spices and water together. Mix well.
- Pour mixture into pan and place in oven or steamer.
- Cook on medium-high for about 4 -5 hours, mixing several times and adding water if needed for moisture.

**When using ham hock, pick out all pieces before serving students.
 When using turkey ham, cut into smaller, bite size pieces.



Dark Green Vegetables: Fresh, frozen, or canned

Why Dark Green Vegetables?

Dark green vegetables are important to consume daily because they are packed with fiber, vitamins, and minerals beneficial to overall health. The vegetables in this subcategory are low in calories (10-25 calories per serving) and contain nutrients such as Vitamin A, Vitamin C, potassium, and folate.

Commonly eaten dark green vegetables:

- Arugula
- Bok choy
- Broccoli
- Chicory
- Collard greens
- Dark green leafy lettuce
- Kale
- Mustard Greens
- Spinach
- Romaine lettuce
- Turnip greens
- Watercress



According to the new meal patterns of the National School Lunch Program, students in Grades K-12 will be offered at least $\frac{1}{2}$ cup dark green vegetables weekly.

Spinach Strawberry Splash Salad

Makes 6 1-cup servings

Ingredients:

- 1 tsp strawberry sugar free preserves
- $\frac{1}{2}$ tsp Italian salad dressing mix
- $2\frac{1}{4}$ tsp Balsamic vinegar
- $2\frac{1}{2}$ tsp water
- $\frac{3}{4}$ tsp vegetable oil
- 6 cups spinach – raw, washed, ready to eat
- $\frac{1}{2}$ cup mandarin oranges – canned, light syrup
- $\frac{3}{4}$ cup sliced strawberries
- 1 Tbsp feta cheese, crumbled



Directions:

- Prepare dressing:
 - Microwave strawberry preserves until warm and slightly runny.
 - Mix preserves, salad dressing mix, balsamic vinegar, water and vegetable oil. Use a mixer or a blender for best results. Set aside.
- Prepare salad:
 - Toss spinach, mandarin oranges, and strawberries lightly
 - Just before serving, toss in the dressing and feta cheese
 - Garnish with fresh sliced oranges, if desired
 - Serve at 41° F or lower

* The dressing can be made ahead and placed in a refrigerator for up to one week. It is recommended the dressing be made at least one day in advance for maximum flavor.

Red/Orange Vegetables: Fresh, frozen, or canned

Why Red/Orange Vegetables?

Red and orange vegetables should be included in your daily diet because they contain important nutrients such as dietary fiber, Vitamin A, Vitamin C, and potassium. Eat red/orange vegetables as a snack or simply add them into your favorite recipes!

Commonly eaten red/orange vegetables:

- Acorn squash
- Butternut squash
- Carrots
- Chili peppers (red)
- Orange peppers
- Pumpkin
- Red peppers
- Sweet potatoes/yams
- Tomatoes
- Winter squash



According to the new meal patterns of the National School Lunch Program, students in Grades K-8 will be offered at least $\frac{3}{4}$ cup red/orange vegetables weekly, and students in Grades 9-12 will be offered at least $1\frac{1}{4}$ cup red/orange vegetables weekly.

Big Time Butternut Squash & Zucchini Pasta

Makes 6 $\frac{2}{3}$ -cup servings

Ingredients:

- 8 oz whole wheat penne pasta
- 4 oz yellow onion
- 8 oz summer squash
- 8 oz winter squash
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- $\frac{1}{4}$ cup parmesan cheese
- dash of pepper

Directions:

- Cook pasta al dente and rinse in cold water. Season pasta with pepper and drizzle with olive oil; toss gently; set aside.
- While pasta is cooking, peel and seed one medium butternut squash. Season with pepper and olive oil.
- Cook the squash in a medium roasting pan with approximately $1\frac{1}{2}$ " of water in at 375°F until tender (~ 30-40 minutes).
- Cut onions and zucchini into thin strips.
- Put onions and olive oil in a hot skillet on the stove top and cook for about 15 minutes.
- Add the balsamic vinegar to the onions and continue cooking.
- Add zucchini and toss with the onions. Continue cooking for 5 more minutes.
- Combine the cooked pasta, squash and the onion/zucchini mixture and toss.
- Sprinkle each portion with parmesan cheese.



Healthy Baking Substitutes

FLOUR SUBSTITUTE:

Black Beans

How it works? Using black bean puree in place of flour in recipes is a great way to reduce calories and add fiber to any yummy treat. If your recipe calls for a cup of flour, try swapping it with a cup of black bean puree!

Works best with: Brownies, cookies

SUGAR SUBSTITUTE:

Unsweetened Apple Sauce

How it works? For cakes and bakes, you can reduce the sugar content by up to half when you use apple sauce. All you need to do is cut the sugar in half, then add the same amount of apple sauce plus about 1/3 more. For example, if a recipe calls for 1 cup of sugar, you can use 1/2 a cup of sugar and about 3/4 a cup of apple sauce (1/2 a cup, plus about 1/3 more). For this substitution, you will need to cut down a bit on the recipe's liquids. Reduce the recipe's main liquid by about 1/4 for every cup of apple sauce added.

Works best with: cakes, bakes and fruit dishes

BUTTER SUBSTITUTE:

Mashed Avocado

How it works? Avocados are packed with essential vitamins and minerals and are a great source of healthy fats. Swapping avocado for butter will significantly reduce the calories and fat in any recipe. To make this switch, replace with a one to one ratio. For example, if your recipe calls for one cup of butter you can swap it with one cup of mashed avocado. Just remember, naturally this will tint your batter or dough green, so keep that in mind!

Works best with: Cakes and cookies. With cakes, reduce your oven temperature by 25% and increase your baking time. This will help to prevent your cake from rising up in the middle or, alternatively, caving in. It'll also prevent the cake from browning too quickly.

BUTTER SUBSTITUTE:

Banana

How it works? Replacing butter in a recipe with banana results in a nice rich, dense texture which can be great for all kinds of sweets. Substitute an equal amount of mashed banana for the butter in the recipe. If a recipe calls for 1/2 cup softened butter, for example, pack a 1/2 cup with mashed banana.

Works best with: Cakes, muffins, cookies, breads. Using banana for butter may reduce cooking time by up to 25%, so keep an eye on your sweets!

Healthy After School Snack Recipes

❖ Peanut butter cereal wrap

Directions:

1. Spread tortilla evenly with peanut butter.
2. Sprinkle cereal (or granola) on top.
3. Drizzle honey over cereal. Roll and enjoy.

❖ Banana ice cream

Directions:

1. Take one (or more) bananas and cut up into thin coins
2. Freeze for at least two hours in airtight container
3. Put bananas in food processor (or strong blender)
4. Blend until creamy (this takes longer than you expect, blend until it looks like ice cream)
5. Freeze until solid in airtight container
 - Try adding: Peanut butter, honey, almonds, coco powder for extra flavor



❖ Fruit parfait

Directions:

1. Cut fruit of choice (strawberries, apples, grapes, pears etc) and
2. place at the bottom of small bowl
3. Put half a cup of unsweetened yogurt over fruit
 - Optional: Put cut up almonds or granola on top
 - Optional: drizzle some honey or maple syrup over it for extra sweetness



❖ **Ants on a log**

Directions

1. Gather celery, peanut butter (natural is better also low fat cream cheese is a good option) and dried fruit of choice (raisins work well)
2. Spread peanut butter in the dent of the celery
3. Press dried fruit lightly into the peanut butter and eat



❖ **Strawberry cream cheese sandwich**

Directions:

1. Combine 1 tbsp. cream cheese and ¼ tsp honey
2. Spread on two slices of whole wheat bread (or toast)
3. Slice a few strawberries thinly
4. Place strawberries onto bread – close, cut and enjoy

❖ **Apple Moons**

Directions:

1. Cut up apple into slices
2. Spread each slice with peanut or almond butter
3. Press granola into the peanut butter



❖ Cheddar-carrot balls

Directions:

1. Mix $\frac{1}{2}$ bar of cold cream cheese, 1 cup finely grated yellow cheddar cheese, and $\frac{1}{2}$ cup finely grated carrot
2. Ball mixture and place in refrigerator



❖ PB&J smoothie

Directions:

1. Blend all ingredients, pour and eat!
 - a. $\frac{1}{2}$ cup low-fat milk
 - b. $\frac{1}{3}$ cup nonfat plain Greek yogurt
 - c. 1 cup baby spinach
 - d. 1 cup frozen banana slices (about 1 medium banana)
 - e. $\frac{1}{2}$ cup frozen strawberries
 - f. 1 tablespoon natural peanut butter
 - g. 1-2 teaspoons pure maple syrup or honey (optional)