

Nutrition 101

Practical Skills



NUTRITION 101

Practical Skills

Introductions:

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Project Specialist
Community Service Solutions

*Please speak with a Registered Dietitian or Physician
for medical advice.



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(USDA) Supplemental Nutrition Assistance Program-- SNAP.
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Contact Jenna at jmccarthycss@gmail.com for more information.

Practical Skills

Menu Planning

- **Healthy, on-the-go options for students**
- **Healthy swaps**
- **Canned, low-cost options**

Food Labels

Store Layout



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MENU PLANNING



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Menu Planning

- **Stocking Up**
- **Parent Approved Snacks**
- **Quick Options for Students**
- **10 Minute Meals**
- **Healthy Swaps**
- **Canned Recipes**



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Menu Planning

Stocking the Basics:

- Canned and dried beans
- Canned veggies
- Pasta
- Low sodium broths and soups
- Canned meats
- Evaporated milk
- Nuts
- Peanut Butter
- Olive & veg oil
- Fresh F&V
- Fresh meats
- Eggs
- Low-fat milk
- Salsa
- Frozen meats
- Frozen F&V
- Frozen bread
- Frozen juices

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Menu Planning

Parent Approved Snacks for Kids!



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Snacks for Kids!

Mini Pizza

Find the recipe at
EatFresh.org



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Menu Planning

Parent Approved
Snacks for Kids!

Chia Seed Pudding

Find the [recipe here](#).



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Menu Planning

Quick Options for Busy Students!

- Fresh F&V
- Yogurt + frozen fruit
- Hard boiled eggs
- Oatmeal or oat-based snack
- Tuna melt on crackers
- Roasted chickpeas
- Peanuts & raisins
- Cottage cheese + fruit
- Toast w seed butter and fruit
- Frozen grapes
- Popcorn (unbuttered)



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Menu Planning

**10 Minute or Less
Recipe Options**

RICE NOODLES

Rice Noodles
Canned vegetables
Canned corn



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Menu Planning

10 Minute or Less Recipe Options

HUEVOS RANCHEROS

Tortillas
Eggs
Cheese
Salsa



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Menu Planning

10 Minute or Less Recipe Options

PLANT PART SANDWICH

Onion
Radish
Goat Cheese
Snow Peas
Avocado
Pita



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Menu Planning

Instead of This:

Try:



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Instead of This:



Try:



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Menu Planning

Low Cost, & Canned Recipes:

Rice Noodles w Veggies

- Rice noodles
- Canned mixed veg
- Canned corn



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Menu Planning

Low Cost, & Canned Recipes:

Sweet Potato Chili

- Sweet potato
- Chili powder
- Salsa
- Black beans
- Low-fat sour cream
- Cheddar cheese
- Cilantro



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Menu Planning

Low Cost, & Canned Recipes:

10 Minute Bean Soup

- Olive oil
- Garlic
- Canned N. Beans
- Canned tomatoes
- Chix or veg broth
- Kale
- Lemon juice
- Parm cheese



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Menu Planning

Low Cost, & Canned Recipes:

Easy Chicken Salad

- Chicken (canned)
- Low-fat mayo
- Grapes
- Celery
- Pecans
- Crackers/bread



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Menu Planning

Low Cost, & Canned Recipes:

Pumpkin Peanut Butter Dip

- Pumpkin puree
- Peanut butter
- Brown sugar
- Vanilla



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Menu Planning

Low Cost, & Canned Recipes:

Magic Fruit Salad

- Pineapple
- Grapes
- Bananas
- Vanilla pudding
- Low-fat milk

10 minutes



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Low Cost, & Canned Recipes:

Tasty Tostadas

- Lettuce
- Tostada shells
- Chicken
- Salsa
- Black beans
- Cheddar Cheese



15 minutes

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FOOD LABELS



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Food Labels

What is a Nutrition Facts Label?

Required by the Food and Drug Administration (FDA).

Helps consumers make informed choices.

Displays the amount of certain nutrients.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

NUTRITION 101

Food Labels

Label Contents:



Top

- serving size
- servings per container
- calories

Middle

- Macronutrients

Bottom

- Micronutrients
- Ingredients

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Amount per serving	
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- Macronutrients

Bottom

- Micronutrients
- Ingredients



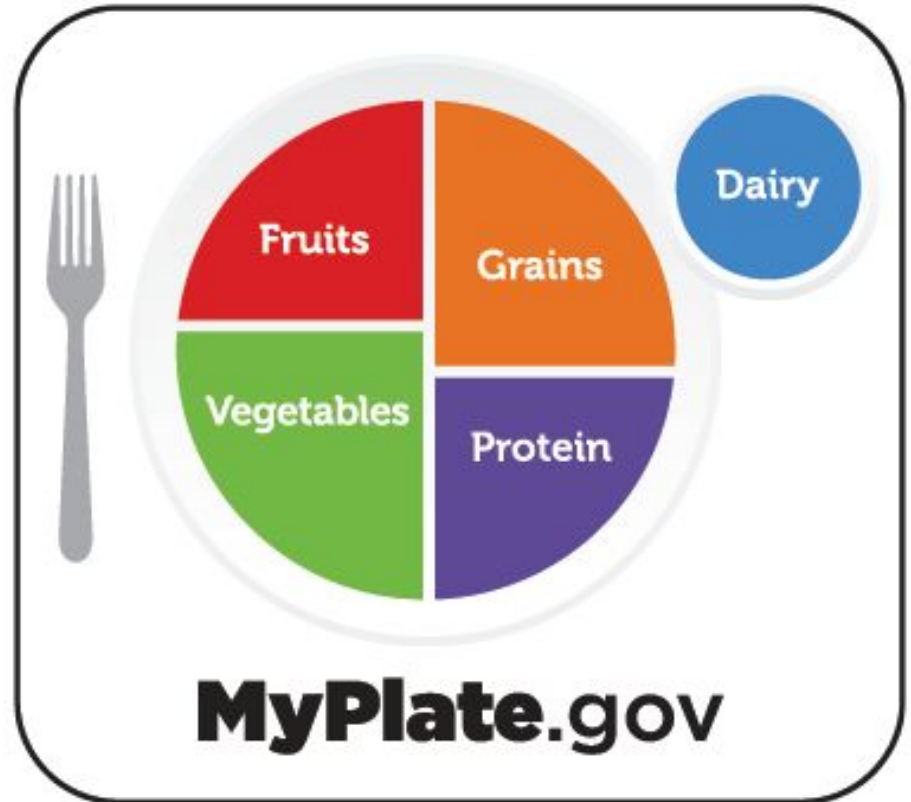
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Serving size	2/3 cup (55g)
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Food Labels

Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%

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STORE LAYOUT

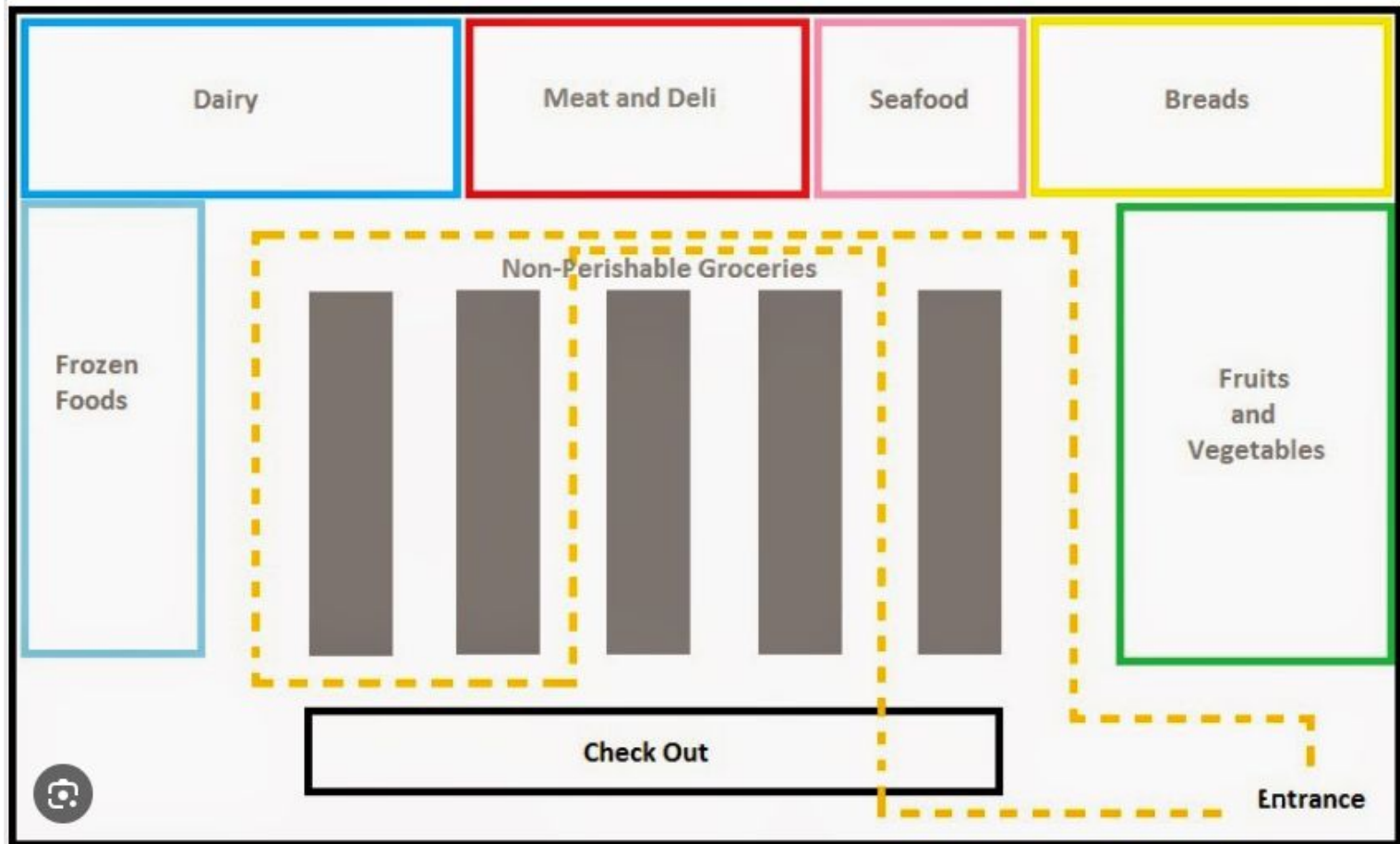


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1. Make a shopping list before you go.
2. Shop the perimeter or outside aisles for the healthier choices.
3. Choose “real” foods like fruits and vegetables. Try to get a variety of colors.
4. Don't shop hungry. Eat a snack before you shop to curve impulse buys.
5. Use coupons to save money at checkout if possible.
6. Read the nutrition labels to look for items that give you the most nutrients.

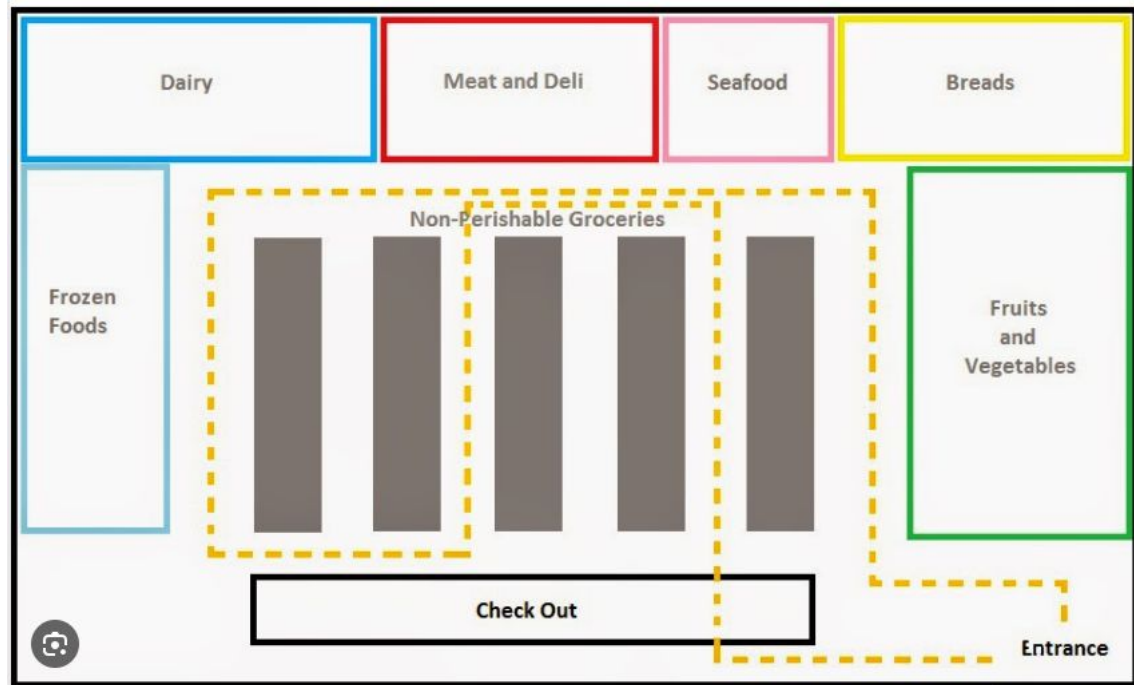


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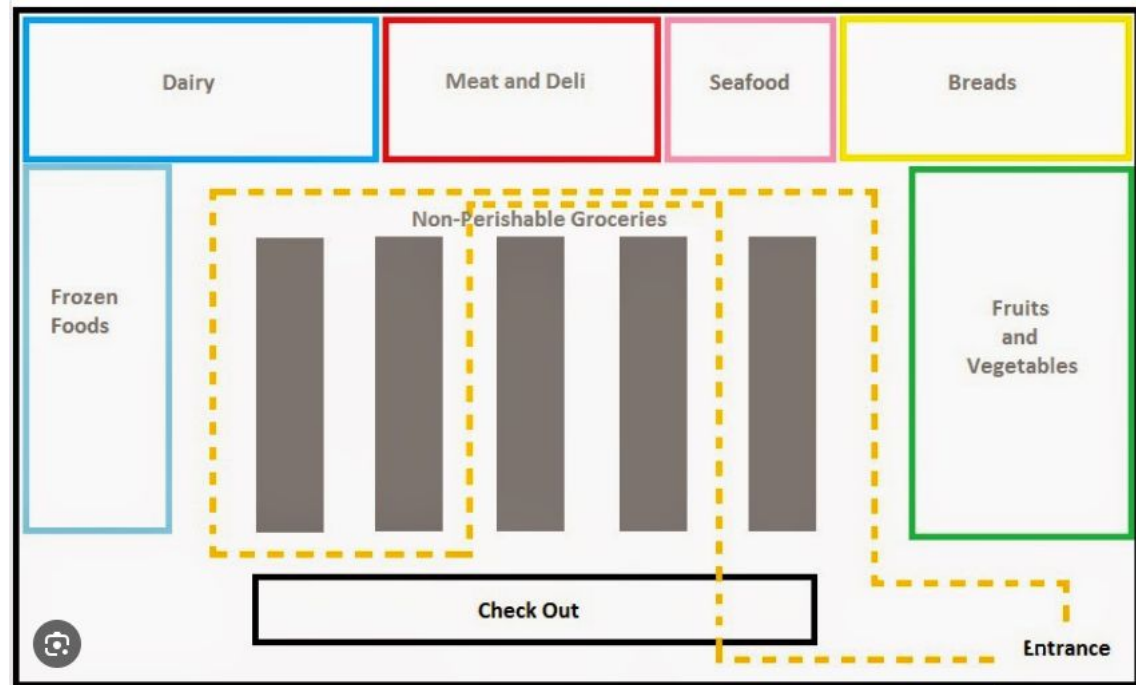
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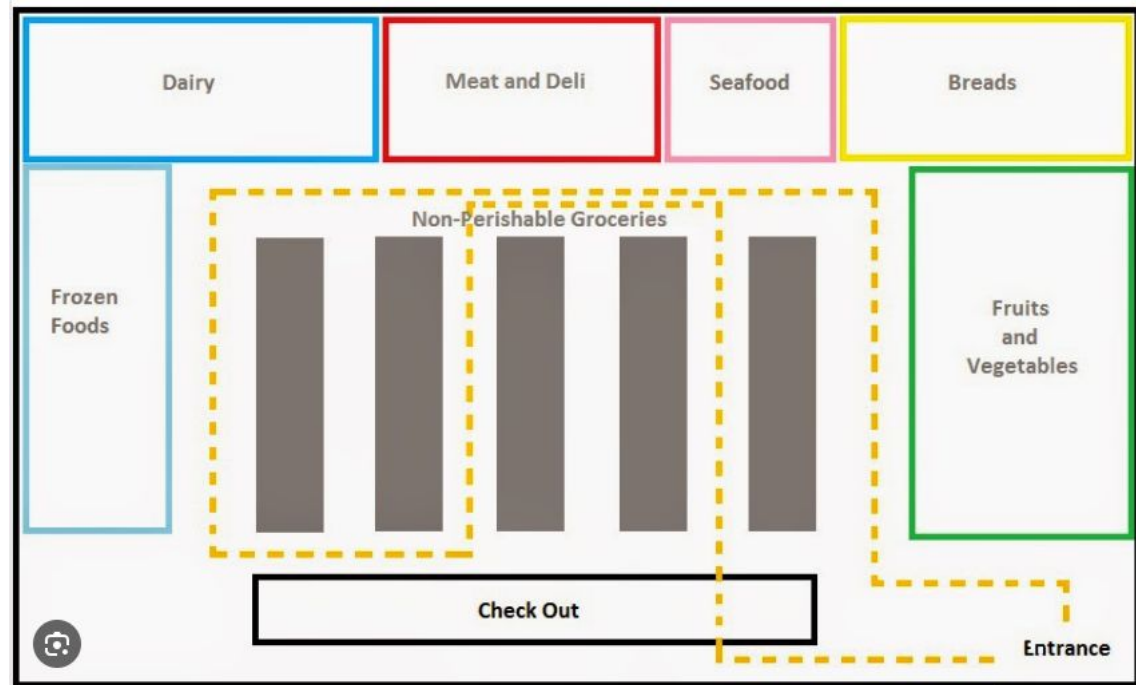
NUTRITION 101

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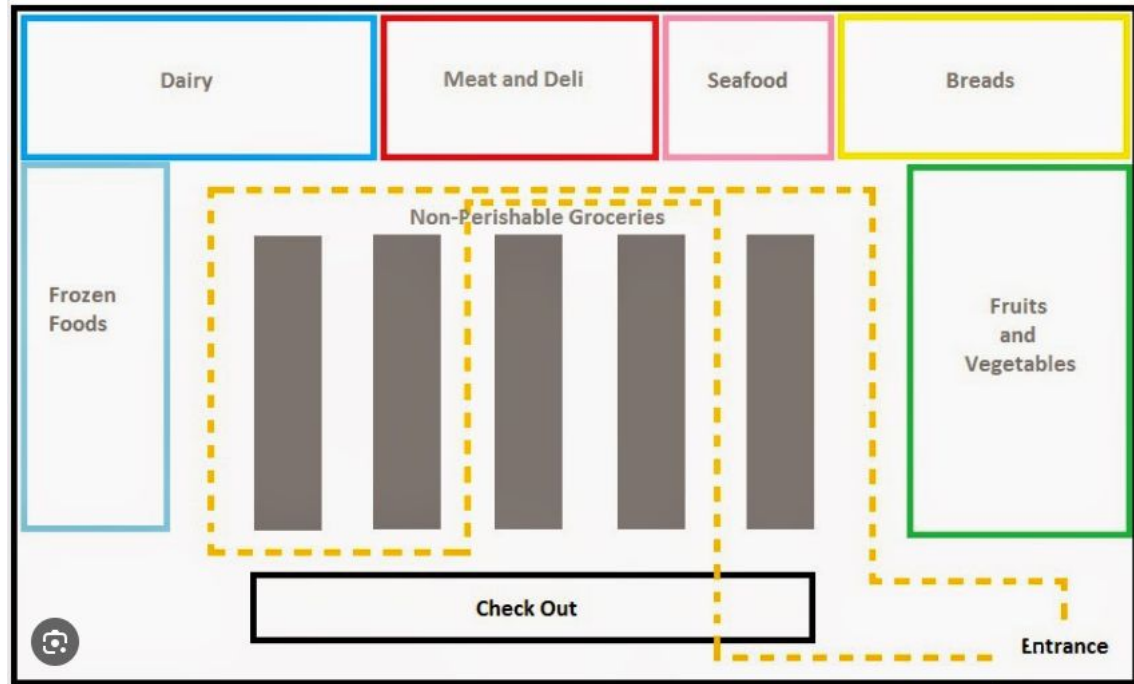
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Store Layout



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Store Layout



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Materials

Handouts and Recipes:

[Iowa State 5 Day Meal Planning](#)

[MyPlate 2 Week Menus](#)

[MyPlate 2 Week Shopping List](#)

[USDA Printable Materials](#)

[SNAP-Ed Meal Planning, Shopping, Budgeting](#)

<https://eat-move-save.extension.illinois.edu/eat/recipes/magic-fruit-salad>

<https://eat-move-save.extension.illinois.edu/eat/recipes/pumpkin-peanut-butter-dip>

Recipes:

[MyPlate Recipes](#)

[Quick and Easy Recipes for Students](#)

[Tasty Tostadas Recipe](#)

<https://www.commonthreads.org/recipes/rice-noodles/>

<https://www.planeatmove.com/recipes/recipe/autumn-sweet-potato-chili/>

<https://www.planeatmove.com/recipes/recipe/10-minute-bean-soup/>

<https://www.planeatmove.com/recipes/recipe/easy-chicken-salad/>



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Materials

References:

[Common Threads Cooking For Life](#)

[USDA Nutrition Resources](#)

[FDA Using Nutrition Facts Labels](#)

[Recipes From SNAP-Ed](#)

[Shop Smart Eat Smart SNAP-Ed](#)



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Alexandria, VA 22314; o

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(833) 256-1665 o (202) 690-7442; o

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