# Healthy Food Guidelines

## For First Nations Communities

First Nations Health Council
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First Nations Health Council

# Acknowledgements

First Nations Health Council would like to thank the creators of the Healthy Food Guidelines For First Nations Communities. We truly hope that First Nations Healthy Food Guidelines will be useful in supporting a healthy eating environment within First Nations communities in British Columbia.

©2009 Guidelines Edited by Suzanne Johnson, RD

The First Nations Health Council gratefully acknowledges the contributing authorship of Karen Fediuk and Angela Grigg as well as the contributions of the many community members and health workers who inspired and assisted in guiding the development of the guidelines. We also wish to thank the authors of the "Guidelines for Food and Beverage Sales in BC" and many other nutrition education tools that have been adapted for use in these guidelines for communities.

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# Foreword

"Food Sovereignty" is the Right of peoples, communities, and countries to define their own agricultural, labour, fishing, food and land policies, which are ecologically, socially, spiritually, economically and culturally appropriate to their unique circumstances.

"Indigenous Food Sovereignty" also includes the elements of sacredness and self-determination. As Indigenous People we understand that food is a gift and that we have a sacred responsibility to nurture healthy, interdependent relationships with the land, water, plants, and animals that provide us with our food. This also means, having the ability to respond to our own needs for safe, healthy, culturally relevant indigenous foods with the ability to make decisions over the amount and quality of food we hunt, fish, gather, grow and eat. These rights are asserted on a daily basis for the benefit of present and future generations.

Our traditional foods have nourished us well since the time of our creation and have been of fundamental importance to our culture. We developed sophisticated techniques to preserve a variety of foods year round to keep our bodies strong and this knowledge has carried us well into our current place. Many challenges now exist for First Nations who wish to access traditional foods. The land and water have experienced changes that now limit the ability to access adequate amounts of our traditional foods. At the same time, our lives have been widely influenced by an abundance of processed, commercially influenced food sources and lack of access to nutritious whole foods. It is our hope that that the Healthy Food Guidelines For First Nations Communities will provide our communities with the information and tools to assist in serving healthy foods at conferences, community gatherings, meetings, programs, special events, school/ daycare meal programs and even fundraising.

## How to use these guidelines

These guidelines are intended to support community members in educating each other about better food and drink choices to offer in schools, meetings, homes, cultural and recreational events, and in restaurants.

There is information presented for various types of community members, from general background information on the issues facing communities to specific handouts that can assist individuals in choosing better snacks for lunches.

# Section 1. Introduction

It is well known that we are eating far differently than how our people were eating in the past. For many of us, our current diet and activity patterns are not only putting our health at risk but also the health of those whom we model choices for - our children.

For many, there is enough food in our houses to keep our stomachs full but not always enough of the foods we need to keep our bodies and minds strong. Our communities are facing many health challenges that have a relation to our eating and activity including obesity, diabetes, depression, cancer and heart disease. Our communities have the natural strength, and resilience that comes from our relationship to the natural land and all that it provides for us.

We know from community participation in a number of studies that active participation in hunting, gathering and using traditional foods helps prevent chronic disease. Traditional food activities keep us physically active, spiritually grounded, and the nutrients offered by the plants and animals that we eat from our territory keep us strong. Many of us are faced with barriers in carrying out our traditional activities including: lack of access to good hunting/harvesting areas, high costs for fuel and equipment, time, and concerns about contaminants. Today, healthy eating involves making choices from the foods available from many sources, including the natural land, water, farm, grocery store, and restaurant.

While we cannot address in these guidelines the steps to change our traditional harvesting environment, we can address some steps we can take to change the nutrition environment within our communities. We can suggest ways to make modern choices that reflect traditional values such as giving, sharing, humility, wholeness, and land stewardship.

Nutrition studies suggests that we can reduce the risk of diabetes and heart disease by eating plenty of vegetables and fruit daily, limiting our consumption of foods that are high in calories but offer little nutritional value, and maintaining a healthy weight.

# How are we doing now?

## Traditional Foods

Each year we affirm our identity and reinforce our ties to our indigenous food system and territories by harvesting and eating our traditional foods. Our traditional food remains an important aspect of social and cultural events, all of which center traditional food as an important aspect of being who we are. We thank the salmon, eulachon, clams, moose, deer, elk, beaver, birds, seaweed, berries, roots and medicines and they in turn nourish our bodies and spirits and help protect our body from illness and remind us of our past and help us think about our future.

Participating in harvesting activities, such as gathering berries and roots, hunting, harvesting shellfish, or fishing brings many rewards. Our bodies are energized and the stress we can carry is lessened by the physical activity necessary for harvesting and processing our foods. Harvesting activities also brings with it the pleasure of socializing, exchanging news and stories, and respecting and connecting with the spirit of the land. After the work is all done, we have food to put away in our cupboards to share with our families.

## Fruit and vegetable consumption

Traditionally, we spent much of our time harvesting and processing many kinds of roots, berries, and greens. From spring until late fall there were different kinds of plants to enjoy and our ancestors spent much time in drying and storing a variety of plant foods for trade and use in the winter months. We truly ate a wide variety of plant foods that today would be classified as fruits and vegetables. However, many of the fruits and vegetables we eat now are limited to what we grow in our garden or buy from the store. Few of us eat the recommended number of fruit and vegetable servings to provide the health protective effects against the development of many chronic diseases such as heart disease, cancer, diabetes.

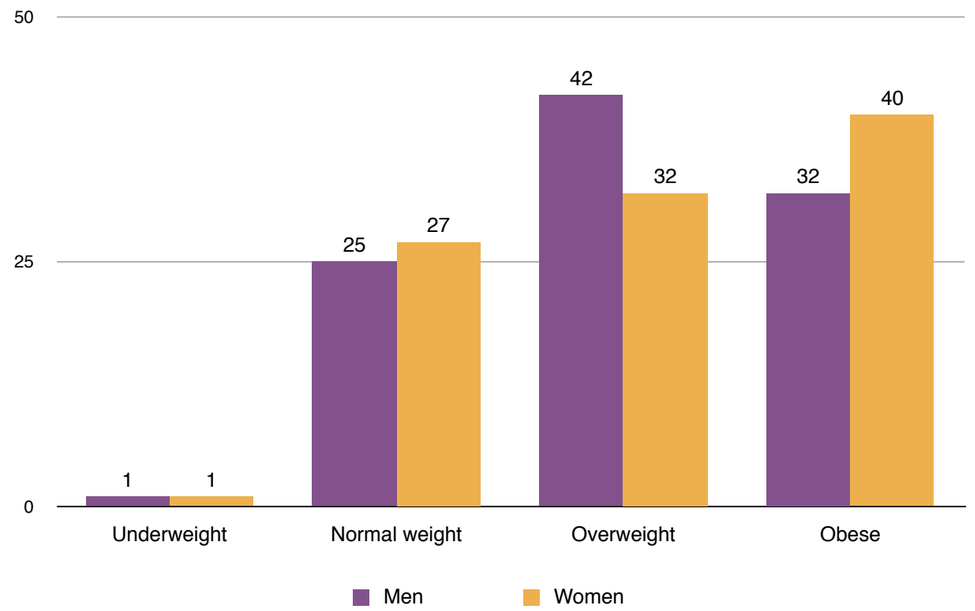
## Sweetened beverage consumption

Sugar-sweetened beverages used to be a rare treat. Now they maintain a constant presence in many of our homes, schools, offices, and at recreational and cultural events. Researchers are finding that the more children drink sweetened beverages, the more weight they are likely to gain. Although children are natural regulators of their general calorie needs, when sweetened beverages are consumed this internal regulator is defective. As a result children do not increase their activity to use additional calories or cut back on other foods to compensate (Cornell, 2003). Sugar sweetened beverages place us and our children at great risk for obesity which further increases our risk of type 2 diabetes. This does not mean that diet drinks or beverages sweetened with artificial sweeteners are the answer. The long term safety of large amounts of artificial sweeteners has not been proven in children. Encourage water as the best beverage.

## Healthy Weight

Achieving and maintaining healthy weights is a concern in our communities. Recent studies suggest that 25% of adults and 42% of children have healthy weights.

**On-reserve First Nations Body Mass Index (BMI), by gender, 2002-2003 (percent)**




*Source: Calculations by HRSDC based on First Nations Centre. First Nations Regional Longitudinal Health Survey (RHS) 2002/2003. Ottawa, FNC, 2005.*

# What is recommended to reduce our risk?

To reduce our risk of chronic disease, we all need to change what we put on the table.

We can work towards:

- **Making Our Communities Healthier** - Working to change the nutrition environment and promoting healthy eating is essential. Whether you are a community health professional, a teacher, a band councilor or a parent/caregiver, EVERYONE can play a role in changing the nutrition environment.
- **Increasing our use of traditional foods** - Protecting, restoring and relying on our traditional foods more, can provide greater food security to our community and healthier food choices. We know that when traditional foods are eaten, we are more likely to get the nutrients our bodies needed then when traditional food is not eaten.
- **Decreasing our use of sugar-sweetened beverages** - Reducing the use of sugar sweetened beverages will help protect our teeth and our children's health. A recent study suggests that most of the sugar sweetened beverages are eaten at home while 15% seems to be occurring in schools
- **Increasing our intake of vegetables and fruits** - Our traditional plants and many of the fruits and vegetables from the farm and market (most of which were originally cultivated by Indigenous Peoples of North, Central and South America) have medicinal, nutrition and healing properties that can protect us from chronic disease if we eat a variety daily. A serving is about 1⁄2 cup portion in any form.
- **Serving healthier food choices in reazsonable portions** - By learning how to modify and choose recipes that have less fat, sugar, and salt and by following a balanced plate approach when serving foods at the table, we can collectively reduce our risk for obesity and diabetes.
- **Increasing the number of community gardens in our communities** – Promoting the development of community gardens brings the community together to promote healthy eating and provides nutritious foods for community events.

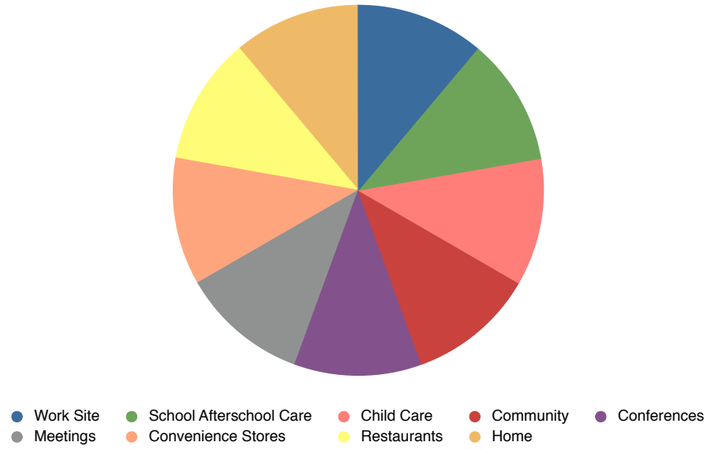
### Ways to help your body

- Eat lots of vegetables, fruit and berries -5-8 servings everyday by including vegetables and/or fruit at meals or snacks- Become comfortable with reading labels to make healthier food choices
- Choose wholesome fresh food over packaged and processed food
- Know what is in your food and beverages
- Make time for cooking and eating together at the table with family and friends

# Creating a Healthy Nutrition Environment

The figure below shows several areas within the community that changes can take place in order to have an effect on eating habits.

While promoting healthy eating at the individual level is important, we know that we can only make significant and long-lasting individual changes in our eating habits if there is support for these changes throughout our community.




Following the guidelines in this resource and effectively changing what food is offered at meetings, in school and daycares, at community feasts and advocating for changes at local caterers, restaurants and food stores will positively affect our nutrition and will promote better health.

There is much more to influencing the nutrition environment than just putting healthy foods on the table and we have many opportunities to influence the broader nutrition environment and the food self-sufficiency of our nations. Some of the opportunities that promote this work are listed in other First Nations Health Council resources such as the "ADI Resource List" and the "Act Now Community Tool Kit".

***References.*** *Columbia University's Mailman School of Public Health (2008, June 6). Children's Consumption Of Sugar-sweetened Beverages. ScienceDaily. Retrieved February 19, 2009, from http://www.sciencedaily.com /releases/2008/06/080602112340.htm*

*Cornell University (2003, June 27). Too Many Sweetened Drinks, From Soda To Lemonade, Put Children At Risk For Obesity, Poor Nutrition, Study At Cornell Finds. ScienceDaily. Retrieved February 19, 2009, from http://www.sciencedaily.com / releases/2003/06/030626235716.htm*

# Section 2. Healthy Food Guidelines

Food is part of celebration, ceremony, social functions, learning opportunities and is one of our best ways to bring people together. There are certain times when we should 'just enjoy' food and with so many occasions to offer food, we have plenty of opportunity to promote healthy choices for our people by ensuring that healthy foods are available almost all of the time.

Serving healthy foods in communities means having healthy food selections at all community activities that include food such as: community programs, gatherings, meetings and special events as well as at daycares and schools and even as part of fundraising events. Serving healthy foods starts with the types of food offered as well as the amount of food offered.

In this section, guidance is provided for both types and amounts of food and some sample buffet meal plans are provided.

For more detailed information on the TYPES of food see: "Guidelines for Healthy Foods for Communities"

For more detailed information on the AMOUNT of food see : "Serving Healthy Foods and Amounts".

## Healthy Food Guidelines

The following table of foods is based on the Guidelines for Food and Beverage Sales in BC Schools. It has been modified to assist First Nations communities in the promotion of healthy food choices. The table is broken into Food Groups and 3 categories based on nutrition criteria that assess the calories and amount of sugar, fat and salt (sodium) in these foods. The first category "Leave off the Table" contains foods that are generally high in fat and sugar and/or salt. Some of these foods may be an important part of celebration and should be included only on those special occasions. The second category "Sometimes on the Table" includes foods that may be low in fat or salt (sodium) but do not meet all of the criteria of foods that fit within the third category "Great on the Table Anytime".

In order to promote healthy eating, we encourage communities to make and serve as often as possible the types of food listed under **Great on the Table Anytime** and **Sometimes on the Table**. Foods that are listed under the **Leave Off the Table** category should be offered as little as possible and only for special occasions or feasts.

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Grains**<br><br>Grains must be the first or second ingredient (not counting water)<br><br>Grain ingredients may include:<br><br>-rice, pot barley, corn, amaranth, quinoa, millet, oats, buckwheat, bulgur, kasha, whole wheat couscous, etc<br><br>- flours made from wheat, buckwheat, spelt, corn, rye, rice, potato, soy, millet, etc.<br><br>- flours that are made into:<br><br>breads, pasta, baked goods, etc | • Flavoured or Instant rice, white rice<br>• Fried Bread, White bread, White buns, English Muffins<br>• Baked goods and Pastries (ex. Commercial muffins with a diameter more than 2 in, Cake, Cookies, Danishes, croissant, cinnamon buns)<br>• High Fat Crackers<br>• Most commercial or homemade pasta salads<br>• Instant noodles (packages, Cup) with seasoning mix<br>• Microwave Popcorn and fried snack foods eg. Potato, tortilla chips<br>• Commercial cereals high in sugar<br>• Instant, flavoured oatmeal | • Parboiled/converted rice, basmati rice, mix of brown and white rice<br>• Baked bannock, Enriched breads, buns, bagels, tortillas, pancakes, whole wheat fried bread (canola oil)<br>• Lower fat baked goods that are small in size (2 inch muffins, mini loaves<br>• Low-fat crackers (no trans fat)<br>• Pasta and pasta salads with small amounts of low fat dressing<br>• Other rice noodles<br>• Few Trans fat free, low-fat baked grain and corn snacks (baked tortilla chips, popcorn)<br>• Whole grain cereals (limited sugar, fat content) | • Brown Rice, Basmati Brown Rice, Wild Rice<br>• Whole grain baked bannock, breads, buns, bagels, tortillas, English muffins, pancakes, etc<br>• Somesmallbakedlower fat items with whole grains, fibre, fruit or nuts, such as loaves, muffins<br>• Low-fat whole grain crackers<br>• Most whole grain pastas<br>• Whole grain pasta salad with low fat dressing and plenty of vegetables.<br>• Brown Rice Noodles<br>• Few whole grain and corn snacks (cereal mix, tortilla chips, hot air popcorn with no butter)<br>• Whole oatmeal or granola (homemade with fruits, sweetened with juices, baked) |
| Foods high in starches and sugars (natural or added) can leave particles clinging to teeth and put dental health at risk. Grain food choices of concern are sugary cereals, granola and granola bars, crackers, cookies and chips (corn, wheat, rice, etc). The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time grain choices that clear quickly from the mouth. | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Vegetables & Fruit**<br><br>A vegetable or fruit or fruit puree must be the first or second ingredient, not counting water<br><br>(Juice and concentrated fruit juice does not count as a fruit ingredient for this food group – see "Vegetable & Fruit Juices") | • Raw, cannedor cooked fresh/frozen fruits and vegetables served with buttery, creamy or overly sweet sauces (ex. Fruit in heavy syrup, canned vegetables with sodium >300 mg/serving)<br>• Fruit with a sugar based coating (e.g., yogurt- or chocolate- covered raisins)<br>• Dried fruit (e.g.,fruitroll-ups/leathers/chips) or fruit juice snacks (e.g., gummies)<br>• Regular potato/vegetable chips<br>• High Salt (sodium) Pickles (see Condiments)<br>• Coated/breaded and deep fried vegetables (e.g., French-fried potatoes, onion rings) | • Raw, canned or cooked fresh/frozen fruits and vegetables (including wild greens and berries) that are cooked or prepared with low salt, low-fat sauces (e.g, low-fat milk-based) or meet Sometimes on the Table Criteria (ex. Fruit in light syrup, low sodium canned vegetables)<br>• Dried fruit (fruit main ingredient), small portion, see health note below.<br>• Low-salt, baked potato/vegetable chips<br>• Low salt (sodium)pickles | • Raw, home canned (or sodium < 150 mg/serving) or cooked fresh/frozen berries, fruit and vegetables (including wild greens and berries) that are served plain or with the minimum amount of dressing/serving recommended in the Condiment Section<br>• "Indian ice-cream"<br>• Home made salsa with fresh tomatoes or canned diced tomatoes and minimal salt |
| Foods high in sugars and starches (natural or added) can leave particles clinging to teeth and put dental health at risk. Vegetable/fruit choices of concern include fruit leathers, dried fruit, and chips (potato or other). For more information on how food and beverage choices can affect dental health, see www.bced.gov.bc.ca/health/health_publications.htm | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Vegetable & Fruit Juices**<br><br>A vegetable or fruit juice or puree must be the first ingredient (not counting water):<br><br>-may be diluted with water or carbonated water<br><br>-may have added food ingredients, e.g. Fruit pulp, fruit puree<br><br>**-may not be fortified with vitamins other than Vitamin C, or with minerals other than calcium.** | • Most "drinks", "blends", "cocktails", "splashes", "punches" and "beverages" (if sweetened with added sugars)<br>• Most regular tomato and vegetable juices<br>• Juice crystals<br>• Fruit smoothies made with juice<br>• Slushy drinks and frozen treats (e.g., frozen fruit juice bars) with added sugars (note that concentrated fruit juice is considered an added sugar when it is not preceded by water in the ingredient list)<br>• Juice drinks with added caffeine, guarana or yerba | • 100% fruit juice<br>• 100% fruit + vegetable juices<br>• Some lower-sodium tomato and vegetable juices<br>• Fruit smoothies made with soy or cows milk.<br>• Slushy drinks and frozen treats (e.g., frozen fruit juice bars) with no added sugars<br>• Diluted or sparkly juice drinks, no added sugars | • Soapberry or other natural berry juices(with water added) |
| The natural sugars in 100% juice will elevate blood sugars. It is also easy to consume many more calories by drinking juice compared to eating whole fruits. The BC Dental Public Health Committee recommends choosing plain water more often than juice. 100% juice and other fruit drinks contain sugars and acids (natural or added) that dissolve tooth enamel when sipped frequently. To avoid prolonged exposure to these sugars and acids, they suggest that only plain water be allowed in classrooms except at designated eating times. | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Milk-based & Calcium Containg Foods**<br><br>Milk must be the first ingredient.<br><br>Cream is NOT considered a milk ingredient | • Candy flavoured ice creams, sundaes and many frozen yogurts<br>• Frozen 'yogurt' not based on milk ingredients (see "Candies, Chocolates, etc"food grouping)<br>• Most ice milks, ice creams, and frozen novelties<br>• Some puddings/custards<br>• Some higher fat cheeses<br>• Most cream cheese and light cream cheeses and spreads (see condiment section)<br>• Processed cheese slices and spreads made without milk<br>• Whole fat cottage cheese | • Small portions of some ice milks and frozen yogurts – simply flavoured<br>• Small portions of sherbert<br>• Puddings/custards made with low fat milk and limited added sugar<br>• Pudding/custards/ice milk bars with artificial sweeteners (not for children)<br>• Most flavoured yogurts<br>• Yogurt with artificial sweeteners<br>• Processed cheese slices made with milk<br>• 1-2% MF Cottage Cheese | • Canned salmon with bones<br>• Dried ooligan<br>• Seaweed<br>• Some flavoured yogurts (lower sugar and fat)<br>• Plain yogurt (lowfat)<br>• Most regular and reduced fat or light cheeses, cheese strings (unprocessed)<br>• Low-sodium cottage cheese (1%MF) |
| Note: Choices that fit into the "Great on the Table Anytime" section contain calcium (include several other traditional foods as well), are low in sugar and low in fat. | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Milk & Calcium Containing Beverages**<br><br>Milk must be the first ingredient. Cream is NOT considered a milk ingredient.<br><br>Fortified soy drinks contain protein and calcium are included in this food grouping. | • Most candy flavoured milks<br>• Most eggnogs<br>• Most hot chocolate mixes made with water (see also "Other Beverages")<br>• Smoothies made with Leave off the Community Table ingredients<br>• Some blended sweetened regular and decaf coffee drinks<br>• Powdered coffee whitener<br>• Flavoured, creams and coffee whiteners | • Most basic flavoured milks and fortified soy and rice drinks<br>• Yogurt drinks<br>• Some eggnogs if lower in sugar and fat<br>• Most hot chocolates made with milk<br>• Smoothies made with Better on the Community Table ingredients<br>• Whole, 2% milk, soy milk or canned milk for coffee | • Plain, unflavoured, fortified soy and rice drinks<br>• Skim, 1%, 2% milk<br>• Some hot chocolates made with milk and very little added sugar<br>• Smoothies made with Great on the Table Anytime ingredient<br>• Decaf unsweetened tea/coffee latté |
| Whole milk (3.5% MF) should be used for children under 2 years old. A lower fat milk is suitable for individuals older than 2 years old. For those children who cannot consume milk, continue with a soy-based or other recommended infant formula until the child is 2 years old before changing to a recommended soy or rice milk. | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Nuts & Seeds (Mixes or Bars)**<br><br>Peanuts, nuts or seeds must be the first or second ingredient. | • Nuts with a sugar based coating (eg. Chocolate, yogurt covered nuts)<br>• Salty or sugary nut/seed bars and mixes (e.g. sesame snap bars)<br>• Nuts/seeds highly salted or flavoured, roasted in additional oil | • Nuts/seed bars and mixes with nuts/seeds or fruit as the first ingredient and no sugar based coatings | • Nut/seed bars and mixes with nuts/seeds or fruit as first ingredient (homemade bars)<br>• Nuts/seeds – natural or dry roasted |
| Nut and seed mixes or bars containing dried fruit, sugars, crackers or other sugars/starches (natural or added) can leave particles clinging to teeth and put dental health at risk. The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time foods that clear quickly from the mouth, such as plain nut/seed choices (may be savory seasoned). For more information on how food and beverage choices can affect dental health, see www.bced.gov.bc.ca/health/health_publications.htm | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Meat & Alternatives**<br><br>A meat or meat alternative must be the first or second ingredient (excluding nuts and seeds*). Meat and meat alternatives include: beef, pork, poultry, fish, game meats, eggs, soybeans, legumes, tofu.<br><br>*See the "Nuts & Seed Mixes or Bars" category for guidelines on these items | • Many products breaded and/or deep fried in hydrogenated or partially hydrogenated oils or in vegetable shortening (chicken fingers)<br>• Marbled or fatty meats<br>• Many cold cuts and deli meats (deli chicken, deli beef, pepperoni, bologna, salami, etc) if high in salt or packaged with nitrites<br>• Canned meats (Spam, corned beef, ham) that are >20g fat/ 75 g serving and >450 mg sodium)<br>• Some seasoned chicken or tuna salads<br>• Most regular wieners, sausages, smokies, bratwurst<br>• Most Pepperoni/chicken sticks<br>• Some jerky<br>• Bacon | • Some breaded and baked chicken/fish/meat<br>• Some marinated poultry<br>• Some fish canned in oil<br>• Some deli meats if not too salty (ham, chicken, turkey, beef)<br>• Some chicken or tuna salads, lightly seasoned<br>• Some lean wieners, sausages<br>• Lean pepperoni/chicken/turkey sticks<br>• Some jerky, lightly seasoned<br>• Smoked fish (salt used)<br>• Some egg salads, lightly seasoned<br>• Legume salads, lightly seasoned<br>• Some refried beans<br>• Turkey Bacon | • Chicken, turkey<br>• Fish, seafood, fresh or canned in water/broth<br>• Lean meat (beef, bison, pork, lamb)<br>• Lean game meats and birds (venison, moose, duck, etc)<br>• Eggs, Tofu<br>• Some chicken salads if lower salt<br>• Some lean wieners if lower salt<br>• Jerky (plain), dried deer/moose meat<br>• Wind dried or smoked fish<br>• Beans/peas, lentils<br>• Most legume salads if lower salt<br>• Refried beans (lower fat) |
| Note: Choices in the "Keep Off The Table" section include those that are high in fat including unhealthy saturated and trans fats. They are also high in salt, nitrites and other additives. Wild game, fish and seafood are higher in nutrients such as iron and protein and lower in fat than domestically raised meat sources. | | | |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Mixed Entrée Foods** | • Sandwiches with deli or processed meats<br>• Sub style sandwiches greater than 6 inches<br>• Some pizzas (4 cheese/double cheese, meat lover)<br>• Pizza pockets<br>• Meat pot pies<br>• Sausage/vegetable rolls<br>• Pasta with a cream based sauce | • Most sandwiches<br>• Short (e.g. 6 inch) submarine sandwiches, and burgers made with lean roasted meats (turkey, chicken, beef), but few vegetables<br>• Some cheese or meat pizzas with vegetables<br>• Baked or homemade pizza pockets, pizza pretzels, pizza bagels<br>• Some curries, moderately salted<br>• Stir fries<br>• Sushi<br>• Rice and egg /meat Pilaf<br>• Pasta with milk or vegetable based sauce<br>• Hard tacos with meat or bean filing | • Wholegrain Sandwiches<br>• Short 6 inch submarine sandwiches and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables and whole grain bread/buns<br>• Some pizzas with vegetables<br>• Stews, chillies, curries, lower sodium<br>• Stir fries on rice, if sauce is low in sodium<br>• Rice & Vegetable Pilaf (mixed dish)<br>• Pasta with vegetable and meat based sauce<br>• Burritos (bean or meat)<br>• Soft tacos filled with Choose Most ingredients<br>• Some low sodium frozen entrees |
| **Candies, Chocolates** | • Most regular packages<br>• Most very small packages of candies/chocolates<br>• Very small portions of dessert gelatins | • Sugar-free gum or mints or cough drops<br>• Diabetic candies (adults only)<br>• Dark Chocolate >55% cocoa | • None |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Soups**<br>**Includes dry, canned and fresh** | • Some instant soups, plain or seasoned<br>• Ramen Noodles<br>• Regular canned soups, broth or milk based<br>• Many canned soups, broth or milk based | • Soups made with soup bouillion/stock and other ingredients on the Great Any Time list. Eg.<br>• Homemade chicken noodle soup<br>• Hamburger soup (regular fat meat)<br>• Clam Chowder (milk or cream)<br>• Some low-sodium canned or instant soups | • Soups made with homemade stocks or without added bouillion. Eg.<br>• Hamburger Soup (lean meat)<br>• Deer soup<br>• Calm Chowder (no milk or cream)<br>• Some soups made with meat or beans/lentils<br>• Some low-sodium canned or instant soups made with meat or beans/lentils |
| **Other Beverages* (Non- Juice/ Non- Milk based)** | • Most drinks with sugars as the first ingredient (not counting water) – e.g. iced teas, fruit 'ades', pops<br>• Most sport drinks*<br>• Most hot chocolate mixes made with water | • Water (flavoured or not) minimally sweetened<br>• Soda water **<br>• Diet decaf soft drinks and diet non-carbonated drinks (Secondary schools only)<br>• Decaf tea / coffee | • Water, plain<br>• Lemon/Lime water<br>• Soda water **<br>• Soapberry Punch* Recipe (p. ?)<br>• Sparkling/carbonated water or water with added flavours (no added sugar and/or no artificial sweeteners)<br>• Indian Tea / Labrador Tea<br>• Herbal teas (fruit/mint)<br>• Homemade ice tea |

*Sport/electrolyte drinks containing added sugars are not recommended. These beverages may be useful during sports events lasting more than 1 hour on hot days. Plain water is best for exercising.
*Other Beverages may provide excess liquid calories, caffeine, artificial sweeteners, or acids and often displace healthier food/beverage choices. Limit portion sizes of "Other Beverages" (except plain water) to: 250 mL or less for children (5-12) and 360 mL or less for 12 and older. Consider keeping coffee/tea Off The Table for gatherings with a prenatal/postnatal, child or youth focus.

| Food Group | Use in Moderation | Generally No Limits |
|---|---|---|
| **Condiments & Add-Ins**<br><br>Portions have been estimated to limit the amount of salt, fat, and/or sugar to approximately: -100 - 200 mg sodium; -5 - 10 g total fat; and/or -4 - 8 g added | Condiments or add-ins containing trans fat (from partially hydrogenated oils or vegetable shortening) AND more than 0.2 g trans fat per serving:<br>• Soy sauce: 2 - 3 mL<br>• Hot sauce: 5 - 10 mL<br>• Table salt/Sea salt: ¼ - ½ mL<br>• Soft margarine, butter: 5 - 10 mL<br>• Cream: 5 - 15 mL<br>• Whipped Cream (from cream): 15 - 30 mL<br>• Regular/light cream cheese or processed cheese spread: 5 - 15 mL<br>• Regular sour cream: 15 - 30 mL<br>• Low-fat sour cream: 15 – 45 mL<br>• Fat-free sour cream: 15 – 60 mL<br>• Low-fat/fat-free dips, dressings, spreads (e.g., mayonnaise, miracle whip, sandwich spread): 5 - 15 mL<br>• Regular dips, dressings, spreads: 5 - 10 mL<br>• Oil for sautéing or dressing (e.g., home-made vinegar and oil): 5 - 10 mL<br>• Ketchup, mustard, relishes : 10 - 15 mL<br>• Pickles (regular): 10-15 ml<br>• Jarred salsa, sauerkraut: 10 - 30 mL<br>• Salad toppers (e.g. Bacon bits): 5 - 10 mL Croutons: 25 - 50 mL<br>• Sugars, honey, jams/jellies, molasses, syrups (e.g., pancake): 15 mL<br>• Flavoured syrups (e.g. For lattes): 1 pump (10 mL) | • Condiments and add-ins can be used to enhance the flavour of Better on the Community Table and Great on the Table Anytime items.<br>• Condiments and add-ins should be served on the side whenever possible.<br>• Limit choices to one to two portions at a meal<br>• Herbs and salt-free seasonings, garlic, pepper, lemon juice. Mrs. Dash<br>• Low sodium pickles<br>• Horseradish: 10 - 45 mL<br>• Fresh salsa |

# Serving Healthy Amounts

We can reduce the risk of diabetes in our communities by putting healthy foods on the table at meetings, community events and in our schools and daycares.

**Keeping meals healthy can be achieved by:**

- Following the Healthy Food Guidelines document when menu planning
- Using the sample menu plans in Section 3

**Offering healthy portions can be achieved by:**

- Following the look of food on a healthy plate
- Pre-plating food and beverage items based on the serving portion guide in "Eating well with Canada's Food Guide: First Nations, Inuit and Métis
- Purchasing foods that are not super-sized
- Serving foods and beverages in appropriate size bowls, plates and cups.

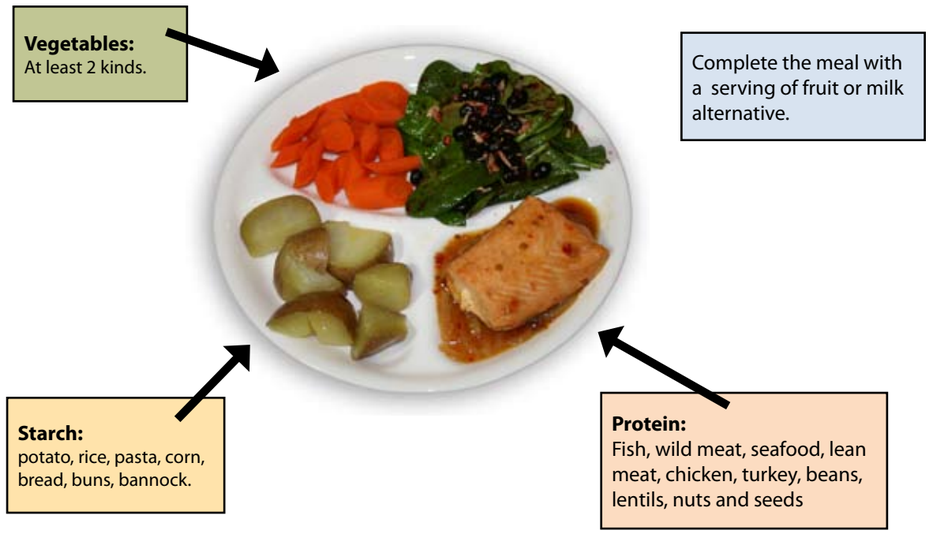
### Ways to help your body

- Know what an appropriate portion size is
- Become comfortable with reading labels to make healthier food choices

# Serving Healthy Portions

## Step 1. Re-think the Plate

One of the biggest changes we can make to reduce our risk from chronic disease is to re-think our plate. Promoting the Healthy Plate at community events is an important start.




1. 1. Keep starchy foods limited to ¼ of the plate. This is about 1 cup or a portion no larger than one fist. Replace highly process/white starches with more whole grain choices.
2. Fill up half of the plate with 2 or more different kinds of vegetables.
3. Serve a healthy modest portion of fish or meat (about 3-4 ounces or 90-120g)
4. Complete the meal with milk, milk alternative, or water
5. Serve sauces and dressings on the side.

## Step 2. Choosing Serving Dishes

Getting people to cut down on portions is easier if the dishes, cups, glasses and serving spoons are not super-sized.

The larger the plate or glass, the more we fill. Using smaller plates can encourage people to re-think how much they need and whether they should go for a second helping

**Use these plates**

- 8 inch plate for breakfast and lunch
- 10 inch plate for dinner (visual)

**Use these bowls**

- 8-12 oz (240 – 375 ml) Bowl for Cereals, Salads and Soups
- 4 oz (120 ml) bowl for Desserts

**Use these glasses**

- 6-8 oz (240 ml) Glasses and Cups for Beverages

**Use these ladles**

- Use a ½ cup (120 ml) ladle for sauces, soups, casseroles, stews
- For salads, use a 1 tbsp (15 ml) ladle

Serve condiments, dressings, sauces on the side wherever possible.

### Ways to help your body

- Choose packaged and processed food with low % DV (5% for sodium, 5% of fat, 10% for saturated fat and trans fat) (SEC 2)

## Step 3. Serving Size Guide

Use this serving size guide adapted from Eating Well with Canada's Food Guide to check how many servings from each food group is being offered. This is useful information for menu planning purposes.

Children need 1 serving of 2 food groups for a snack and 1 serving of 3 groups at a meal. Adults usually can eat 2-3 servings of vegetables and fruit at a meal or snack.

Ideally, a meal is planned to offer appropriate amounts from each food group. Children have an innate ability to know when they have eaten enough. Let children say how much they want of a food by deciding whether to eat what is offered and by deciding to have additional portions ('seconds').

**Vegetables and Fruit**

- ½ cup (125 ml)  fresh , frozen or canned berries, fruit or cooked vegetables
- 250 mL (1 cup) raw leafy vegetables or wild plants
- 1 piece of fruit (1/2 cup)
- ½ cup (125 ml) 100% juice (choose whole fruit more often, drink water when thirsty)

**Grain Products**

- 1 slice (35 g) whole grain bread or ½ whole grain bagel (45 g)
- 1 piece of 2"by 2" by 1" whole grain bannock (35g)
- ½ whole grain pita (35 g) or ½ whole grain tortilla (35 g)
- ½ cup (125ml) cooked whole wheat or white pasta or couscous
- ½ cup (125 ml) cooked wild, brown or white rice
- 1 cup (30 g) cold cereal or ¾ cup (175 mL) hot cereal

**Milk and Alternatives**

- 250 mL (1 cup) milk, lactose free milk, fortified soy or rice beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese
- 1 can canned salmon with bones

**Meat and Alternatives**

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry, lean meat or wild game
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) natural peanut butter

# Meal Buffet Ideas for Meetings and Community Events

To plan for healthier food choices at meetings and community events, use the Menu Models for community meetings provided. As well, more specific menu samples are provided with Different Types and Amounts of food that are needed to feed a varying number of people.  The amounts provided for foods and beverages are based on the number of adults. If children are attending the meal, cut down on amounts for caffeinated beverages

## Buffet Table

- Salads (3/8), soups (1/8 table), entrees (2/8), grains (2/8), desserts (1/8)
- Types of food (broth soup, # green salad. Vs. starchy/creamy, # vegetables and fruit)
- Containers (ex. Bannock in traditional basket), Water jugs,
- Salads (3/8 table-green salads=2/8, starchy/creamy = 1/8)
- Soups (broth based soup, cream soups)
- Grains (bannock in basket, rice or potato (1/8 to 2/8)
- Meat/Fish ¼ table
- Desserts (Side- cakes cut up in ½ cup servings, fresh fruit, cookies (small))

### Tips for preparing a community feast

- Serve water or sparkling water or milk at the table instead of sugar drinks or coffee
- Serve whole grain products instead of white starch products
- Serve green salads but put the dressing on the side

## Breakfast Menu Model For Community Feasts & Meetings

Give your group an energizing start to the day by providing a tasty and nutritious breakfast. Including a variety of food from each food group will help you guests put together their own healthy plate. This sample menu plan is based on a group of 30 people. If you are serving for a larger event you may want to make additional selections from each food group to provide your guests with more variety.

| **Grains & Starches**<br>Choose 2 | **Dairy**<br>Choose 1-2 | **Meat & Alternative**<br>Choose 1-2 | **Vegetable**<br>(Choose 1 if desired) | **Fruit**<br>Choose 2 - include different coloured fruit |
|---|---|---|---|---|
| • Bannock,baked<br>• Whole wheat bread/ Toast<br>• High fibre cereal<br>• Hot cereal- Oatmeal/<br>• Pancakes<br><br><u>Starchy Vegetable</u><br>• Corn and sweet pepper<br>• Potato and Onion Hash<br>• Yam Wedges with salsa | • Low Fat Yogurt<br>• Skim or 1% Milk<br>• Reduced fat cheese<br>• Low sodium cottage cheese | • Eggs cooked without added fat<br>• Lean Ham<br>• Baked Beans<br>• Peanut Butter<br>• Fish<br>• Lean Meat | • Add cut up tomato, mushrooms onions, and/or peppers to the omelet or scrambled egg<br>• Fresh Sliced Tomato, cucumbers | • Fresh fruit salad<br>• Fruit toppings for your pancakes and cereal<br>• Whole fruit<br>• Fruit cocktail in juice or light syrup |

### Sample Breakfast Menu

**Grains & Starches:** tortilla wrap, whole wheat toast, cold high fibre cereal
**Dairy:** Skim or 1% milk, 2% yogurt
**Meat & Alternative:** scrambled eggs and black beans (for inside wrap or on the side)
**Fruit:** Berry and fresh fruit salad for side or mixed with yogurt or cereal, whole Fresh Fruit- seasonal
**Vegetable:** shredded lettuce and diced tomato for inside wrap

### Breakfast Buffet Example 1

| **Breakfast Buffet Example 1** | **10 People** | **25 People** | **50 People** | **100 People** |
|---|---|---|---|---|
| **Dairy** | 1% Milk-3 Litres<br>10-75 gram 1-2% M.F. yogurt | 1% Milk-8 Litres<br>25-75 gram 1-2% M.F. yogurt | 1% Milk-16 Litres<br>40-75 gram 1-2% M.F. yogurt | 1% Milk-32 Litres<br>75-75 gram 1-2% M.F. yogurt |
| **Fruit and Vegetables**<br>**Fruit and Juice**<br>**Svg size: ½ cup** | 7 cups fresh cut up seasonal fruit<br>(1 lb of apples, 1 lb bananas sliced,1 lb (2 cups) berries or grapes<br><br>1.5 Litres of 100% juice | 16 cups fresh cut up seasonal fruit<br>(2 lbs apples sliced, 2 lbs bananas sliced, 2 lbs (4 cups) of berries or grapes, 1 sliced cantaloupe or melon)<br><br>3 Litres of 100% juice | 32 cups fresh cut up seasonal fruit<br>(3 lbs apples sliced, 3 lbs bananas sliced, 3 lbs of berries, 3 lbs of grapes, 2 sliced cantaloupe or melon, 3 lbs of grapefruit)<br>6 Litres of 100% juice | 80 cups fresh cut up or canned/frozen seasonal fruit<br>(6 lbs apples sliced, 8 lbs bananas sliced, 8 lbs of berries, 6 lbs of grapes, 4 sliced cantaloupe, 1 melon, 10 lbs of grapefruit)<br>12 Litres of 100% juice |
| **Grains** | 1 dry unsweetened cereal-500 g (15 servings)<br><br>1.5 loaf of whole wheat bread -*provide toaster | 1 loaf of whole wheat toast and 1 loaf of toasted rye bread, 12 (wholegrain)mini-bagels or small muffins-*provide toaster | 3 boxes (cheerios, mini wheats,, raisin bran) dry unsweetened cereal (500 grams each)<br>3 loaves of whole wheat toast, 2 loaves of toasted rye bread, 12 (wholegrain)mini-bagels or assorted small (3 inch) muffins | 4 boxes dry unsweetened cereal (raisin bran, cheerios, mni-wheats),<br><br>5 loaves of whole wheat toast, 3 loaves of toasted rye bread, 24 (wholegrain)mini-bagels or assorted small (3 inch) muffins |
| **Meat and Alternates** | 20 Eggs (boiled, scrambled or poached) or 100% natural peanut butter or a variety of low fat cheeses (or a mix of all 3) | 40 eggs (boiled, scrambled or poached) or 100% natural peanut butter or a variety of low fat cheese (or a mix of 3) | 100 eggs (boiled, poached, scrambled)<br>OR<br>30 packages of peanut butter and 3 lbs assortment of low-fat cheese slices (30 servings) | 200 eggs scrambled with toast (above) OR<br>50 packages of peanut butter<br>6 lbs assortment of low-fat cheese slices (60 servings) |
| **Beverages** | Coffee-3 Litres<br>Tea-2 L hot water and assortment of teas<br>Water -2 Litres | Coffee-6 Litres<br>Tea-4 Litre hot water and assortment of teas<br>Water -5 Litres | Coffee-12 Litres<br>Tea-6 Litre hot water and assortment of teas<br>Water -12 Litres | Coffee-25 Litres<br>Tea-12 Litre hot water and assortment of teas<br>Water -20 Litres |
| **Condiments on the Side** | Mrs. Dash, Salt and pepper, Hot sauce, traditional herb seasoning | Mrs. Dash, Salt and pepper, Hot sauce, traditional herb seasoning | Mrs. Dash, Salt and pepper, Hot sauce, traditional herb seasoning | Mrs. Dash, Salt and pepper, Hot sauce, traditional herb seasoning |

## Breakfast Buffet Example 2

| Breakfast Buffet Example 2 | 10 People | 25 People | 50 People | 100 People |
|---|---|---|---|---|
| **Dairy** | 1% Milk-3 Litres<br>10-75 gram 1-2% M.F. yogurt | 1% Milk-8 Litres<br>25-75 gram 1-2% M.F. yogurt | 1% Milk-16 Litres<br>40-75 gram 1-2% M.F. yogurt | 1% Milk-32 Litres<br>75-75 gram 1-2% M.F. yogurt |
| **Fruit and Vegetables**<br>**2 servings per person**<br>**Svg size: ½ cup** | 7 cups fresh cut up seasonal fruit<br>(1 lb of apples, 1 lb bananas sliced,1 lb (2 cups) berries (could be thawed from frozen) or grapes<br>5 cups of sautéed mixed vegetables (mixed into egg wrap) or 5 sliced tomatoes | 16 cups fresh cut up seasonal fruit<br>(2 lbs apples sliced, 2 lbs bananas sliced, 2 lbs (4 cups) of berries or grapes, 1 sliced cantaloupe or melon)<br><br>12 cups of sautéed mixed vegetables (mixed into egg wrap) or 12 sliced tomatoes | 32 cups fresh cut up seasonal fruit<br>(3 lbs apples sliced, 3 lbs bananas sliced, 3 lbs of berries, 3 lbs of grapes, 2 sliced cantaloupe or melon, 3 lbs of grapefruit)<br><br>25 cups of sautéed mixed vegetables (mixed into egg wrap) or 25 sliced tomatoes | 80 cups fresh cut up or canned/frozen seasonal fruit<br>(6 lbs apples sliced, 8 lbs bananas sliced, 8 lbs of berries, 6 lbs of grapes, 4 sliced cantaloupe, 1 melon, 10 lbs of grapefruit)<br><br>40 cups of sautéed mixed vegetables (mixed into egg wrap) or 40 sliced tomatoes |
| **Combination Food Option** | 10 Scrambled Egg and Black Bean Wraps-2 scrambled eggs, ½ cup black beans, 30 grams cheddar and ½ cup shredded lettuce, 2 tbsp salsa in whole wheat tortilla wrap | 25 scrambled egg and black bean wraps-2 scrambled eggs, ½ cup black beans, 30 grams cheddar and ½ cup shredded lettuce, 2 tbsp salsa in whole wheat tortilla wrap | 50 Scrambled egg and Black bean wraps- 2 scrambled eggs, ½ cup black beans, 30 grams cheddar and ½ cup shredded lettuce, 2 tbsp salsa or 3 tomato slices in whole wheat tortilla wrap | 100 Scrambled egg and black bean wraps-2 scrambled eggs, ½ cup black beans, 30 grams cheddar and ½ cup shredded lettuce, 2 tbsp salsa or 3 tomato slices in whole wheat tortilla wrap |
| **Beverages** | Coffee-3 Litres<br>Tea-2 L hot water and assortment of teas<br>Water -2 Litres | Coffee-6 Litres<br>Tea-4 Litre hot water and assortment of teas<br>Water -5 Litres | Coffee-12 Litres<br>Tea-6 Litre hot water and assortment of teas<br><br>Water -12 Litres | Coffee-25 Litres<br>Tea-12 Litre hot water and assortment of teas<br><br>Water -20 Litres |
| **Condiments on the Side** | Salt and pepper, Hot sauce, traditional herb seasoning | Salt and pepper, Hot sauce, traditional herb seasoning | Salt and pepper, Hot sauce, traditional herb seasoning | Salt and pepper, Hot sauce, traditional herb seasoning |

## Breakfast Buffet Example 3

| Breakfast Buffet Example 3 | 10 People | 25 People | 50 People | 100 People |
|---|---|---|---|---|
| **Dairy** | 1% Milk-3 Litres<br>10-75 gram 1-2% M.F. yogurt | 1% Milk-8 Litres<br>25-75 gram 1-2% M.F. yogurt | 1% Milk-16 Litres<br>40-75 gram 1-2% M.F. yogurt | 1% Milk-32 Litres<br>75-75 gram 1-2% M.F. yogurt |
| **Fruit and Vegetables**<br>**2 servings per person**<br>**Fruit and Juice**<br>**Serving size: ½ cup** | 7 cups fresh cut up seasonal fruit<br>(1 lb of apples, 1 lb bananas sliced,1 lb (2 cups) berries or grapes<br><br>1.5 Litres of 100% juice | 16 cups fresh cut up seasonal fruit<br>(2 lbs apples sliced, 2 lbs bananas sliced, 2 lbs (4 cups) of berries or grapes, 1 sliced cantaloupe or melon)<br><br>3 Litres of 100% juice | 32 cups fresh cut up seasonal fruit<br>(3 lbs apples sliced, 3 lbs bananas sliced, 3 lbs of berries, 3 lbs of grapes, 2 sliced cantaloupe or melon, 3 lbs of grapefruit)<br><br>6 Litres of juice | 80 cups fresh cut up or canned/frozen seasonal fruit<br>(6 lbs apples sliced, 8 lbs bananas sliced, 8 lbs of berries, 6 lbs of grapes, 4 sliced cantaloupe, 1 melon, 10 lbs of grapefruit)<br><br>12 Litres of juice |
| **Grains**<br>**2 servings per person** | Assortment of mini-bagels, low-fat blueberry muffins, whole wheat toast | Or Whole wheat Blueberry Pancakes (recipe below) | Whole wheat Blueberry Pancakes | Whole wheat Blueberry Pancakes |
| **Meat and Alternative** | 300 g Nut butter spreads (cashew, almond, peanut and a 454 g (1lb) of a variety of low fat cheese slices/spreads | 1 kg Nut butter spreads and/or a variety of low fat cheese (or a mix of 3) and 650 g (1.5 lbs) of a variety of low-fat cheese slices/spreads (15 servings) | 1 kg Nut butter spreads (cashew, almond, peanut) and a variety of 1300 g (3 lbs) assortment of low-fat cheese slices/spreads (30 servings) | 2 kg Nut butter spreads (cashew, almond, peanut) and 2.7 kg (6 lbs) assortment of low-fat cheese slices/spreads (60 servings) |
| **Beverages** | Coffee-3 Litres<br>Tea-2 Litre hot water and assortment of teas<br>Water -2 Litres | Coffee-6 Litres<br>Tea-4 Litre hot water and assortment of teas<br>Water -5 Litres | Coffee-12 Litres<br>Tea-6 Litre hot water and assortment of teas<br><br>Water -12 Litres | Coffee-25 Litres<br>Tea-12 Litre<br>hot water and assortment of teas Water -20 Litres |
| **Condiments on the Side** | Salt and pepper, Hot sauce, | Salt and pepper, Hot sauce, | Salt and pepper, Hot sauce, | Salt and pepper, Hot sauce, |

## Lunch Menu Model For Community Feasts & Meetings

Here are some healthy meal ideas to help plan your next group event. To help your guests follow the healthy plate method, make a selection from each group. The menu suggestions are for a group of 30. If you are serving for a larger event you may want to make additional selections from each food group to provide your guests with more variety.

| **Vegetable**<br>Choose 2 | **Grains & Starches**<br>Choose 1-2 | **Meat**<br>Choose 1-2 | **Fruit**<br>(Choose 1) | **Dairy**<br>(Choose 1 if desired) |
|---|---|---|---|---|
| Cold<br>• Caesar Salad<br>• Garden Salad<br>(serve with low fat dressings on the side)<br>Hot<br>• Vegetable Soup<br>• Vegetable stirfry<br>• Steamed mixed vegetable | • Bannock<br>• Whole wheat dinner roll/ bread<br>• Macaroni Salad<br>• Rice Pilaf<br>• Steamed corn<br>• Baked potato | • Lean Meats/Fish<br>• Moose stew<br>• Hamburger soup<br>• Chili<br>• Sandwich Filling: Salmon, Chicken, Lean meats, egg salad, Tuna Salad. | • Fresh fruit salad<br>• Apple/fruit cobbler<br>• Fresh whole fruit<br>• Fruit cocktail | • Pudding made with skim/ 1% milk<br>• French Vanilla Yogurt Sauce |

### Sample Lunch Menu

**Vegetable:** Tossed Salad
**Vegetable & meat:** Vegetable Stirfry with Moose Meat
**Grains & Starches:** Rice pilaf
**Fruit:** Fresh fruit salad
**Dairy:** French Vanilla Yogurt Sauce

### Lunch Buffet Example

| **Lunch Buffet Example** | **10 People** | **25 People** | **50 People** | **100 People** |
|---|---|---|---|---|
| **Dairy** | 1 Litre 1% canned, fluid or powdered skim milk for coffee | 3 Litres 1% canned, fluid or powdered skim milk for coffee | 6 Litres 1% canned, fluid or powdered skim milk for coffee | 10 Litres 1% canned, fluid or powdered skim milk for coffee |
| **Salad** | Green or Spinach Salad (2 Bunches) | 2 salads; choose from<br>1 Green or Spinach Salad (4 heads lettuce)<br>And one of the following:<br>Fat reduced Coleslaw*<br>Root Vegetable<br>Lightly dressed Pasta salad | 3 Salads: choose from<br>1 Green or spinach Salad with dressing on side<br>And 2 of the following<br>Low fat Caesar Salad<br>Fat reduced Coleslaw<br>Quinoa salad<br>Root vegetable Salad<br>Marinated Vegetable<br>Greek Salad<br>Pasta salad | 4 Salads: choose from<br>1 Green Salad with dressing on the side<br>And 3 of the following:<br>Tomato Salad<br>Fat reduced Coleslaw<br>Low fat Caesar Salad<br>Quinoa Salad<br>Root vegetable salad<br>Marinated Vegetable<br>Greek Salad<br>Pasta salad |
| **Soup**<br>1 cup bowls | Broth based fish, chicken or bean and vegetable soup | Broth based fish, chicken or bean and vegetable soup | Broth based fish, chicken or bean and vegetable soup | 1-2 soups: Broth based, fish or chicken or bean and vegetable soup |
| **Main Dish**<br>8 inch luncheon plate | Cold: Assortment of ½ sandwiches or wraps cut in 2 inch slices | Cold: Assortment of ½ sandwiches or wraps cut in 2 inch slices | Cold: Assortment of ½ sandwiches or wraps cut in 2 inch slices | Cold: Assortment of ½ sandwiches or wraps cut in 2 inch slices |
| **Beverages**<br>6 ounce glasses or cups | Coffee-3 Litres<br>Assortment of Tea (herbal, black, green)<br>Water –2 Litres-plain or flavoured carbonated with no sugar | Coffee-6 Litres<br>Assortment of Tea (herbal, black, green)<br>Water -5 Litres- plain or flavoured carbonated with no sugar | Coffee-12 Litres<br>Assortment of Tea (herbal, black, green)<br>Water -12 Litres- plain or flavoured carbonated with no sugar | Coffee-25 Litres<br>Assortment of Tea (herbal, black, green)<br>Water -20 Litres- plain or flavoured carbonated with no sugar |
| **Condiments on the Side** | Reduced Calorie Salad Dressings, Mrs. Dash, Salt and pepper | Reduced calorie Salad Dressings, Mrs. Dash, Salt and pepper | Reduced calorie Salad Dressings, Mrs. Dash, Salt and pepper | Reduced calorie Salad Dressings, Mrs. Dash, Salt and pepper |
| Serving Dishes: Provide 1 cup bowls, 6 ounce glasses and cups and 8 inch luncheon plates for healthy portion<br>Condiments and Dressings: Use reduced fat or spreads and dressings: light mayonnaise, reduced calorie salad dressings, 7% sour cream, 1-3% yogurt | | | | |

## Dinner Menu Model For Community Feasts & Meetings

Community meals are great opportunities to promote healthy ways of preparing food and provide ideas for balanced meals at home. To help your participants follow the healthy plate method, make a selection from each group. The menu suggestions are based on serving 30 people. If you are serving for a larger event you may want to make additional selections from each food group to provide your guests with more variety.

| **Vegetable**<br>Choose 2 | **Grains & Starches**<br>Choose 1-2 | **Meat & Alternative**<br>Choose 2 | **Fruit Based Desserts**<br>Choose 1 |
|---|---|---|---|
| Cold<br>• Caesar Salad<br>• Garden Salad<br>• Wild Greens Salad<br>• Coleslaw<br>• Marinated Vegetable Salad<br>(serve with low fat dressings on the side)<br>Hot<br>• Traditional plants, and greens<br>• Steamed mixed vegetable<br>• Vegetable soup<br>• Oven Roasted Vegetable<br>• Baked Spaghetti Squash<br>• Broccoli and Cauliflower medley<br>• Carrot and Parsnip mash<br>• Bean and Vegetable Soup | • Bannock<br>• Steamed Rice<br>• Rice Pilaf<br>• Pasta Noodles<br>• Macaroni Salad<br>• Vegetable Chow Mein<br>• Potato Salad<br>• Steamed corn<br>• Dinner rolls<br>• Oven Roasted Sweet Potato<br>• Oven Roasted Potatoe | • Roasted Lean Meats<br>• Wild Birds- grouse, duck, geese<br>• Salmon<br>• Halibut/Fish<br>• Baked Trout<br>• Salmon/Clam Chowder<br>• Mussels/Clams<br>• Stew<br>• Beans | • Apple/Fruit cobbler<br>• Seasonal berries with plain sponge cake<br>• Fruit salad served with vanilla yogurt<br>• Wild berry ice cream<br>• Rhubarb and wild berry crisp<br>• Fruit salad served with lemon custard<br>• Carrot cake with wildberry sauce<br>• Fresh fruit plate |

### Sample Dinner Menu for 30 people

**Vegetable:** Garden Salad, Steamed Mixed Vegetable
**Grains & Starches:** Rice pilaf, Macaroni Salad
**Meats:** Roasted Sheep meat, Poached Salmon
**Fruit:** Wild Seasonal berries with plain sponge cake

## Dinner Buffet Example

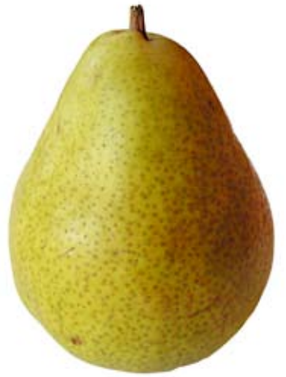
| **Dinner Buffet Example** | **10 People** | **25 People** | **50 People** | **100 People** |
|---|---|---|---|---|
| **Appetizers** | Veggies and Dip<br>Choose one:<br>Salsa, Bean Dip or Salmon Dip<br>(Optional) Serve with slivers of whole wheat pita bread. | Veggies and Dip<br>Choose one: Salsa or Bean dip or Salmon dip<br>(Optional) Serve with slivers of whole wheat pita bread | Veggies and Dip<br>Choose two: Salsa and Bean dip or Salmon dip<br>(Optional) Serve with slivers of whole wheat pita bread<br>OR Mixed nuts-2 lbs | Veggies and Dip<br>Choose two: Salsa and Bean dip or Salmon dip<br>(Optional) Serve with slivers of whole wheat pita bread<br>OR Mixed nuts-5 lbs |
| **Dairy** | 1 Litre 1% canned, fluid or powdered skim milk for coffee | 3 Litres 1% canned, fluid or powdered skim milk for coffee | 6 Litres 1% canned, fluid or powdered skim milk for coffee | 10 Litres 1% canned, fluid or powdered skim milk for coffee |
| **Salad or Soup**<br>1 cup/person | Green or Spinach Salad (1.5 lbs lettuce) with dressing on the side | 2 salads; choose from<br>1 Green or Spinach Salad (3 lbs lettuce) with dressing on side<br>And 1 of the following:<br>Fat reduced Coleslaw* (3 lbs)<br>Root Vegetable (3 lbs)<br>Lightly dressed Pasta salad | 3 Salads: choose from<br>1 Green or spinach Salad (6 lbs) with dressing on side<br>And 2 of the following (3 lbs each):<br>Low fat Caesar Salad<br>Fat reduced Coleslaw<br>Root vegetable Salad<br>Marinated Vegetable<br>Lightly dressed Pasta salad | 3 Salads: choose from<br>1 Green or spinach Salad (10 lbs) with dressing on side<br>And 2 of the following (5 lbs each):<br>Low fat Caesar Salad<br>Fat reduced Coleslaw<br>Root vegetable Salad<br>Marinated Vegetable<br>Lightly dressed Pasta salad |
| **Soup**<br>1 cup bowls | Broth or low fat milk based fish, chicken or bean and vegetable soup | Broth or low fat milk based fish, chicken or bean and vegetable soup | Broth based or low fat milk based fish, chicken or bean and vegetable soup | 1-2 soups: Broth based or low fat milk based fish or chicken or bean and vegetable soup |
| **Lightly Steamed Vegetables**<br>1/2 cup per person | Choose 1 (2.0 lbs frozen)<br>Mixed vegetables<br>Green beans<br>Seasonal vegetables | Choose 1-2 (5 lbs total)<br>Mixed vegetables<br>Green beans<br>Seasonal vegetables | Choose 2 (10 lbs total)<br>Mixed vegetables<br>Green beans<br>Seasonal vegetables | Choose 2 (20 lbs total)<br>Mixed vegetables<br>Green beans<br>Seasonal vegetables |
| **Grains and Starches**<br>2-3 servings<br>Serving size: ½ cup<br>*Serve sauce on the side | Choose 2<br>10 small whole wheat rolls pieces of baked bannock (2"by 2"by 1")<br>Potatoes: Baked, boiled or mashed (4.5 lbs or 2.0 kg)<br>Rice/Pasta (1.5 lbs or 680 g) | Choose 2<br>25 small whole wheat rolls or baked bannock(2"by 2"by 1")<br>Potatoes: Baked, boiled or mashed (11 lbs raw or 5 kg)<br>Rice/Pasta (3 lbs uncooked) | Choose 2<br>50 small whole wheat rolls or baked bannock(2"by 2"by 1")<br>Potatoes: Baked, boiled or mashed (22 lbs raw or 10 kg)<br>Rice or Pasta (6 lbs uncooked) | Choose 2-3<br>100 small whole wheat rolls or baked bannock (2"by 2"by 1")<br>Potatoes: Baked, boiled or mashed<br>(50 lbs raw or 22 kg)<br>Rice or Pasta (12 lbs uncooked) |

| Dinner Buffet Example cont'd | 10 People | 25 People | 50 People | 100 People |
|---|---|---|---|---|
| **Main Dish**<br><br>Allow 120 grams (4 oz) per person | (3.5 lbs (1.4 kg) cooked or 6 lbs raw, dressed, boneless lean meat, fish, or poultry or 8 lb whole turkey or 4.5 lbs raw shucked shellfish | 7 lbs (3.2 kg) cooked or 12 lbs raw, dressed lean meat, fish or poultry or 15 lb whole turkey or 12 lbs raw shucked shellfish | 15 lbs (7 kg) cooked or 24 lbs raw, dressed, boneless lean meat, fish or poultry or 2-15 lb whole turkey or 25 lbs raw shucked shellfish | 30 lbs (14 kg) cooked or 50 lbs raw, dressed, boneless lean meat or fish or poultry or 60 lbs of whole ducks/turkeys/grouse or 50 lbs of raw shucked shellfish |
| **Desserts** | ¾ cup mixed berries, fruit in juice | ¾ cup mixed berries, fruit in juice | ¾ cup mixed berries, fruit in juice<br>Berry Crisp<br>Berries and Yogurt | ¾ cup mixed berries, fruit in juice<br>Berry Crisp<br>Yogurt and Berries |
| **Beverages**<br>6 ounce glasses or cups | Hot Water: 3 Litres and Assortment of Tea (herbal, black, green)<br>Water –2 Litres-plain or flavoured carbonated with no sugar | Hot Water: 6 Litres and Assortment of Tea (herbal, black, green)<br>Water -5 Litres- plain or flavoured carbonated with no sugar | Hot Water: 12 Litres and Assortment of Tea (herbal, black, green)<br>Water -12 Litres- plain or flavoured carbonated with no sugar | Hot Water: 25 Litres and Assortment of Tea (herbal, black, green)<br>Water -20 Litres- plain or flavoured carbonated with no sugar |
| Serving Dishes: Provide 1 cup bowls, 6 ounce glasses and cups and 8 inch luncheon plates for healthy portion<br>Condiments and Dressings: Use reduced fat or spreads and dressings: light mayonnaise, reduced calorie salad dressings, 7% sour cream, 1-3% yogurt., low sodium salsa (Harlan's Specialty, Fresh is Best, President's Choice organic salsa)<br>Seasonings: Use Mrs. Dash (low sodium seasoning) Salt and Pepper | | | | |

# Tips for serving healthy food and bringing down costs

Offering prepared foods can eat away at your food budget. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Keeping pre-prepared and low nutrient snacks off the table and out of school can save money and can be good for your community's health and waistline.

- Plant a garden to support school meals and community events. Can the vegetables in the fall or freeze for later use
- Choose Frozen or canned vegetables and fruit - they are affordable and nutritious options. Ensure that you always have frozen vegetables on hand, they are a great back up when you have not been able to re-stock fresh groceries.
- Hold a community canning event
- Use beans, lentils and other legumes instead or meat or in addition to meat in soups, stews, chilis
- Stock up on canned goods and staples when they are on sale. Store them safely and use them up by their "best-before" date.
- Skip the cookies, baked goods, chips and other salty snack foods, soft drinks and other high calorie beverages. They cost a lot and are low in nutrients. Stick to the four food groups and buy the basics.



*Adapted from Health Canada*
*http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/obstacles-eng.php*

## Ways to Help your Body

- Choose cooking methods that require little or no added fat such as roasting, broiling, baking, grilling, steaming, poaching, boiling instead of frying
- Serve whole grain products more often than refined grains every day

# Section 3. Make Your Recipes Healthier

Many recipes books and online recipes provide low-fat, low sodium, lower calorie options. You can make these recipes healthier, as well as your own favourites by taking out some of the fat, calories, sugar and salt (sodium) and increasing the amount of fibre. You can do this by trying some of the suggestions in this "Make Your Recipes Healthier" chart.

| For recipes with | Reduce fat by: |
|---|---|
| Butter, margarine, or solid fat for cooking. | Reducing the amount by 4 tbsp or ¼ cup (60 ml). |
| Butter, shortening or oil in baking | Replacing half of the fat with applesauce or prune puree. This will decrease baking time |
| Butter, margarine, shortening or oil for frying | Using a non-stick pan, broth or vegetable cooking spray |
| Half and half (10%), whole (3.25% M.F.) or 2% milk | Using skim milk, 1% milk, evaporated skim milk, fat-free half and half or plain soymilk or rice milk with calcium. |
| Evaporated milk | Using low-fat evaporated milk |
| Cream | Using fat-free half and half milk or low-fat evaporated milk |
| Cream cheese (26% M.F.) | Using low-fat or fat free cream cheese or blended/pureed cottage cheese. |
| 14% sour cream | Using low-fat (7%) or fat free sour cream or low-fat (1-2%) plain yogurt<br>Yogurt is better for foods that don't require cooking |
| Full-fat cottage cheese | Using 2% or fat-free cottage cheese. |
| Full-fat Ricotta cheese | Using part-skim ricotta |
| Eggs | Throwing away the egg yolk and using 2 egg whites for every egg.<br>Flax eggs: 1Tbsp of ground flax seeds mixed with 3 Tbsp of water equals 1 egg |
| Regular fat cheese | Use lower fat cheeses (20% M.F. or less) like part skim mozzarella. Low fat cheeses require less cooking time so add them near the end of baking. |
| Regular mayonnaise or salad dressing | Using vinegar based dressings, calorie reduced or low fat mayonnaise or salad dressing. |
| Canned fish | Use water-packed canned products or canned products packed in 'lite' syrup. |
| Fatter cuts of meat | Using lean and extra lean meat or trimming visible fat and draining any excess fat after cooking. |
| Chicken with skin on | Remove chicken skin before cooking |

| For recipes with | Reduce sugar by: |
|---|---|
| Sugar (in baking) | Reduce sugar by one third.<br><br>Example: For recipes asking for 1 cup, measure out 2/3 instead. If recipe calls for 3 tablespoons, use 2 tablespoons. |
| Sugar (in making canned jams and jellies) | Using No Sugar Needed Fruit Pectin and adding no granulated sugar. For a sweetened jam, granulated sugar can be replaced with fruit juice or an artificial sweetener (about 3 cups of sugar=1.5 cups of sweetener). |

| For recipes with | Reduce salt (sodium) by: |
|---|---|
| Soy sauce | Choosing "reduced sodium" soy sauce |
| Salt | Omit salt or reduce it (except in baking that require yeast)<br><br>For flavour, try salt-free seasonings like Mrs. Dash, spice mixes or herbs and lemon juice. |
| Ketchup | Using tomato sauce |
| Bouillon cubes | Low sodium bouillon cubes or water or home-made stock |

| For recipes with | Increase fibre by: |
|---|---|
| Refined, enriched grains | Using 'whole' grains- pot barley, bulgur, kasha, quinoa, millet, or whole wheat couscous, brown rice or wild rice.<br>To help your family make the switch, start with mixing ½ refined and ½ whole grain |
| All purpose flour | Replacing half of the all purpose flour with whole wheat or spelt flour |
| Pastas, crackers, cookies, cereals | Using whole grain pastas, crackers, cookies, and cereals. |

***Adapted from P. Brinkman and C. Jones Syracuse,*** *Modifying a Recipe to be Healthier, Ohio State University Extension. Original available at http://ohioline.osu.edu/hyg-Fact/5000/5543.html*

# Section 4. Promoting Healthy Eating in Children, Youth and Family Programs

## Promoting Healthy Eating in Children, Youth and Family Programs

Early childhood is very important for developing healthy food choices, eating behaviours and motor skills. Families, schools and community programs have a unique opportunity to play a role in demonstrating healthy eating practices that will lead us down a path of wellness and diabetes prevention. Many children spend about ½ of their waking hours in childcare and school making this setting an important influence on the development of healthy eating practices and healthy growth and development.

We know that our traditional diet was very balanced and healthy. Our eating patterns depended on where we lived: coastal peoples ate more seafood, inland people ate more game foods and elsewhere in Canada and the Midwest, communities relied heavily on corn, beans and squash. But wherever we lived, we did not eat much processed or junk food until very recently. The amount of food we eat and the types of food that are in our diets (sugar sweet beverages and foods high in fat and sugar) are leading us down the path of obesity and poor health.

In Canada, one in five children are eating the daily recommended number of fruit and vegetable servings. In Canada, under half (41.5%) of First Nations children are at a healthy weight. Many children in First Nation communities are at risk for inadequate intake of important vitamins and minerals such as vitamin D, calcium, iron, and zinc. High consumption of junk food, absence of breakfast, and poor quality foods do not contribute these important nutrients to our children's diets. Children who go to school hungry or have a diet lacking in good nutrition are less likely to do well in school as hunger, tiredness or weakness make it difficult to concentrate. Every day children spend almost half of their waking hours in school. School can have an important influence on the development of healthy eating and physical activity habits.

***To protect our children's health and reduce their risk of disease related to poor nutrition and obesity, let's ensure that meals and snacks are offered that:***

- Form a healthy meal pattern based on Canada's Food Guide and The Healthy Food Choice List.
- Do not include access to sugar-sweetened or artificially sweetened beverages such as pop or fruit crystal drinks
- Allow enough time for children to eat healthy foods when hungry and turn attention elsewhere when full.
- Encourage water as desired with and between meals.
- Do not include any foods that are on the "Foods to Avoid" list.

**Additionally, we need to encourage parents and children to send healthy food choices to school by offering guidance on healthy choices by:**

- Offering guidance on healthy choices
- Creating a list of what cannot be eaten while in the school or program setting
- Sharing a list of healthy treats that can be brought for birthdays and celebrations
- Promoting water as the beverage of choice between meals and limiting juice (100% unsweetened) to a maximum of ½ cup per day.
- Set aside foods that are not appropriate and send home at the end of school or the program.

**If there is a school canteen or vending machine, it's important to sell foods that are considered healthy options. Healthy options are foods that meet certain nutrition criteria (See Foods from the Table "Healthy Foods for Communities").**

To assist your community in improving the nutrition environment in order to promote healthy eating and reduce our children's risk of obesity, we have organized this section to provide

- Nutrients of special concern
- Portion size guidelines
- A healthy food list
- Foods that are not appropriate to have at the school or program
- Healthy treats for birthdays or celebrations
- Sample menu cycles
- Portable Ideas for Field Trips
- Foods that can fit for sales in schools or fundraising
- Foods that are not appropriate for sale in schools or for fundraising
- Sample nutrition policy

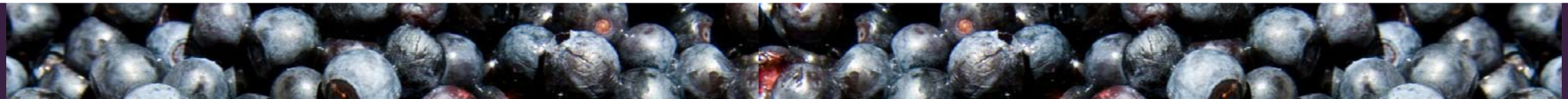
## Nutrients of Special Concern

Aboriginal children are vulnerable to inadequate intakes of certain vitamins and minerals, particularly vitamin D, calcium and iron. Planning menus and creating food policies that include little or no processed foods that are high in sugar, fat and salt, will help to ensure that our children are adequately nourished.

| Inadequate intake of | affects | and causes this problem | Some foods t to provide this nutrient. |
|---|---|---|---|
| Iron | Mental Function<br><br>Physical Function | Impaired Learning and Inability to concentrate<br><br>Difficulty breathing, tiredness, and hair loss | Meats, fish, seafood, eggs, poultry, beans, dark green leafy vegetables. |
| Zinc | Immunity | Lower resistance to infections<br><br>Delayed growth/development<br><br>Skin conditions: eczema, psoriasis | Protein containing foods such as meat, fish,seafood etc. |
| Calcium and Vitamin D | Skeletal Health | Increased chance of fractures<br>Poor development of teeth and bones | Fish bones, dark leafy greens, roots, as well as fortified rice and soy beverages and milk. |

### Tips for preparing a community feast

- Colour It Up! (see Appendix 3 for serving a variety of fruit by season)
- Select lean meat, wild game and alternatives prepared with little or no added fat, sugar or salt.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.



# Meals and Snacks

Healthy eating can be promoted by offer foods from all four food groups at a meal time and at least two food groups at a snack time AND offering appropriate portion sizes and healthy food choices.

## Portion Size Guidelines

Children's appetite will vary day to day. These amounts should act as a guide to determine how much food to prepare and what to offer at meals and snack times. Children and youth may choose to eat more or less than what is suggested here. Younger children will eat towards the lower range of the serving size suggested while older children, youth and adults will eat towards the larger range. Youth and adults may also have more than one serving from the Vegetables and Fruits or Grain products at a meal time.

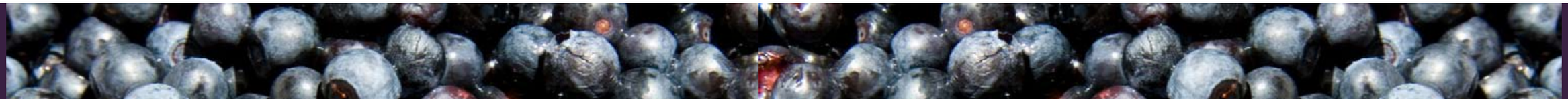
| FOOD GROUPS | Serving Size |
|---|---|
| Vegetables and Fruit<br>And Fruit Juice | ½ cup |
| Grains<br>Pasta, rice, Bread ,Cereal | ½ cup<br>½ to 1 slice<br>¾ cup |
| Milk and Alternates<br>Milk or fortified soy beverage<br>Yogurt<br>Cheese | ½ to 1 cup<br>¾ cup<br>1 ½ ounce |
| Meat and Alternates<br>Meat, fish, poultry<br>Eggs<br>Beans-cooked<br>Peanut butter, 100% natural | ¼ to ½ cup<br>1-2<br>½ to ¾ cup<br>1-2 Tbsp |

**Preventing Young Children from Choking on Food**

To prevent your child from choking, use care when selecting and preparing food. Experts suggest that round, firm foods should not be given to children younger than age 4 unless the food is chopped completely Foods that can be choking hazards include:

- Seeds (for example, sunflower or watermelon)
- Nuts.
- Popcorn.
- Whole grapes (cut into halfs or quarters)
- Chunks of peanut butter.
- Raw vegetables.
- Chewing gum
- Hard or sticky candy
- Chunks of meat or cheese
- Hot dog (slice lengthwise)
- Raisins.
- Bones in fish (remove)

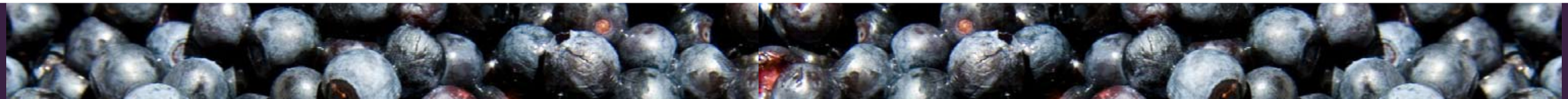
Cut foods small so that it is no larger than the tip of your smallest finger starting at the base of the fingernail.



## Healthy Food Choices List

| Healthy Food Choices List | |
|---|---|
| **Vegetables and Fruit Group** | 2½ cup of<br>• Fresh fruit<br>• 100% fruit juice (1/2 cup portion max /day and not every day)<br>• Raw, steamed, baked vegetables including wild greens and berries) that are prepared plain and served with a minimum amount of dressing or cooked with low salt, low-fat sauces (e.g, low-fat milk-based)<br>• Salads with low-fat dressings<br>• Baked potato with low-fat topping |
| **Grains** | • Unsweetened cereal **(sugars less than 5g/serving or 10g/serving if fruit is an ingredient)**<br>• Whole grain waffles<br>• Mini whole grain bagels<br>• Whole grain breads<br>• Enriched breads, buns<br>• Tortillas, wraps, pita bread (whole wheat)<br>• English muffins (whole wheat)<br>• Pancakes<br>• Baked bannock,<br>• Lower fat baked goods that are small in size (about ½ cup)<br>• Low-fat crackers (no trans fat)<br>• Pasta and pasta salads with very little dressing<br>• Brown rice or brown and white rice mix<br>• Rice noodles<br>• Trans fat free, low-fat baked grain and corn snacks (baked tortilla chips, popcorn)<br>• Up to 2 ounces or ¼ cup for cookies |
| **Milk and Alternates** | • 1/2 cup to 1 cup fortified soy or rice milk<br>• ½ cup to 1 cup of 2%,1% or skim milk (whole milk for children under two years of age)<br>• 3/4 cup of 1 – 3.5% fat yogurt<br>• ½ cup of Low sodium cottage cheese<br>• 50 g (1.5 oz) of Cheese<br>• ¾ cup of puddings/custards that have less than 20 gram of sugar |

| Healthy Food Choices List (Con't) | | |
|---|---|---|
| **Meat and Alternates** | 2 ½ oz (1/2 cup) of<br>• Steamed or baked, poached fish<br>• Steamed shellfish<br>• Roasted or baked lean meats<br>• Roasted or baked chicken<br>• Cooked legumes (black beans, pinto beans, lentils)<br>• Boiled, poached or scrambled eggs<br>• Peanut or nut butters – 2tbsp<br>• Nuts – ¼ cup<br>• Weiners with less than 15 grams of fat in 75 gram portion or less than 12 g of fat in 60 gram portion | |
| **Mixed Entrees** | • Soups made with vegetable or chicken broth or<br>• Pasta salad with low-fat dressings & veggies<br>• Sandwiches on whole grain breads<br>• Hot or cold sandwiches: whole wheat bread/buns; lean meats (turkey, chicken, beef) and plenty of vegetables<br>• Some pizzas with vegetables<br>• Stews, chillies, curries, lower sodium<br>• Stir fries on rice, if sauce is low in sodium<br>• Pasta with vegetable and meat based sauce<br>• Burritos (bean or meat)<br>• Soft tacos filled with lean meats, beans, low fat cheese, low fat sour cream and veggies | |
| **Condiments** | **Up to ½ tsp for**<br>• low sodium soy sauce, salt<br>**Up to 2 tbsp for**<br>• whipped cream<br>• sour cream | **Up to 1 tbsp for**<br>• dips, dressings, spreads<br>• jam, jellies, sugar<br>• mustard, ketchup<br>• processed cheese spreads |
| **Beverages** | • Plain water | |
| For more detailed information see<br>Section 2, "Guidelines for Healthy Foods for Communities" for more examples of foods that are Great on the Table Anytime | | |



## Healthy Treats for Celebrations

Celebrations often mean lots of sugar and there are some healthy treat options out there.  Healthy treating means serving a good variety of food that is more nutritious along with smaller amounts of higher sugar, higher fat treats.

From veggies and dip to chocolate angel food cupcakes, there can be a place for a sweet treat.

Here are some ideas:

- Small juice boxes (200 ml)
- Water
- Chocolate Milk
- Fruit and Veggie Plate with Yogurt Dip
- Yogurt tubes
- Milk puddings
- Popcorn
- Pita chips and Salsa
- Baked chips –smal
- Mini carrot or fruit muffins
- Fruit skewers
- Sorbet
- Fruit Smoothies
- Chocolate Angel Food Cupcakes * see recipe section

For some more 'healthy baked good ideas' download "Bake Better Bites" at: http://www.healthyeatingatschool.ca/category/resources/

## Foods to Avoid in children, youth and family programs

The following list has been prepared to help care providers, program coordinators, parents and youth understand what cannot be served in program settings.  When snacks and lunches are sent in lunch kits many schools will put foods that cannot be served aside and will send home with the child at the end of the day.

The following beverages and foods should not appear as part of a meal or snack program in children, youth or family programs.

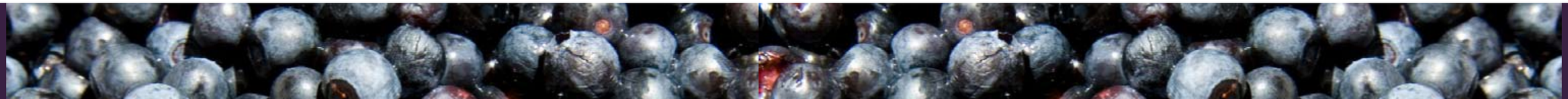
**Beverages**

Artificial sweetened and sugar beverages including:

- Soft drinks,
- sports drinks,
- energy drinks, and drinks containing caffeine
- punches,
- iced teas
- fruit crystal drinks such as tang
- fruit based drinks with less than 50% real juice (including Sunny Delight)
- slushy drinks

**Food and Snack Items**

- Pre-sweetened breakfast cereals
- Candy
- Chocolate Bars
- Pastries, donuts, danishes
- Dipped granola bars
- Fruit snacks with sugar as main ingredient
- Popcorn (choking hazard)
- Sticky buns
- Gum
- Frozen ice treats
- Instant noodle or packaged noodle soups
- Potato chips
- Flavoured cheese puffs (Cheezies)
- Lunchmates
- Pizza pockets
- Pizza topped with four cheese or meat lovers (processed meat)
- Fast Food – excluding 6 inch or smaller subway sandwich made with lean meat

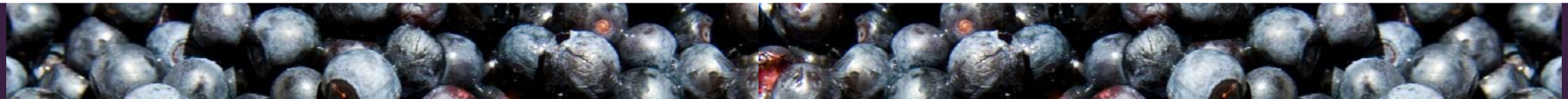


## Meal Ideas

| Breakfast |
|---|
| • 1 Whole wheat Mini bagel with peanut butter |
| • 1 Whole wheat Mini bagel with cheese |
| • 1 slice of whole grain bread with peanut butter |
| • 1 slice of whole grain bread with cheese |
| • 1 boiled or scrambled egg and 1 slice of toast |
| • 1 Slice of lean ham with 1 boiled egg and 1 slice of toast |
| • 1 slice of French toast |
| • 1 Whole grain waffles |
| • ½ to ¾ cup of unsweetened cereal with 1% or 2% milk |
| • ½ to ¾ cup of cream of wheat or oatmeal with 1% or 2% milk |
| **Serve breakfast with one of these** |
| • Piece of fresh or canned fruit |
| • ½ cup of 100% juice (max ½ cup/day and not every day of week) |
| • ½ cup of yogurt (plain or with fruit) |
| • ½ cup of 1-2% milk |
| **And offer 1-2 of these condiments for additional flavour on breakfasts** |
| • Up to ½ tsp salt |
| • Up to 2 tsp of butter or non-hydrogenated margarine |
| • Up to 1 tsp pepper |
| • Up to 2 tbsp jam |
| • Up to 1 tbsp brown sugar or maple syrup |
| • Up to 2 tbsp ketchup, mustard |

| Cold Lunch Ideas | Hot Lunch Ideas |
|---|---|
| • Peanut butter and banana sandwich | • Hot soup or stew and ½ sandwich |
| • Egg salad sandwich | • Macaroni and cheese with beans |
| • Tuna sandwich or wrap | • Chili and bannock or cornbread |
| • Canned salmon sandwich | • Pita Pizza |
| • Cheese and tomato sandwich | • Chicken leg with rice and broccoli |
| • Hummus and pita | • Beef or bean burrito |
| • Bagel with cheese | • Cheese enchilada |
| • Pizza bagel | • Spaghetti with meat or vegetable sauce |
| • Chicken or beef and vegetable wrap | • Steamed or baked fish with rice and steamed mixed vegetables |
| • Rolled up sliced meat | |
| • Pasta salad and a hard boiled egg | |

| Serve one of the cold or hot lunch ideas with one of these: |
|---|
| • Cold vegetables and dip |
| • Soup |
| • Salad |
| • Piece of fresh or canned fruit |
| • Applesauce |
| • Homemade pudding |
| • Nuts and raisins |
| • Banana bread |
| • Granola bar |
| • Cheese cubes |
| • Homemade oatmeal cookies |
| • Yogurt (plain or with fruit) |
| **Add one of the following beverages:** |
| • Water |
| • ½ to 1 cup milk (plain or chocolate) |



**Snack Ideas for Children in a Child-care Setting**

- Apple with cheese and whole wheat crackers
- ½ mini bagel with light cream cheese and grapes
- Graham crackers and applesauce and water
- Banana and milk
- Mixed fruit and cottage cheese
- Yogurt
- Low fat carrot bran muffins
- Fresh or canned piece of fruit
- Raw vegetables and breadsticks with low fat dip
- Tortilla chips and yogurt
- Peanut butter and crackers

## Sample Menu Plan

Here are some weekly snack and meal rotations that can be used to assist in planningsnacks or meals. Look through the Healthy Food Lists and Meal Ideas for more options to make your own sample snack or meal plan for a week

### Snack Rotation 1

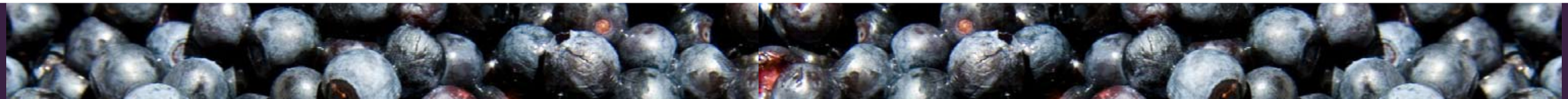
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Grains** | Whole Grain Crackers | | Banana Bread | | Baked Pita Chip |
| **Fruits and vegetable** | | Grapes | | Apple Slices | Fresh Tomato and Corn Salsa |
| **Meat and Alternatives** | | Assorted nuts | | | |
| **Dairy and Alternatives** | Low fat cheddar cheese | | Yogurt | Pudding- prepared with skim milk | |
| **Beverage** | Encourage water as a beverage. | | | | |

### Snack Rotation 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Grains** | | Blueberry Muffins | | Whole grain crackers | Cereal topping for yogurt parfait |
| **Fruits and vegetable** | Assorted Veggies | | Canned or frozen fruit | Assorted Veggies | ½ Banana |
| **Meat and Alternatives** | | | | Hummus | |
| **Dairy and Alternatives** | Yogurt Dip | Low fat cheese | | | Yogurt Parfait-mixed with Banana and cereal |
| **Beverage** | Encourage water as a beverage. | | | | |

### Cold Meal Rotation 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Entrée** | Deli Wrap- with lean meat and vegetable | Pizza Bagel/ Bannock topped with ham and green pepper, mushroom | Soft Taco filled with bean and vegetable | Pasta Salad with diced vegetable (celery, onion, carrots) and bean/ meat | Submarine sandwich- with cheese, lean meat and vegetable |
| **Vegetable/ accompaniments** | Sliced cucumber with yogurt based dip | Carrot and Celery Sticks with ranch dip | Corn and sweet pepper salad | Cheese Slices | Yogurt |
| **Fruit/ Dessert** | Apple | Fruit snack | Yogurt | Grapes | Fruit Cocktail in water |
| **Beverage** | Encourage water as a beverage. Offer unsweetened juice box only 1-2 times a week | | | | |



## Hot Meal Rotation 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Entrée** | Chicken Vegetable Stir-fry with brown rice | Taco with shredded lettuce, cheese, tomato, refried beans | Spaghetti and meat sauce | Grilled Ham and Cheese Sandwich on Whole Wheat | Pizza day- Cheese, Vegetarian or Hawaiian |
| **Vegetable/ accompaniments** | | Corn and tomato Salad | Caesar Salad | Tomato Vegetable Soup | Fresh Vegetable and Dip |
| **Fruit/ Dessert** | Orange | Grapes | Fruit Salad | Apple | Banana |
| **Beverage** | Offer 1% milk as well as other milk alternatives at every meal. | | | | |

## Hot Meal Rotation 2

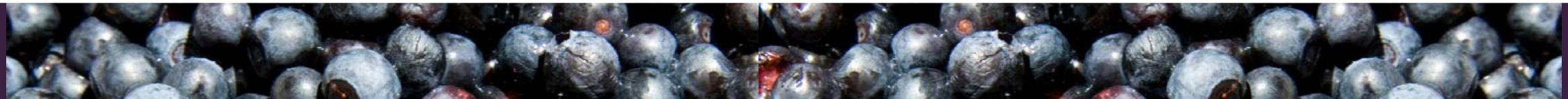
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Entrée** | Baked Fish/ Lean Meat | Beef and Vegetable Chow Mein | Baked Chicken Nugget | Lean meat and vegetable stew | Hot meatball sub (turkey or lean meat) |
| **Vegetable/ accompaniments** | Honey Glazed Carrot Brown Rice | Stir fried Green beans | Oven Roasted sweet potato corn | Bannock | Garden Salad |
| **Fruit/ Dessert** | Grapes | Apple | Orange | Fruit Salad | Banana |
| **Beverage** | Offer 1% milk at every meal | | | | |

For recipe ideas go to http://www.healthyeatingatschool.ca/category/resources/

## Portable Ideas for Fieldtrips

Looking for packaged or fast food choices that are still healthy. We used the "Brand Name Food List" at http://www.brandnamefoodlist.ca/default.aspx to determine pre-packaged food choices that meet the "Choose Most" and "Choose Sometimes" lists. Use the lists below to help choose healthier prepared snacks and lunches for kids.

| **Portable Snack and Lunch Ideas for Fieldtrips** | | |
|---|---|---|
| **Vegetables and Fruit** | • Washed and ready-to-eat vegetables and fruits<br>• Mott's Fruitsations – Unsweetened<br>• Del Monte Fruit Bowls Packed in Fruit Juice<br>• Dole Fruit Bowls in Fruit Juice<br>• Dole Squish-Ems! Squeezable Fruit Snack<br>• Kettle Valley Dried Fruit Real Fruit Snack<br>• Hunt's Squeeze 'N Go Appleblend Tubes<br>• Mott's Fruitsations, Unsweetened<br>• President's Choice PC Mini Chefs Zippy Fruit<br>• Sun-Rype Fruit to Go<br>• Sun-Rype Fruit Source Plus Veggie<br>• No-Name and Ocean Spray Dried Cranberries<br>• Christie Fig Newtons | **IDEAS**<br>• Fig Newtons are great with milk<br>• Mix dried cranberries or Craisins with one of the cereals listed below and Planter's Almonds or Dan-D-Pak<br>• Coconut Peanuts<br>• Offer fresh vegetables with Summer Fresh Salads Snack N' Go Hummus for dipping |
| **Milk and Alternatives**<br><br>Serving:<br>250 ml milk<br>75-120 g yogurt | • 2% or less milk (chocolate milk is fine, too)<br>• Fortified Soy or Rice beverage<br>• low-fat (2% or less) yogurt cups<br>• Yoplait Tubes<br>• Yoplait Yop<br>• Armstrong Extra Aged Cheddar Cheese chunks or slices<br>• Black Diamond Marbelicious or Mozzarella Cheestrings<br>• Dairyland Part-Skim Mozzarella Cheese Heads<br>• No Name Stringable Mozzarella Cheese snacks<br>• Kozy Shack Pudding | **IDEAS**<br>• Provide a milk or alternative with every lunch and snack |



| Portable Snack and Lunch Ideas for Fieldtrips (Con't) | | |
|---|---|---|
| **Grain Products** | • Dempster's and Tim Horton's Bagels<br>• Christie Triscuits Crackers - Original<br>• Christie Original Wheat Thins Crackers<br>• Dare Breton Crackers - Garden Vegetable<br>• Goldfish Original Crackers<br>• Nature Valley Crunchy Granola Bars - Maple Brown Sugar or Apple Crisp<br>• Frito Lay Baked Lays or Doritos-choose sometimes only*<br><br>**Cereals (30 grams):**<br>• Kellogg's All Bran Cereal<br>• Kellogg's Harvest Fruit Muslix<br>• Kashi Go Lean<br>• General Mills Cheerios - Honey Nut, Multigrain or Plain<br>• Quaker Life Cereal<br>• Quaker Oat Squares Cereal | **IDEAS**<br>• Crackers are a great snack with cheese or peanut butter and milk or fruit<br>• Mini whole wheat bagels and light cream cheese or nut butter |
| **Meat and Alternatives** | • Adam's 100% natural peanut butter<br>• 100% natural almond butter<br>• Kraft peanut butter<br>• Planters Natural Almonds<br>• Butterball Hot dog Turkey Franks (56g)<br>• Grimm's High Health Turkey Smokie (75g)<br>• Dan-D-Pak Coconut Peanuts<br>• Planters Trail Mix Vanilla Nut & Cranberry<br>• Summer Fresh Salads Snack N' Go Hummus<br>• Maple Leaf Healthy Selections - Sliced Roast Beef or Sliced Turkey<br>• Aqua Star Wild Pacific Salmon<br>• Ocean's Snack N' Lunch Light Tuna, Sesame & Ginger<br>• Ocean's Tuna SnacKit (plus crackers)<br>• No Name Flaked Light Tuna, Tomato Basil<br>• Eggs | **IDEAS**<br>• Try peanut butter and banana on whole grain bread with milk<br>• Serve Butterball Hot dog Turkey franks with a whole wheat bun and some cut up vegetables<br>• For a change from sandwiches, make a tortilla wrap or stuff a pita shell with one or more of the following:<br>- Lean beef, chicken, turkey, fish, eggs<br>- a cheese choice from the milk and alternatives group<br>- spinach, lettuce or other veggie |

**Cold and Hot Fast Combinations**

**COLD**

- Nan's Veggie Samosas
- Subway, Mini-sub (137-144 g), Type: Ham, Roast Beef, Turkey or Veggie Delite
- Tim Horton's –chicken salad or egg salad (only)
- Mini whole wheat bagels and light cream cheese or nut butter
- KidsEat! Products *available in the Lower Mainland and Fraser Valley
- Extreme Eat Pita-Market Fresh Vegi or tuna on 60 g pita
- Booster Juice- School Greek Vegetarian on Whole Wheat, School Tuna Wrap

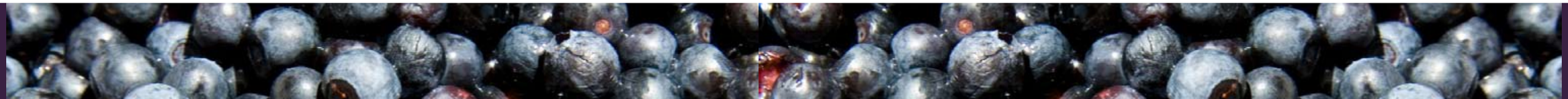
**HOT**

- Panago School Pizza Multigrain Hand Tossed, Large (per 1/6th slice),Flavour: Garden Veggie or Cheese
- Compliments Multigrain Thin Crust Pizza, Hawaiian, Italian Deli, 5 Vegetables 1/2 pizza (160g)
- Little Caesars Whole Wheat, 6 inch pizza
- Domino's Pizza, Large (14"), Hand Tossed Crust, 1 slice (1/8th of pizza) Flavour: Hawaiian or Veggie
- Papa John's Pizza Whole Wheat Crust (per 1/8 of 14" pizza) Flavour: Garden Fresh, Spinach Alfredo Chicken Tomato Pizza
- Amy's Bean n Cheese Burrito (frozen food)
- Amy's pizza (frozen foods)

**SOUPS**

- President's Choice Blue Menu Instant Low Fat Soups such as Barley Vegetable or Spicy Thai with Vegetables
- Campbell's Ready to Enjoy Healthy Request Italian Style Minestrone or Vegetable Beef with Barley
- Healthy Choice Beef Pot Roast or Country Vegetable (bowl)
- Imagine Foods Tomato Soup (bowl)
- Nile Spice Sweet Corn Chowder (soup mix)
- Bear Creek Country Kitchens Soups, Chili flavour, 35g dry

**RESOURCE:**
*To see more brand name foods on the Choose Most and Choose Sometimes List, go to: www.brandnamefoodlist.ca*



## Fundraising

For more ideas on Fundraising, see "Healthy Fundraising for Schools: a practical guide for parents and educators available in the resources section at www.healthyeatingatschool.ca

Foods that can fit as possible choices for Fundraising and Canteens:

**Beverages**

1. 100% fruit juice boxes (125 to 250 ml)
2. Sparkly juice drinks with "no added sugar" [(125 to 250 ml) (How do you identify these?)
3. Fruit smoothies (125 to 250 ml)
4. Lower-sodium tomato and vegetable juices (125 to 250 ml)
5. 2%, 1% or skim flavoured or plain milk (125 to 250 ml)
6. Soy based fortified beverages (125 to 250 ml)

**Snack Items**

1. Raw vegetables and dip
2. Pieces of fruit
3. Frozen fruit bars
4. Cheese strings or cheese slices
5. Plain or flavoured yogurt
6. Granola or cereal bars that are not dipped and less than 2 ounces (56 g)
7. Small portions of frozen yogurt, sherbert, ice cream (up to ½ cup)
8. Puddings with less than 20 g of sugar n 175 ml
9. Mini Bagels (whole wheat)
10. Low fat baked loaves and muffins that are less than 3 inches in diameter or 85 grams in weight

**Entrees**

1. Subway style sandwiches less than 6 inches
2. Hot dogs that contain low sodium lean wieners with less than 12 g of fat in a 60 gram portion
3. Veggie topped pizzas
4. Falafels
5. Beef and bean burritos
6. Most sandwiches that are up to 6 inches in length
7. Stews, chilis, curries
8. Most pastas with vegetable and meat based sauce

**See table "Foods that Fit on the Community Table" for more ideas of what can fit**

### Tips for preparing a community feast

- Serve berries and fresh or canned fruit instead of cakes and pastries
- If serving coleslaw or pasta salad, use a low fat recipe
- Serve cream sauces, gravy, salad dressings and other condiments on the side

## Steer away from these items for sale in Schools for Fundraising

**Beverages**

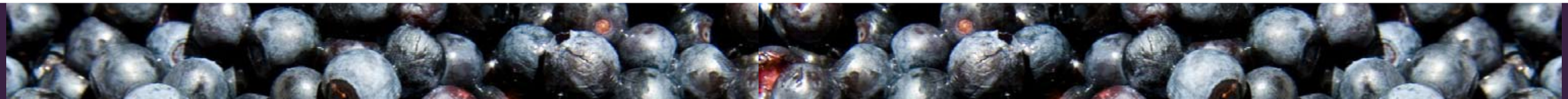
1. Soft drinks, sports drinks, energy drinks, punches, iced teas
2. Fruit based drinks that have less than 50% real juice such as blends, cocktails, splashes and beverages that are sweetened with sugar
3. Fruit based drinks greater than 250 ml
4. Drinks containing caffeine
5. Slushy drinks
6. Juice drinks with added caffeine, artificial sweetener, guarana or yerba

**Snack Items**

1. Candy
2. Chocolate Bars
3. Dipped granola bars
4. Ice cream greater than ½ cup portion size
5. Fruit with a sugar based coating (e.g., yogurt- or chocolate- covered raisins)
6. Dried fruit (e.g., fruit roll-ups/leathers/chips) or fruit juice snacks (e.g., gummies)
7. Regular potato/vegetable chips
8. Most regular wieners, sausages, smokies, bratwurst
9. Most Pepperoni/chicken sticks

**Entrees**

1. Sandwiches with deli or processed meats
2. Subway style sandwiches greater than 6 inches
3. Some pizzas (4 cheese/double cheese, meat lover)
4. Pizza pockets



| Research other possible fundraising ideas in your school community. |
|---|
| **Alternative door-to-door fundraising ideas:**<br>• School supplies<br>• School T-shirts<br>• Greeting cards<br>• Fabric lunch bags or tote bags<br>• Flowers, potted plants, seeds or bulbs<br>• Household items (aluminum foil, garbage bags, plastic wrap, gift paper)<br>• Recipe books (containing healthy recipes donated by parents and community members)<br>• Cheese<br>• Citrus Fruit<br>• Vegetables<br>• Other bulk food<br>• Spices<br>• Loonie auctions with health promoting gift baskets and a nutritious dinner. |
| **Alternative Raffle Item suggestions:**<br>• Barbeques<br>• Bike and helmet<br>• Boxes containing healthy food<br>• Treadmill<br>• Sports Equipment<br>• Cooking kit<br>• Healthy Foods Gift Baskets<br>• Swim passes at the local recreation centre |

**TOOLS:**

*Healthy Fundraising for Schools, a practical guide for parents and educators*

*Website http://www.dashbc.org/*

## Creating a Nutrition Policy

To reinforce healthy eating, schools and community programs can find it helpful to create a nutrition policy for staff, parents and students that will serve as a reminder of the actions that need to occur in order to ensure that healthy food choices are available and back up the promotion of healthy eating. Policies are best accepted when everyone is brought on board for the creation of the policy and is in agreement with it.

Here is a sample nutrition policy that can be modified to suit your community needs

**Sample Nutrition Policy**

Our school has adopted the following nutrition policy:

**Rationale**

Children who go to school hungry or have a diet lacking in good nutrition are less likely to do well in school as hunger, tiredness, or weakness make it difficult to concentrate. Aboriginal children are at risk for inadequate intakes of vitamin D and iron. Foods that are high in fat, sugar and salt (junk food) are very poor sources of the nutrients needed for healthy growth and development and can block absorption of needed nutrients. Almost every day of the week children spend almost half of their waking hours in school. School can have an important influence on the development of healthy eating and physical activity habits.

**Healthy Meal and Snack Programs**

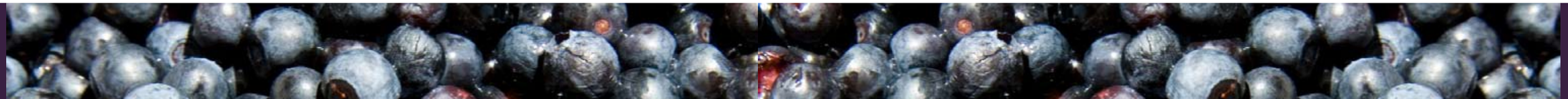
- Meals and snacks provided in our school will follow a healthy eating pattern based on Canada's Food Guide
- Our school will keep a tuck cupboard with healthy food choices and distribute food to children who do not have an adequate snack or lunch
- We will provide breakfast for children who arrive hungry at school. The breakfast will follow the healthy meal pattern.
- We will implement a healthy fruit and vegetable snack at least once a week.

**Healthy Eating Environment**

- Children will have 20 minutes to eat lunch
- Lunch will occur after playground time (1/2 hour)

**Support for Healthy Eating**

- Staff will be encouraged to model healthy eating
- Nutritious foods will be promoted for fundraising
- Healthy foods will be provided at meetings, community events
- Healthy food choices will be promoted and access to unhealthy foods and beverages will be limited on school property



## Foods served to children

**Fruits and Vegetables**

- School meal or snack programs will include at least 1 serving
- Fruits and vegetables will come from the "Great on the Table Anytime" list
- Vegetables will be prepared either fresh or cooked using a low-fat cooking method (steamed, boiled, roasted or lightly stir-fried)
- The serving size will follow the maximum portion size guidelines

**Grains**

- School meal or snack programs will include at least 1 serving
- Grains will come from the "Great on the Table Anytime" list".
- The serving size will follow the portion size guidelines and children will be encouraged to follow their own cues for hunger and fullness.

**Milk and Alternates**

- School meal or snack programs will include at least 1 serving
- Choices will come from the "Great on the Table Anytime" list.
- The serving size will follow the maximum portion size guidelines

**Meat and Alternates**

- School meal or snack programs will include at least 1 serving
- Choices will come from the "Great on the Table Anytime" list.
- Beans and lean meats or fish will be a daily choice in a regular meal or snack program.
- The serving size will follow the maximum portion size guidelines
- Traditional foods offered in school will have been handled and prepared in a foodsafe manner.

**High Fat Foods -** ***A High Fat Meal or Snack can be offered up to three times per month and may include:***

- Fried meats or fish
- High fat meats (sausage, hot dogs, luncheon meats)
- Potatoes that are prepared and fried (French fries, tater tots, hashbrowns),in a portion size no greater than 4 oz or ½ cup.
- The portion size of high fat foods for children will be limited to ½ cup

**Beverages**

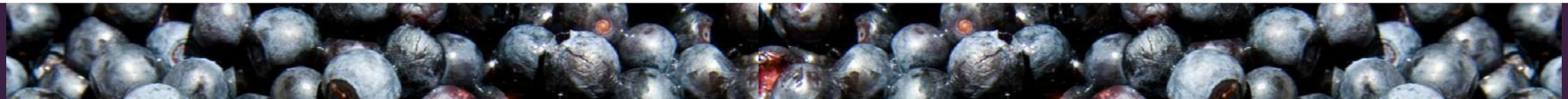
- Drinking water will be made freely available
- Water fountains will be maintained and in good working condition
- Sugar sweetened beverages such as pop, sports drinks and fruit juice less than 50% real juice will not be served.
- Artificially sweetened beverages will not be served

**Foods brought from home**

- Sugar sweetened beverages (pop, sports drinks) will be set aside and sent home after school.
- Candy will be confiscated.
- Chips will be confiscated.

### Ways to Help your Body

- Include meat and meat alternatives at meals
- Keep pre-packaged meats --cold cuts and deli meat, sausages, smokies, pepperoni/chicken sticks--that are high in salt (sodium) and fat off the table
- Enjoy milk and milk alternatives every day



# Section 5. Serving Healthy Food at Meetings and Conferences

What follows is a guide to help you work with caterers and make healthy food decisions for meetings.

## Tips for Ordering

**1. Portions**

- Refer to the Menu Models in Section 3 – Meal Buffet Ideas for Meetings and Community Events.
- Offer smaller portions (e.g. mini bagels and muffins/sandwiches cut in half)
- If breakfast is offered, consider offering only beverages at mid-morning energy breaks. Keep mid afternoon energy breaks light by offering vegetables,fruits, and raw nuts. This will help to reduce the overeating that we do at meetings. Encourage folks to get some fresh air and go for a quick walk if time permits.
- Keep portions down by using 8 oz cups, glasses, bowls and 6 to 9 inch plates (lunch and dinner).

**2. Healthier Food Choices**

- Include at least one vegetable and/or fruit, at each meal or snack
- Serve whole grain products
- Use cooking methods like roasting, baking, broiling, steaming, boiling, stir-frying, poaching that require little or no added fat rather than frying
- Keep luncheon meats, sausages, pre-packaged meats off the table
- Choose lower fat/calorie entrees, snacks and desserts
- Serve fish and meat alternatives like white and black beans, lentils, baked beans

**3. Condiments**

- Serve lower fat dips, sauces and spreads and provide them on the side (or not at all)

**4. Beverages**

- Serve water, plain or sparkling rather than juice or pop. Consider switching to herbal teas for the mid-afternoon energy break. Have low fat milk available for coffee.

**5. Timing of meals**

- Some of your meeting participants who have diabetes may be taking medications to control blood sugars. It is important to plan for snacks when meals are scheduled to be longer than 4 hours apart. It is also important to honour the schedule of the meeting agenda and have meals at the stated times.

**For more ideas of what to serve at meetings and conferences look through the Healthy Food Guidelines and Making the Meeting Menu Healthier.**

| **Making The Meeting Menu Healthier** | |
|---|---|
| **Choose this...** | **Instead of this ...** |
| **For Beverages**<br>• water (plain spring water or flavored carbonated with no sugar),<br>• coffee<br>• assortment of tea (black, green, herbal)<br>• 100% fruit or vegetable juices<br>• low fat soy milk or skim milk<br>• low fat milk, canned milk or powdered skim mik for coffee | **For Beverages**<br>• soft drinks or fruit flavored drinks<br>• cream or full fat milk<br>• coffee whitener and flavoured non-dairy creamers |
| **For Breakfasts**<br>• fresh fruits, dried fruits, 100% juice<br>• lower fat yogurt<br>• mini bagels, mini muffins<br>• reduced sugar jams and jellies<br>• unsweetened cereals<br>• whole grain waffles and french toast<br>• poached or boiled eggs<br>• ½ wraps filled with scrambled eggs and veggies<br>• lean ham or Canadian bacon<br>• peanut butter | **For Breakfasts**<br>• sweetened canned fruits and juices<br>• full fat yogurt<br>• regular cottage cheese<br>• regular bagels, muffins and pastries<br>• regular jams<br>• sweetened cereals and granola<br>• white flour waffles and French toast fried eggs<br>• sausages or bacon |

| **Making The Meeting Menu Healthier (Con't)** | |
|---|---|
| **Choose this...** | **Instead of this ...** |
| **For Lunches or Dinners**<br>• salads with dressings on the side<br>• oil & vinegar and low fat cream salad dressings<br>• soups made with broth, vegetable purée, tomato base or milk<br>• whole wheat pasta salads with low fat dressings<br>• sandwiches on whole grain breads<br>• lean meats, poultry, fish, tofu (3g fat/oz)<br>• baked potatoes with low fat or vegetable toppings<br>• steamed vegetables<br>• non-hydrogenated margarine<br>• fresh fruit, low fat ice cream, low fat frozen yogurt, sorbet, angel food cake with low sugar fruit topping | **For Lunches or Dinners**<br>• salads with dressing added<br>• regular fat salad dressings soups made with cream<br>• mayonnaise or cream dressing based salads<br>• white bread or croissant sandwiches<br>• cold cuts, fried meats, bacon,<br>• potatoes with butter, margarine, sour cream or bacon bits<br>• vegetables in butter/margarine or cream sauce<br>• butter or hydrogenated margarine<br>• cheese cake, ice cream, pies, cream puffs/pastries, large slices of cake, high sugar/fat squares |
| **For Receptions**<br><br>Appetizers<br>• cut up fresh fruits or vegetables and a low fat yogurt dip<br>• baked or low fat chips and pretzels<br>• small cubes of cheese (3/4" cubes or less)<br>• dips made of salsa, low fat cottage cheese, hummus, or low fat salad<br>• vegetable kebabs<br>• meat skewers with dipping sauce<br>• smoked salmon on whole grain crackers or on cucumber<br>• a selection of low fat cheese cut in .5 inch (1.5 cm) cubes<br><br>Beverages<br>• 2 L jugs of sparkling/carbonated water (club soda) with 1/2 cup of berries or soapberry juice added<br>• Plain water<br>• Coffee<br>• Herbal Tea | **For Receptions**<br><br>Appetizers<br>• fruit tarts, pie, cobblers, squares<br>• regular crackers<br>• regular chips, cookies or salted pretzels<br>• large cheese slices<br>• cold cuts, sausages<br>• dips made from mayonnaise, sour cream, cream cheese or cheese sauce |
| Adapted from Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events. University of Minnesota, School of Public Health. 2003 | |

# Quick and Healthy Options for Productive Meetings

Here are some easy brand name options when you don't have the time or kitchen to prepare snacks or meals meetings. For more ideas refer to the www.brandnamefoodlist.ca or compare items you wish to purchase with the "Healthy Food Guidelines".

| In between meal Snack Ideas | Products |
|---|---|
| **Make healthy snacks from a variety of fruit and vegetables, grains and low-fat dairy products**<br><br>Serve washed and ready-to-eat fresh vegetables and fruit with a low fat yogurt dip.<br><br>Serve high fibre cookies<br><br>Offer fruit in yogurt 'parfaits'. In a clear plastic cup, simply layer low-fat yogurt, fruit and chunks of granola bars or some cereal | • Summer Fresh Salads Snack N' Go Hummus with vegetables and low-fat yogurt with fruits<br>• Christie Fig Newtons<br>• Mott's Fruitsations – Unsweetened<br>• Nature Valley Granola Bar- Maple Brown Sugar or Apple Crisp<br>• Kellogg's All Bran Cereal<br>• Kellogg's Harvest Fruit Muslix<br>• Kashi Go Lean<br>• Raw nuts<br>• 100-175 g servings of many yogurts including:<br><br>-Astro BioBest Jeunesse Plain 125.00 g<br>-Astro Naturally Flavoured 1% Yogurt 100g<br>-Dairyland Li'l Ones Yogurt 100.00 g<br>-Danone Activia Yogurt, Sweetened Plain 125ml<br>-Island Farms 2% yogourt 125.00 g<br>-Olympic Low fat and No Fat Yogurt 175g |
| **Beverages**<br>• Pitchers of plain or carbonated water with no sugar<br>• Coffee and an assortment of tea (black, green, herbal)<br>• Low fat soy milk or skim milk<br>• Low fat milk, canned milk or powdered skim mik for coffee | |

| Quick Lunch Ideas | Products |
|---|---|
| **Feature Fruits and Vegetables as part of the meal or dessert**<br><br>For lunch: include 1-2 servings/ person<br><br>A fruit and vegetable serving is ½ cup for raw or cooked fruits and vegetables and 1 cup for leafy greens | Serve washed and ready-to-eat fresh vegetables and fruit. Add extra flavor and nutrition by offering Summer Fresh Salads Snack N' Go Hummus with vegetables and low-fat yogurt with fruits<br><br>For dessert, choose frozen/fresh berries or fruit cups packed in juice, fruit or vegetable bars or Christie Fig Newtons.<br><br>Del Monte Fruit Bowls Packed in Fruit Juice<br>Dole Fruit Bowls in Fruit Juice<br>Sun-Rype Fruit to Go<br>Sun-Rype Fruit Source Plus Veggie<br>Sun-Rype Fruit Source Plus Veggie Bar<br>Christie Fig Newtons<br>Mott's Fruitsations – Unsweetened<br>Al l brands, unsweetened frozen berries |
| **Add somecalcium containing foods**<br><br>Some yogurts have added vitamin D<br><br>Pick lower-fat dairy products that have less than 20 g of sugar per 175 ml<br><br>Include a serving of milk and alternatives at lunch.<br><br>A serving is 50 grams of cheese, 175 ml of yogurt and 1 cup of milk | Choose 1-2% fresh milk or soy milk or canned or powdered skim milk<br><br>Choose low-fat cheese like Armstrong Extra Aged Cheddar Cheese<br><br>For dessert, offer 100-175 gram cups of yogurt or make yogurt 'parfaits'. In a clear plastic cup, simply layer low-fat yogurt, fruit and chunks of granola bars or some cereal<br><br>Choose 100-175 g servings of many yogurts including:<br>Astro BioBest Jeunesse Plain 125.00 g<br>Astro Naturally Flavoured 1% Yogurt 100g<br>Dairyland Li'l Ones Yogurt 100.00 g<br>Danone Activia Yogurt, Sweetened Plain 125ml<br>Island Farms 2% yogourt 125.00 g<br>Olympic Low fat and No Fat Yogurt 175g<br><br>Kozy Shack puddings are also a healthy dessert alternative for satisfying a sweet tooth<br><br>Additional calcium containing foods include: ¼ cup almonds as well as a variety of soy-based yogurt and cheeses. |
| **Highlight Meat and Alternatives**<br><br>Allow 3-4 oz (90-120 g) for each person<br><br>Choose lean protein choices | Provide an assortment of the following foods and allow people to assemble their own sandwiches, wraps or pitas<br><br>Eggs, hard boiled<br>Aqua Star Wild Pacific Salmon<br>Ocean's Snack N' Lunch Light Tuna, Sesame & Ginger<br>No Name Flaked Light Tuna, Tomato Basil<br>Maple Leaf Multigrain Fully Cooked Chicken Nuggets or Strips<br>Maple Leaf Healthy Selections - Sliced Roast Beef<br>veggie slices, veggie burgers, veggie hot dogs |

| Quick Lunch Ideas | Products |
|---|---|
| **Light Meal Soups**<br><br>Look for soups that are low in salt or sodium and contain whole grains or beans like lentils.<br><br>Choose soups more often that contain less than 450 mg sodium | Choose one or more of the soups listed and pair with a sandwich, bun, tortilla wrap or pita or as the start to a hot meal.<br><br>**SOUPS**<br>-President's Choice Blue Menu Instant Soups such as Barley Vegetable, Spicy Thai with Vegetables<br>-President's Choice Blue Menu Ready-to-Serve Serve Lentil Soup<br>-President's Choice Blue Menu Instant Low Fat Vegetarian Chili Or President's Choice Blue Menu Vegetable Couscous<br>-Campbell's Ready to Enjoy Healthy Request Italian Style Minestrone or Vegetable Beef with Barley<br>-Healthy Choice Beef Pot Roast or Country Vegetable (bowl)<br>-Imagine Foods Tomato Soup (bowl)<br>-Nile Spice Sweet Corn Chowder (soup mix)<br>-Campbell's Ready to Enjoy Healthy Request New England Clam Chowder<br><br>These soups are also great with low-fat cheese and the following whole grain crackers:<br>• Christie Triscuits Crackers – Original<br>• Christie Original Wheat Thins Crackers<br>• Dare Breton Crackers - Garden Vegetable |
| **Heat and Serve Timesavers**<br><br>These days, grocery store shelves are lined with a wide variety of pre-made convenience foods. | Try offering one of the following frozen entrées at your meeting and combine with some of the ideas above for a nutritious, balanced lunch.<br><br>**QUICK MEALS**<br>-Amy's Bean & Cheese Burrito or Vegetable Lasagna<br>-Compliments Multigrain thin crust pizza – Chicken and Vegetable or Roasted Vegetable or Compliments Hawaiian Pizza<br>-Compliments Thin Crust Pizza – Italian Deli Style, 5 Vegetable or Chicken, Red Pepper & Sundried Tomato<br>-Lucerne Foods Eating Right Italian Chicken Lasagna<br>-President's Choice No Name Spaghetti Bolognese<br>-President's Choice Blue Menu 100% Whole Wheat Rotini with Chicken Pesto or Linguine with Shrimp Marinara<br>-President's Choice Blue Menu Reduced Fat Chicken Lasagna<br>-President's Choice Blue Menu Chicken Tikka Masala<br>-President's Choice Blue Menu Lasagna Splendido,<br>-Stouffer's Lean Cuisine Shrimp in a Creamy Seafood Sauce<br>-Stouffer's Lean Cuisine Thai Chicken with brown rice, vegetables<br>-Stouffer's Lean Cuisine Wild Salmon with Basil<br>-Weight Watchers Smart Ones Ravioli Florentine<br>-Yves Veggie Cuisine Veggie Lasagna or Veggie Penne |
| **Beverages**<br>• Pitchers of plain or carbonated water with no sugar<br>• Coffee and an assortment of tea (black, green, herbal) with low fat milk or canned milk or powdered skim milk for coffee<br>• Low fat soy milk or skim milk | |

# Section 6. Serving Traditional Food

Community tables used to be bursting with traditional foods. Main foods included game, birds, fish,shellfish, roots and greens . The dessert and sweetness was contributed by berries which held a very high status and were central. Today, berries have been replaced by cakes and pies.

The reasons for the change in use of traditional foods in our communities are complex and different for everyone. Climate change, employment, lack of time, amount of time needed to harvest and process foods, loss of knowledge about correct harvesting and processing, distance to travel to sites, loss of harvesting areas, decrease in numbers of fish, shellfish, and wild game, and concerns over pollutions are some of the concerns of hunters, fishers, and gatherers.

Many communities are finding unique solutions: restoring the teachings between elders and youth with respect to food harvesting; planting traditional berries and other important plants in the backyard, on reserve, in a community garden or negotiating land use management plans with other levels of government and the private sector are part of the solution.

**Story:**

Over the past 100 years, many people have settled on the eastern side of Vancouver Island. With little places to hunt and harvest berries, the creation of the Gulf Island Park Reserve presented a unique opportunity for First Nations to enter into harvesting agreements with Parks Canada. Today, at certain times in the Year, Parks Canada restricts access to part of the National Parks to First Nations to allow communities to hunt, fish and harvest plants.

## Tips for Food Safety-Serving Traditional Food at Community Events and Meetings

If you are using traditional foods for community events

- Use proper food-handling techniques. Provide harvesters and cooks with the opportunity to receive FoodSafe training. Environmental health officers provide training
- Know your source of food (who handled it and how)
- Restrict this to food sources that you know are safe (keep it limited because of spoilage, handling, processing)
- Advise parents (so they are aware of what their child is eating)
- Prepare the food on-site in an inspected kitchen
- Use common sense (make sure the food is in good condition, doesn't have a rancid or fermented smell, is a good colour. Decide if you think it is safe to eat it yourself or to serve to your own child. If you don't know—don't serve it).

### Tips for preparing a community feast

- Include dark green vegetables or orange vegetables on the table
- Keep fried foods off the table
- Use smaller size plates, bowls, cups and glasses
- Select foods that are produced and gathered locally more often
- Offer some dishes with beans, lentils or other legumes

## Foodborne Bacteria and Game

Salmonella and Escherichia coli, can be found on raw or undercooked game. They live in the intestinal tracts of game, livestock, poultry, dogs, cats, and other warm-blooded animals, and must be eaten to cause illness. Foodborne bacteria cannot enter the body through a skin cut. Bacteria multiply rapidly in the "Danger Zone"— temperatures between 40 and 140 °F. Cross-contamination can occur if raw meat or its juices come in contact with cooked foods or foods that will be eaten raw, such as salad.

Freezing does not kill bacteria. Cooking to 160 °F kills bacteria.

## Handling Game Safely

All animal protein foods including game, fish, birds and seafood provide some level of risk with respect to food borne disease. This makes proper food handling practices extremely important. Traditional methods of hunting and gathering were generally quite strict to ensure that the food remained healthy. As some aspects of hunting or gathering may have changed with modernization, the following are some general food safety guidelines to ensure that the risk of food borne disease is minimized.

**Dressing:**

Eviscerate the animal within an hour of harvesting.

**Storage while transporting:**

Put in disposable plastic bag (if available) to contain any leakage and prevent cross-contamination

**Long Term Storage-Refrigeration and Freezing**

-Refrigerate within a few hours of harvesting. In fridge, Place on lower part of fridge.

-Refrigerate game immediately at 40 °F or below.

-Cook or freeze (0 °F) game birds and ground game within 1 or 2 days; game animals, within 3 to 5 days. If kept frozen continuously, use within 1 year for optimal nutritional value, 6 months for fish).

**Safe Defrosting**

Defrost frozen game: in the refrigerator, in cold water, and in the microwave.

Never defrost on the counter.

**In the refrigerator**-Whole birds or ground meat may take 1 to 2 days or longer to defrost in the refrigerator; roasts, several days. Once the raw poultry defrosts, it will be safe in the refrigerator an additional day or two before cooking. Meat and poultry thawed in the refrigerator may be safely refrozen without cooking it first.

**In cold water**- Keep packaging on and make sure it is airtight or put it in a leak-proof bag. Submerge the product in cold water, changing the water every 30 minutes. A whole bird (3 to 4 pounds) or package of parts should defrost in 2 to 3 hours; larger amounts may take 4 to 6 hours.
Microwave-defrosting- Defrost and cook immediately after thawing as some parts may start to cook during microwaving. Holding partially-cooked food is not recommended because any bacteria present would not have been destroyed.

**Partial Cooking**

Never brown or partially cook game to refrigerate and finish cooking later because any bacteria present would not have been destroyed. It is safe to partially pre-cook or microwave game immediately before transferring it to a hot grill or other cooking appliance to finish cooking.

*[reference section] Section on Game Handling. Adapted from Food Safety Of Farm-Raised Game Information For... Consumers & Educators Scientists & Researchers Small/Very Small Plants Businesses & Partners Constituent Groups FSIS Employees (http://www.fsis.usda.gov/fact_sheets/Farm_Raised_Game/index.asp )*

### Ways to Help your Body

- Take the time to harvest traditional foods with your family
- Choose water as a thirst quencher

# Handling Seafood Safely

After harvesting or buying seafood, how you cook and store your food, and how you treat it in between, can help prevent illness.

## Storage

**Until Home** -Keep in a cooler on plenty of ice to keep seafood cool if they won't be refrigerated or cooked for more than 2 hours (1 hour in hot weather).

**At Home** -Keep seafood in the lower area of the refrigerator, below cooked or other ready to eat food until cooking. Freeze shellfish whole or shucked.

**Fish**-Keep fresh fish in a glass container (if there is a plastic wrapping, remove as soon as you get home). Cover loosely and refrigerate.

**Shellfish**- Keep live shellfish in leak-proof containers that allow them to breathe. Cover live shellfish in damp towels. THROW AWAY ANY SHELLFISH THAT DIE DURING STORAGE (THE SHELLS WILL REMAIN OPEN – A LIVE SHELLFISH WILL CLOSE UP IF TOUCHED)

## Storage Times

### Fish

**Fresh:** Use as soon as possible. Fish usually should be cooked within 48 hours.

**Frozen:** Frozen fish can keep in a chest freezer for up to 6 months without much nutrient loss. If fish is kept frozen in the freezer section of a refrigerator, it's good for about 3 months.  (CHECK)

**Shellfish**-Keep shellfish stored at 4ºC or less

**Raw (in the shell):**  Use clams and mussels within 3 days and oysters within 7-10 days. Discard any that die

**Raw (shucked):** Use clams and mussels within 2 days and oysters within 7 days.

**Cooked:** Use cooked shellfish within 3 days.

**Frozen:** Use frozen shellfish within 3 to 6 months.

Throw away food held at room temperature (more than 4ºC or 40 ºF) for more than 2 hours

## Cooking Shellfish

Proper cooking is the easiest way to prevent illness from eating shellfish that are contaminated by bacteria and viruses.

**In the shell:**

After the water begins to boil, cook for another 3-5 minutes after the shells begin to open. Do not cook too many in the same pot because the clams and mussels in the middle may not get fully cooked.

**On the Barbeque or over a fire:**

Make sure that you bake the oysters until the shells open by themselves. Cook for 2-3 minutes longer after the shells have opened.

**Shucked:**

Boil or simmer for at least 3 minutes until they become plump and white. The edges of oysters should curl slightly.
Fry at 375 degrees for at least 3 minutes.
Broil 3 inches from heat for 3 minutes.
Bake at 450 degrees for 10 minutes.

## Fish Tips

**Buying Fresh Fish**

1. Fish should smell clean and fresh, never "fishy"
2. If the fish is whole, eyes should be clear and protruding. The gills should be red, and the skin should feel moist and smooth.
3. Flesh should feel firm when you press it.
4. After you get the fish home and unwrap it…if it smells after 1 hour in the fridge, return it.
5. Use fresh fish within a day

**Frozen Fish**

1. If ice has formed on one side, the fish has probably defrosted and frozen again.
2. Use defrosted fish quickly
3. Thaw frozen fish safely in the refrigerator. Thawing fish at room temperature allows bacteria to grow on the outside. Thawing fish in hot water causes a loss of tissue moisture, texture changes and flavour loss as it 'cooks' the fish.

### Ways to Help your Body

- Have fish at least 2 times a week
- Limit fat, saturated fat, trans fat, sugar and salt.
- Serve vegetable protein like tofu, and beans--white, black, kidney, chickpeas, lentils in meals

# Section 7. Improving Local Food Security-Increasing the Use of Local and Regional Foods

## Why serve BC grown foods?

Buying foods grown locally (within 50 km of the place they are sold), regionally and within British Columbia helps reduce greenhouse gas emissions. Most ingredients in our foods travel, on average about 1500 km.
Buying BC grown foods is an affirmation of our support for the continued use of agricultural land, family farms and food security in British Columbia.
Local food can be fresher. Food produced locally can be picked at the peak of ripeness. Foods from far away have to be picked early and ripened artificially. They may also have more pesticides, waxes added to sustain the transportation process.
Local foods can be more affordable and supports the local economy. The further the food travels, the more the cost for transportation.

## How can we increase our support and use of local food?

Actions for communities:

1. Make community harvesting, gleaning and preserving activities part of school, youth and health program activities
2. Promote gardening programs in school or in the community as a way to improve access to local food.
3. Shop preferentially for fresh food at a farmer's market.
4. Go to the BC Specialty Food Directory for a listing of BC food retailer s in your region
5. Review the Colour it Up chart in the appendix to find out what food is available seasonally
6. Find out about growing and business opportunities through the First Nations Agricultural Association and First Nations business associations.

Matsqui First Nation have established a successful horticulture enterprise, producing field and greenhouse vegetables for elders and for sale to the local community.

http://www.al.gov.bc.ca/Agriculture_Plan/4_fn_agcapacity.html

## For a listing of where you can buy local foods, check out:

**BC Farmer's Markets-Markets Listing**

http://www.bcfarmersmarket.org/directory/index.htm

**Small Scale Food Processor Association**

The vision of the Small Scale Food Processor Association (SSFPA) is to help create regional food sustainability.
http://www.ssfpa.net/index.htm

**BC Specialty Food Directory**

A project of the small scale food processor association. This resource was created to locate BC companies that produce or process great tasting, nutritious foods to enhance the flavour of recipes and dishes. The directory contains information about British Columbia "specialty food suppliers" including their contact information, list of available products, seasonal availability of products, and the provincial regions they supply to.
http://www.ssfpa.net/bcsfd/

## Other resources

**Programs that support First Nations use of local foods**
**First Nations Agricultural Association**

http://www.fnala.com/cfs.php#
Local Foods for Healthy Eating
First Nations Food Certification Program
Aboriginal Agricultural Education Society

### Ways to Help your Body

- Buy local foods in season
- Join a good food box or food coop
- Plant some vegetables and berry bushes

**BC Agriculture in the Classroom Foundation**

BC Agriculture in the Classroom Foundation is a non-profit foundation
that works to promote and improve awareness and knowledge about BC agriculture
http://www.aitc.ca/bc/bcs_agriculture

**Farm Folk City Folk**

FarmFolk/CityFolk Society is a non-profit society that works with farm & city to cultivate a local, sustainable food system. We develop and operate projects that provide access to & protection of foodlands; that support local, small scale growers and producers; and that educate, communicate and celebrate with local food communities.
http://www.ffcf.bc.ca/index.html

# Section 8: Recipes for Groups

Some recipes are provided here to assist in making healthier community meals. These recipes make 25-50 servings.

## Vegetable Side Dishes, Salads

### Oven Roasted Brussel Sprouts (serves 35ppl)

**Ingredients**

- 7.5 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 1/2 cup vegetable oil
- 1/2 tablespoon salt
- 1 tablespoon thyme
- 1 tablespoon ground black pepper

**Method of preparation**

1. Preheat oven to 400F
2. Toss Brussels sprouts with oil, salt, pepper and thyme
3. Bake in oven for 30-45minutes until internal temperature reaches 74C, stir every 5-7 minutes to ensure even browning

## Oven Roasted Vegetable (serves 30ppl)

**Ingredients**

- 2 small butternut squash, cubed
- 5 red bell peppers, seeded and diced
- 2-1/2 sweet potato, peeled and cubed
- 4 large zucchini, diced
- 2 onion, quartered
- 1.5 tablespoons dried thyme
- 2.5 tablespoon dried rosemary
- 1/2 cup canola or olive oil
- 1/4 cup balsamic vinegar
- Salt and freshly ground black pepper

**Methods:**

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, until vegetables reach an internal temperature of 74C

* you can substitute with any seasonal vegetable, ensure to include a variety of colours

* substitute wine vinegar for balsamic vinegar

http://allrecipes.com/Recipe/Roasted-Vegetables/Detail.aspx

## Honey Glazed Snap Peas and Carrot (serves 30ppl)

**Ingredients**

- 4 lb sliced carrots (about 12 large carrots)
- 2-1/2 pounds snow peas, trimmed
- ¼ cup vegetable oil
- ¼ cup water
- 2-1/2 teaspoons cornstarch
- 1/2 cup honey

**Methods:**

1. Bring a large saucepan of salted water to a boil. Add carrots and cook until tender crisp, 10 to 12 minutes. Add pea pods and cook until tender crisp; drain and set aside.
2. Combine water, oil and cornstarch in a large pan. Toss in carrots and peas until evenly coated. Stir in honey. Cook over medium heat, stirring occasionally, until heated through and internal temperature reaches 74C.

## Green Salad (serves 30ppl)

**Ingredients**

5 pounds mixed salad greens
5 cups Seasonal berries
2-1/2 red onion, thinly sliced
5 cup sliced almonds, toasted

**Methods**

Toss salad green, sliced almonds and red onion together. Lightly toss in seasonal berries. Serve with dressing on the side.

## Cranberry Vinaigrette (serves 30-35 ppl)

**Ingredients**

- 3/4 cup red wine vinegar
- 1-2/3 cups olive or vegetable oil
- 1-1/4 cups fresh cranberries or other seasonal berries
- 1/4 cup Dijon mustard
- 2 cloves minced garlic
- 2 teaspoons salt
- 2-1/2 teaspoons ground black pepper
- 1/2 cup water

**Method**

Put all ingredients in a food processor or blender. Process until smooth
http://allrecipes.com/Recipe/Green-Salad-with-Cranberry-Vinaigrette/Detail.aspx

## Raspberry Vinaigrette (serves 30ppl)

**Ingredients**

- 1-1/4 cups vegetable oil
- 1-1/4 cups raspberry wine vinegar
- 1/2 cups white sugar
- 2-1/2 tablespoon Dijon mustard
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper

**Method:**

Put all ingredients in a food processor or blender. Process until smooth.
From Jan W. http://allrecipes.com/Recipe/Raspberry-Vinaigrette-Dressing/Detail.aspx



## Greek Salad (serves 30-35ppl)

**Ingredients**

- 5 heads romaine lettuce- rinsed, dried and chopped
- 5 red onion, thinly sliced
- 2 (14 ounce) cans pitted black olives
- 5 green bell pepper, chopped
- 5 red bell pepper, chopped
- 10 large tomatoes, chopped
- 5 cucumber, sliced
- 2 1/2 cups crumbled feta cheese
- 1-3/4 cups olive oil
- 1-1/2 tablespoon dried oregano
- ½ cup lemon juice
- ground black pepper to taste

**Methods:**

1. In a large salad bowl, combine the Romaine, onion, olives, bell peppers, tomatoes, cucumber and cheese.
2. Whisk together the olive oil, oregano, lemon juice and black pepper. Pour dressing over salad, toss and serve.

From all recipes.ca http://allrecipes.com/Recipe/Greek-Salad-I/Detail.aspx?prop31=4

## Lower Fat Coleslaw (for 50 ppl)

**Ingredients**

- 25 cups of cabbage grated (about 6 heads, mix green and purple or add savoy)
- 12 carrots, grated
- 3 purple onions
- 12 apples
- 1.5 cups sunflower seeds
- 3 cups celery
- 2 red peppers (optional-for colour)

**Dressing:**

- 3 cups low fat plain yogurt
- 3 cups light mayonnaise
- 1 cup apple cider vinegar
- 1/3 cup honey
- 1 tbsp salt and pepper

**Methods**

1. Mix together yogurt, mayonnaise, apple cider vinegar, honey, salt and pepper.
2. Combine all other ingredients
3. Toss with half the dressing and add more if needed. Season with salt and pepper.

# Grains and Starches

## Bannock (serves 25-30 ppl-2" by 2" by 1" servings)

**Ingredients**

- 3 cups (750 ml) whole wheat flour
- 3 cups (750ml) of all purpose flour
- 1 cup (250 ml) oatmeal
- 3 tbsp (45 ml) baking powder
- ½ cup (120 ml) vegetable oil
- ½ cup (120 ml) skim milk powder
- 3 cups (750) water

**Methods:**

1. Preheat oven to 375F
2. In a large bowl, mix together flour, baking powder and powdered milk
3. Blend in vegetable oil until mixture looks crumbly
4. Add water and mix thoroughly. If dough is too dry, add more water.
5. Put into 2 large pans and pat out. Prick all over with a fork.
6. Bake at 375 F for about 45 minutes.

## Winter Hash (Serves 30ppl)

**Ingredients**

- 1/2 cup vegetable oil
- 5 pounds potatoes, diced
- 2-1/2 pounds fresh mushrooms, diced
- 5 red bell pepper, diced
- 5 small acorn squash, diced
- 2 onion, diced
- 4 tablespoons minced garlic
- 1 tsp salt
- 1 tsp ground black pepper
- 5 cups chopped kale
- 20 sprigs fresh sage or 3 tbsp dried sage

**Methods:**

1. Preheat oven to 425F
2. Mix minced garlic, salt, pepper, sage and vegetable oil together
3. Toss potato, onion, mushrooms, pepper, and squash with oil mixture and bake in oven for 30-40 minutes, until potatoes are softened. Stir occasionally.
4. Mix kale with vegetable mixture. Continue baking for another 10 minutes, until kale is wilted.

## Potato Salad (serves 30ppl)

**Ingredients**

- 7-1/2 pounds red potatoes, unpeeled, cut into chunks
- 2-1/2 cups low-fat sour cream
- 1-1/4 cups light mayonnaise
- 1 tablespoon and 2 teaspoons Dijon mustard
- 2-1/2 teaspoons white vinegar
- 10 hard-cooked eggs, chopped
- 2-1/2 dill pickle, chopped finely
- 7/8 celery stalk, chopped
- 5 green onions, chopped
- 2-1/2 dashes hot sauce
- 2 tablespoons and 1-1/2 teaspoons dried dill weed
- 1-1/4 teaspoons garlic powder
- 5 tbsp red onion, chopped finely
- salt and pepper to taste

**Methods:**

1. Place the potatoes in a pot with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and transfer to a large bowl to cool.
2. In a medium bowl, mix the sour cream, mayonnaise, mustard, vinegar, eggs, pickle, celery, green onions, and hot sauce. Season with dill, garlic powder, salt and pepper. Pour over the potatoes, and gently toss to coat. Chill at least 3 hours in the refrigerator before serving.

*http://allrecipes.com/Recipe/Red-Potato-Salad/Detail.aspx*

## Corn and red pepper salad (serves 30 ppl)

**Ingredients**

- 7- 1/2 lb frozen corn kernels, thawed and drained
- 1/2 cup chopped green onions
- 2 large onions, diced
- 4 red peppers, diced
- ¼ cup oil
- 2 Tbsp paprika
- 1-1/2 Tbsp black pepper

**Methods:**

1. Mix corn kernels, chopped green onions, red peppers in a large bowl. Season with black pepper and paprika.
2. Sautee onions with oil. Turn down the heat and let caramelize for 5-10 minutes
3. Toss onions in with corn mixture. Serve cold or hot.

## Whole wheat blueberry pancakes (serves 50 ppl)

**Dry Ingredients:**

- 12.5 cups whole wheat flour
- 2.5 cups white flour
- ½ cup baking powder
- 2 tbsp salt
- ½ cup sugar

**Wet Ingredients:**

- 10 cups milk (2.5 L)
- 10 eggs
- 5 cups (1.25 L) blueberries

**Method:**

1. Pre-heat grill or pancake griddle to 375 F.
2. Sift together flour and baking powder, set aside.
3. Beat together the egg, milk, salt and sugar in a bowl. Stir in flour until just moistened, add blueberries, and stir to incorporate.
4. Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until top is covered with bubbles, turn, cook on the other side. Continue cooking until golden brown.

Total time 3-4 minutes.  2 pancakes per serving.

**Instead of milk try fortified soy or rice beverage.**

# Meat and alternatives

## Scrambled Eggs (serves 50 ppl)

**Ingredients**

- 100 eggs
- 8 tsp salt
- 2.5 Litres (10 cups 1% milk)
- Vegetable oil

**Method:**

1. Beat eggs together for 2 minutes in a large non-aluminum pot (aluminum pots/pans can react with eggs and make them turn green).
2. Heat milk and salt.
3. Add eggs and butter to milk.  Do not stir.
4. Pour into 2 large roasters that have been lightly coated with oil.  Bake at 350 degrees for 20 minutes hour, stir.  Add additional oil if required to prevent sticking.
5. Bake for 30 minutes stir and serve immediately.

## Low fat-Salmon chowder (serves 50 ppl)

**Ingredients**

- 11.5 cups chicken broth
- 1/3 cup olive oil
- 6 onions, diced
- 2 fennel bulbs, trimmed and diced
- 12 carrots, peeled and diced
- Bulb garlic (12 cloves)
- 6 large russet potatoes, skin on, diced
- 8.5 cups frozen/canned corn
- 3 bay leafs
- 3 lbs (1.4 kg) of fresh salmon cut in half-inch pieces or canned salmon
- 11.5 cups of low-fat canned milk
- 1 tbsp salt
- 1 tbsp pepper
- 2 tbsp thyme or chive (optional)

**Method:**

1. Heat a large pot on medium high. Add the oil and stir in the vegetables
2. Add the bay leaf and broth and bring to a boil.
3. Cover, reduce, heat to medium and simmer until vegetables are done, about 25 minutes.
4. Stir in the fresh fish and cook for 25 minutes until the fish is thoroughly cooked. If adding canned salmon, the cooking time decreases.
5. Add the canned milk and let the soup heat up. Do not boil.
6. Add salt and pepper, thyme or chive
7. Serve

## Bean recipes

Beans can be purchased in different varieties: dry packaged or bulk, canned in water, canned in sauce.

Beans are a great source of vegetable protein. Low in fat, they are healthy and economical. They are great with rice and pasta or mixed in with meat in chili, stews, soups and sauces to stretch your protein dollars further!

Not only are canned varieties more expensive as compared to dry beans, as with any prepared food, canned beans can be full of salt! If using canned beans in water, rinse well under cold running water before adding into recipe.

Dry beans are cheaper and easy to prepare if you remember to soak them overnight or use the quick boil method.

**To prepare dry beans:**

1. Long soak:  Rinse and soak in plain water (no salt added) overnight before cooking. Use 3 cups of water for each cup.
2. Quick soak: Rinse and place in a large pot. Add 3 cups of water for each cup of benas. Bring to a boil. Let boil gently for 1 minute and remove pot from heat. Leave for an hour. Rinse and then cook.

**To cook beans:**

In a large sauce pan combine soaked beans and water, cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45-60 minutes. Rinse. They are ready to be added into your recipes

**Cooked beans freezes well and can keep for up to 6months. Why not cook off large quantities and pre portion into airtight containers.**

## Beans and Rice (serves 30 ppl)

**Ingredients**

- 5 medium onion, chopped
- 5 green pepper, chopped
- 6 medium tomatoes, chopped
- 2.5 tsp chili powder
- 2.5 tsp Worcestershire sauce
- 5 cup kidney bean, prepared and drained
- 5 cup rice, cooked
- 1.5 cup light cheddar cheese, shredded

**Methods:**

1. In a large saucepan, add onion, green pepper, tomatoes, chili powder and Worcestershire sauce. Bring to a boil over medium heat, reduce to simmer and let cook for 5 minutes. Stir once or twice to prevent sticking
2. Add kidney bean and cooked rice, stir gently to combine. Continue to cook for another 10 minutes and until internal temperature reaches 74C
3. Pour into serving pan and sprinkle cheese on top.

*[Reference List]Adapted From " The low salt, low sugar, high fibre, low fat but big fun!!! Cookbook". The Sioux lookout diabetes program, Sioux lookout Ontario.*

## Chicken Vegetable Soup (makes 30-35 svgs)

**Ingredients**

- 2 fresh chicken (6 lb)
- 7 L water
- 1 bunch celery, diced
- 3 large yellow onion, chopped
- 1 kg bag of frozen vegetable or assorted vegetable, diced
- 2 cans (28oz) diced tomato
- 1.5 cup dried barley
- 4 cloves garlic, minced
- 2 tsp rosemary
- 3 bay leaves
- 2 tsp thyme

**Methods:**

1. Place chicken andwater in a large soup pot and bring to a boil. Reduce heat and simmer for 1.5-2 hours until the chicken is cooked and tender
2. Remove chicken from the broth. Skim any fat off from the surface.
3. Remove skins and bones from the chicken. Cut into small bite size pieces and return to the pot.
4. Add remaining ingredients to the broth.
5. Cover and simmer for 30 minutes and until internal temperature of the soup reaches 74C.
6. Remove bay leave before serving.

## Lentil Soup (serves 30 ppl)

**Ingredients**

- 6 cups (500mL) split red lentils, rinsed
- 32 cups (6 L) low sodium chicken stock or vegetable stock
- 6 medium onions, chopped
- 3 medium tomato, chopped
- 3 medium carrot, chopped
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 2 tbsp cumin
- 1-1/2 tsp pepper

**Methods:**

1. Wash lentils in a strainer.
2. Put stock into a 4 to 5 quart (4 to 5 L) pot and bring it to a boil.
3. Set aside 2 Tbsp (30 mL) of the chopped onion.
4. Add the remaining onions, carrot, tomato and lentils to the stock. Lower the heat to simmer, and cook for about 1⁄2 hour or until the lentils are tender.
5. Puree the mixture in either a food processor or a blender, and return it to the pot.
6. Cook the 2 Tbsp (30 mL) of chopped onion in the olive oil
7. until they are soft and brown.
8. Add the cooked onions, cumin, lemon juice, salt and pepper to the stock pot. Stir slowly over low heat for about 3 minutes, then serve.

*[reference list] From: http://www.healthyalberta.com/Images/mealideas.pdf*

## Chili (serves 35-40 ppl)

**Ingredients**

- 12 cups Kidney beans, cooked, rinsed
- 4 Tbsp vegetable oil
- 8 medium onion, sliced
- 4 medium green pepper
- 3 stalks of celery
- 6 lb of lean ground meat (beef, moose, etc)- browned and drained
- 4 cans (28oz) diced tomato- salt free
- 6 cans (5.5oz) tomato paste
- 1 tsp Tabasco sauce
- 2 tsp cumin
- 1 tsp coriander
- 2 tbsp chilli powder

**Method**

1. Fry onion, green pepper, celery in 4 tbsp vegetable oil until onions are transparent
2. Add ground meat. Brown until meat loses its pink colour
3. Drain off any excess fat.
4. Add tomatoes, tomato paste and seasoning.
5. Cover and simmer for 45 minutes
6. Add cooked beans and simmer for another 30minutes until the internal temperature reaches 74C

*[reference list] From " The low salt, low sugar, high fibre, low fat but big fun!!! Cookbook". The Sioux lookout diabetes program, Sioux lookout Ontario.*

## Moose Stew (serve 30ppl)

**Ingredients**

- 7.5 lb moose, caribou or beef, cubed
- 5 L beef broth, low sodium
- 3.5 cup water
- 10 cloves garlic, minced
- 4 turnip, peeled, cubed
- 5 medium potato, peeled, cubed
- 5 carrots, sliced
- 5 stalks celery sliced
- 5 large onion, chopped
- 6 tomatoes, cut up
- 5 can (110ml) tomato paste
- 2 Tbsp Worcestershire sauce
- 5 bay leaf
- 1-1/4 cup flour

**Method:**

1. In a large sauce pan bring moose, beef broth, water and garlic to a boil. Reduce heat, cover and let cook for 45minutes
2. Add turnip, potato, carrots, celery, and onion. Cook for 10-15 minutes or until vegetables are tender. Stir in tomatoes and tomato paste. Add Worcestershire sauce and bay leaf. Simmer 5 to 10 minutes or until meat is tender. Add pepper.
3. Mix flour and water to from a smooth paste. Stir in to the sauce and bring to a boil. Keep stirring until thickened. Test to ensure temperature reaches 74C before serving.

*[reference list] From " The low salt, low sugar, high fibre, low fat but big fun!!! Cookbook". The Sioux lookout diabetes program, Sioux lookout Ontario.*

## Mooseburger Soup (serves 30 ppl)

**Ingredients**

- 4.5 lbs Ground Moose, Caribou, Elk, or Deer
- 3 Medium onions, chopped
- 3 28 oz cans Tomatoes, chopped
- 18 cups  Beef broth or water
- 12 carrots, chopped
- 12 celery stocks, chopped
- 2 Bell pepper
- 1.5 cup Pot Barley
- 6 tbsp Parsley
- 3 tbsp Mrs. Dash (Salt-free) or other Salt-free seasoning

**Methods**

1. Brown meat and onions. Drain off excess fat
2. Combine all ingredients in a large pot. Bring to boil. Simmer, covered for at least 2 hours to make sure barley is cooked
3. Taste to adjust seasonings.

*[reference list] Source: Adapted from "Blueberries and Polar Bears (1994). Helen Webber and Marie Woolsey*

# Fruits based desserts and baking

## Bumbleberry Crisp (serves 35ppl)

**Ingredients**

- 3 cups fresh blackberries
- 3 cups fresh raspberries
- 3 cups fresh blueberries
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 cups rolled oats
- 1 1/2 cups packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 3/4 cup non-hydrogenated margarine

**Methods:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, gently toss together blackberries, raspberries, and blueberries set aside.
3. In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in non-hydrogenated margarine until crumbly. Place berry mixture in a 9x13 inch pan. Sprinkle crumble mixture over the berries.
4. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.

## Chocolate Zucchini Bread (serves 45-50ppl)

**Ingredients**

- 2 cups all-purpose flour
- 2 cup whole wheat flour
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1-1/2 cups unsweetened cocoa powder
- 1 tablespoon and 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 8 eggs
- 1-1/2 cup vegetable oil
- 1- 1/2cup apple sauce
- 6 cups grated zucchini
- 1-1/2 cups chopped walnuts

**Methods:**

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two- 9x13 inch baking pan.
2. In a medium bowl, stir together the flour, sugar, cocoa, baking soda, baking powder, salt and cinnamon. Add the eggs and oil, mix well. Fold in the nuts and zucchini until they are evenly distributed. Pour into the prepared pan.
3. Bake for 50 to 60 minutes in the preheated oven, until a knife inserted into the center comes out clean. Cool cake completely before frosting with your favorite frosting.

## Banana Nut Muffin (make 48 muffins)

**Ingredients**

- 4 cup white flour
- 4 cup whole wheat flour
- ½ cup sugar
- 2 tbsp baking powder
- 2 tsp baking soda
- 2 cup milk, skim or 1 %
- 4 tsp vinegar
- 5 large ripe banana
- 4 eggs
- 2 tbsp vanilla
- 1 cup yogurt, low fat plain
- ¼ cup canola oil
- 1 cup walnuts

**Methods**

1. Lightly grease muffin tin with cooking spray or line with paper cups
2. In a bowl, combine milk and vinegar with mashed banana, egg, vanilla, yogurt and oil
3. In another bowl, combine flour, sugar, baking powder, and baking soda. Make a well in the dry ingredients, pour in banana mixture and add nuts. Mix until dry ingredients are moistened
4. Fill muffin tins 2/3 full. Bake at 400F for 20 minutes or until lightly browned.

## Blueberry Muffin (makes 36 muffins)

**Ingredients**

- 3-3/4 cups quick cooking oats
- 1.5 cups all-purpose flour
- 1.5 cup whole wheat flour
- 3/4 cup white sugar
- 3 tablespoons baking powder
- 1-1/2 teaspoons salt
- 3 cups milk, skim or 1%
- 3 egg
- 3/4 cup vegetable oil
- 5 cups blueberries, rinsed and drained

**Methods**

1. Combine oats, flour, sugar, baking powder, and salt. Mix in milk, egg, and oil; mix just until dry ingredients are moistened. Fold in blueberries. Fill greased muffin cups 2/3 full with batter.
2. Bake at 425 degrees F (220 degrees C) for 15 to 20 minutes.

## Yogurt with fresh berries (serves 30ppl)

**Ingredients**

5 container (750ml) vanilla flavour yogurt, skim
10 lbs Seasonal berries

**Method**

1. Top yogurt with seasonal berries.

## Mini Raspberry cheesecake (serves 25)

**Ingredients**

- 10 PEEK FREANS Lifestyle Selections Shortcake Biscuits, crushed
- 2-1/2 (250 g) packages Light Cream Cheese Spread
- 2-1/2 cups low-fat cottage cheese
- 1/3 cup and 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 cup and 2 tablespoons light sour cream
- 2-1/2 teaspoons cornstarch
- 2-1/2 egg
- 1/4 cup and 1 tablespoon  Raspberry Jam

**Methods**

1. Heat oven to 350 degrees F. Sprinkle biscuit crumbs evenly onto bottoms of a paper-lined mini cheesecake pan; set aside. Beat cream cheese, cottage cheese, sugar and vanilla in medium bowl with electric mixer until well blended. Add sour cream and cornstarch; mix well. Add egg; beat just until blended. Spoon evenly into prepared muffin cups.
2. Bake 30 min or until centres are almost set. Cool completely. Refrigerate at least 3 hours. Remove cheesecakes from pan just before serving; discard paper liners. Place cheesecakes on serving plate.
3. Microwave jam in microwaveable bowl on HIGH 25 sec. or just until warmed. Spoon over cheesecakes. Store leftovers in refrigerator.

## CHOCOLATE ANGEL FOOD CUPCAKES

These cupcakes have just 37 calories.

- 1/3 cup sweetened cocoa powder
- 1/3 cup water
- 1/2 teaspoon vanilla extract
- 4 large egg whites
- 1 dash salt
- 1/3 cup granulated sugar
- 1/4 cup flour
- 2 teaspoons baking powder
- Nonstick cooking spray or paper baking cups
- 12 tiny strawberries or strawberry wedges (optional)

Preheat oven to 350 degrees.

In a small saucepan, stir cocoa and 1/3 cup water over low heat for about 1 minute until mixture thickens and just begins to boil. Remove from heat and stir in vanilla.

In a large bowl, with electric mixer at high speed, beat egg whites and salt until soft peaks form when beaters are lifted. Add sugar, 1 tablespoon at a time, beating well after each addition until stiff peaks form when beaters are lifted. Quickly add cocoa mixture and beat 20 seconds until just blended.

In a small bowl, combine flour and baking powder. Fold into egg white mixture, one quarter at a time.

**Spray** a 12-cup muffin pan with vegetable cooking spray or line with paper baking cups. Divide batter between cups. Bake 10 to 15 minutes until cupcakes begin to pull away from the sides of the pan. Remove from oven and cool on wire rack for 10 minutes. If baked directly in the pan, run a knife around the edge of cupcake to loosen.

**Garnish** each with a little whipped cream and a strawberry, if desired.

**Makes** 12 cupcakes.

# Appendix 1: Healthy Food Guidelines For Communities - Nutrition Criteria

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Nutrition Criteria Grains** | **ANY of the following:**<br>Calories: More than 300<br>Fat: 7g or more Saturated fat: 3-5 g<br>Trans fat: 0.2 g or more<br>Sugars: 16.1 - 28 g<br>Iron: 5% DV (0.7 mg) or less<br>Sugars: are first ingredient<br>Sodium: more than 300 mg | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table list. | **ANY item that passes** the Leave off the Community Table and Better on the Community Table lists<br>**AND has ALL of the following:**<br>Fibre: 2 g or more<br>Sugars: may have 12-16 g sugars IF fruit is the first or second ingredient<br>Iron: 10% DV (1.4 mg) or more |
| **Nutrition Criteria Vegetables & Fruit** | **ANY of the following:**<br>Calories: more than 250<br>Fat: 5 g or more<br>Trans fat: 0.2 g or more<br>Sodium: more than 300 mg<br>Sugars: are the first ingredient or both the second and third ingredients | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table list. | **ANY item that** passes the Leave off the Community Table and Better on the Community Table lists<br>**AND has ALL of the following:**<br>Sodium: less than 150 mg<br>Sugars: are not the second ingredient<br>Does not contain artificial sweeteners. |
| **Nutrition Criteria Vegetable & Fruit Juices** | **ANY of the following:**<br>Size: 361 mL or more (teenagers and adults) and more than 250 ml for children Juice content: Contains added sugars<br>Fat: more than 5 g<br>Trans fat: 0.2 g or more<br>Sodium: 200 mg or more<br>Caffeine: more than 15 mg | **ANY item that** passes the Leave off the Community Table list<br>Size: Under 360 ml, and under 250 ml for children<br>No added sugars<br>Sodium: less than 200 mg<br>Caffeine: 15 mg or less | |
| **Nutrition Criteria Milk-based Foods** | **ANY of the following:**<br>Calories: more than 250<br>Fat: more than 15 g<br>Trans fat: 0.4 g or more, per 8 g of protein<br>Sugars: 36 g or more per 175 mL<br>Calcium: 5% DV (55 mg) or less for every 100 mg sodium<br>Sodium: 300 mg or more<br>Caffeine: more than 15 mg | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table list. | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND has ALL of the following:**<br>Sugars: 20g or less per 175 mL<br>Sodium: less than 300 mg<br>Does not contain artificial sweeteners |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Nutrition Criteria Milk- & Alternatives-** | **ANY of the following:**<br>Size: more than 375 mL (teens, adults)<br>and more than 250 mL for chidlren<br>Calories: more than 400 (teens, adults) and more than 300 (children)<br>Fat: more than 10 g per 250 mL<br>Trans fat: more than 0.4 g per 250 mL<br>Sugars: more than 36 g per 250 ml<br>Sodium: more than 300 mg<br>Caffeine: more than 15 mg | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table list.<br><br>May contain artificial sweeteners (adult use) | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>AND has ALL of the following:<br>Size: 250 mL or less<br>Sugars: 20 g or less per 250 mL (if fortified soy drink, 8 g or less per 250 mL)<br>Sodium: less than 200 mg<br>Does not contain artificial sweeteners |
| **Nutrition Criteria Meat & Alternatives** | **ANY of the following:**<br>Calories: more than 400<br>Fat: more than 20 g per 75 g portion of meat or<br>Saturated fat: more than 10 g<br>Trans fat: 0.4 g or more, per 8 g of protein<br>Sodium: more than 450 mg<br>Iron: less than 1% DV (0.14 mg)<br>Artificial Sweeteners are present<br>Caffeine: more than 15 mg | **ANY of the following:**<br>Calories: 300-400<br>Fat: 15-20 g per 75 g portion<br>Saturated fat: 5-8 g<br>Trans fat: <.4 g, per 8 g of protein<br>Sodium: 375-450 mg<br>Iron: less than 3% DV | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND has ALL of the following:**<br>Calories: less than 300 per serving<br>Fat: less than 15 g per 75 g portion<br>Saturated fat: less than 6 g<br>Sodium: less than 375 mg<br>Sugars: no more than 1 g per gram of protein<br>Iron: 3% DV or more (.42 mg) |
| **Nutrition Criteria Nuts & Seeds (Mixes or Bars)** | **ANY item that** passes the Not Recommended criteria<br>**AND has ANY of the following:**<br>Calories: 300 – 400 Sodium: 300 – 450 mg Sugars: are the first ingredient AND item has 250 or fewer calories Sugars: are more than 10 g AND fruit is not the first or second ingredient (count all nuts/seeds listed consecutively as a single ingredient) Artificial Sweeteners are present (Elementary and Middle schools only) Caffeine: 15.1-25 mg | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table criteria<br><br>May contain artificial sweeteners (adult use ) | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND has ALL of the following:** Sodium: less than 200 mg Sugars: are neither the first nor second ingredient Sugars: are not both the second and third ingredient Does not contain artificial sweeteners |

| Food Group | Leave off the Table | Sometimes on the Table | Great on the Table Anytime |
|---|---|---|---|
| **Nutrition Criteria Mixed Entrée Foods** | **ANY of the following:**<br>Calories: more than 700<br>Fat: more than 16.1 g<br>Saturated fat: 8 g or more<br>Trans fat: 0.4 g or more, per 8 g of protein<br>Sodium: more than 1000 mg<br>Sugars: more than 24 g<br>Iron: less than 5% DV (0.7 mg) | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table criteria | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND has ALL of the following:**<br>Ingredients: contains at least one-third of a food guide serving from at least three food guide food groups (a vegetable/fruit must be one of these)<br>Sodium: less than 750 mg<br>Fibre: 3 g or more<br>Iron: 10% DV (1.4 mg) or more |
| **Nutrition Criteria Candies, Chocolates** | Calories: 50 or more<br>Sugars: more than 5 g<br>Sodium: more than 50 mg<br>Caffeine: more than 25 mg | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table criteria<br><br>May contain artificial sweeteners | |
| **Nutrition Criteria Soups** | **Any of the following:**<br>Fat: 10 g or more<br>Trans fat: 0.4 g or more per 8 g of protein<br>Sodium: more than 600 mg<br>Iron: less than 2% DV (0.28 mg)<br>Artificial sweeteners | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table criteria | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND**<br>First ingredient must be a food guide food (not counting water)<br>Sodium: less than 450 mg<br>Iron: 5% DV or more (0.7 mg) |
| **Nutrition Criteria Other Beverages* (Non-Juice/Non-Milk based)** | **ANY of the following:**<br>Size: more than 350 mL<br>Calories: more than 300<br>Fat: more than 10 g per 250 mL<br>Trans fat: 0.2 g or more<br>Sodium: more than 200 mg<br>Sugars: more than 8 g per 250 mL | **ANY item that** passes the Leave off the Community Table list but does not pass the Great on the Table criteria<br><br>May contain artificial sweeteners (Secondary schools only) | **ANY item that** passes the Leave off the Community Table list and the Great on the Table list.<br>**AND:**<br>Sodium: 50 mg or less<br>Sugars: no added sugars |

# Appendix 2. Preparing Food Safely

## Safe Handling

1. Tie your hair back or wear a hat.
2. Pull up sleeves to prevent your clothes from contaminating the food
3. Wash hands for 20 seconds with soap under warm running water before and after handling food and before touching anything else. Remember to wash your hands if you touch your face or hair or cough/sneeze into hands and after using the washroom.
4. Wash (in warm soapy water) and sanitize the counters before and after preparing food. Sanitize using a mixture of 1 teaspoon of bleach to 3 cups of water. (Tip: Sanitize by using a spray bottle filled with a bleach/water solution. Let air dry).
5. Wash in warm soapy water and sanitize anything that contacts food including: counters, cutting boards, knives, utensils.
6. Keep raw foods away from cooked foods. Use different plates and utensils for raw and cooked food.
7. Throw dirty cloths and towels into the laundry. Add 1 tsp of bleach to the wash to sanitize kitchen cloths and towels.
8. If it is not clean, don't let it touch cooked foods or any other food that will be served raw.

## Safe Storage

1. Keep raw and cooked foods stored at or below 4 ºC.
2. Put leftovers immediately into the fridge.

## Safe Cooking and Holding

1. Keep foods outside the danger zone. Keep cold foods cold at or below 4 ºC and hot foods hot (above 60 ºC (140 ºF ).
2. Most foods require cooking temperatures of at least 100 ºC for a safe amount of time and foods should be reheated to at least 74 ºC.

| **Temperature Chart for Food Safety** | | |
|---|---|---|
| **Degree** | | **Function** |
| **ºC** | **ºF** | |
| 121 | 250 | 121ºC to 116ºC – Canning temperature for low-acid vegetables, meat, fish and poultry in pressure canner |
| 116 | 240 | |
| 100 | 212 | Boiling Point – Temperature to cook meat, fish, poultry,shellfish, crabs. Temperature to can fruits, tomatoes and pickles in a water-bath |
| 80 | 180 | Scalding – Cooking temperature destroys most bacteria. |
| 74 | 165 | Temperature for reheating. This temperature prevent bacterial growth, but allows the survival of some bacteria<br><br>71ºC- Kills salmonella |
| 60 | 140 | Danger Zone - Bacteria multiply quickly between 10 – 60 ºC. Do not keep food at these temperatures for more than 2 hours. |
| 32 | 90 | |
| 10 | 60 | |
| 4 | 40 | Foods should be held at or below this temperature to slow bacteria growth |
| 0 | 32 | Freezing Point - Freezing temperatures stop growth of bacteria but may not kill them. |

# Appendix 3. Colour it Up

Colour your table with green, white, red, yellow/orange and blue/purple fruits and vegetables. Aim for at least 2 different coloured vegetables and fruit on the table. Here is a list of fruits and vegetables by season.

| WINTER-December, January, February | | |
|---|---|---|
| **Colour** | **Vegetables** | **Fruit** |
| Green | Kale, leeks, brussel sprouts | Apples, kiwis |
| White | Garlic, onions, parsnips, potatoes | Apples, pears |
| Red | Savoy cabbage, beets | Frozen cranberries |
| Yellow/Orange | Rutabagas, carrots, winter squash, sweet yams | Dried apricots |
| Blue/Purple | Purple cabbage | Dried raisins, prunes, frozen blackberries, frozen blueberries, frozen elderberries |

| SPRING-March, April, May | | |
|---|---|---|
| **Colour** | **Vegetables** | **Fruit** |
| Green | Asparagus, celery, cucumbers, kale, peas, salad greens, spinach | Apples |
| White | Garlic, onions, mushrooms, turnips | |
| Red | Savoy cabbage, radish, rhubarb, swiss chard | Frozen cranberries |
| Yellow/Orange | Peppers | Dried apricots |
| Blue/Purple | Purple cabbage | Dried raisins, prunes, frozen blackberries, frozen blueberries, frozen elderberries |

| SUMMER-June, July, August | | |
|---|---|---|
| **Colour** | **Vegetables** | **Fruit** |
| Green | Asparagus, broccoli, celery, cucumbers, kale, lettuce, leeks, peas, salad greens, spinach, zucchini | Apples, Gooseberries |
| White | Cauliflower, garlic, onions, potatoes, turnips | |
| Red | Beets, savoy cabbage, radish, rhubarb, swiss chard, tomatoes | Cherries, raspberries, strawberries |
| Yellow/Orange | Carrots, corn, potatoes, peppers | Apricots, melons, nectarines, peaches |
| Blue/Purple | Purple cabbage | Dried raisins, prunes, blackberries, blueberries, elderberries, plums, saskatoon berries |

| FALL-September, October, November | | |
|---|---|---|
| **Colour** | **Vegetables** | **Fruit** |
| Green | Artichokes, broccoli, celery, cucumbers, kale, leeks, lettuce, mustard greens, salad greens, spinach, zucchini | Apples, pears, grapes, kiwi, quince |
| White | Garlic, onions, mushrooms, turnips | |
| Red | Beets, savoy cabbage, radish, rhubarb, swiss chard, tomatoes | Cranberries, pink grapefruit, red apples, |
| Yellow/Orange | Carrots, corn, peppers, potatoes, pumpkins | Dried apricots, crabapples |
| Blue/Purple | Purple cabbage | Dried raisins, prunes, blackberries, frozen blueberries, frozen elderberries |

# Appendix 4. Guide to Storage of Fruits and Vegetables

**CHART to Storing Vegetables and Fruit (more detail to follow)**

| | Refrigerator | At Room Temperature | Cold Storage Room (0-5 C) | Dry Storage (5-10 C) | Deep Freezer |
|---|---|---|---|---|---|
| **FRUIT** | | | | | |
| Apples | X | X | 1-3 months | | Sliced and peeled |
| Apricots | X | Ripen only | | | |
| Blackberries | X | | | | X |
| Berries | X | | | | X |
| Cherries | X | | | | |
| Cranberries | X | | | | X |
| Currants | X | | | | |
| Grapes | X | | | | |
| Kiwi | X | Ripen only | | | |
| Melons | X | Ripen only | | | |
| Nectarines | X | Ripen only | | | |
| Oranges | | X | | | |
| Peaches | X | Ripen only | | | |
| Pears | X | | | | |
| Plums | X | Ripen only | | | |
| Prunes | | | | | |
| **VEGETABLES** | | | | | |
| Artichokes | X | | | | |
| Asparagus | X | | | | |
| Beans, green | X | | | | X |
| Beans, dried | | | | X | |
| Beets | X | | X | | X |
| Broccoli | X | | | | X |
| Brussel Sprouts | X | | | | X |
| Cabbage-Green and Red | X | | X | | X |

| (CON'T) | Refrigerator | At Room Temperature | Cold Storage Room (0-5 C) | Dry Storage (5-10 C) | Deep Freezer |
|---|---|---|---|---|---|
| Cabbage-Savoy and Red | X | | X | | |
| Carrots | X | | X | | X |
| Cauliflower | X | | | | X |
| Celery | X | | | | X |
| Chard-Swiss | X | | | | |
| Corn | X eat within 1 day | | | | X |
| Cucumbers | X | | | | |
| Fennel | X | | | | |
| Garlic | | | | X | |
| Kale | X | | | | |
| Leeks | X | | | | |
| Lettuce | X | | | | |
| Onions, Green | X | | | | |
| Onions, Red/Yellow | | | | X | |
| Parsnips | X | | x | | |
| Peas | X | | | | X |
| Peppers | X | | | | X |
| Potatoes | | | X | | |
| Pumpkin | | | | x | |
| Radishes | X | | | | |
| Rhubarb | X | | | | |
| Rutabagas | X | | X | | |
| Salad greens | X | | | | |
| Shallots | | | | X | |
| Spinach | X | | | | X |
| Squash, Winter | | | | X | |
| Tomatoes | | X | | | X |
| Turnips | X | | X | | |
| Zucchini | X | | | | |

## On the counter

**FRUIT**

Bananas, oranges, grapefruit, lemons, limes, pineapple, watermelons, tomatoes, apples and pears will keep for several days on the counter.
Ripen avocadoes, kiwi fruit, apricots, peaches, cantaloupe, melons, nectarines, pears, plums on the counter then store them in the refrigerator for up to 5 days before using.

**VEGETABLES**

Garlic, shallot, onions and ginger like to be kept dry with plenty of ventilation. Mesh baskets/bags or paper bags in a cupboard are suitable.

## In the fridge

**FRUIT**

Apples and pears can be stored for several weeks in the vegetable crisper
Berries, grapes, cut fruit, pineapple will only last a few days in the refrigerator.

**VEGETABLES**

Beans (green and yellow), broccoli, cauliflower, green onions will keep for between 5-7 days in the refrigerator.
Cabbage, cucumbers, eggplant and peppers can keep for up to 2 weeks
Root vegetables like beets, carrots, rutabagas, turnips, will keep in plastic bags for several weeks in the fridge if stored in a plastic bag with a few holes to prevent accumulation of too much moisture.
Lettuces and other greens are best kept in the vegetable crisper-keeping them in a closed container can make them last longer.
Mushrooms can be stored in a paper bag and refrigerated for about 5 days

## In a cool, dark, dry and well ventilated area

Pumpkins, sweet potatoes, squash, cooking onions store best in a relatively dry, well ventilated area where the temperature is between 0-10ºC.

## In a cool, dark, moist and well ventilated area

**FRUIT**

Apples and pears can be stored for several months in a dark cool area.

**VEGETABLES**

Root crops like beets, turnips, rutabagas and carrots can be stored for a few months if they are kept moist and at temperatures between 1-5 ºC.

In the dark in a cool area, potatoes can be stored for up to 8 months. Store in a potato bag (jute) or in a covered cardboard box with a few openings for ventilation. Potatoes need to be stored in the dark so that they do not produce the toxin solanine.

If a potato has turned green, it means that there can be elevated levels of solanine. If a potato has turned green, it is best to throw it out. Symptoms of solanine poisoning include stomach cramps, upset stomach, nausea, vomiting and diarrhea.

## In the freezer

**FRUIT**

Apples-Peel and slice. Lay single layer on a cookie sheet and freeze. Transfer into freezer bags.
Berries-lay single layer of unwashed, dry berries on a cookie sheet and freeze. Transfer the frozen berries into freezer bags.

**VEGETABLES**

Before freezing vegetables, blanch them. Blanching means to plunge them into a pot of boiling water [time varies depending on vegetable] and then quickly put them into a bath of cold water before packing into freezer bags.

**Beans, green:** Wash and remove ends. Blanch for 1 minute, cool and drain. Transfer to freezer bags.

**Beets:** Wash, trim tops leaving ½ inch of stem. Cook in boiling water until tender [about 10-20 minutes]. Cool, peel, cut and transfer to freezer bags.

**Broccoli/Cauliflower:** Split into small pieces. Blanch for 1 minute, cool, drain, transfer to freezer bags.

**Brussel sprouts:** Trim and remove outer leaves. Blanch, cool, drain and transfer to freezer bags.

**Cabbage:** Strip the outer leaves. Cut into thin strips and blanch for 1 ½ minute. Cool in ice water. Pack in freezer bags and freeze.
*If preparing For cabbage rolls, cut out the core, place in bag and freeze.

**Carrots:** Remove tops, peel, chop, blanch for 3 minutes. Cool. Place in single layer on cookie tray and freeze before transferring into freezer bags

**Celery:** Wash and cut into 1 inch pieces. Blanch for 2 minutes, chill and let freeze in a single layer on a cookie sheet before transferring to a freezer bag.

**Parsnips:** Remove tops, wash, peel and cut into ½ inch slices. Blanch, cool, drain and transfer to freezer bags

**Peas:** Shell, blanch for 1 minute. Lay single layer on a cookie sheet and freeze. Transfer into freezer bags.

**Tomatoes:** Wash and remove stems. Cut into smaller pieces or leave whole. Pack into freezer bags and freeze.

**Turnips:** Wash, peel and cut into ½ inch cubes. Blanch for 3 minutes, cool and drain.

# Appendix 5. Label Reading

## Check the Ingredient List

Ingredients are listed from most to least. The first 2 ingredients should be whole foods like milk, whole grains, fruit, and vegetable.

Look for sugar in foods. If sugar is the first or second ingredient, leave it on the shelf.

There are many words for sugar including: Honeycomb syrup, high fructose-corn syrup, molasses, sucrose, glucose-fructose.

Watch out for unhealthy fats. Look for the words: hydrogenated, shortening, lard, trans fats.

## Check the Nutrition Facts Table

The ***Nutrition Facts*** table provides help to people who want to control the amount of calories, sodium, sugars and fat in their diet to manage or prevent chronic disease.

The ***Nutrition Facts*** table contains information on: the amount of **calories** and **13 nutrients** for a specific **amount** of a pre-packaged food.

The **amount** of food is provided in a common unit (cups, slices, tablespoon) and in grams.

The amount of nutrients are provided in grams or mg and expressed as a% **Daily Value.**

**Nutrition Facts**
Per 2 slices (64 g)

| Amount | % Daily Value |
|---|---|
| **Calories** 140 | |
| **Fat** 1.5 g | **2 %** |
| Saturated 0.3 g + Trans 0.5 g | **4 %** |
| **Cholesterol** 0 mg | |
| **Sodium** 290 mg | **12 %** |
| **Carbohydrate** 26 g | **9 %** |
| Fibre 3 g | **12 %** |
| Sugars 2 g | |
| **Protein** 5 g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 4 % | Iron 10 % |

The **Daily Value** for each nutrient is based on a set of recommended nutrient intakes for Canadians

The **% Daily Value** tells you if there is a little (5-10%) or if there is a lot (15% or more) of a nutrient in a serving.

This item is high in fibre.

**Look For:**

- **Higher %** Daily Value next to nutrients you are trying to increase in your diet, such as fibre, vitamins A and C, calcium and iron.
    - **Fibre-** Choose products more often that are 'high' in fibre (4 grams or more per serving)
- **Lower %** Daily Value for nutrients you are trying to decrease, such as fat, saturated and trans fats, sodium, sugar.
    - Choose foods with less than 5% DV ("low") of **fat** (less than 3 grams per serving) or **sodium** (less than 140 mg).
    - Choose foods with less than 10% DV ("low") for **Saturated Fat and Trans fat** as these fats increase blood cholesterol and the risk for heart disease.

People living with **diabetes** need to control their intake of carbohydrates and sugar to keep blood sugar levels stable. Every 4.5 grams of sugars= a teaspoon of sugar. Choose foods more often that contain low amounts of sugars.

## Nutrition Claims

- "Free, "Low" or "reduced" means a food may have less calories, fat, saturated fat, sugar or sodium. "Good source" or "high" can help identify foods rich in fibre or vitamins and mineral.
- "Low in fat" means the food contains no more than 3g (grams) of fat in the amount of food specified in the ***Nutrition Facts***.
- "Light" or "lite" may refer to the colour, taste and texture rather than the nutrient content.
- "Reduced in calories" means the food contains at least 25% less energy than the food to which it is compared. Example. A jam "reduced in calories" can be compared to the same brand's regular product or products with a "no sugar added".
- "Source of fibre" means the food contains at least 2g of dietary fibre in the amount of food listed under the ***Nutrition Facts***. A food with the claim 'High source of fibre' contains at least 4g in that amount of food. It is recommended that most Canadians consume about 25g or more of fibre per day.
- "Less" is used to compare one product with another. For example, a box of crackers claiming to contain "50% less salt" will have half the sodium of the food to which it's compared. It doesn't necessarily mean the product is low in sodium, so check the sodium content in the ***Nutrition Facts.***

*Information on this resource has been taken from Articles on Food Labelling available at Health Canada's nutrition labelling website. www.healthcanada.gc.ca/nutritionlabelling*

## Tools

**Telephone:**
Nutrition Facts -1-800-O-Canada (1-800-622-6232)

**Online**
Canada Agricultural Museum. Labels and Packaging.

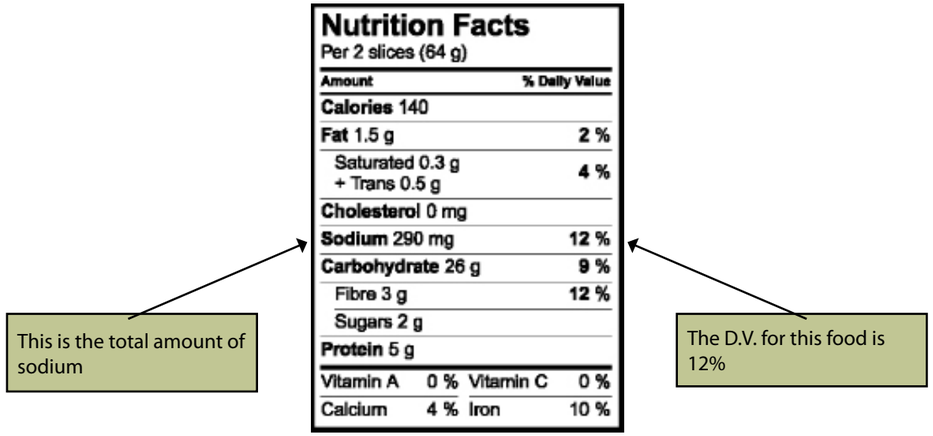
http://www.agriculture.technomuses.ca/english/FoodForHealth/Labels-and-Packaging/Label-Reading-101.html

Health Canada. Nutrition Labelling. www.healthcanada.gc.ca/nutritionlabelling

## Label Reading- Finding the Salt (sodium)

Pre-packaged food and food from restaurants is the major source of **sodium** in our diet. It accounts for 77% of the **sodium** that we eat.

Sodium, found mainly in salt, is linked to high blood pressure, a known cause of strokes. About 1 in 4 adults have high blood pressure.



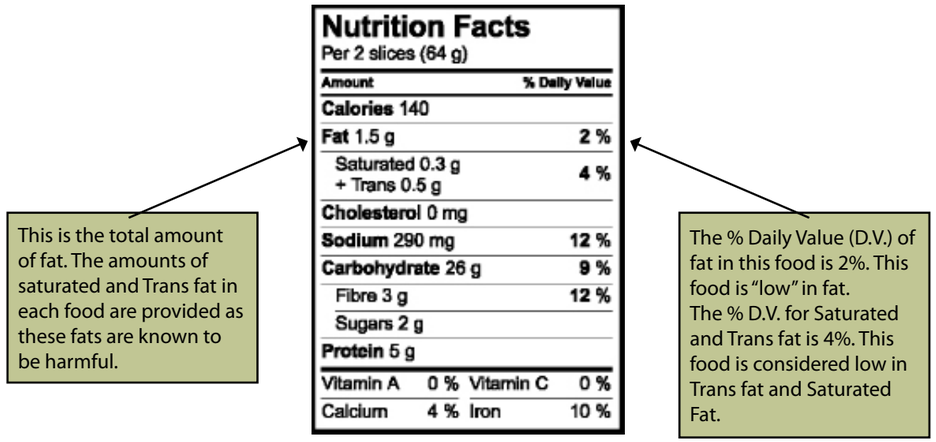

**Choose foods lower in sodium (under 200 mg/serving) and those foods labelled "low sodium" or with 5% Daily Value.**

Check out these fast foods. Although some of them may not be high in calories, they can be quite high in sodium.

| Food | Serving Size | Calories | Sodium | %DV for sodium |
|---|---|---|---|---|
| **McDonald's Egg McMuffin** | 1 | 310 | 720 | 30% |
| **McDonald's Burgers/Wraps/Sandwiches** | 1 | 250-740 | 510-1360 | 21-57% |
| **Tim Horton's Sausage, Egg, Cheese Breakfast Sandwich** | 1 | 510 | 950 | 39.6% |
| **Turkey bacon club sandwich** | 1 | 440 | 1730 | 72% |
| **Subway 6inch Double BMT** | 1 | 630 | 2640 | 110% |

## Label Reading- Finding the Fat

Pre-packaged food and foods eaten in restaurants are a major source of fat in our diet. Too much fat in our diet is linked to obesity, diabetes and other chronic diseases.



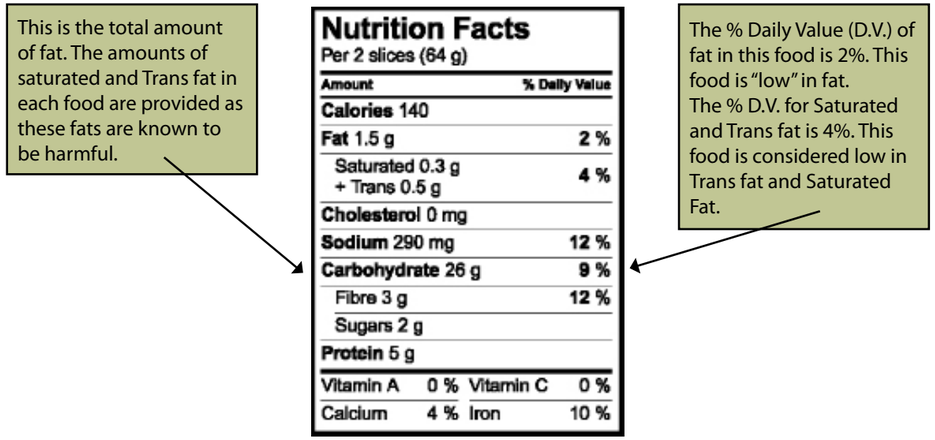

**Choose foods more often that are lower in fat, Saturated Fat and Trans Fat.**

Look at the nutrition facts menu in restaurants. Compare the fat in these food choices.

| Food | Serving Size | Calories | Fat | %D.V. | Saturated Fat and Trans Fat | %D.V. |
|---|---|---|---|---|---|---|
| **Donut, glazed** | 1 | 320 | 19 g | 29% | 9.1 g | 45% |
| **Tim Horton's wheat carrot muffin** | 1 | 400 | 19g | 29% | 2.5 | 12% |
| **French fries medium** | 1 | 360 | 17g | 26% | 2.2 | 11% |
| **Subway, 6-inch Turkey Breast and Ham** | 1 | 280 | 5g | 8% | 1.5 | 7% |
| **Subway, 6-inch Meatball Marinara** | 1 | 560 | 24g | 37% | 11 | 55% |
| **Pizza Hut, Veggie Lovers** | 1 slice | 220 | 7g | 11% | 3.2 | 16% |
| **KFC, Tender Roast Sandwich w/o sauce** | 1 | 300 | 4g | 8% | 1.5 | 7% |

## Label Reading- Finding the Sugar

Too much sugar in our diet has been linked to cavities, obesity and diabetes. Diabetics usually need to control the sugar, fat and sodium in their diet. Reading the ingredient list and the nutrition facts is a quick way of knowing if a food has a little or a lot of sugar.




**Avoid foods and beverages that list sugar as the first or second ingredient.**

**Choose foods more often that contain 5g or less of sugars if the item is not a milk-based food or does not contain fruit as the first ingredient.**

**Choose fruit or fruit juice with "no sugars added" or unsweetened**

Compare the sugar in these choices.

| Food | Serving Size | Calories | Carbohydrate | Total Sugar |
|---|---|---|---|---|
| **Coke** | 355 ml (1 ½ cups) | 164 | 41 grams | 41 grams |
| **Oatmeal, prepared, instant** | 175ml | 95 | 17 grams | .4 grams |
| **Toaster pastry** | 1 (52g) | 204 | 37 grams | 11 grams |
| **Iced cappuccino** | 250 ml | 250 | 33 grams | 33 grams |
| **Tim Horton, Cinnamon Roll-Frosted** | 1 | 470 | 57 grams | 20 grams |

# Appendix 6. Focus on Fats-What to Cut

**Fat** -Our bodies require fat to grow, absorb vitamins like A, D,E, K, develop and stay healthy health. Fat also carries flavour in our food and helps us feel full. For infants and toddlers, who have small stomachs, fat is an especially rich source of calories.

**Beneficial**- Unsaturated fats (fats that are liquid at room temperature) are beneficial, when consumed in moderation. Examples of unsaturated fat include eulachon grease, seal oil, salmon oil, canola oil, olive oil, flaxseed oil.

**Harmful**- Saturated Fat and Trans Fat raise low-density lipoprotein (LDL), or "bad cholesterol," levels, which increases the risk of coronary heart disease (CHD).

**Saturated fat** (fats that are solid at room temperature) are found in animals and animal products and some plant products and some pre-packaged foods.

**Trans** fat that harms is created through hydrogenation of vegetable oil. Using hydrogenation allows foods to stay on the shelves for longer. Some trans fat is made naturally in the gut of ruminants like cows, deer, moose, elk, sheep and goats: this trans fat is not considered to cause harm.

**Choosing foods low in saturated fat and trans fat (lower than 10% of DV) is an important part of prevention of chronic disease.**

*[See next page for a table on commonly eaten foods of total fat, saturated fat, and trans fat per serving.]*

**In the table below, can you spot those that are high in trans fat?**

| Commonly Eaten Foods. Total Fat, Saturated Fat and Trans Fat Per Serving | | | | | | |
|---|---|---|---|---|---|---|
| **Food** | **Serving Size** | **Total Fat g** | **%DV Fat** | **Sat Fat g** | **Trans Fat g** | **% DV Sat Fat and Trans Fat** |
| **Tim Horton's Donut, glazed** | 1 | 19 | 29% | 9 | .1 | 45.5% |
| **Tim Horton's Hot chocolate** | 300 ml | 4.5 | 6.9% | 1.5 | 2 | 17.5% |
| **Tim Horton's Iced Cappuccino** | 300ml | 11 | 16.9% | 6 | .4 | 32% |
| **Pie, chocolate cream** | 113g | 22 | 33.8% | 5.6 | 6.1 | 58.5% |
| **Toaster Pastry, fruit, frosted** | 1pastry (50g) | 5.54 | 8.5% | 1.4 | 1.27 | 13.4% |
| **Cookie, chocolate sandwich, cream filled, regular** | 2 (20g) | 4.1 | 20% | 1.83 | .94 | 13.8% |
| **Cracker, with cheese filling** | 4 (26g) | 6.35 | 9.7% | 1.25 | 1.49 | 13.7% |
| **Butter** | 1 tbsp | 7.39 | 11.4% | 5.6 | 6.19 | 59% |
| **Margarine, stick** | 1 tbsp | 11.18 | 17.2% | 2.10 | 2.79 | 24.4% |
| **Margarine, tub, hydrogenated** | 1 tbsp | 11.57 | 17.8% | 1.92 | 1.65 | 17.8% |
| **Shortening** | 1 tbsp (13 g) | 13 | 20% | 5.9 | 1.59 | 37.4% |
| **Fast foods, chicken tenders** | 6 (92 g) | 15.9 | 24.4% | 3.64 | 3.35 | 34.9% |
| **Popcorn, microwave, lower in fat** | 100g | 7.44 | 11.44% | 1.16 | .93 | 10.4% |

# Appendix 7. What's in your glass?

| Drink | Container Size | Grams of sugar | # of Sugar cubes | # milligrams caffeine |
|---|---|---|---|---|
| **Water, plain or carbonated** | Any size | 0 | 0 | 0 |
| **Plain Milk** | 250 ml (1 cup) | 12 | 3 | 0 |
| **Vegetable Juice (tomato, mixed vegetables)** | 250 ml (1 cup) | 12 | 3 | 0 |
| **Unsweetened Soy Beverage** | 250 ml (1 cup) | 8 | 2 | 0 |
| **Chocolate Milk** | 250 ml (1 cup) | 20 | 5 | 5 |
| **Flavoured Soy Beverage-Chocolate** | 250 ml (1 cup) | 20 | 5 | 1 |
| **Juice (unsweetened)** | 250 ml (1 cup) | 28 | 7 | 0 |
| **Fruit drinks** | 355 ml (1.5 cups) | 40 | 10 | 0 |
| **Coca-Cola, Dr. Pepper, Pepsi, Jolt cola** | 355 ml (1.5 cups) | 39-41 | 10 | 54<br>72* Jolt cola |
| **7-up, Sprite, Fresca** | 355 ml (1.5 cups) | 39 | 10 | 0 |
| **Gatorade Orange Thirst Quencher** | 710 ml (2.75 cups) | 44 | 11 | 0 |
| **Mountain Dew** | 355 ml (1.5 cups) | 46 | 11.5 | 71 |
| **Nestea cool iced Tea, Sweetened** | 591 ml (2. 3 cups) | 56 | 14 | 41 |
| **Energy Drink, Full Throttle** | 473 ml (1.75 cups) | 58 | 14.5 | 144 |
| **Energy Drink, Red Bull** | 250 ml (1 cups) | 28 | 7 | 80 |
| **Powerade Berry Blitz Sports Drink** | 710 ml (2.75 cups) | 64 | 16 | 0 |
| **Gatorade Glacial Freeze** | 900 ml (3.5 cups) | 120 | 40 | 0 |
| **Double Gulp** | 1.8 L (8 cups) | 216 | 54 | * 279 for coke/dr. pepper/pepsi |
| **Coffee, unsweetened** | 250 ml (1 cup) | 0 | 0 | 133 |
| **Espresso** | 30 ml (1 oz) | 0 | 0 | 40 |
| **Herbal Tea (no sugar)** | 250 ml (1 cup) | 0 | 0 | 0 |
| **Iced Cappucino** | 280 ml | 48 | 12 | 120 |

# Appendix 8. Safer Use of Plastics for Food and Beverages

To help protect our families and the environment,

- choose glass or microwave-safe ceramics instead of plastic for food storage and heating,
- choose glass or stainless steel containers for drinking.

Use this chart to learn more about where these plastics are found.

| Plastic | Products | Safety |
|---|---|---|
| 1 PETE Polyethylene teraphthalate | Soft drink, water and salad dressing bottles; peanut butter and jam jars | Considered safe |
| 2 HDPE High Density Polyethylene | Milk, juice and water bottles; trash and retail bags. | Considered safe |
| 03 PVC Polyvinyl Chloride | Juice bottles; cling films, PVC pipes | ***Phthalates can leach into food if heated. Choose non-PVC products** |
| 04 PE-LD Low Density Polyethylene (LDPE) | Frozen food bags; squeezable bottles, e.g. honey, mustard; cling films; flexible container lids. | Considered safe |
| 05 PP Polypropylene | Reusable microwaveable ware; kitchenware; yogurt containers; margarine tubs; microwaveable disposable take-away containers; disposable cups and plates. | Considered safe |
| 6 PS Polystyrene ( Styrofoam) | Egg cartons; packing peanuts; disposable cups, plates, trays and cutlery; disposable take-away containers; | Considered stable but does not biodegrade and is a major form of pollution as still limited residential recyling |
| 07 O Polycarbonate<br>*** may contain BPA** | Baby bottles, sippy cups, re-useable water bottles, pitchers, tableware and food storage containers, lining in canned food. | ***Can contain Bisphenol A**<br>BPA can leach into food.<br>DO NOT HEAT FOOD IN. |

* In October 2008, the Government of Canada announced it would prohibit the importation, sale and advertising of polycarbonate baby bottles that contain bisphenol A (BPA) to reduce exposure to children under 18 months. It also announced it would act to reduce its entry into the environment: There is a concern that increasing levels entering the environment may prove harmful to fish and other aquatic life.

## Plastic Containers and non-stick coatings

**Heating/Re-heating:** Plastic in non-microwave safe plastic containers and wrap leaches into food, especially when food is being heated at a high temperature in the microwave. Only use plastic containers and wrap labeled as microwave safe for cooking food in the microwave.

**Plastic wraps:** If using plastic wraps for food or heating, use a non-PVC (#3) wrap. Try to use glass or microwave-safe cookware instead.

**For Storage:** Let food cool down before transferring to non-microwave safe containers (like dairy containers) for storage to avoid any leaching of the plastic into the food. DO NOT REHEAT.

**Non-stick coatings:** The plastic, PFOA (perfluorooctanoic acid and its salts), used in non-stick coating, is known to cause cancer in rats. PFOA is being eliminated from cookware products. Keep utensils and cookware with nonstick plastic coatings to temperatures below 350°C (650°F). Pans heated to above 350°C can give off poisonous fumes.

## Plastic Cutting Boards (and Wood too)

All cutting boards, plastic or wooden can build up levels of harmful bacteria. Follow these steps to kill bacteria after use of cutting boards

- After using, wash with hot soapy water or in an automatic dishwasher.
- Keep a spray bottle full of a sanitizing solution (1 teaspoon of chlorine bleach to 4 cups of water). Spray the cutting board surface and let air-dry. No need to rinse.

**TOOLS**

For more information on the safety of plastics go to:

Health Canada at www.hc-sc.gc.ca

Environmental Defence Fund at www.environmentaldefence.ca

CancerSmart 3.0. at www.leas.ca/CancerSmart-3-The-Consumer-Guide.htm

# Appendix 9. Handouts For Home

## Healthy Lunch Ideas

FIRST NATIONS HEALTH COUNCIL

| Vegetables, Berries and Fruits | Whole Grains | Calcium Containing Foods | Meat and Alternatives |
|---|---|---|---|
| • Fresh Vegetables<br>• Frozen Vegetables<br>• Fresh Fruit<br>• Frozen Fruit<br>• Canned fruit with no added sugar<br>• 100% pure fruit juice<br>• Vegetable Juice<br>• Vegetable soup | • Low sugar cereals<br>• Baked whole wheat bannock<br>• Whole wheat – bagels, pita bread, English muffins, buns, breads, tortillas<br>• Whole grain crackers<br>• Corn bread<br>• Rice cakes<br>• Noodles or pasta<br>• Barley<br>• Rice: brown, long grain, wild | • Calcium fortified soy or rice beverage<br>• 1%, 2% or skim milk.<br>• Home- made chocolate milk<br>• Cottage cheese<br>• Yogurt<br>• Cheese<br>• Milk-based soups<br>• Home-made pudding<br>• Almonds<br>• Canned evaporated low fat milk<br>• Canned sardines or salmon with bones<br>• Rhubarb<br>• Greens: collard, spinach, Swiss chard, kale, turnip greens, mustard greens<br>• Fortified oatmeal<br>• Soy products: tofu, soy flour | • Wild meat (moose, deer, elk)<br>• Fish<br>• Chicken, Turkey<br>• Lean meat (beef, pork, lamb)<br>• Canned fish (packed in water)<br>• Eggs<br>• Ham<br>• Beans<br>• Nut butters (almond, cashew, peanut)<br>• Veggie or turkey bologna, salami or hotdogs<br>• Tofu<br>• lentils |

| Mixed Food Groups | | | |
|---|---|---|---|
| • Hamburger soup<br>• Pasta Salad<br>• Chicken, vegetable noodle stir-fry | • Macaroni & Cheese<br>• Wrap with lean meat and vegetables<br>• Deer/Elk/Moose meat stew | • Pizza with vegetables and lean meats<br>• Beef Noodle Soup<br>• Chili with rice | • Pasta with meat sauce |

| Full Meal Deals | | | |
|---|---|---|---|
| Hamburger Soup<br>Baked Whole Wheat Bannock<br>Piece of fresh fruit<br>Milk/soy/rice beverage | Nut butter and banana sandwich on whole wheat bread<br>Milk/Soy/Rice Beverage<br>Vegetable Sticks<br>1-2% Yogurt | Pizza with vegetables and lean meat<br>Homemade pudding<br>Water | Sliced moose meat<br>Whole wheat bun<br>Apple slices<br>Pickles<br>Milk/soy/rice beverage |
| Vegetable Soup<br>Cheese and whole grain crackers<br>Canned fruit in juice<br>Water | Macaroni & Cheese<br>Vegetable sticks<br>1-2% Yogurt<br>Water | | |

# Healthy Lunch Ideas

The following are healthy suggestions from the four food groups:

FIRST NATIONS HEALTH COUNCIL

| Vegetables, Berries and Fruits | Whole Grains | Calcium Containing Foods | Meat and Alternatives |
|---|---|---|---|
| • Fresh vegetables<br>• Fresh fruits<br>• Canned fruit with no added sugar<br>• Dried Fruit<br>• 100% Fruit Juice<br>• Vegetable juice | • Baked whole wheat bannock<br>• Whole wheat bread, rolls, buns & bagels<br>• Melba Toast<br>• Corn Bread<br>• Rice Cakes<br>• Whole Grain Crackers | • Fortified soy or rice milk<br>• 2%, 1% or skim milk<br>• Canned or evaporated low fat milk<br>• Yogurt<br>• Cheese<br>• Almonds<br>• Cottage Cheese<br>• Canned sardines or salmon with bones<br>• Rhubarb<br>• Greens: collard, spinach, Swiss chard, kale, turnip greens, mustard greens<br>• Fortified oatmeal<br>• Soy products: tofu, soy flour | • Wild meats (deer, elk, moose)<br>• Fish<br>• Lean meat (pork, beef, lamb)<br>• Chicken, Turkey<br>• Canned fish (packed in water)<br>• Eggs<br>• Ham<br>• Nut butters (almond, cashew, peanut)<br>• Veggie or turkey bologna, salami or hotdogs |
| **Complete snack ideas:** | | | |
| • Baked whole wheat bannock with cheese or nut butter<br>• Apple slices with cheese cubes<br>• Vegetable juice and whole grain crackers<br>• Oatmeal muffin with juice<br>• Blueberry baked, whole wheat bannock with sliced cheese<br>• Low sugar cereal with yogurt<br>• Celery with cheese and raisins<br>• Orange wedges and animal crackers | • Banana loaf and milk/soy milk<br>• Whole grain crackers and cheese<br>• Pita chips with salsa<br>• Fruit salad with yogurt<br>• Raw veggies with low fat dip<br>• Peanut butter cookies and milk<br>• Mini stuffed pita pocket sandwich<br>• Chocolate milk and a bran muffin<br>• Mixed dry fruit, low sugar cereal and nuts<br>• Fresh fruit and granola bar | • Cold pizza slice<br>• Sunflower seeds sprinkled on a fruit cup<br>• Cheese and grapes<br>• Banana dipped in yogurt and rolled in crushed cereal<br>• Blender smoothies (banana, yogurt, juice, other fruit mixed up)<br>• Whole grain toast with apple sauce and cinnamon<br>• Cottage cheese mixed with pineapple<br>• and raisins<br>• Oatmeal raisin cookies and milk/soy milk | • Pumpkin muffin and yogurt<br>• Celery sticks with nut butter<br>• Veggie slices and whole grain crackers<br>Raw nuts and fruit<br>• Apple slices and nut butter<br>• Soy yogurt and sunflower seeds<br>• Veggies and humus<br>• Almonds |

# Appendix 10. 21 Ways to Help your Body

1. Choose cooking methods that require little or no added fat such as roasting, broiling, baking, grilling, steaming, poaching, boiling instead of frying
2. Eat lots of vegetables, fruit and berries -5-8 servings everyday by including vegetables and/or fruit at meals or snacks.
3. Serve whole grain products more often than refined grains every day
4. Take the time to harvest traditional foods with your family
5. Choose whole grains more often than other grains every day
6. Include meat and meat alternatives at meals
7. Keep pre-packaged meats --cold cuts and deli meat, sausages, smokies, pepperoni/chicken sticks--that are high in salt (sodium) and fat off the table.
8. Serve vegetable protein like tofu, and beans--white, black, kidney, chickpeas, lentils in meals
9. Have fish at least 2 times a week
10. Enjoy milk and milk alternatives every day
11. Choose wholesome fresh food over packaged and processed food
12. Limit fat, saturated fat, trans fat, sugar and salt.
13. Become comfortable with reading labels to make healthier food choices
14. Choose packaged and processed food with low % DV (5% for sodium, 5% of fat, 10% for saturated fat and trans fat)
15. Choose water as a thirst quencher
16. Know what is in your food and beverages
17. Know what an appropriate portion size is
18. Buy local foods in season
19. Join a good food box or food coop
20. Plant some vegetables and berry bushes
21. Make time for cooking and eating together at the table with family and friends

# Appendix 11. Tips for preparing a community feast

- Include dark green vegetables or orange vegetables on the table.
- Colour it up (see Appendix for serving a variety of fruit by season)
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Keep fried foods off the table.
- Use smaller size plates, bowls, cups and glasses.
- Serve water or sparkling water or milk at the table instead of sugar drinks or coffee.
- Serve whole grain products instead of white starch products.
- Offer some dishes with beans, lentils or other legumes.
- Serve fish
- Select lean meat, wild game and alternatives prepared with little or no added fat, sugar or salt.
- Serve berries and fresh or canned fruit instead of cakes and pastries.
- Serve green salads but put the dressing on the side
- If serving coleslaw or pasta salad, use a low fat recipe
- Serve cream sauces, gravy, salad dressings and other condiments on the side
- Select foods that are produced and gathered locally more often.

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**Section 1**

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Cornell University (2003, June 27). Too Many Sweetened Drinks, From Soda To Lemonade, Put Children At Risk For Obesity, Poor Nutrition, Study At Cornell Finds. ScienceDaily. Retrieved February 19, 2009, from http://www.sciencedaily.com /releases/2003/06/030626235716.htm

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Healthy Amounts DELETE if own image developed: otherwise: Image Taken from HealthLinkAlberta
For specific copyright information or permission to reproduce, please e-mail chl@cha.ab.ca
Retrieved online at http://www.healthlinkalberta.ca/Topic.asp?GUID={AA7B1624-55DE-4A59-B8F4-25B392774983}

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/obstacles-eng.php Tips for serving Healthy -

**Section 3**

Brinkman and C. Jones Syracuse, Modifying a Recipe to be Healthier, Ohio State University Extension. Original available at http://ohioline.osu.edu/hyg-Fact/5000/5543.html

**Section 4**

Brand Names Food List, www.brandnamefoodlist.ca

**Section 5**

University of Minnesota, School of Public Health (2003). Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events.

**Section 6**

Bev Guest in B.C. First Nations Head Start, Using Traditional Foods , (BCFNHS Growing Together newsletter, ISSUE 5, Summer 2003, p.4-6) quoting Richard Lawrence, Manager of Environmental Health Services for First Nations and Inuit Health Branch of Health Canada.
Section on Game Handling. Adapted from Food Safety Of Farm-Raised Game Information For... Consumers & Educators Scientists & Researchers Small/Very Small Plants Businesses & Partners Constituent Groups FSIS Employees (http://www.fsis.usda.gov/fact_sheets/Farm_Raised_Game/index.asp )

**Section 7**

**Section 8**

www.allrecipes.com – many recipes sited from this recipe database
Some recipes Adapted from: " The low salt, low sugar, high fibre, low fat but big fun!!! Cookbook". The Sioux lookout diabetes program, Sioux lookout Ontario.
http://www.healthyalberta.com/Images/mealideas.pdf - Lentil Soup Recipe
Webber, Helen and Marie Woolsey (1994)."Blueberries and Polar Bears"

**Appendices**

Information in this appendix has been taken from Articles on Food Labelling available at Health Canada's nutrition labelling website. www.healthcanada.gc.ca/nutritionlabelling