

Kinship Family Cookbook

A recipe book by kinship families for kinship families



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

Funded by USDA SNAP, an equal opportunity provider and employer. Project support provided by the County of San Diego Health and Human Services Agency, Aging & Independence Services.

Table of Contents

About This Cookbook	1-2
About Leah's Pantry	3
Beverages.....	4-9
Snacks & Sides.....	10-19
Breakfast.....	20-25
Lunch.....	26-36
Soups, Stews, & Sauces	37-44
Dinner.....	45-57
Dessert.....	58-69
General Nutrition.....	70-76
Age Considerations.....	77-80
10 Tips to a Great Plate, Being a Healthy Role Model for Children and Being an Active Family.....	81-83
Mindfulness Exercises.....	84-88
Acknowledgements	89



Fun recipes for grandparents and grandchildren to make together





Sensory-friendly recipes

About This Cookbook

The idea for this cookbook emerged from the nutrition and cooking class attended by YMCA Kinship members in 2021. The class, *Around the Table Nourishing Families*, was developed by Leah's Pantry and provided by the County of San Diego Health and Human Services Agency, Aging & Independence Services.

Rather than meeting in-person due to the COVID-19 pandemic, we, the participants, met around a virtual table along with our grandchildren, sharing ideas that were important to us. We discussed our sources of stress, particularly around food. We brainstormed solutions together while we learned tips for stress reduction and self-care. At each class, we learned a new mindfulness exercise which helped us feel more present, calm, and collected. Because these mindfulness exercises have helped us tremendously, we wanted to make sure to include them in this book (pages 84-88) so that they can potentially help you too!

We also had fun cooking alongside one another, exploring new recipes, and offering one another tips based off our years of cooking experience. For the most part, we shared common interests in recipes. We were eager to learn recipes that were tasty, healthy, easy to make, and most importantly, we wanted recipes that our children would like. Through this shared interest, we decided to create this intergenerational cookbook. It includes recipes that we made in class, as well as our own tried and true recipes! We also decided to use a heart stamp  to identify recipes that we felt were fun for families to make together, as well as an apple stamp  to identify sensory-friendly recipes that may be helpful for picky eaters, who may have intense sensory reactions to food with strong odor, different colors, and varying textures.



About This Cookbook

Through the cookbook, you'll also see valuable information, much of which we discussed in class, to help us best take care of ourselves and our family. For example, on pages 70-76 there is information about "General Nutrition" that aims to help us make better choices around food and beverage selection. There is even a section in this book (pages 77-80) about "Age Considerations," where you not only learn how different age groups can support in food preparation, but you also read how food interest changes at different ages, and how some nutrients become more important for us at different stages of our lives. As an added resource, we have also included valuable tips from USDA's myplate.gov, about "Making a Great Plate" (page 81) and "Being an Active Family" (page 83). There is even a tip sheet on "Being a Healthy Role Model" (page 82), which is one of the most effective ways to positively influence others.

Overall, our class was built on fellowship as well as food knowledge. We wanted to share this experience with you through this cookbook. You'll notice we've also included pictures and descriptions of what we do to feel healthy and happy. These serve as reminders for us, and hopefully for you too, of the importance of self-care!

We hope this book will inspire fresh meal ideas and perspectives on cooking and healthy eating with a focus on self and family nourishment.

Stay healthy everyone!

YMCA Kinship Around the Table Nourishing Families Participants 2021



About Leah's Pantry

Leah's Pantry is a California-based non-profit committed to a vision in which all people are nourished, regardless of socioeconomic status. They approach their work through the lens of trauma and resilience, and believe that positive, nourishing food experiences can heal individuals, encourage healthy community norms, promote nutrition security, and support the realignment of broken food systems in low-income communities. You can learn more at LeahsPantry.org.

The mindfulness exercises found at the end of this book have been developed by Leah's Pantry and were included in the *Around the Table Nourishing Families* curriculum. Leah's Pantry has also developed EatFresh.org, an award-winning, mobile-friendly nutrition and recipe website designed for low-income individuals and families, though the website is a great resource for anyone who wants to improve their health. Many of the recipes in our class were inspired by the recipes on this website. The site provides inspiration, tools, and community for individuals with varying levels of nutrition awareness, digital literacy, and culinary skills.

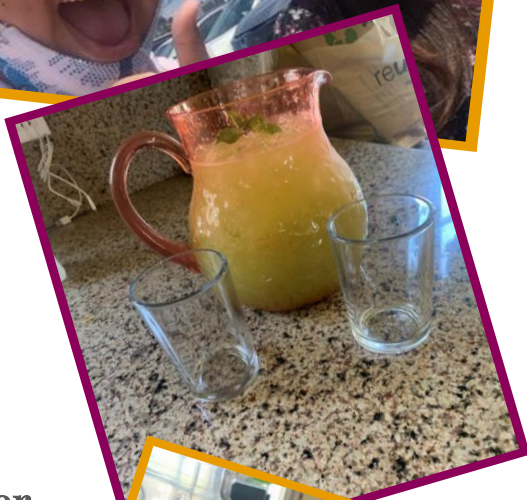
Some features available on EatFresh.org include:

Find A Recipe: search hundreds of recipes by meal type, cuisine, cooking environment, and dietary preferences.

Ask a Dietician: find answers to commonly asked nutrition questions or chat with a registered dietician.

Discover Foods: learn how to buy, store, and prepare different fruits and vegetables. You'll notice some recipes in this cookbook highlight an ingredient with "Discover Foods" information!





Beverages

Lemon & Cucumber Water
Green Smoothie
Pomegranate Fizz
PB & Green Smoothie
Watermelon Water



Lemon & Cucumber Water

10 minutes • Serves 10 • Recipe by Beatriz



In my Mexican household, the lemon is a staple ingredient and so this is a family favorite recipe that we like to enjoy when we are at the table. This is also a simple recipe that you can do with your grandchildren. My granddaughter, Sophie, chops the cucumber with safe utensils while I cut the lemons.



Ingredients:

- ☐ 3 liters or 12-13 cups water
- ☐ 3 cucumbers
- ☐ 6 lemons
- ☐ Ice to your liking
- ☐ ½ cup sugar
- ☐ Mint leaves for serving

Steps:

1. Add sugar to the water. Wash and cut the cucumbers into eighths. Then, wash and cut the lemons into julienne (thin) strips.
2. Blend lemons with a cup of the pre-mixed water and strain, adding them back to the water.
3. Blend cucumbers with a cup of the pre-mixed water and strain, adding them back to the water.
4. Add ice and serve with mint leaves, if desired.



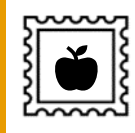
Cooking Hack!



At night, add cucumber slices, lemon slices, and mint or basil leaves to a water pitcher for a refreshing infused drink in the morning!

Green Smoothie

5 minutes • Serves 2 • Recipe by Mary G.



Smoothies are a nice way to hydrate before the day and sneak in healthy foods with the natural sweet flavors of fruits. Smoothies are also very versatile, so you can change them up based on everyone's favorite fruits!

Ingredients:

- ☐ 1 cup water
- ☐ 1 cup yogurt or non-dairy substitute
- ☐ 1 medium banana
- ☐ 1 cup (or 2 large handfuls) raw greens like kale or spinach
- ☐ 2 cups frozen pineapple (or other fresh or frozen fruit), *chopped*



Steps:

1. Place all the ingredients into a blender in the order listed.
2. Blend until smooth and creamy. Add a little water for a thinner smoothie, if desired. Serve immediately.

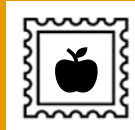


Cooking Hack!

For people who may be sensitive to the green color, serve in a non-transparent cup with a lid!

Pomegranate Fizz

5 minutes • Serves 5 • Recipe adapted from EatFresh.org



Instead of soda, which is loaded with sugar, try making this easy, refreshing drink. Simply use your choice of 100% juice, and make sure to serve it over ice or chilled in the refrigerator!



Ingredients:

- ☐ 1 cup pomegranate juice (or other fruit juice)
- ☐ 4 cups seltzer water
- ☐ 1 lime, *juiced* (optional)

Steps:

1. In a large pitcher, mix the pomegranate juice with seltzer water.
2. If using a sweeter juice like cranberry-apple, consider adding fresh lime juice.
3. Mix well and serve over ice.

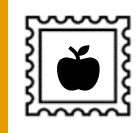


Cooking Hack!

If you are used to a drink with high sugar content and would like to gradually consume less of it, take baby steps! For one week, dilute it with water or seltzer water to the taste you could still enjoy. Gradually dilute it with more and more water over time.

PB & Green Smoothie

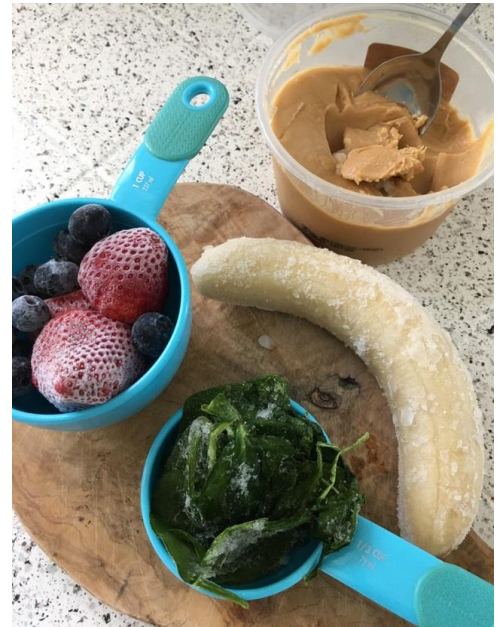
5 minutes • Serves 2 • Recipe by Around the Table Class



Add frozen fruits and vegetables to your favorite smoothies such as this recipe. It's simple to make and provides lots of nutrients in one cup! Plus, you might not even taste the spinach. Use different fruits, fresh or frozen, for different flavors.

Ingredients:

- ☐ 1 banana
- ☐ 1 cup mixed berries
- ☐ 1 Tbsp. peanut butter
- ☐ ½ cup spinach
- ☐ 2 cups milk or unsweetened, fortified non-dairy beverage



Steps:

1. Combine all the ingredients into the blender and blend until smooth.
2. For a smoother texture, add more liquid or reduce the amount of frozen ingredients.



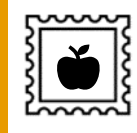
Discover Foods: Bananas

Bananas are high in Vitamin C which keeps our immune system strong and helps our bodies heal quickly. They are also rich in potassium, a type of electrolyte that helps build muscle and keeps your heart healthy!

Adapted from Leah's Pantry EatFresh.org

Watermelon Water

10 minutes • Serves 2 • Recipe by Rachel



This refreshing drink is perfect for summer! It is simple to make, and you can change the consistency of it by adding or reducing the amount of water.

Ingredients:

- ☐ 3 cups watermelon, *diced and seeded*
- ☐ 1-3 cups water
- ☐ Ice to your liking



Steps:

1. Place the watermelon into a blender. Add ice and water.
2. Blend at medium speed and gradually increase the speed until smooth. Serve immediately.



Cooking Hack!

Do you have a lot of leftover watermelon? Try a slice with a sprinkle of salt and a squirt of lime!





Snacks & Sides

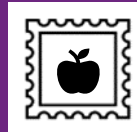
Bruschetta
Cool & Crisp Broccoli
Corn on the Cobb
Crispy Chickpeas
Easy Garlic Spinach
Frozen Grapes
Kale Crackers

Lauren's Roasted Asparagus
Sautéed Zucchini



Bruschetta

7 minutes • Serves 1-2 • Recipe by Diane



Enjoy this simple and healthy bruschetta recipe that is perfect for spring or summer. It's a quick, tasty, and nutritious!

Ingredients:

- ☐ 2 slices of whole wheat bread
- ☐ 1 garlic clove
- ☐ Balsamic vinegar to taste (optional)
- ☐ Olive oil to taste
- ☐ Shredded mozzarella or 4-8 slices of fresh mozzarella to taste
- ☐ 1 Roma tomato, *sliced* (or 4 cherry tomatoes, *sliced in half*)
- ☐ Basil Leaves to taste, *chopped*



Steps:

1. Toast both slices of bread. Then, rub peeled garlic clove all over the toasts. The more you rub, the more garlicky the flavor will be.
2. Carefully drizzle balsamic vinegar, if using, on toast. Be careful not to make it soggy.
3. Drizzle olive oil on toast (again, avoid making it soggy).
4. Add mozzarella, tomato, and chopped basil to your liking.



Cooking Hack!

For finicky eaters, this can be served unassembled - provide the oiled garlic toast, tomato, cheese and basil leaves all separately!

Cool & Crisp Broccoli

10 minutes • Serves 6 • Recipe by Roseanna

This is a great side dish and can easily be taken to potlucks and barbecues. This may also appeal to people of all ages who don't normally eat veggies!



Ingredients:

- ☐ 4 cups broccoli or broccolini
- ☐ 1/4 cup red onion, *finely chopped*
- ☐ 2 Tbsp. granulated sugar or non-caloric sweetener
- ☐ 2 Tbsp. apple cider vinegar
- ☐ 2 Tbsp. light mayonnaise
- ☐ 3 Tbsp. raisins
- ☐ 2 Tbsp. roasted, salted sunflower seeds

Steps:

1. Remove broccoli stems and save them for a slaw or soup!
2. Cut remaining florets into bite-size pieces. Set aside.
3. Place remaining ingredients in a medium mixing bowl and mix well.
4. Add broccoli florets or broccolini and toss until coated. Serve chilled.



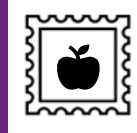
Discover Foods: Broccoli

Broccoli is high in Vitamin A, which keeps our eyes working, our immune system strong, and our cells growing. Its also high in Vitamin D, which our body also absorbs from the sun. Vitamin D is essential for strong bones.

Adapted from Leah's Pantry EatFresh.org

Corn on the Cobb

10 minutes • Serves 2-4 • Recipe by Lauren



This corn is simple to make and delicious as a side or a stand-alone snack!



Ingredients:

- ☐ 2 fresh corn
- ☐ Salt
- ☐ Water

Steps:

1. Bring a large pot of salted water to a boil. Meanwhile, husk the corn, pulling off the silky threads.
2. Cut the corn in half and drop them into the pot of boiling water.
3. Bring to a boil again.
4. Cover and shut off heat.
5. After 5-6 minutes, turn off heat and remove with tongs.

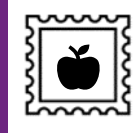


Cooking Hack!

Instead of using salt, consider seasoning your corn with lime and chili pepper, or lemon and herbs!

Crispy Chickpeas

45 minutes • Serves 4 • Recipe by Diane



These crispy chickpeas are a simple, healthy, snack option when you're craving something crunchy and satisfying. Chickpeas (also known as garbanzo beans) are an excellent source of protein, fiber, vitamins and minerals. Enjoy these alone or add them to a salad or grain bowl.



Ingredients:

- ☐ 1 (15 oz) can chickpeas
- ☐ 1 Tbsp. olive oil
- ☐ 1 tsp. garlic powder
- ☐ Salt and pepper to taste

Steps:

1. Preheat the oven to 375 degrees F.
2. Drain and rinse the chickpeas. Spread the chickpeas on a kitchen or paper towel and pat dry.
3. Coat the chickpeas with olive oil, garlic powder, salt, and pepper.
4. Transfer to a lined baking sheet and bake for 15 minutes.
5. Remove from the oven, stir, and bake for an additional 15 minutes or until the chickpeas are crispy.
6. Remove from oven and let cool.



Cooking Hack!

Swap out the garlic powder with your own favorite spices like paprika.

Easy Garlic Spinach

7-10 minutes • Serves 4-6 • Recipe by Roseanna

Simple ingredients, tasty, and very nutritious!

Ingredients:

- ❑ 1-2 Tbsp. olive oil
- ❑ 4 garlic cloves, *minced*
- ❑ 1 large (16oz) bag of spinach



Steps:

1. Heat olive oil in a skillet on medium-high heat.
2. Add minced garlic.
3. Sauté quickly and add spinach.
4. Sauté spinach until evenly cooked (3-5 minutes). Serve hot.



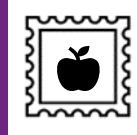
Discover Foods: Garlic

Garlic contains manganese which helps to keep our bones and nervous system healthy. Eating garlic also helps reduce inflammation in our bodies. To quickly peel a whole bulb of garlic, separate all cloves and put in a metal bowl. With a lid on, shake the bowl for about 1 minute. This should peel the skins off all the cloves.

Adapted from Leah's Pantry EatFresh.org

Frozen Grapes

2 minutes • Recipe by Delores



So easy and refreshing! Grapes can transform into natural candy just by freezing them!

Ingredients:

- ☐ Grapes

Steps:

1. Rinse the grapes under cold water.
2. Remove the grapes from the stem (optional).
3. Chop the grapes into smaller pieces (halves or quarters).
4. Place the grapes in a freezer bag and freeze for at least 3 hours (or overnight). Enjoy!



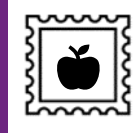
Discover Foods: Grapes

Grapes have Vitamin C and Vitamin K. Vitamin C helps keep our immune system strong, while both these vitamins help our bodies heal quickly. Store unwashed grapes in a plastic bag and store in the refrigerator for up to 1 week.

Adapted from Leah's Pantry EatFresh.org

Kale Crackers

15 minutes • Serves 4 • Recipe by the Walker Family



These kale crackers require few ingredients and are easy and fun to make. This has been one of our families go-to snacks for several years! Kale is a great source of vitamin K, which is important for strong bones and blood clotting.



Ingredients:

- ☐ 5 fresh kale leaves
- ☐ 24 whole grain crackers
- ☐ ½ cup sour cream
- ☐ 3 medium tomatoes, *sliced* (optional)

Steps:

1. Preheat the oven to 325 degrees F.
2. Wash and dry fresh kale leaves.
3. Place kale on lined baking sheet and bake for 2 to 3 minutes or until slightly crisp.
4. Remove from oven and let cool.
5. Between 2 crackers, arrange a layer of sour cream, kale, and sliced tomato if you are using.



Cooking Hack!

Use plain Greek yogurt, low-fat cream cheese or sour cream for a lower calorie alternative.

Lauren's Roasted Asparagus



15 minutes • Serves 4 • Recipe by Roseanna

For anyone who loves asparagus, this recipe is fast, easy, and delicious! It is great on its own, or as a tasty side to any main dish.

Ingredients:

- ☐ 1-pound asparagus, *bottom tough ends trimmed*
- ☐ 1-2 Tbsp. olive oil
- ☐ 1 garlic clove, *minced*
- ☐ 1 tsp. salt or less
- ☐ ½ tsp pepper or less



Steps:

1. Preheat the oven to 425 degrees F.
2. Line a rimmed baking sheet with foil (for easy clean up) and coat with cooking spray.
3. Arrange the asparagus in an even layer on a prepared baking sheet.
4. Drizzle olive oil over the asparagus and season with salt, pepper, and garlic. Toss to coat.
5. Roast the asparagus for 12-15 minutes, depending on thickness of your asparagus, or until tender and slightly charred.
6. Stir halfway through for even browning.

Cooking Hack!

This same recipe can be used for many vegetables including ½ in. slices of eggplant, mushroom, and zucchini, as well as cauliflower and broccoli florets.



Sautéed Zucchini

20 minutes • Serves 4 • Recipe by Rachel



*This is a delicious recipe with a lot of flavor!
Enjoy on its own or top with fresh salsa.*



Ingredients:

- ☐ 1 garlic clove, *minced*
- ☐ 1-pound Mexican squash or zucchini, *diced*
- ☐ 1 large tomato, *diced*
- ☐ 2-3 green onions, *thinly sliced*
- ☐ 1 Tbsp. cilantro, *chopped*
- ☐ 1-2 tsp. jalapeno. *minced*
- ☐ 1 Tbsp. olive oil
- ☐ Salt and pepper to taste
- ☐ Lemon or lime juice to taste
- ☐ ½ cup queso blanco, cotija, or feta (optional)

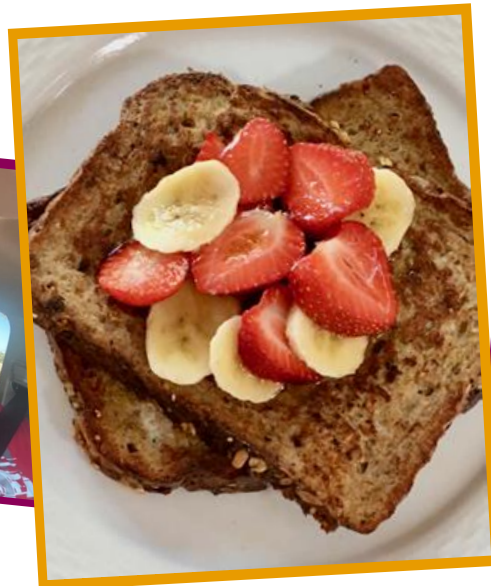
Steps:

1. In a large heated skillet, sauté the garlic over medium heat for 30 seconds.
2. Stir in the squash, onions, tomatoes, and jalapeno and cook until the tomatoes start releasing their juices (about 5 minutes). Season with salt and pepper to taste.
3. Reduce heat to low and mix in cilantro. Let simmer for another 6-8 minutes, checking to make sure that the squash is not over cooked.
4. Top with cheese and lemon juice!

Cooking Hack!

Involve the kids by allowing them to add some cheese to the dish while its simmering.



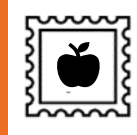


Breakfast

Alex's Burrito
Ella's Mean French Toast
Irish Soda Bread
Loaded Morning Oatmeal
Strada

Alex's Burrito

15 minutes • Serves 1 • Recipe by Alex



This breakfast option is simple and tasty! Best of all, it can be tailored to your preferences! Consider adding slices of mushroom, avocado, and/or bell pepper.

Ingredients:

- ☐ 1 egg
- ☐ 1 Tbsp. onion, *minced*
- ☐ 1 Tbsp. tomato, *diced*
- ☐ ½ cup cooked chicken, *shredded*
- ☐ Salt and pepper to taste
- ☐ 1 whole grain tortilla
- ☐ 1 Tbsp. hot sauce, salsa, and/or sour cream (optional)



Steps:

1. Sauté veggies for 2-3 minutes on medium heat.
2. Scramble the egg together with the minced veggies.
3. Warm a tortilla. Assemble burrito with the egg mixture and cheese. Roll.
4. Heat olive oil in frying pan and toast the burrito on all sides.
5. Serve with hot sauce, salsa and/or sour cream if desired.

Cooking Hack!

Make this recipe vegetarian by replacing chicken with regular or seasoned black beans.



Ella's Mean French Toast

20-25 minutes • Serves 8 • Recipe by Ella



Ella's "Mean French Toast" is a simple favorite that will please picky eaters. Top with fresh berries for a more nutritious breakfast.



Ingredients:

- ☐ 2 eggs
- ☐ 1 cup low-fat milk
- ☐ 1 tsp. sugar
- ☐ 1 tsp. vanilla extract
- ☐ 1 tsp. ground cinnamon
- ☐ ½ Tbsp. olive oil
- ☐ 1 tsp. butter
- ☐ 8 slices whole grain or whole wheat bread
- ☐ Toppings: berries, bananas, nut butter, and/or drizzle of 100% maple syrup

Steps:

1. Add the eggs, milk, sugar, vanilla extract, ground cinnamon, and salt to a large bowl and whisk.
2. Dip bread into the mixture to coat.
3. Add olive oil and butter to a pan and set on medium-high heat.
4. Add coated bread to the pan and cook for 2-3 minutes on each side.
5. Repeat steps 2 and 4 for each slice of bread.
6. Add toppings and serve!

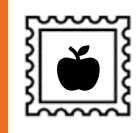


Cooking Hack!

Substitute low-fat milk with plant-based milk for a dairy-free alternative. Get creative with your healthy toppings!

Irish Soda Bread

1 hour • Serves 10 • Recipe by Mary G.



Irish soda bread is a traditional bread that does not require yeast to rise. Making your own bread is a great way to enjoy simple, more wholesome ingredients than store-bought brands. Have a thin slice with butter or nut butter and serve with a side of plain yogurt and fruit.



Ingredients:

- ☐ 3 cups flour
- ☐ 1 tsp. baking soda
- ☐ 1 tsp. cream of tartar
- ☐ $\frac{1}{3}$ cups sugar
- ☐ 2 Tbsp. butter
- ☐ 1 egg
- ☐ 1 $\frac{1}{4}$ cups buttermilk
- ☐ 1 cup raisins



Cooking Hack!

For more whole grains, try using half whole wheat flour and half white flour!

Steps:

1. Preheat the oven to 400 degrees F.
2. Mix together the flour, baking soda, cream of tartar, and sugar. To prevent lumps of baking soda and cream of tartar, sift these ingredients.
3. Work in cold butter using hands.
4. Whisk the egg and buttermilk together and add to the dry ingredients.
5. Knead in raisins using hands. Work the dough into a ball and transfer to a greased pan. Cut an X on top of the loaf to help it cook evenly.
6. Bake for 30 minutes.
7. After 30 minutes, reduce oven temperature to 350 degrees F and bake for an additional 20 minutes.

Loaded Morning Oatmeal

12 minutes • Serves 2 • Recipe by Mary G.



Enjoy this Irish style oatmeal and make it more fun and satisfying by adding toppings of your choice! Not only do the toppings make for a tastier bowl of oatmeal, but they can also help you stay full for longer!



Ingredients:

- ☐ 1 cup water
- ☐ $\frac{2}{3}$ cup rolled oats or steel-cut oats
- ☐ $\frac{1}{4}$ cup milk or fortified non-dairy beverage
- ☐ 1 $\frac{1}{3}$ tsp. brown sugar, honey, or maple syrup (optional)

Steps:

1. Heat water in a saucepan over medium heat for 3-5 minutes or until bubbles start forming.
2. Stir in oats. Cover and reduce the heat to low. Cook for 3-4 minutes.
3. Transfer to a bowl and stir in sweetener. Add milk or non-dairy substitute.
4. Add one or more nutritious toppings (see hack below)!



Cooking Hack!

Add nutritious toppings such as walnuts, bananas, sliced almonds, raisins, peanut butter, honey, dried fruit, sunflower or pumpkin seeds, flax seeds, chia seeds, and/or wheat germ, cinnamon, or nutmeg!

Strada

Overnight, 1 hr. and 20 min. • Serves 6-8 • Recipe by Mary G.

This makes a great meal for a weekend brunch or a holiday morning! Enjoy with a side of fruit!

Ingredients:

- ☐ 1-pound pork sausage
- ☐ 6 eggs
- ☐ 2 cups milk or fortified non-dairy beverage
- ☐ 3 slices of whole grain bread
- ☐ 1 tsp. salt (optional)
- ☐ 1 tsp. dry mustard
- ☐ ½ - 1 cup sharp cheese, *grated*
- ☐ ½ cup onions, *chopped*
- ☐ 2 garlic cloves, *minced*
- ☐ 4 ounces mushrooms, *chopped*
- ☐ ½ cup bell pepper, *chopped*
- ☐ Cooking spray
- ☐ 1 Tbsp. hot sauce, salsa, and/or sour cream to taste (optional)



Steps:

1. Sauté the sausage until cooked through and drain, leaving 1-2 Tbsp. of grease. Remove the sausage to another bowl.
2. Sauté the vegetables in greased pan on medium-high heat for 5 minutes.
3. In a separate bowl, beat together the eggs, milk, salt and dry mustard.
4. Grease a 9 In. x 13 In. baking pan with cooking spray. Layer the ingredients in the following order: bread, sausage, veggies, cheese, and egg mixture. Wrap in plastic wrap and store in refrigerator overnight.
5. Bake the next day in preheated oven at 350 degrees F for 45 minutes.
6. Serve with hot sauce, salsa, and/or sour cream, if desired.



Lunch

Crunchy Wonton
Deviled Eggs
Egg Salad, Two Ways
Lumpia
Mexican Rice
Milanesa Sudada
Shrimp Ceviche
Tasty Lentils
Tuna Croquette

Crunchy Wonton

30 minutes • 10-15 wontons • Recipe by Roseanna

A crowd pleaser that's relatively easy to make!

Ingredients:

- ☐ 8 ounces shrimp, *peeled and deveined*
- ☐ 2 eggs, *beaten*
- ☐ 2 Tbsp. green onions
- ☐ 1 pound wonton wrappers
- ☐ 1 cup water
- ☐ 1 cup avocado or other vegetable oil
- ☐ Salt and pepper to taste
- ☐ Sweet chili sauce (optional)



Steps:

1. Mince the shrimp and place into a bowl. Add the eggs, green onions, salt and pepper. Mix well.
2. Separate the wonton wrappers.
3. Place each wonton in a diamond shape. Add 1 tsp. of the mixture in the middle of each wonton.
4. Moisten all corners and sides with water and fold the wrapper in half to make a triangle shape. The water will help seal the wonton shut.
5. Repeat steps 3 and 4 with the remaining wonton wrappers.
6. Heat oil to 325 degrees F on medium heat. Fry wontons until golden brown.
7. Drain wontons on a paper towel. Serve hot or cold with sweet chili sauce, if desired.

Cooking Hack!

To bake instead of fry, lightly spray the wontons with vegetable oil and bake at 400 degrees F for 5-7 minutes or until golden brown.



Deviled Eggs

10 minutes • 24 deviled eggs • Recipe by Roseanna

Family and friends always request these at get-togethers. This finger-food is gluten-free, and high in protein!

Ingredients:

- ☐ 12 hard-boiled eggs (see hack below)
- ☐ ½ cup mayonnaise
- ☐ 1 tsp. mustard (optional)
- ☐ Salt and pepper to taste
- ☐ 2 Tbsp. relish or 1 dill pickle, *diced* (optional)
- ☐ Paprika and chopped chives for garnish (optional)



Steps:

1. Place the eggs in a pot in a single layer and add water to cover the eggs by at least 1-2 inches.
2. Bring the eggs to a rolling boil. Then, turn off the heat and cover the pot.
3. After 13 minutes, pour out the hot water. Shake the eggs in the pan to break the shells.
4. Place the eggs in a large bowl of ice water. Peel under cold running water.
5. Cut hard-boiled eggs in half lengthwise. Remove yolks and place in bowl.
6. Use a fork to mash up the yolks. Add the mayonnaise, mustard, relish, salt, and pepper to the yolks and mix until smooth.
7. Spoon the mix back into egg whites and sprinkle with paprika.

Cooking Hack!

Fresh eggs are hard to peel so use eggs that are about a week old. If an egg ever floats to the top, throw it away, it's most likely not good.



Egg Salad: Two Ways

15 minutes • Recipe by Roseanna

Whip up a delicious lunch by turning your hard-boiled eggs into a salad that can be served on a sandwich, wrap, or over lettuce!

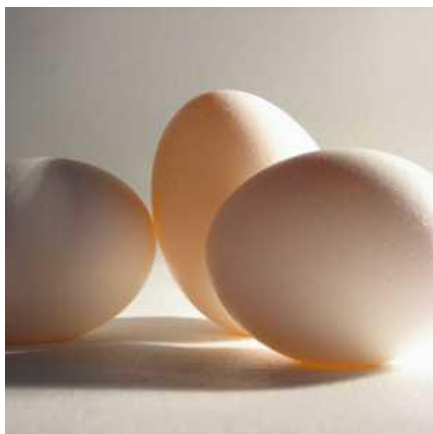
Egg Salad Steps:

1. Follow steps 1-6 in the “Deviled Eggs” recipe (page 28).
2. Chop the egg whites and add them to the yolk mixture.
3. Add finely chopped celery and finely chopped green onion.



Tuna Egg Salad Steps:

1. Follow steps 1-6 in the “Deviled Eggs” recipe (page 28) and “Egg Salad” recipe (above).
2. Add one can of albacore tuna to egg salad and mix together.



Discover Foods: Eggs

Eggs are one of the cheapest sources of protein. Proteins are building blocks for our bones, muscles, cartilage, skin, and blood. They provide a variety of nutrients that are essential for health and maintenance of your body. Store eggs at the very back of the top shelf in your fridge to keep them cold.

Adapted from Leah's Pantry EatFresh.org

Lumpia

1 hour • Serves 4 • Recipe by Roseanna



At almost every Filipino family event, there will be lumpia! It is crispy on the outside with a delicious meat and vegetable mixture inside!

Ingredients:

- ☐ 1 pound ground pork, beef, turkey, or combination
- ☐ 2 ½ - 3 cups avocado or other vegetable oil
- ☐ 2 garlic cloves, *minced*
- ☐ 15-20 lumpia wrappers
- ☐ 1-2 carrots, *minced*
- ☐ ½ cup onion, *minced*
- ☐ 1 celery stalk, *minced*
- ☐ 1 cup cabbage, *thinly sliced*
- ☐ 2 Tbsp. low-sodium soy sauce
- ☐ 2 eggs, *beaten*
- ☐ Salt and pepper to taste (optional)
- ☐ Sweet chili sauce (optional)



Cooking Hack!

Substitute minced shrimp for the meat or make vegetarian by substituting fresh bean sprouts, minced water chestnuts, and/or thinly sliced green beans!

Steps:

1. Fry the meat, garlic and onion. Add salt and pepper to taste.
2. Mix in the soy sauce, carrots, celery, and cabbage. Cook until cabbage is wilted (5 minutes). Drain grease and let the mixture cool completely.
3. Separate the lumpia wrappers. With the pointy end towards you, put about a tablespoon of filling, roll up, then fold each side and roll again at the end. Put a dab of beaten egg at the edge so wrapper will stick.
4. Fry the lumpia in 1-1½ inches of hot oil in a pot on medium-high heat. Flip once and cook until golden brown (1-2 minutes). Do not overcrowd the pot.
5. Serve with sweet chili sauce, if desired.

Mexican Rice

30 minutes • Serves 4 (2 cups) • Recipe by Roseanna



Mexican Rice is a simple and delicious side to many traditional Mexican dishes!

Ingredients:

- ☐ 1 cup rice
- ☐ 2 cups water
- ☐ 4 ounces low-sodium tomato sauce
- ☐ 1 garlic clove, *crushed*
- ☐ Half fresh onion, *diced*
- ☐ 1-2 Tbsp. avocado or other vegetable oil
- ☐ Salt and pepper to taste



Steps:

1. Brown the rice in oil over medium heat.
2. Add the remaining ingredients and water.
3. Bring to a boil, cover, and reduce the heat to low. Simmer for 17 minutes.
4. Remove from the heat. Let the rice sit covered for 10 more minutes.
5. Fluff with fork before serving.



Cooking Hack!

If you prefer not to use fresh garlic and onion, consider using powders or throw in quartered onion and whole garlic clove while rice cooks, and remove before serving. Eat more whole grains by substituting rinsed brown rice for white rice. Cook in the same way but let simmer for 45 minutes rather than 17.

Milanesa Sudada

30-45 minutes • Serves 2-4 • Recipe by Alicia

Milanesa Sudada, which is a steamed thin-breaded cutlet of meat, is easy to make! You can serve this with a salad or vegetables.

Ingredients:

- ☐ 5 milanesas/thinly cut slices of red meat
- ☐ 3 medium tomatoes, *sliced*
- ☐ 1 medium onion, *sliced*
- ☐ A handful of parsley
- ☐ 1 cup of breadcrumbs
- ☐ 1 cup of ground oats
- ☐ 1/8-1/4 cup avocado or other vegetable oil (depending on pan size)
- ☐ 1-2 eggs
- ☐ Worcestershire or other seasoning sauce to taste
- ☐ 1-2 tsp. mustard
- ☐ 3 tbsp. water
- ☐ Salt and pepper to taste



Steps:

1. Whisk the eggs in a bowl and add mustard, salt, pepper, and optional seasoning sauce to your taste.
2. Dip the meat in the egg wash and bread them with a mixture of the breadcrumbs and oats.
3. Sauté the meat in a pan with a little oil and lay them on a paper towel to drain any excess oil.
4. In a casserole dish, add 3 Tbsp. of water. Add a layer of the meat followed by a layer of tomato, onion, and parsley. Repeat until you run out meat and top it off with a layer of tomato, onion, and parsley.
5. Sprinkle some water over the top and cover. Steam for 10-15 minutes.

Shrimp Ceviche

1 hour – 4 ½ hours • Serves 8 • Recipe by Roseanna

A delicious colorful dish that's cool, refreshing, and light!

Ingredients:

- ☐ 2-pounds shrimp, *shelled and deveined, chopped* (cooked or raw – see steps)
- ☐ ½ cup red onions, *chopped*
- ☐ 1 jalapeno, *ribs and seeds removed, then minced*
- ☐ 1 cup cucumber, *seeded and diced*
- ☐ 1 cup Roma tomatoes, *diced*
- ☐ ½ cup cilantro leaves, *chopped*
- ☐ 1 avocado, *peeled, seeded and chopped* (optional)
- ☐ ½ cup lime juice, use ¾ cup of lime juice if you're using raw shrimp, use ½ cup if you're using cooked shrimp
- ☐ ¼ cup lemon juice
- ☐ 1/4 cup orange juice
- ☐ 1 cup Clamato juice
- ☐ Salt and pepper to taste
- ☐ Tortilla chips or tostada shells (baked if available)



Discover Foods: Onions

Onions are packed with B Vitamins which help our cells grow and stay healthy. They also contain allicin, an antioxidant that helps keep our heart healthy and protects our cells from damage. To prevent tearing up from an onion, cut them from the top, not the root end.

Adapted from Leah's Pantry EatFresh.org

Shrimp Ceviche (continued)

1 hour – 4 ½ hours • Serves 8 • Recipe by Roseanna

When you marinate raw shrimp in citrus juice, it changes the proteins in the shrimp and essentially “cooks” it as if it’s been exposed to heat! You’ll know its ready to eat when the shrimp becomes firm and pink and loses its opaque color. Follow the first set of steps below to prepare ceviche in this manner.

Raw Shrimp Method Steps:

1. Place the shrimp, ¾ cup lime juice, and lemon juice in a bowl.
2. Cover and refrigerate for approximately 4 hours or until the shrimp turns pink and opaque.
3. Add the red onion, jalapeno, cucumbers, tomatoes, cilantro, avocado, orange juice, Clamato juice, salt, and pepper to the shrimp mixture.
4. Stir to combine.

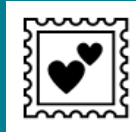
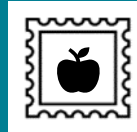
If you prefer to use cooked shrimp for the ceviche, use the method below.

Cooked Shrimp Method Steps:

1. Place the shrimp, red onion, jalapeno, cucumber, tomatoes, cilantro and avocado in bowl.
2. Pour the lime, lemon, orange juice, and Clamato juice over the shrimp mixture.
3. Add salt and pepper to taste.
4. Gently toss to coat.
5. Cover your ceviche and refrigerate for at least 30 minutes or up to 8 hours.
6. If you plan to refrigerate your ceviche for longer than 30 minutes, omit the avocado and add it right before serving.
7. Serve chilled with tortilla chips, if desired.

Tasty Lentils

10 minutes • Serves 2 • Recipe by Diane



This Tasty Lentils recipe includes pre-made lentils over brown rice and added toppings. Lentils are a great source of protein and are packed with B vitamins, magnesium, zinc, and potassium. It is a simple and easy lunch option that the whole family will enjoy!



Ingredients:

- ☐ 2 pre-cooked lentil mix packages (i.e., Madras lentils, which can be found in international aisle of grocery stores)
- ☐ $\frac{3}{4}$ cup brown rice, *cooked*
- ☐ 1 tomato, *diced*
- ☐ 1 bell pepper, *diced*
- ☐ 2-4 Tbsp. pepitas and/or walnuts

Steps:

1. Heat the lentils using a microwave or stovetop.
2. Divide cooked rice and lentils into bowls.
3. Top with diced tomatoes, bell peppers, and pepitas/walnuts. Enjoy!



Cooking Hack!

Cook your own lentils to reduce the amount of sodium. Make this recipe your own by adding different toppings!

Tuna Croquette

35 minutes • Serves 4-6 • Recipe by Emma



This recipe is easy to make! My family likes the taste and I like to serve it with a salad to add more vegetables to our meals.



Ingredients:

- ☐ ½-pound potatoes
- ☐ 2 (5-ounce) cans of tuna packed in water, *drained*
- ☐ 2 eggs
- ☐ ¼ cup breadcrumbs plus extra for coating
- ☐ Salt and pepper to taste
- ☐ Avocado, olive oil, or other vegetable oil

Steps:

1. Cut the potatoes into chunks and boil with a little salt for 20-25 minutes. Remove potatoes from the water and peel.
2. Puree the potatoes. Add salt and pepper to taste.
3. Add the eggs, tuna, and ¼ cup breadcrumbs. Mix well with your hands and make rolls in the shape of a taquito. Pass the rolls in breadcrumbs.
4. Put the rolls in a pan with some oil and brown slightly on all sides. Remove and drain excess oil on a paper towel.



Discover Foods: Tuna

Seafood like tuna and salmon is low in fat to keep your heart healthy and high in protein. Proteins are building blocks for our bones, muscles, cartilage, skin, and blood. They provide a variety of nutrients that are essential for health and maintenance of your body.



Soups, Stews, & Sauces

Beef Stew/Caldo de Res
Chicken Pozole
Meatball and Vegetable Soup
Spaghetti



Beef Stew (Caldo de Res)

2 hours 30 minutes • Serves 8 • Recipe by Roseanna

This classic stew is loaded with veggies and ideal for a chilly day!

Ingredients:

- ☐ 2 pounds chuck roast, *chunked*
- ☐ 6-7 cups water (enough to cover meat 1 ½ in.)
- ☐ 4 cups water, broth and water should cover meat 1 ½ in.
- ☐ Salt and pepper to taste
- ☐ 1 small onion, *chopped*
- ☐ 2 garlic cloves, *smashed*
- ☐ 1 chayote, *peeled and chunked*
- ☐ 3 carrots, *chunked*
- ☐ 4 small potatoes, *quartered*
- ☐ 2 celery stalks, *thickly sliced*
- ☐ 1 small head of cabbage, *quartered and core removed*
- ☐ 3 zucchinis, *thickly sliced*
- ☐ ¼ cup fresh cilantro springs (optional)



Steps:

1. Bring the beef, water, garlic, onion, salt, and pepper to a boil, Cover and simmer for about 90 minutes, skimming off the foam as it cooks.
2. Add the chayote, carrots, potatoes, and celery. Cook for 10 minutes.
3. Add the cabbage and zucchini. Cook for about 15 more minutes or until vegetables are tender.
4. Add cilantro springs.

Chicken Pozole

45 minutes - 1 hour • Serves 4-6 • Recipe by Maria

This recipe is a family favorite that's often made and easy on the stomach. The hominy is filling, and the chicken is soft to eat. Your family can serve themselves and top it off with their preferred topping such as cilantro, cabbage, or lemon.



Ingredients:

- ☐ 1 - 1 ½ gallons of water
- ☐ 2 pounds of chicken breast, *cubed*
- ☐ 1 lb. of chicken drumsticks
- ☐ 2-3 cans of Mexican style hominy
- ☐ 2 tsp. of salt
- ☐ 1 garlic head without much shell
- ☐ 1 onion, *whole or chopped*
- ☐ ½ tsp. ground black pepper
- ☐ ½ tsp. oregano
- ☐ 1 pasilla chili cut into small pieces (optional)
- ☐ 1 Tbsp. low-sodium chicken-flavored bouillon
- ☐ 1 bunch of cilantro, *chopped*
- ☐ 2 bunches of green onion, *chopped*
- ☐ Lemon cut into wedges
- ☐ ½ cabbage, *shredded*
- ☐ 1 bunch of radishes, *sliced*

Chicken Pozole (continued)

45 minutes - 1 hour • Serves 4-6 • Recipe by Maria

Steps:

1. Bring a gallon of water to a boil.
2. Carefully add the chicken, hominy, salt, garlic head, onion (whole or chopped), oregano, and the pasilla chili (optional).
3. Boil for approximately 45 minutes to one hour until the ingredients are tender and cooked thoroughly.
4. Garnish with cilantro, green onion, oregano, lemon, cabbage, and/or radishes. Enjoy with chips or tostadas.



Meatball and Vegetable Soup

45 minutes - 1 hour • Serves 4-6 • Recipe by Maria

I learned this recipe from my mother, and I started doing it early on and noticed my grandchildren liked it. Years later, my grandchildren are older, and they still like it—the meatballs, in particular! You can adjust the amount of vegetables or add your family's choice of vegetables.



Ingredients:

- ☐ 2 pounds lean or extra lean ground beef
- ☐ 1 ½ cup rice, *rinsed*
- ☐ 1 Tbsp. ground black pepper
- ☐ 2 Tbsp. salt or low-sodium chicken bouillon to taste
- ☐ 2 medium carrots, *grated*
- ☐ 1 bunch of cilantro, *finely* chopped plus 1 bunch chopped into three
- ☐ 2 tsp. granulated garlic
- ☐ ½ cup egg whites or 2 eggs
- ☐ 1 small onion
- ☐ 1 garlic clove, *minced*
- ☐ 1 (15-oz) can of low-sodium tomato sauce or low-sodium tomato paste
- ☐ 2 zucchinis, *chopped*
- ☐ 2 potatoes, *chopped*
- ☐ 2 carrots, *chopped*
- ☐ 2 tsp. avocado or other vegetable oil

Meatball and Vegetable Soup (cont.)

45 minutes - 1 hour • Serves 4-6 • Recipe by Maria

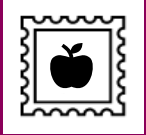
Steps:

1. Combine the meat, rice, black pepper, salt, grated carrots, finely chopped cilantro, garlic, and egg in a large bowl.
2. Shape the meatballs and store them on the side.
3. Finely chop the small onion and clove of garlic and put it on the side.
4. Slowly add oil to a soup pot on low heat.
5. Sauté the chopped onion, garlic, and tomato sauce over medium heat.
6. Add one quart of water and bring to a boil.
7. Carefully add the meatballs and cook for 45 minutes to an hour over medium-low heat.
8. After the first 20 minutes of adding the meatballs, add the carrot and potato.
9. After about 10 minutes, add the zucchini and the cilantro that was cut into three.
10. Cover the pot and set it to low-heat.
11. Let it simmer for about 10 minutes, checking that the vegetables and meat are cooked well.



Spaghetti

40 minutes • Serves 8 • Recipe from *Around the Table* class



This recipe was a class favorite! The sweetness of the carrot helps replace the sugar that is often found in spaghetti sauces! Also, veggies can be blended or processed to reduce different textures! Pictured here is Alicia's final plate!



Ingredients:

- ☐ 2 Tbsp. olive oil
- ☐ 1 medium onion, *finely chopped*
- ☐ ½ - pound lean ground turkey (optional)
- ☐ ½ tsp. salt
- ☐ ½ tsp. pepper
- ☐ 2 carrots, *grated* (optional)
- ☐ 3-5 cloves garlic, *minced*
- ☐ 4-ounces mushrooms, *sliced*
- ☐ 2 tsp. butter (optional)
- ☐ 1 (28-ounce) can low-sodium crushed tomatoes
- ☐ 1 Tbsp. dried oregano (optional)
- ☐ 2 tsp. dried basil or ¼ cup fresh basil, *chopped*
- ☐ ½ tsp. salt or to taste
- ☐ ¼ - ½ cup water
- ☐ 1 pound pasta, preferably whole wheat

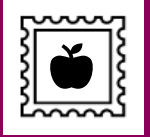


Cooking Hack!

Choose the veggies of your choice and make this recipe your own! Consider bell peppers or more mushrooms and removing the meat! Store in the freezer, and you'll have a ready-to-go dinner when you need it most!

Spaghetti (continued)

40 minutes • Serves 8 • Recipe from *Around the Table* class



Steps:

1. Heat oil in a pot over medium-high heat. Sauté onion, stirring frequently, until soft and shiny.
2. Add the turkey, salt, and pepper. Cook until no longer pink (8-10 minutes).
3. Stir in the mushrooms, carrots, and garlic. Cook for an additional 3-5 minutes.
4. Stir in the basil, red pepper flakes, and salt. Add optional spat of butter, particularly if not using meat. Stir, and cook for about a minute.
5. Stir in crushed tomatoes. Then, stir in $\frac{1}{4}$ cup water. As sauce starts to bubble, reduce heat to low. Allow sauce to simmer for at least 10 minutes, but up to one hour for deeper flavor.
6. Meanwhile, cook pasta according to package directions. Drain well, but reserve about a $\frac{1}{2}$ cup of the water. If sauce seems too thick, slowly add some of this water to your sauce.
7. Serve sauce over spaghetti.



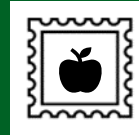


Dinner

Cream of Mushroom Tacos
 Hamburger Casserole
 Lemon Pasta
 Lettuce Wraps
 Pancit Bihon
 Picadillo (Minced Meat)
 Sesame Chicken Stir-Fry
 Shepherd's Pie
 Zucchini Pizza Bites

Cream of Mushroom Tacos

20-25 minutes • Serves 8 • Recipe by Delores



This is an easy and tasty taco dinner that everyone will love! Remember, canned soups can contain a lot of sodium, so look for the lowest sodium option available.

Ingredients:

- ☐ 1-pound ground turkey meat
- ☐ 1 package of low-sodium taco seasoning (optional)
- ☐ 1 can low-sodium cream of mushroom soup
- ☐ 1-2 cup green onions, *chopped*
- ☐ 1-2 cup chili peppers, *chopped* (or 4-ounce can of diced chili peppers)
- ☐ 3 cups lettuce or spinach, *chopped*
- ☐ 2 cups tomatoes, *chopped*
- ☐ 1-2 cups shredded cheese (optional)
- ☐ 24 medium corn tortillas



Steps:

1. Cook turkey meat in pan until half-way cooked, about 8 minutes.
2. Add canned cream of mushroom soup, taco seasoning packet (optional), and ½ of green chilis and green onions to turkey and cook for an additional 8 minutes or so.
3. In small bowl, mix taco toppings: remaining chilies, green onions, tomatoes, spinach.
4. Warm corn tortilla in pan or microwave.
5. Assemble the tacos with warm corn tortilla as base, then turkey mixture, veggie topping mixture, and cheese.
6. Serve and enjoy.

Hamburger Casserole

30 minutes • Serves 5 • Recipe by the Walker Family

This recipe compares with the ready-made cheeseburger in a box; however, it is not processed and tastes even better! Very quick and easy to make!



Ingredients:

- ☐ 1-pound lean ground beef or turkey
- ☐ 1 small onion, finely chopped
- ☐ 1 tsp. paprika
- ☐ 1 tsp. dried parsley
- ☐ 1 tsp. garlic powder
- ☐ 1/8 - 1/2 tsp. cayenne powder
- ☐ 1½ cups broth of your choice
- ☐ Salt and Pepper, to taste
- ☐ 1 can (8 oz) tomato sauce
- ☐ 2 cups shredded cheddar cheese
- ☐ 1½ cups milk or fortified non-dairy beverage



Cooking Hack!

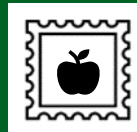
Make more nutritious by including a side of your favorite steamed veggies or a simple side salad!

Steps:

1. Heat large skillet on medium heat. Brown ground beef or turkey and drain.
2. Season with onion, paprika, parsley, garlic powder, cayenne powder, salt and pepper.
3. Stir in the milk, broth, macaroni and tomato sauce. Bring to a boil, cover and reduce heat to a simmer. Cook for 10-12 minutes or until pasta is tender. Stir to prevent sticking. Turn off heat.
4. Stir in cheddar cheese until melted.

Lemon Pasta

25 minutes • Serves 4-6 • Recipe by Mary G.



This recipe is perfect when you have a lot of lemons on hand! It's simple, quick, and delicious! Serve with steamed broccoli or a tossed salad.

Ingredients:

- ☐ 6 Tbsp. olive oil
- ☐ 1-2 garlic cloves, *slivered*
- ☐ 1/8 tsp. red pepper flakes
- ☐ 1-pound pasta
- ☐ 1-2 cups of reserved pasta water
- ☐ 1/2 cup Italian parsley, *chopped*
- ☐ 5-6 Tbsp. lemon juice (or 2-3 lemons)
- ☐ 1/2 cup parmesan cheese
- ☐ Salt and pepper, *to taste*
- ☐ Basil leaves for garnish
- ☐ 1 Tbsp. lemon zest



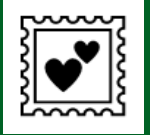
Cooking Hack!

Consider multi-grain or whole wheat pasta for more nutritional value! Cook until almost ready, as it will continue to cook off the heat. Garlic cooks fast, so be careful not to burn it!

Steps:

1. Bring large pot of boiling water to a rolling boil. Add pasta and cook to nearly done (see package instructions).
2. Meanwhile, in a large skillet, heat olive oil over low heat. Add garlic and red pepper flakes. Sauté for 1-2 minutes.
3. Drain pasta, reserving 1 cup of the pasta water, and quickly add drained pasta into the large skillet along with the 1 cup of pasta water, lemon juice, parsley, and grated cheese.
4. Toss and stir until mixed and heated through (This is a fast process).
5. Serve with added cheese and lemon zest.

Lettuce Wraps



30 minutes • Serves 4-6 • Recipe from *Around the Table* class

This recipe was made in the cooking portion of the Around the Table virtual class! Pictured here is Mary G.'s final creation! It's messy to eat, but a light, flavorful, and fun food that will be sure to please!



Ingredients for Marinade:

- ☐ 1-pound ground chicken or chicken/tofu, cut into small cubes/chickpea size
- ☐ 3 garlic cloves *minced*
- ☐ 1 tsp. ginger, *grated* (or ginger powder)
- ☐ ¼ cup low-sodium soy sauce
- ☐ 1 Tbsp. honey or maple syrup
- ☐ 1 Tbsp. sesame oil
- ☐ 1 Tbsp. vinegar
- ☐ 2 Tbsp. avocado or other cooking oil
- ☐ Salt and pepper to taste
- ☐ 1 Tbsp. peanut butter (optional)
- ☐ 1 tsp. corn starch (optional)
- ☐ 1 tsp. red pepper flakes (optional)

Ingredients for Vegetables and Toppings:

- ☐ 1 cup mushrooms, *chopped very small*
- ☐ 1 carrot, grated 1 (optional)
- ☐ 4 green onions, *thinly chopped*
- ☐ 4 Tbsp. cilantro, *chopped*
- ☐ 8-ounce can water chestnuts, *chopped very small*
- ☐ ¼ cup chopped peanuts (optional)
- ☐ 1 avocado, *sliced* (optional)
- ☐ Lemon juice to taste

Lettuce Wraps (continued)

30 minutes • Serves 4-6 • Recipe from *Around the Table* class



Steps:

1. In a medium bowl, mix all the marination ingredients.
2. Add chicken into marinade and mix well. Cover and refrigerate for at least 30 minutes.
3. Cut vegetables.
4. Sautee mushrooms on medium heat for 2 minutes with cooking oil and salt/pepper. Set aside. Cook chicken/tofu on medium high heat for 5-8 minutes, or until chicken is cooked through. Then, mix with mushrooms and water chestnuts and cook for 1 minute on low heat. Add sesame oil and mix well.
5. Turn off heat, and add chopped cilantro green onions, carrots, and peanuts. Add lemon juice on top.
6. Scoop into lettuce and top with avocado if using.



Discover Foods: Tofu

Tofu is made from soybeans and has been used in Asian cuisines for centuries. Its cholesterol-free and high in protein and minerals. Blend silken tofu into smoothies, soups, or sauces for extra protein. Marinate firm tofu for more flavor or crumble it into your favorite chilies or stews.

Pancit Bihon

1 hour • Serves 8 • Recipe by Roseanna

Pancit is one of our family favorites. It's often served on birthdays and New Years because it signifies long life. If there is a Filipino party or gathering, this dish is almost always served.



Ingredients:

- ☐ 2 cups cooked chicken, *diced or shredded*
- ☐ 1 onion, *diced small*
- ☐ 3-4 garlic cloves, *minced*
- ☐ 1 small cabbage, *sliced*
- ☐ 2 cups carrots, *julienned*
- ☐ 1 cup celery, *sliced*
- ☐ ¼ cup green beans, *French cut*
- ☐ 1 cup snow peas
- ☐ 8-ounce package bihon noodles
- ☐ Salt and pepper to taste
- ☐ ¼ cup low-sodium soy sauce
- ☐ 4 cup water or low-sodium chicken broth or stock
- ☐ 2 Tbsp. avocado or other vegetable oil
- ☐ 2 green onions for garnish, *thinly sliced*
- ☐ 2 lemons or quartered calamansi for garnish

Cooking Hack!

You can use a shortcut and buy rotisserie chicken from the grocery store! For the chicken, you can also substitute or add ½ to 1-pound of raw shrimp that has been peeled and deveined. To make this dish more nutritious, make half the dish veggies and half the dish noodles!



Pancit Bihon (continued)

1 hour • Serves 8 • Recipe by Roseanna

Steps:

1. Warm oil on medium-high heat. Add onion and garlic. Sauté until lightly browned for about 3 minutes.
2. Add cooked chicken with salt and pepper.
3. Stir in remaining veggies and cook for another 4-5 minutes until tender but not too soft.
4. Pour chicken broth and add bihon noodles. Stir and fold until noodles have soaked up liquid, about 10 minute.
5. Garnish with calamansi or lemon wedges, and green onions.



Discover Foods: Cabbage

Cabbage is high in Vitamin C which helps keep our immune system strong. It's also high in Vitamin K which helps our bodies heal quickly. Vitamin C content can decrease once it's been cut, so use the remainder within a couple of days. If the cabbage becomes wilted, it may be freshened by briefly placing it in cold water before it is to be cooked.

Adapted from Leah's Pantry EatFresh.org

Picadillo (Minced Meat)

20 minutes • Serves 4-6 • Recipe by Emma

This recipe was left to us by my mother, and I once made it for my family and they liked it. That's why I now make it often. Typically for my family to eat healthily with this recipe, I make a lettuce salad with tomato, cucumber, mushrooms, grated carrot and celery.



Ingredients:

- ☐ 1 pound ground beef or ground turkey
- ☐ 2 medium tomatoes, *chopped*
- ☐ ½ small onion, *chopped*
- ☐ Salt and black pepper, *to taste*
- ☐ 1 tsp. garlic salt or fresh garlic, *minced*
- ☐ ½ cup carrot, *chopped*
- ☐ ½ cup corn
- ☐ ½ cup Italian zucchini, *chopped*
- ☐ ½ cup potatoes, *chopped*
- ☐ 1 teaspoon of vegetable oil or olive oil
- ☐ 1 cup of water or low-sodium broth



Cooking Hack!

You can substitute fresh vegetables for canned vegetables that have been rinsed.

Steps:

1. Add oil to the pan and fry the meat, while adding salt, pepper, and garlic.
2. Add the chopped tomato and the chopped onion.
3. Add the carrots and potatoes. In small amounts, add the broth or water to cook the vegetables without letting them get soggy. Cook for 10 minutes
4. Add the corn and the zucchini and cook for ten more minutes.

Sesame Chicken Stir-Fry

25 minutes • Serves 4-6 • Recipe adapted from EatFresh.org

This recipe was made in the cooking portion of the Around the Table virtual class! The class appreciated the flexibility and ease of this recipe because you can simply exchange bell peppers with mushrooms, broccoli, carrots, or other vegetables that your family loves!



Ingredients:

- | | |
|---|--|
| <input type="checkbox"/> 2 tsp. avocado or other vegetable oil | <input type="checkbox"/> 3 Tbsp. low-sodium soy sauce |
| <input type="checkbox"/> 1-pound boneless, skinless chicken, <i>cut into strips</i> | <input type="checkbox"/> 2 Tbsp. water |
| <input type="checkbox"/> 2 cups snow peas or snap peas, <i>trimmed</i> | <input type="checkbox"/> 1 ½ tsp. garlic powder |
| <input type="checkbox"/> 1 medium green bell pepper, <i>chopped</i> | <input type="checkbox"/> 1 ½ tsp. packed brown sugar |
| | <input type="checkbox"/> 1 tsp - 1 Tbsp. grated ginger |
| | <input type="checkbox"/> 1 Tbsp. toasted sesame seeds |
| | <input type="checkbox"/> 2 green onions, <i>sliced</i> |
| | <input type="checkbox"/> 2 cups cooked brown rice |

Steps:

1. Heat oil in large skillet. Sprinkle garlic powder over chicken. Add chicken; cook and stir-fry for 5-8 minutes or until chicken is fully cooked.
2. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 3-5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve over brown rice or mix with rice.

Shepherd's Pie

25 minutes • Serves 4-6 • Recipe by Mary G.

Shepherd's Pie is the perfect Irish comfort food! Serve with steamed green vegetables or a salad.



Ingredients:

- ☐ 1½ -pounds potatoes (3 large)
- ☐ 4 Tbsp. butter, *diced*
- ☐ 2 Tbsp. olive oil
- ☐ ½ cup – ¾ cup milk or fortified non-dairy beverage
- ☐ 1/8 cup parmesan cheese, *shredded*
- ☐ 1 medium onion, *chopped*
- ☐ 1-2 garlic cloves, *minced*
- ☐ 1½-pounds ground beef or lamb
- ☐ 2 Tbsp. tomato paste
- ☐ 1 tsp. rosemary
- ☐ 1 tsp. thyme
- ☐ Salt and pepper to taste
- ☐ 2 Tbsp. flour
- ☐ ½ cup – ¾ cup low sodium beef broth
- ☐ 8-ounce package frozen mixed vegetables: peas, corn and carrots
- ☐ ½ cup cheddar cheese, *shredded*
- ☐ Cooking spray

Cooking Hack!

You can add a touch of garlic to potatoes for more flavor! Always get out all your ingredients before you start cooking.



Shepherd's Pie (continued)

25 minutes • Serves 4-6 • Recipe by Mary G.

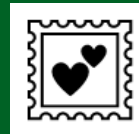
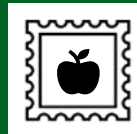
Steps:

1. Peel and cut potatoes in equal sized chunks. Barely cover with salted water. Bring to a boil and then cook until tender, about 20 minutes.
2. Drain and then mash with 4 Tbsp. of butter, milk and 1/8 cup of parmesan cheese. Set aside.
3. Heat 2 Tbsp. of olive oil over medium heat. Add onion and stir until onion looks clear.
4. Stir in garlic and cook for one minute.
5. Stir in rosemary, thyme, salt and pepper, and then stir in ground meat and cook until browned.
6. Stir in tomato paste and cook for 2-3 minutes.
7. Stir in flour.
8. Slowly stir in beef broth.
9. Add frozen vegetables to meat mixture.
10. Add meat mixture to a lightly greased 9 In. x 11 In. baking dish.
11. Top with potato mixture. Make small peaks in the potatoes. (looks cute)
12. Sprinkle with 1/2 cup of cheddar cheese and optional paprika.
13. Bake at 400 degrees F. for 20-30 min. or until bubbly. Cool slightly before serving.



Zucchini Pizza Bites

30 minutes • Serves 2 • Recipe by the Walker Family



Zucchini is rich in vitamins, and we love pizza! Consider also topping your bites with feta and veggies, or ham and pineapple. You can also try using roasted garlic olive oil!



Ingredients:

- ☐ 1 large or 2 small zucchinis
- ☐ 1/2 cup pizza sauce
- ☐ 1 cup mozzarella cheese, *shredded*
- ☐ 1 Tbsp. olive oil
- ☐ 1 tsp. salt

Steps:

1. Wash and cut zucchini into 1/2-inch pieces.
2. Grease baking sheet with olive oil. Layer zucchini slices, coating them with olive oil.
3. Top zucchini with pizza sauce and shredded mozzarella.
4. Bake at 350 degrees for 20 minutes until cheese is bubbling.



Cooking Hack!

Pay attention to the sugar content of store-bought pizza sauce. It can sometimes be higher than you'd expect! Consider making your own by whisking together tomato paste, tomato sauce, olive oil, Italian seasoning, oregano, onion powder, garlic powder, and salt.



Dessert

Angel Food Pineapple Cake

Banana Cookies

Carrot Cake

Chia Seed Pudding

Easy Kids Cookies

Green Lemon Gelatin

Jam Tarts

Oatmeal Fruit Crumble

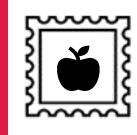
Pumpkin Muffins

Strawberry Cake



Angel Food & Pineapple Cake

40 minutes • Serves 12 • Recipe by Roseanna



This is an easy, quick recipe that can be enjoyed with fresh berries on the side!

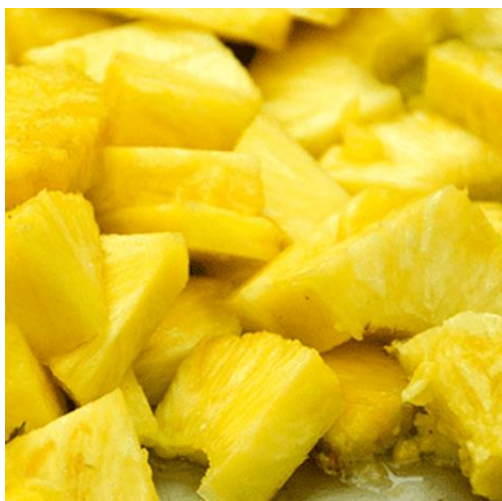


Ingredients:

- ☐ Angel food cake mix
- ☐ 1 (20-ounce) can crushed pineapple packed in juice

Steps:

1. Preheat the oven to 350 degrees F.
2. In a large bowl, use a hand mixer to combine the cake mix with the entire can of crushed pineapple, including the juice.
3. Pour mixture into ungreased 13x9-inch glass or ceramic pan.
4. Bake for the time specified on the cake mix box, about 25-35 minutes. When done, cake should be golden brown, and toothpick inserted in the middle should come out clean.



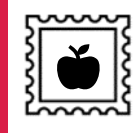
Discover Foods: Pineapple

When picking a pineapple at a grocery store, look for pineapples that are heavy and free of bruises, spots, and dark spots. Also, on the end, it should smell sweet. Pineapples are great because they have Vitamin C and manganese. Vitamin C helps support a strong immune system and helps our bodies quickly heal. Manganese supports a healthier nervous system and healthier bones.

Adapted from Leah's Pantry EatFresh.org

Banana Cookies

30 minutes • Serves 8 • Recipe by the Walker Family



This is a nice recipe to make together, and it is simply sweetened by the banana and the honey! You can even mix in some chopped walnuts or top it with fruit!



Ingredients:

- ☐ 1 ripe banana
- ☐ 1 egg
- ☐ 1 cup whole wheat flour
- ☐ 1/8 cup of honey, pure maple syrup

Steps:

1. Mix eggs, flour, sugar, and mashed banana.
2. Place 1 tablespoon portions of mixture on baking pan, lined with parchment paper.
3. For 10-15 minutes, bake in preheated oven at 350 degrees F.

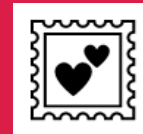


Cooking Hack!

You can also try using defrosted frozen bananas, mashed strawberries or applesauce instead of ripe bananas.



Carrot Cake



50 minutes • Serves 36-42 • Recipe by *Around the Table* class

A popular family recipe! It is a yummy dessert packed with good vitamins and nutrients!

Ingredients:

- ☐ 2 cups carrot, *grated*
- ☐ 2 cups whole wheat flour and extra for preparing baking sheet
- ☐ 1½ cups brown sugar
- ☐ 1 cup walnuts, *chopped*
- ☐ 2-3 Tbsp. ground cinnamon
- ☐ 1½ Tbsp. ground nutmeg
- ☐ 2 tsp. baking powder
- ☐ 1 tsp. baking soda
- ☐ 1 tsp. salt
- ☐ 3 ripe bananas, *peeled and cut in half*
- ☐ 1 whole orange, *quartered*
- ☐ 1¼ cups avocado or other vegetable oil and extra for greasing baking sheet
- ☐ 4 eggs



Steps:

1. Preheat oven to 350 degrees F. Grease baking sheet and dust with flour, tapping out the excess flour.
2. Using a blender, mix bananas, orange pieces with peel, and oil until smooth.
3. Add four eggs to mixture, along with vanilla and salt. Blend on low just until mixed. Be careful not to overmix.
4. In a separate bowl, mix together remaining ingredients.
5. Pour blended ingredients over bowl. Gently whisk together all ingredients.
6. Pour evenly into prepared baking sheet and bake for 30-35 minutes.

Chia Seed Pudding

30 minutes • Serves 4 • Recipe by *Around the Table* class

Loaded with protein and fiber, this delicious tasting dessert can also serve as a satisfying breakfast! Change it up by topping with fruits of your choice!

Ingredients:

- ☐ 1 cup vanilla-flavored unsweetened almond milk
- ☐ 1 cup plain low-fat Greek yogurt
- ☐ 2 Tbsp. pure maple syrup, plus 0-3 tsp for serving
- ☐ 1 tsp. vanilla extract
- ☐ 1/8 tsp. salt
- ☐ 1/4 cup chia seeds
- ☐ 1-pint strawberries, *hulled and chopped*
- ☐ 1/4 cup sliced almonds, *toasted* (optional)

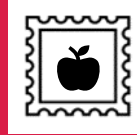


Steps:

1. In bowl, whisk the almond milk, yogurt, vanilla, 2 Tbsp. maple syrup, and salt until blended.
2. Whisk in the chia seeds. Let stand for 20 minutes, and then whisk again to evenly distribute chia seeds if they have clumped.
3. Cover and refrigerate overnight.
4. The next day, in bowl mix strawberries with additional teaspoon(s) of maple syrup if using. Stir in almonds.
5. Serve the pudding in 4 small bowls or glass cups and top with strawberry mixture.

Easy Kids Cookies

20 minutes • Serves 15 • Recipe by Roseanna



This is a simple recipe that can be used as a base to many cookies. Consider adding dry fruit, nuts, and/or dark chocolate chips!

Ingredients:

- ☐ 1/3 up brown sugar
- ☐ ½ cup butter
- ☐ ½ cup whole wheat flour
- ☐ ½ tsp. baking soda
- ☐ 1 cup rolled oats



Steps:

1. Preheat oven to 350 degrees F.
2. Combine brown sugar and butter.
3. Mix well with a wooden spoon.
4. Stir in flour and baking soda.
5. Fold in oats.
6. Form into 1-inch balls and place on an ungreased cookie sheet.
7. Bake for 8-10 minutes.
8. Remove to cooling rack.

Green Lemon Gelatin

30 minutes • Serves about 6 • Recipe by Emma

My family loves this dessert. Whenever I visit, my nephews ask me to make this dessert. It is a simple dessert that you can share with the whole family.

Ingredients:

- ☐ 4 cups of hot water
- ☐ 1 (15-ounce) can crushed pineapple packed in 100% juice, *drained*
- ☐ 1 (6-ounce) box lime gelatin
- ☐ 1 cup (8-ounces) heavy whipping cream
- ☐ Cherries for topping
- ☐ Grapes for topping
- ☐ Peppermint leaves for topping

Steps:

1. Dissolve the gelatin in the hot water and let it sit until it gets cold.
2. When the gelatin is cold, add the pineapple and store in the refrigerator for about 20 minutes.
3. After the 20 minutes, beat the cream and add it to the gelatin mixture and stir well.
4. Add the mixture to a mold and put it back in the refrigerator until it sets.
5. Once it sets, put the gelatin on a plate and serve with cherries, grapes and mint leaves as toppings.



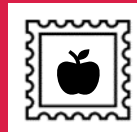
Cooking Hack!

To reduce your sugar intake, try using sugar-free gelatin!



Jam Tarts

45 minutes • Serves 6-8 • Recipe by the Walker Family



This is fun and easy to make! You can skip the fruit spread and use fruit sweetened with honey if you prefer.

Ingredients:

- ☐ 2 cups whole wheat flour
- ☐ ½ tsp salt
- ☐ 7 Tbsp. butter
- ☐ 3 Tbsp. water
- ☐ ½ cup 100% fruit spread

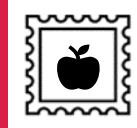


Steps:

1. Mix the flour and cubed butter with your hands until the mixture looks like breadcrumbs.
2. Then, slowly mix in water. At this point, be careful not to overwork it.
3. Bring mixture together into a ball. Wrap the dough in plastic wrap and chill for 30 minutes or until dough is firm.
4. Assemble the tarts. Roll dough flat on lightly floured surface and roll to ¼ Inch thickness.
5. Using a tart cutter or cup, make circles slightly bigger than tart mold. Save the scraps to make fun shapes, like a heart or lattice, on top of the tart.
6. Gently press the circles into each mold, having the edges slightly stick out.
7. Place a heaped teaspoon of jam on top of pastry crusts, filling halfway. Use the scraps to have fun designing the top of your tart.
8. Bake in preheated oven at 400 degrees F. for 15 minutes.

Oatmeal Fruit Crumble

50 minutes • Serves 15 • Recipe by *Around the Table* class



Simply delightful and so easy to prepare, this crumble will surely please!



Ingredients:

- ☐ 1¾ stick cold butter, *cut into pieces*
- ☐ 1½ cup whole wheat flour
- ☐ 1½ cups rolled oats
- ☐ 1 tsp. baking powder
- ☐ ¼ cup brown sugar or other non-caloric sweetener
- ☐ 1/8 tsp. salt (can be skipped if using salted butter)
- ☐ 1 jar (12-ounces) 100% strawberry or other fruit spread

Steps:

1. Preheat oven to 350 degrees F.
2. Lightly butter a 9" x 13" baking dish.
3. In a medium bowl, mix together the flour, oats, sugar, baking powder, and salt if using.
4. With a pastry cutter or knife, cut in the butter. Be careful not to knead it. Continue cutting in until mixture resembles coarse crumbs.
5. Gently pour half the mixture into the pan. Pack tight into pan by patting lightly.
6. Spoon fruit spread evenly over the surface. Without disturbing the bottom layer, carefully use a knife to spread it around.
7. Evenly sprinkle the other half of the oatmeal mixture over the fruit preserve. Pat lightly again.
8. Bake for 35-45 minutes, or until lightly golden brown. Remove from the oven. Let cool in pan before cutting into squares.

Pumpkin Muffins

30 minutes • Serves 12 • Recipe by Roseanna



This is a tasty dessert, or even a breakfast, that is sure to make the house smell good! Children and adults will enjoy preparing this simple recipe and getting creative with the healthy mix-ins.



Ingredients:

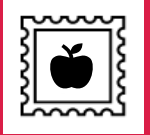
- ☐ 1 box spice cake mix
- ☐ 1 (15-ounce) can pumpkin puree (not pie filling)
- ☐ Walnuts, pecans, raisins, and/or dried cranberries (optional)

Steps:

1. Preheat the oven to 350 F. Line with liners a muffin pan that makes either 12 or 24 mini muffins.
2. Mix spice cake together with pumpkin puree and any mix-ins.
3. Scoop into prepared muffin tins, filling them all the way.
4. Bake until a toothpick inserted in the center comes out clean, about 15-18 minutes.
5. Can be stored up to 5 days in an airtight container or can be frozen for up to 3 months in a freezer.

Strawberry Cake

5 hours • Serves 18 • Recipe by Roseanna



This is a great cake year-round, especially in the summer when strawberries are in peak season. Raspberries can also be substituted for strawberries. During Christmas time, I will dip the berries in sugar to decorate the top and make it look like a winter cake!



Cake Ingredients:

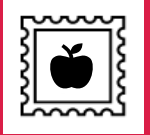
- ☐ 1 Tbsp. baking powder
- ☐ ½ tsp. salt
- ☐ 1 ¼ cup of sugar or non-caloric sweetener
- ☐ 3 cups all-purpose flour, *plus more for the coating of the pans*
- ☐ 2 sticks unsalted butter, *room temperature, plus more to grease pans*
- ☐ 4 large eggs, *at room temperature*
- ☐ 1 Tbsp. vanilla extract
- ☐ 1 ¼ cups whole milk (or ¾ cup heavy cream mixed with ½ cup water)

Frosting, Filling, and Top Decoration Ingredients:

- ☐ 3 cups cold heavy whipping cream
- ☐ 3 Tbsp. powdered sugar or non-caloric sweetener or honey
- ☐ 1 tsp. vanilla extract
- ☐ ½ cup strawberries, diced and whole strawberries for top decoration (optional)

Strawberry Cake (continued)

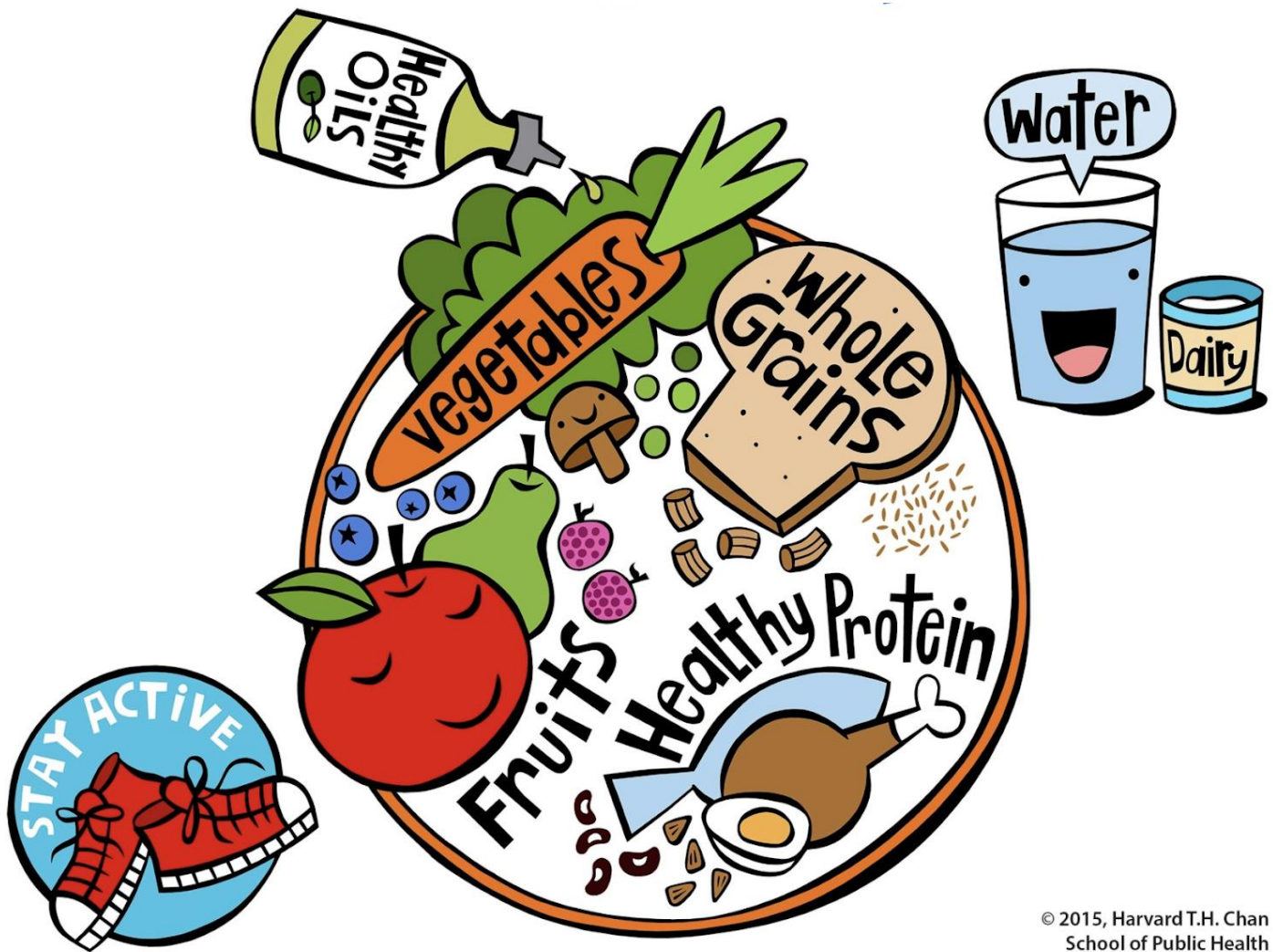
5 hours • Serves 18 • Recipe by Roseanna



Steps:

1. Preheat the oven to 350 degrees F.
2. Butter and dust with flour two 9-inch-round cake pans, tapping out the excess flour.
3. Whisk 3 cups flour, the baking powder and salt in a bowl until combined.
4. Beat 2 sticks butter and the sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes.
5. Reduce the mixer speed to medium; beat in the eggs, one at a time, scraping down the bowl as needed.
6. Beat in the vanilla. (The mixture may look separated at this point.)
7. Beat in the flour mixture in 3 batches, alternating with the milk, beginning and ending with flour, until just smooth.
8. Divide the batter evenly between the two prepared pans.
9. Bake until the cakes are lightly golden on top, and a toothpick inserted in the middle comes out clean, about 30-35 minutes.
10. Transfer to racks and let cool 10 minutes, then run a knife around the edge of the pans and turn the cakes out onto the racks to cool completely.
11. Trim the tops of the cakes with a long-serrated knife to make them level, if desired.
12. With a mixer, whip heavy cream with sweetener and vanilla until stiff peaks form.
13. Remove half of the cream and set aside
14. Stir diced strawberries into the remaining cream.
15. Place one layer of cake onto a serving platter and spread the strawberries and cream filling overtop.
16. Add the other cake on top. If filling looks like it's being pushed out from the sides of the cake, simply scrape the edges to even everything out.
17. Frost the entire cake with reserved whipped cream and top with strawberries.
18. For it to cut nicely, refrigerate for 4 hours to overnight to set completely.

General Nutrition



***Visualize balance and variety.
Strive for good health.***

Make it a habit to consume a variety of vegetables and fruits, whole grains, healthy proteins, and healthy oils, while striving to stay active and well hydrated.

Foods To Eat MORE Often

Fruits and Vegetables



Fruits and vegetables provide nutrients that are vital for the maintenance and health of our body. Fruit and non-starchy vegetables are naturally low in fat and calories. Fresh, canned, and frozen all count! They provide dietary fiber, fluid, and a wide variety of vitamins and minerals. Eating fruits and vegetables can help lower cholesterol and risk of heart disease, improve bowel function, support immune health, and control blood pressure.

Whole Grains



Make half your grains whole grains! Whole grains contain the entire grain kernel. Some examples of whole grains include whole-wheat flour, bulgur or cracked wheat, oats, flax, and brown rice. Whole grains provide dietary fiber, iron, other minerals, and many B vitamins. Eating whole grains can help provide energy to the body, lower cholesterol and risk of heart disease, improve bowel function, and support immune function.

Foods To Eat MORE Often

Healthy Proteins



Proteins include meat, poultry, seafood, eggs, legumes, nuts, seeds, and soy products. Select a wide variety of lean proteins to get more of the nutrients your body needs! Limit fatty cuts of beef and pork, regular ground beef, and processed meats (sausages, hot dogs, bacon, bologna, and salami). Proteins provide iron, other minerals, and many B vitamins. Eating protein can help build and fix cells, support growth, enhance immune function, and provide energy.

Healthy Fats



Healthy fats give us energy, keep us full longer, and play a vital role in many body functions and brain health. Good sources of healthy fats are avocado, nuts, seeds, fatty fish (tuna, salmon), oils such as olive, avocado, and canola. Order baked or steamed items, instead of fried. Limit solid fats such as margarine, shortening, and fat from meats. Eating healthy fats provide omega-3 that help support heart, brain, and central nervous system functions as well as reduce inflammation.

Foods To Eat LESS Often

Saturated Fat



Many foods are high in saturated fat, including baked goods, cheese and foods containing cheese (i.e., burgers, pizza), processed meats like sausages and hot dogs, regular ground beef and cuts of meat with visible fat, fried foods, chicken skin, whole milk, full-fat dairy foods, and desserts. As often as possible, replace these with foods that are high in unsaturated fat (i.e., plant foods like nuts, avocados, and vegetable oil and fish like salmon).

Salt



Many foods are also high in sodium, including mixed dishes like casseroles; processed meats like deli meat; sauces, dressings, and condiments; and instant foods like flavored rice and frozen meals. Limiting sodium intake has many health benefits and may reduce your risk for heart disease and hypertension. Reduce your sodium intake by choosing products with lower sodium; buying low-sodium, reduced sodium or no sodium added products; avoiding ready-to-eat products; cooking at home more often; and adding herbs and spices to dishes instead of salt.

Foods To Eat LESS Often

Added Sugars



Added sugars are those that are added to foods and beverages when they are processed or prepared. This does not include sugars found naturally in things like milk (lactose) or fruits (fructose). High consumption of added sugars can lead to cavities, weight gain, obesity, type 2 diabetes, heart disease, and other chronic illnesses. Consuming too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern. Added sugars provide calories but no nutrients.

Drinks with Added Sugar

- Soft drinks
- Fruit drinks
- Energy drinks
- Coffee and tea with added sugar

Food with Added Sugar

- Pastries and baked goods
- Dairy desserts
- Candies
- Jelly and jam
- Syrups

Names for Added Sugars

Added sugar is often hidden! Did you know that there are over 60 different names for sugar that can be listed on a Nutrition Facts label? They include: *brown sugar, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, and turbinado sugar.*

How Much Sugar is in Your Drink?

On a Nutrition Facts Label, the quantity of sugar is displayed in grams, which can be less familiar to us than teaspoons. To calculate the number of teaspoons of sugar an item has, simply divide total sugar grams by 4. This will give you the teaspoons of sugar in one serving; however, if you're consuming more than the stated serving size, you will need to multiply your total teaspoons appropriately. The results may surprise you!

Once you figure out the amount of sugar there is in the item, look down at the ingredient list to see what kind of sweetener is being used. In this example, it is high fructose corn syrup, which is made by concentrating the natural sugar in corn. Because it is so concentrated, it is easy for your body to get too much!



Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 60g ÷ 4 = 15 teaspoons

15
teaspoons of sugar

Soda Nutrition Facts
Serving Size 1 bottle - 20 fl oz (591mL)

Amount Per Serving	
Calories 258	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 63g	20%
Sugars 60g	
Protein 0g	


Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

The 2015-2020 Dietary Guidelines for Americans recommend limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

Choose health. Drink water.

 **rethink**
YOUR DRINK

Funded by USDA SNAP, an equal opportunity provider and employer.

#320197 Rev: 04/19

Be an Expert Label Reader!

Packaged foods and drinks—the types that come in cans, boxes, bottles, jars, and bags—have a lot of nutrition and food safety information on their labels. Use the sample label below to guide you in reading Nutrition Facts Labels. On the label, % Daily Value (DV) can help you gauge how much of the recommended daily amount of a nutrient is in one serving of food. Aim for 5% DV or less for the nutrients you want to get less of (**shaded red below**) and aim for 20% DV or more for the nutrients you want to get more of (**shaded blue below**).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Check the Serving Size and Servings per Container, as the facts on label pertain to only 1 serving of the food item. If you are eating 2 servings, make sure to double everything on the label.

Total fat can include “good fats,” which can help reduce blood cholesterol. Trans fats can increase your risk for heart disease. Although you’ll often see Zero Trans Fat per serving on the label, you may see “partially hydrogenated oil,” a trans fat, in the ingredients. Limit your intake of saturated fat, sugars, and sodium.

Protein is important for healthy muscles, tissues, and organs. Fiber, vitamins, and minerals are important for overall health as they can decrease the risk of some diseases.

Adapted from <https://newsroom.nebraskablue.com/how-to-read-nutrition-facts-labels-and-shop-smarter/>

Age Considerations: Toddlers & Preschoolers

At this age, it's especially important to eat a variety of fruits, vegetables, whole grains, lean proteins, and dairy and/or fortified plant-based alternatives to support development. The amount of food preschoolers need depends on a variety of factors like age, sex, and physical activity level. Preschoolers have a wide range of normal growth; every child is different!

Even at this age, involving children in preparing meals by allowing them to help will likely get them excited about tasting items.

Adapted from www.myplate.gov/life-stages/preschoolers



At this age, toddlers and preschoolers can:

- ✓ Spread nut butter or cream cheese on bread
- ✓ Help wash veggies and fruit
- ✓ Help select foods at the grocery store
- ✓ Carry unbreakable items to and from the table
- ✓ Serve themselves at the table (with help)
- ✓ Pour liquids into batters (you measure)
- ✓ Stir or mix batter, or other wet or dry ingredients
- ✓ Knead bread dough; press cookie cutters into dough or bread
- ✓ Use a damp sponge to wipe counters, tables and chairs after eating

Remember: The caregivers decides **what** and **when** kids eat, and they decide **how much**. Children are more likely to develop good eating habits when they can manage their own appetites. During the same meal, simply try serving a new food alongside a familiar food. New foods take time; patience and repeated exposure work better than pressure!

Adapted from Leah's Pantry *Around the Table-Nourishing Families* curriculum

Age Considerations: Grade-Schoolers

At this age, it is important for grade-schoolers to be active for their physical and mental health. Overall, they are more likely to try foods that they have helped choose and prepare. Structured mealtimes are particularly important for them now as they are developing their own decision-making skills. They are beginning to understand where food comes from, and how food impacts our growing bodies. For this reason, it is important to emphasize the importance of eating a rainbow of fruits and vegetables daily, as the vitamins and minerals from colorful fruits and vegetables can help our bodies stay strong and adapt to stress.



At this age, grade-schoolers can:

- ✓ Tell other family members what's in a recipe / why the foods are healthy
- ✓ Practice cutting softer ingredients with a butter knife, a strong plastic knife, or even a paring knife (supervise when using sharp knives)
- ✓ Grate or mash soft fruits, veggies and beans; juice lemons or limes; crack eggs
- ✓ Serve themselves and others at the table
- ✓ Begin to read recipes and measure with cups and spoons
- ✓ Begin to learn stovetop and oven basics (with supervision)
- ✓ Set or clear the table; help with washing, drying, and putting away dishes

Remember: At this age, grade-schoolers can be “produce pickers” by choosing fruits and veggies at the store, farmers’ market, or their own garden. Being adventurous and trying foods that they may not have liked when they were younger may help them notice themselves, as they are growing older, becoming more able to eat stronger flavored foods!

Age Considerations: Adolescents



At this age, youth need to be active every day for physical and mental health. They may be vulnerable to peer pressure around what to eat and how to look. However, they may be making their own decisions and starting to see the connection between diet, physical appearance, and health. Now is an

important time for them to explore with food choices and build their own healthy eating habits that will stick with them into adulthood. The amount of food they need will depend on a variety of factors like age, sex, and physical activity level.

At this age, youth can:

- ✓ Find, choose, and create recipes; prepare a whole meal; help plan meals
- ✓ Help with grocery shopping, including making a list and budget
- ✓ Chop ingredients with a knife (supervise as needed)
- ✓ Use kitchen appliances; set/clear the table; wash, dry, and put away dishes
- ✓ Read food labels for ingredients, nutrients, and health claims

Adapted from Leah's Pantry *Food Smarts* and *Around the Table-Nourishing Families* curricula

Some other important considerations for this age are:

- **Sleep at least 8-10 hours a day:** for focus, growth, and athletic performance.
- **Calcium:** to build strong bones and teeth
Sources: fat-free or low-fat milk, fortified non-dairy products, and yogurt
- **Vitamin D:** to keep bones healthy
Sources: fish, fat-free or low-fat milk, fortified dairy/non-dairy products
- **Fiber:** to help you stay regular and feel full
Sources: whole grains, legumes, fruits, and vegetables
- **Protein:** for healthy muscles, tissues, and organs
Sources: eggs; tofu; legumes, such as lentils and peas; chicken; fish; meat

Adapted from *Take Charge of Your Health: A Guide for Teenagers*: www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers

Age Considerations: Older Adults

As people age, eating healthy can improve the way they feel, and make a huge difference in their health. Good nutrition and regular physical activity can reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.



Some important considerations for this age are:

- **Potassium:** for blood pressure control
Sources: legumes, tomatoes, potatoes, many other fruits and vegetables
- **Calcium:** for bone health and blood pressure control
Sources: fortified dairy and non-dairy products, legumes, soybeans
- **Vitamin D:** for the nervous and muscular system.
Sources: fish, mushrooms, fortified dairy and non-dairy products
- **Vitamin B12:** for the brain and nervous system, healthy blood
Sources: fish and shellfish, other meats
- **Dietary fiber:** bowel function, digestion, cholesterol and blood sugar control
Sources: brans, whole grains, legumes, fruits, and vegetables
- **Physical Activity:** Focus on weight-bearing activities for bone health
Examples: Walking, dancing, playing a sport, and stair climbing

Adapted from www.myplate.gov/life-stages/older-adults

10 Tips to a Great Plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

10 Tips for Being a Healthy Role Model for Children

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

10 Tips for Being an Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 29

April 2013

Center for Nutrition Policy and Promotion

USDA is an equal opportunity provider and employer.

Mindfulness Exercises

The next pages include a few mindfulness exercises from our class. All these exercises were adapted from Leah's Pantry, *Around the Table Nourishing Families* curriculum. These exercises do not make our problems disappear; however, they do help us slow down so that we are more aware of our situation and therefore can more effectively react to the problems we may be facing. These exercises can be helpful for people of all ages, and most importantly, they can be pulled out of your life toolbelt anytime you need them. The more they are practiced, the more available they are for us during the times we need them most.

In addition to lowering our heart rate and slowing down our nervous systems during times of stress or anxiety, the exercises also help us feel more relaxed, focused, and present. Mindfulness exercises can even be done while we are eating, helping us to improve our digestion, increase our enjoyment of the food we are eating, and prevent us from overeating.

There is no right or wrong way of doing these exercises. We should do what feels right for us. However, generally, the exercises are done silently. If the exercises feel overwhelming, that's ok, this may not be a good time in your life to use them. Take a deep breath, and maybe come back to them at a different time when they can be more helpful.



Soup Bowl Breathing

When you need to clear your mind, de-stress, get focused, or wind down, try this 90-second exercise.

First, check in with yourselves...*how are you feeling right now?*

Next, think of your favorite soup. Gently cup your hands like you are holding your favorite soup. You can also just put your hands down in your lap. Sit up tall, like your spine was made of a stack of pennies, with both feet on the floor. Close your eyes or glance down.

Imagine breathing in like you are smelling your delicious bowl of soup and breathing out like you are blowing on it to cool down — carefully so as not to splash soup everywhere!

Breathe in for four seconds...

Breathe out for eight seconds...

Now do it again three times at your own pace.

When you are ready, open your eyes or look back up.

Do you notice a difference between how you felt before this activity and how you feel now?

Leah's Pantry *Around the Table-Nourishing Families* curriculum



5-4-3-2-1

Try this ritual to connect with your mind, body, and spirit.

Put your feet flat on the ground and close your eyes or look down.

Silently, to yourself, name five things you can see in the room...

Now name four things you can hear in the room...

Next, name three sensations you feel in your body...

Then, name two things you can smell...

And finally, consider [pick one thing from the list below]

...one thing for which you are grateful.

...one thing that inspires you.

...one person you appreciate.

...one wish for the world.

...one hope or dream for yourself.

...one good quality about yourself.

When you are ready, open your eyes or look back up.

Do you notice a difference between how you felt before this activity and how you feel now?

Leah's Pantry *Around the Table-Nourishing Families* curriculum



Self-Holding

Self-holding uses the sense of touch to help the nervous system more easily calm down during times of stress or agitation. Like other mindfulness techniques, this could help you to be present, focused and more relaxed when you are feeling overwhelmed or stuck. You can even do this when you need help falling asleep. You can also teach this to young children or do it to them so that they can calm their bodies and minds.

1. Get into a comfortable position either seated or lying down.
2. Close your eyes or simply look down.
3. Place one hand on your forehead. Place the other hand on your heart.
4. Gently place your attention on the area between your two hands, the area inside yourself between your head and heart.
5. Just feel what goes on in the area between your hands. Gently breathe in and out 10 times or as long as you need to shift into a more relaxed state.
6. When you are ready, open your eyes or look back up.

Do you notice a difference between how you felt before this activity and how you feel now?

Leah's Pantry *Around the Table-Nourishing Families* curriculum



Your Healthiest, Happiest Self

This visualization technique can be useful when dealing with the stress. Connecting to your body when it is feeling at its best can help when you are in situations that can be challenging or drain your energy. Paying attention to how you feel and what your body needs to feel healthy and happy is the first step to being a good caregiver.

To prepare, simply get in a comfortable position, close your eyes, and take a deep breath. Then exhale.

Imagine that you are your healthiest, happiest self.

When you are your healthiest, happiest self, what are you doing?

Where are you? Who are you with?

How does your body feel when you are healthy and happy?

Now imagine that your healthiest, happiest self is interacting with your family.

What does that look like?

When you are ready, open your eyes or look back up.

Do you notice a difference between how you felt before this activity and how you feel now?

Leah's Pantry *Around the Table-Nourishing Families* curriculum



Acknowledgements

This project was made possible by funding from the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.

A special thanks to:

Melissa Brooks, Project Director of San Diego's YMCA Kinship Program, and staff who partnered with the County of San Diego to provide this meaningful class to participants.

Lina Nasr, MPH and Vilma Poroj, MPH of the County of San Diego Health and Human Services Agency, Aging & Independence Services (AIS), who facilitated the class and coordinated the assembly of the cookbook. In addition, thanks to Carolyn Proskow, MPH, also with AIS, who applied her creative lens to the final product.

Barbara L. Hughes, MS, RD and Kathryn Goldberg, RDN of the County of San Diego Health and Human Services Agency, Public Health Services, who shaped this cookbook into an instrumental nutrition resource by providing advice and recommendations on general nutrition and on increasing the nutritional value of recipes. Thanks also to their student interns: Analia Garcia, Tatum Vedder, and Megan Borrell.

Leah's Pantry, who developed the thought-provoking curriculum, *Around the Table Nourishing Families*, which includes the mindfulness activities in this book, as well as much of the information in the "Age Considerations" section of this book.

The YMCA Kinship class participants and their families whose candid conversations about individual and shared experiences inspired this project. A very special thanks to participants who contributed recipes and pictures for this cookbook: Mary Guerin, Alex Cohn, Pam Walker, Sterling Walker, Diane Fisher, Ethan Fisher, Delores Chatman, Ella Bogart, Roseanna Arias, Lauren Lampley, Beatriz Gómez, Alicia Serrano-Medina, Emma Maldonado, Maria Arce, Cheryl Schaumburg, Rachel Smith, and Dannette Shevlin.

This project began as a cookbook, a simple vehicle that would allow kinship families to share their favorite recipes with other kinship families. However, with the helpful hand of everyone involved, this project became an invaluable tool for building strong healthy families and communities.



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

Funded by USDA SNAP, an equal opportunity provider and employer. Project support provided by the County of San Diego Health and Human Services Agency, Aging & Independence Services.