



ECALA COLLECTIVE KITCHEN HANDBOOK



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Icon Guide

This handbook uses icons to show which literacy skills are developed through different activities. Look for these icons to see how Collective Kitchens enhance literacy.



Financial Literacy



Numeracy



Adult Literacy



English Language



Skills For Learning



1

LEARNING BY COOKING



Overview



A Collective Kitchen is a small group of participants who come together to prepare affordable, healthy, and delicious food to share. Collective Kitchens are a great way to develop numeracy and literacy skills in a supportive and fun environment. Participants learn from one another by sharing cooking tips, cultural recipes, and expertise.

Collective Kitchens funded by ECALA have a strong focus on developing literacy, numeracy, and financial literacy. Kitchen participants improve their skills by reading recipes, changing recipe quantities, budgeting, and cooking as a group. By developing these skills, participants learn practices that can easily be applied at home.

This chapter is designed to give you an idea of how Collective Kitchens improve literacy outcomes for Albertans. These outcomes will be described in greater detail in the following pages.

Linking Literacy and Collective Kitchens



Foundational skills are fundamental for adults so they can meet the demands of everyday life on an independent basis. Collective Kitchens are designed to make everyone feel welcome and have opportunities to meet new people, share recipes and cooking skills, and practice their new skills. Collective Kitchen participants have shared that being part of a Collective Kitchen reduced their isolation, increased their self-confidence, and reduced their monthly food costs. Whether it's reading an ingredients list, measuring out a cup of flour, or calculating unit costs for a shopping trip, Collective Kitchens provide participants with many opportunities to develop and practice their skills.

Participation in a Collective Kitchen requires the use of:

- Oral communication skills.
- Personal and interpersonal skills.
- Decision-making and problem-solving skills.
- Creative thinking and critical thinking.
- Self-awareness and self-assessment.

ECALA Collective Kitchens are accessible to all adults, but are primarily aimed at participants who may:

- Be unable to engage in learning opportunities without first improving their foundational life skills.
- Face one or more social/economic barriers that impact their ability to learn, including:
 - Being part of a marginalized population.
 - Experiencing trauma.
 - Having negative encounters with the justice system.
 - Having mental illness and/or addictions.
 - Being unable to manage social contexts.
 - Being unable to accomplish daily tasks.
 - Having limited or interrupted formal education.
 - Being very isolated.

Often Collective Kitchen participants do not recognize that improving their literacy and foundational life skills is the path to meet their goals.

Literacy at a Glance in Canada



Financial Literacy

Many adults struggle with low-level financial literacy. For very low income individuals, this might mean choosing between a roof over their head or food in their bellies.

Numeracy

One in two adults (1/2 or 50%) has low-level math skills. These adults do not have the necessary math skills to meet the demands of daily living.

English Language

Twenty eight percent (28%) of adults who are immigrants to Canada have low-level literacy skills. There is no difference between low-level literacy in established immigrants, who have lived in Canada over 10 years, and new immigrants.

Adult Literacy

1 in 3 adults (1/3 or 33 percent) has low-level literacy skills. These adults do not have the skills required to meet the demands of daily living.

Skills for Success

Foundational learning opportunities help learners build upon the skills they have and develop habits needed to set and achieve their learning goals, be successful in further learning, and increase confidence in their ability to be a more self-directed, independent learner. The Skills for Success include adaptability, collaboration, communication, creativity and innovation, digital, numeracy, problem solving, reading and writing.

Financial Literacy

Financial literacy can be incorporated into your Collective Kitchen by engaging participants in discussions and activities before, during, or after preparing recipes. You can help your participants gain a clearer understanding of financial literacy concepts by encouraging them to:

- **Make a grocery list:** Encourage your participants to make a shopping list before heading out the door. This curbs impulse shopping and makes sure they buy only what they need. Remind your participants to avoid shopping while hungry as shopping while hungry is also linked to impulse shopping. Make sure your participants understand the difference between wanting and needing an item.
- **Shop their pantry:** Grocery shopping starts at home. Ask each of your participants to check their freezer, fridge, and pantry for ingredients before they go shopping. Participants will save money by not buying common items they have already.
- **Look up:** Did you know that the most expensive items in the grocery store are usually placed at eye level? Encourage your participants to check the top and bottom shelves while shopping to get better deals.
- **Go meatless:** Meat is expensive. Your participants can save money by substituting meat alternatives, such as canned beans, lentils, and peas wherever possible.
- **Skip ready-made items:** Did you know that block cheese is typically less expensive than shredded cheese? Certain items are made to be convenient by being prepared and packaged differently. Tell your participants to save money by doing the work themselves.
- **Say no to brand names:** Remember that brand names are often more expensive than no name or store brands. Encourage your participants to avoid buying brand name items.
- **Get extreme about couponing:** Remind your participants to check out grocery store flyers for coupons, which can be a great source of savings.
- **Look for seasonal sales and discounts:** Tell your participants to be on the lookout for seasonal sales that can greatly reduce their grocery bills.
- **Crunch the numbers:** Teach your participants how to calculate the per unit cost for items. Determining which brands offer the best unit price can help them save money.

- **Shop bulk and save:** A trip to your local wholesale can save money, but not always. It is important to teach your participants to determine the unit cost of an item in order to tell if they are actually saving money by buying more.
- **Adjust prices:** Some grocers offer price adjustments on items if you can prove another store is selling an item for less money. You will need to bring a flyer (either print or electronic) as proof of the price difference.

Teaching your participants to stretch their dollars helps improve their day-to-day lives. An increased awareness of finances is especially helpful for low income individuals living paycheck to paycheck



Literacy Activities



Collective Kitchens help participants develop their skills by engaging them in the following literacy activities:

- **Reading:** Reading recipes helps participants develop a broader vocabulary by connecting words and kitchen processes, such as “boiling”, “chopping”, “baking”, and more. Reading recipes also teaches participants new words for ingredients and tools they may not have seen before. Repeated exposure to recipes helps to expand vocabulary, reading comprehension, and cooking skills. Following recipes helps develop critical thinking skills and document use as participants must carefully follow the steps to achieve the desired results.
- **Writing:** Writing recipes, making grocery lists, keeping a cooking journal, and making recipe notes are examples of how Collective Kitchens help participants develop their writing skills.
- **Speaking and Listening:** Working collaboratively with one another helps participants learn to work with diverse groups and develop their speaking and listening skills. English language learners benefit from conversing in English during Collective Kitchen sessions.
- **Vocabulary:** Collective Kitchens provide opportunities for English language learners to learn new words and develop a broader vocabulary. The expanded vocabulary is helpful when ordering food from a menu in a restaurant or while grocery shopping.
- **Math:** Basic math is essential for cooking. Increasing or decreasing the number of servings in a recipe helps participants to develop their math skills by using multiplication, division, and working with ratios.
- **Financial Literacy:** Participants gain financial literacy skills when calculating unit costs, shopping for sales, couponing, and employing other financial literacy best practices.



Who can Participate in a Collective Kitchen?

ECALA-funded Collective Kitchens are primarily for adult foundational learners who may be facing social or economic barriers and who require support in meeting the demands of everyday life in Edmonton. Collective Kitchens are usually comprised of 4-6 participants and led by a facilitator who provides guidance and support based on participants' needs. Collective Kitchens provide a safe and supportive environment where students feel welcomed and are active participants in the learning process.

ECALA Collective Kitchens are focused on helping participants to achieve success in their lives by learning new skills.

Reducing Barriers

Adults face a broad range of barriers to learning. There are strategies that Collective Kitchen practitioners can use to help adult learners lessen or overcome their barriers. Some common barriers and strategies to reduce them include:

- **Learning barriers:** Some participants may have had negative experiences with traditional learning models – such as residential school survivors, individuals with disabilities. These individuals may need assistance building foundational life skills. It is important to provide a safe and judgment free learning environment within your Collective Kitchen.
- **Financial barriers:** Some participants may be facing financial stress or experiencing poverty or homelessness. Facilitators can help participants with financial barriers by providing shopping best practices and strategies.
- **Child-minding barriers:** Many Collective Kitchen participants have children. Consider providing staff to care for children so parents and caregivers can participate in the Collective Kitchen. Child minders can include Collective Kitchen themes in the activities they do with the children.
- **Travel barriers:** Individuals with mobility concerns (such as disabled, or elderly persons), or people without access to reliable transportation might have difficulty travelling. It is important to consider transportation and accessibility when picking the location.
- **Social barriers:** Older adults and new immigrants are at risk for social isolation. Being involved in a Collective Kitchen and making new friends can provide new social supports for isolated individuals.

Why Participate in a Collective Kitchen?

Participating in a Collective Kitchen has many benefits. Not only do ECALA-funded Collective Kitchens provide literacy and foundational life skills development, they also offer a way for participants to connect to their communities and expand their cooking skills through information sharing. Benefits of starting and participating in a Collective Kitchen include:

- Building literacy skills (numeracy, reading, writing, etc.).
- Having fun!
- Meeting new people.
- Connecting with others who enjoy cooking.
- Trying new foods.
- Saving money on groceries.
- Making meals to take home and share with your family.
- Sharing cooking skills and recipes with others.
- Cooking healthy, low-cost meals for your family.



Chapter 1 Snapshot

1

Low literacy levels are a national concern. ECALA Collective Kitchens focus on improving the three main literacies – literacy, numeracy, and financial literacy – while also developing Foundational Life Skills.



2

The activities you facilitate in your Collective Kitchen can help your participants with reading, writing, speaking and listening, vocabulary development, performing basic math, and understanding finances.

3

Each of your participants face unique barriers to learning. Collective Kitchens can provide supports to participants that may help them overcome their barriers and participate fully in everyday life.



2

GETTING STARTED



Overview

This chapter reviews what it takes to facilitate a Collective Kitchen and how to work with different types of participants. Chapter Two explores how to engage adult learners by employing a strength-based approach that respects each participant's unique abilities and perspectives.

This section also looks at how to adapt to the unique needs of different types of participants. ECALA Collective Kitchens are diverse and it is therefore important to develop and conduct each session using respectful and culturally sensitive practices.

In this chapter you will find logistical tips on starting a Collective Kitchen, including how to find participants and locate a venue to use for your sessions.

Finally, this chapter provides an overview of how to structure your Collective Kitchen and tips and tricks to make your Collective Kitchen sessions as successful as possible.



Facilitating a Collective Kitchen



Facilitators play an important role in organizing Collective Kitchens. Being a facilitator can be a rewarding experience and an opportunity to learn from the participants. Adult learners bring a wealth of experience and prior knowledge with them into the session and can be valuable sources of information. As a facilitator, it is important to acknowledge the things participants can do (**strength-based approach**) and avoid focusing on the things they cannot (**deficit-based approach**). This helps foster each participant's sense of confidence.

Facilitators should consider the principles of adult learning and stages of learning when facilitating a Collective Kitchen. There are a number of different principles that apply to adult learning. Below are four principles that can help you work with adult learners. These principles recognize the independence of adults and help facilitators actively engage participants in their learning opportunities.

- **Learning to know:** Provide the tools required to understand the world and its complexities and provide an appropriate and adequate foundation for learning.
- **Learning to do:** Provide the skills that would enable participants to effectively participate in society and the global economy.
- **Learning to be:** Provide self-awareness and social skills to enable participants to develop their fullest potential.
- **Learning to live together:** Expose participants to the values that promote understanding, respect, cultural awareness, and harmony within all levels of society.

Collective Kitchens take a **learner-centered** approach to working with adult learners. This means that facilitators build the program around participants' interests and needs and give them choices. Conversations about the needs of the group help involve participants in the planning, preparation, activities, execution, and the way the kitchen runs. Facilitators help participants make decisions in a respectful and welcoming manner. If participants choose a practice that is unsafe or puts the others at risk, it is important to deal with the problem immediately in a way that does not shame or humiliate the learner.



Adult learners look for practical and relevant learning opportunities that focus on what they want to learn. They want to be actively involved in learning but don't necessarily realize they are developing their literacy skills when they write out a list of ingredients or double a recipe to feed everyone participating in the Collective Kitchen. It is not necessary to point out literacy building activities as they happen, but it is important to continually build them into Collective Kitchen sessions.

Initially, participants may not feel confident enough to take part in the activities of the kitchen and may need more time and direction. As time goes on and as a participant's confidence increases, they may step up to lead in an activity.

An important part of running a successful kitchen is making the learner feel welcomed and acknowledging that they are an active participant at whatever level they participate during the session. They may sit back and watch but later talk about something they learned during the session.

• *Non-traditional learning environments, like Collective Kitchens, provide adults with an alternative and relevant learner-centered experience.*

Facilitator Expectations

1. Read this handbook in its entirety to get a better idea of what all is involved in facilitating a Collective Kitchen in your community.
2. Have an understanding of the Principles of Adult Learning. (See appendix)
3. Ensure that you have the necessary groceries for each class.
4. Contact participants to remind them of the class.
5. Ensure participants follow food handling and safety procedures including aprons, gloves, hair, storage, immediate refrigeration and freezing.
6. Ensure that food is prepared on site and that each participant is involved in the preparation of the meals.
7. If a class needs to be cancelled, you are responsible to contact the participants.
8. Connect with Alberta Health Services to receive your Food Bank access code. Use the contact number provided to call in your grocery needs. The Food Bank requires 2 weeks advance notice for supplies.
9. It is recommended that you acquire certification by completing the Alberta Food Safety Basics course. This is an online course provided by Alberta Health Services (AHS). It may be found under AHS Take a Course. After passing the test, you will be able to save and print a copy of the certificate.
10. If you have any stories about how the Collective Kitchen program has encouraged, enriched, impacted participants' lives and families, please share them with ECALA. Many people are not aware of all the learning that is happening in a Collective Kitchen. It's not only about cooking the food. It is important that ECALA has information that helps paint a picture of what impact programs like Collective Kitchens have on the participants who attend them. This may be something as simple as a participant expressing that they are eating a healthier diet, not being afraid to try new thing or they are more confident in their skills in the kitchen. Ask your participant if it is okay to share their story. These stories may be used to promote the benefits of belonging to a Collective Kitchen. Of course, if ECALA does use one of your participant stories, you can be sure that we will not use any identifying information about the participant. The story may be changed slightly to ensure and protect their privacy.

Working with Diverse Groups

Collective Kitchens designed for Indigenous participants and English language learners should model the sharing of cultural knowledge and practices. Some tips for interacting with these learner groups are outlined below.

Indigenous Participants

Learners from different cultural backgrounds provide a wealth of experience that add value to your Collective Kitchen. Cultural knowledge exchange can make your kitchens more dynamic and relevant to your participants.

If you have Indigenous participants in your Collective Kitchen, remember to respect and appreciate the unique cultural knowledge offered by these participants. For example, food and community are paramount in Indigenous communities; therefore, it is important to note the unique styles of learning and teachings that these communities have to offer. Oral tradition and the transmission of knowledge passed on by word of mouth is a traditional method of teaching that many Indigenous people still value today.

It is not uncommon to see Indigenous participants who can measure flour using their hands instead of measuring cups when whipping up a batch of bannock because this teaching was passed down from their Kookum (grandmother), Mother, Auntie, and so on.

Viewing your group of participants as a collective can bring value to your kitchen in terms of finding creative ways to incorporate food and recipe ideas. Learning from one another is a key benefit of Collective Kitchens.

It is important to keep in mind that many Indigenous participants may have had negative experiences with traditional learning models, making Collective Kitchens a particularly useful vehicle for culturally sensitive and interactive learning.





Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

- First Peoples Principles of Learning

Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations.

-First Peoples Principles of Learning

An example of a successful Indigenous Collective Kitchen is the program run by the Edmonton Native Healing Center (ENHC). This Collective Kitchen promotes self-sustainability and cost-effective practices. Some ENHC activities include the incorporation of gardening techniques and other innovative practices to produce cost-efficient recipes while keeping a community focus.

The ENHC combines traditional and contemporary methods by finding unique ways to use every ingredient that is provided to them by their garden or food bank and makes use of ingredients that often go by the wayside, such as dried breads, beans, and out of season fruits and vegetables. Central to the ENHC program is the integration of Indigenous cultural practice and protocols. Some of these practices include pipe ceremonies that align with the summer and winter solstices and harvesting fruits and vegetables according to the season.

Learning recognizes the role of indigenous knowledge.

-First Peoples Principles of Learning

A cultural practice common to many First Peoples is smudging. Smudging involves the burning of one or more sacred medicines gathered from the earth. There are various sacred medicines that are used in different communities like tobacco, cedar, sweetgrass, a variety of sages, lavender and many others.

Smudging allows people to clear their mind, slow down, and become mindful and centred in the present. It helps people to remember the past, connect with the present, and be grounded in the moment or task at hand.

Smudging also helps people let go of negative energy. The release of negativity is achieved through an atmosphere of respect, compassion, understanding, and inclusivity within a smudge circle.

As a facilitator, smudging is one common cultural practice to be aware of, but there are more. When facilitating your kitchen, be open and receptive to the cultural practices of your participants.

Learning is embedded in memory, history, and story.

- First Peoples Principles of Learning





Learning a new language can be a fun experience in a Collective Kitchen session. In a Collective Kitchen, English language learners can learn basic language skills by familiarizing themselves with food and cooking terms and definitions. If language barriers exist in your kitchen, you can try communicating by employing the following methods.

Use plenty of visuals, such as photos or illustrations, when instructing participants who are learning English.

- As you go through the cooking process, make sure to explain each step to your participants. For example, verbally go through the steps. If you are chopping up an onion, explain “now I’m **chopping** this onion.”
- Use pictures, drawings, and diagrams to help participants visualize what you are talking about or doing.
- Explain processes in simple, plain language.
- Make sure to emphasize the importance of Canadian food safety standards.
- If possible, you may want to hire a volunteer who is fluent in both languages and can act as a translator.



Making Learning Fun



Cooking with your participants is one component of facilitating a Collective Kitchen, however, the sessions also provide an opportunity to organize group activities and field trips. This handbook includes a helpful appendix of worksheets and activities – such as kitchen bingo – to help incorporate further learning opportunities into your Collective Kitchen sessions.

Incorporate a wide range of activities in your Collective Kitchen to keep your participants engaged in the learning process.

Additionally, field trips to the grocery store can add a practical, hands-on learning element. For example, you might want to host a “savvy shopper” game by breaking your Collective Kitchen into 2 teams, and challenging each team to buy the same grocery list for the lowest possible cost. The team with the lowest grocery bill would be the winner.

Another hands-on activity is a “chopped” challenge where you split participants into teams and ask them to create a dish from scratch. As the facilitator, you can assign volunteer judges to award points in categories of taste, smell, creativity, and presentation to determine a winner.

These types of activities are fun, participatory, and challenge participants to work together.

Be sure to read the Facilitation Tips in the Appendix.



Location, Location, Location!

Before you get cooking, you will need to find an appropriate space. This is not always an easy task, however, your local church, school, or community league are good places to start. Certain commercial kitchen sites are also available to rent.

Some things to consider when looking at a space include:

- **Accessibility:** Does the facility have free parking? Is it easy to find? Is it wheelchair accessible? Remember that each of your participants will have different needs concerning accessibility and it is important to find a location that works for everyone.
- **Rent:** To potentially reduce costs, look at partnering with a local community group.
- **Schedule:** Poll your participants about which days of the week and times work best in order to encourage regular attendance. Is the kitchen easily accessible during these dates and times? Make sure to coordinate between your participants and the kitchen manager to make sure the session times are agreeable for everyone.
- **Amenities, Equipment, and Tools:** Does your kitchen have the tools and equipment you will need to cook comfortably and safely? Ensure the space is equipped with a stove, microwave, oven, fridge, freezer, handwashing sink, basic cooking tools, and two or three compartment sink. Ample storage space is a nice addition to any Collective Kitchen space.
- **Cleanliness:** Is the kitchen cleaned and sanitized after each use? Make sure that the kitchen manager upholds a high standard for cleanliness, so you don't have to clean up someone else's mess before your session.
- **Insurance:** Look for a facility that is insured and make sure you arrange for your own insurance with a minimum of \$2 million liability.
- **Child-minding space:** Does the facility have a space suitable for child-minding? This is an imp



Finding Participants

If you receive ECALA funding for your Collective Kitchen, you most likely will have a wait list with contact information of adults who want to attend. Participants from previous Collective Kitchens may want to return and may also know of friends, family, and neighbours who want to attend as well.

Online community newsletters and social media groups are a good, free method of advertising. Other low-cost advertising ideas include distributing posters and flyers to hubs in your neighbourhood, such as libraries, grocery stores, schools, churches, or community leagues. Some paid options include radio, television, and newspaper advertisements. These traditional advertising options get expensive quickly, although it is worth noting that some media groups offer discounts to non-profit and community groups.





Your First Session

Your first Collective Kitchen session is a good time to get to know your participants, establish a schedule and group rules, and choose recipes. You will also have to decide if you plan to charge participants a fee for participating, or preparing additional meals so all family members have a meal to share. Charging a small fee—even as little as \$2 per participant—is a good way to ensure you have the funds to buy groceries and divide food evenly. If participants pay a small amount, they will take ownership of their role in the kitchen and be active participants.

The following list outlines all of the items you should address in your first session.

- **Schedule**
 - Confirm number of sessions and times and dates with participants.
- **Fees**
 - Are there fees?
 - What are the fees?
 - What does the fee cover?
 - When are fees due?

- What if participants cannot pay the fee?
- **Choosing recipes**
 - Do any of your participants have allergies?
 - Do any of your participants have food restrictions? Dietary limitations? For example, “no sodium”, “low carb”, “celiac”, or other?
 - Are your participants open to trying new foods?
 - Do your participants want to have themed sessions? For example, a “Mexican fiesta” or “Greek feast”?



a

Preparing for a Session

As the facilitator, it is a good idea to arrive early to check out the kitchen and make sure it is clean, stocked up with utensils, and ready to go! Here are a few tips for your first cooking session:

- Coordinate your food bank order using your access code.
- Consider starting the session with an informal icebreaker or game.
- Review foods safety rules.
- Give out aprons and hair nets.
- Determine recipes for the next session.
- Let your participants choose their partner and recipe. Allowing participants to have input helps them to feel involved and engaged in the learning process.
- Don't forget to clean! After the cooking is completed, divide your participants into cleaning teams to thoroughly clean the kitchen using the cleaning tips described in Chapter 3 of

this handbook.

- Remember that dividing the food up can be an activity that causes conflicts. Make sure you establish how the food is getting divided and that all your participants receive equal amounts of food. Sometimes a participant might not arrive to the session until the cooking is over. Depending on the amount of time left in the session, you can assign latecomers a larger share of the cleaning duties so that they still can take home food.

Maintain open lines of communication between you and your participants to keep on the same page.

Planning For Your Next Session

It is important to debrief with your participants to determine what went well and what can be improved. Ask participants about what they would like to see happen at the next session. Ask participants what they liked and did not like about the session.

If you received constructive criticism, consider implementing your participants' feedback into future sessions. Your participants will feel more engaged if they see you are receptive to input.



Chapter 2 Snapshot

1

Teaching adults requires a mutual respect and understanding of each other. Your role as a facilitator is to help diverse groups of participants to work together, make decisions, solve everyday problems, and build skills through constructive hands-on learning activities.



2

The success of your Collective Kitchen depends on your research. Knowing your options will help you to provide the best location and amenities for your participants, and will increase your chance of success. Your kitchen should be a safe and welcoming space for everyone.

3

Make learning a comfortable experience for all your participants. You can do this by holding open discussions in your kitchen to get feedback on what's working for participants and what's not. By listening to your participants, you can provide a positive learning environment.



3

HEALTH AND SAFETY IN YOUR KITCHEN



Overview

Hand washing, disinfecting countertops, and using different preparation surfaces for meats and vegetables are all examples of food safety measures. As a facilitator, it is important to make sure that your kitchen stays clean for health and safety purposes. Ensure that all your participants stay healthy by following the health and safety guidelines outlined in this chapter.

Keeping a sanitary kitchen is an ongoing and extremely important exercise as it greatly reduces the chances of foodborne illness. Remember—a clean kitchen is a healthy kitchen!



Basic Food Safety Training

All Collective Kitchen facilitators must complete the Basic Food Safety course offered by Alberta Health Services. After completing the course and passing the test, you will be able to save and print a copy of the course certificate. A copy of this certificate must be provided to the Alberta Health Services Collective Kitchen Coordinator. An equivalent course approved by the AHS Collective Kitchen Coordinator may be accepted in lieu of the Basic Food Safety course.



Personal Hygiene

Facilitators should model good personal hygiene. It is important to remember that participants in your kitchen, depending on their circumstances, might need special attention when it comes to hygiene. You will need to ensure that hygiene items are available and used at each session.

To maintain a high standard of personal hygiene, you need to:

- Wash your hands often.
- Wash your hands before handling food.
- Wash your hands after coughing or sneezing.
- Always cough or sneeze into your sleeve and not your hands.
- Wash your hands after touching raw meat, fish, or eggs.
- Wash your hands after using the washroom.
- Tie your hair back or wear a hair net.
- Wear a beard net (for participants with beards).
- Wear an apron.
- Wear closed toe shoes.

Food Safety

Whether you are walking down the aisles at your grocery store, or preparing a meal with your participants, it's important to follow food safety guidelines. Setting a high standard for food safety will make sure that you (and your participants) stay fit and healthy. Bacteria and germs can be avoided by following these simple steps:

- **Keep it clean**
- **Keep it separated**
- **Keep it chilled**
- **Keep it sanitized**
- **Keep it safe**
- **Keep it at the right temperature**
- **Keep a healthy pantry**



Keep it Clean

Different types of surfaces have different cleaning needs. In this section, we will discuss how to keep your hands and kitchen surfaces clean.

- **Hands**
 - Wash your hands with soap and warm water for 20 seconds or longer.
 - Wash hands before and after touching food.
 - Wash hands after using the bathroom.
 - Wash hands after changing diapers.
 - Wash hands after touching pets.
 - Wash hands after coughing/sneezing into hands or blowing nose.
 - Wash hands after touching your hair.

- **Surfaces**

- Wash cutting boards and countertops with hot soapy water and sanitize with bleach sanitizer before and after preparing food.
- Keep 2 cutting boards (wood or plastic is acceptable)—1 for meat/poultry/seafood and 1 for produce.
- Don't forget to wash the faucet, fridge handles, stove handles, and small appliances with hot soapy water.
- Wash the tops of cans before opening.
- Clean can openers, blenders, and mixer blades before and after each use.
- Wash and sanitize the fridge and microwave before and after each use.
- Wash and sanitize the fridge and microwave oven regularly.
- Wash and sanitize your sink regularly.
- If you use gloves while cooking, make sure to change your gloves for each activity. For example, wear different gloves when handling meat and vegetables.
- Do not wear gloves when frying meat and remember that disposable gloves are NOT oven gloves. Use appropriate oven gloves when handling hot pans.



Always make sure your participants wash their hands before cooking. Handwashing is an important safety measure to keep bacteria at bay.

- **Cloths**

- Use a clean cloth in your kitchen every day.
- Do not use sponges—they are hard to keep clean.
- Wash your vegetable brush, kitchen scissors, or scouring pad in the dishwasher, or in bleach sanitizer every day.

- **Food**

- Wash fresh fruit and vegetables under cold running water.
- Wash fruit and vegetables, even if you don't plan on eating the skin.
- Use a vegetable brush to rub firm fruits and vegetables under running water.

- **Kitchen Utensils**

- Wash and sanitize knives, spoons, and bowls.
- Use different knives for meats and vegetables, or sanitize knives between use.



Keep it Separated

In addition to keeping surfaces clean, avoid cross contamination by keeping raw and cooked foods separated.

- Never let cooked food touch raw food.
- Use different cutting boards for raw meat and fruits/vegetables. Never use the same cutting board for meat and produce.
- Never put cooked food on an unwashed plate.

Keep it Chilled

Always keep perishable food chilled in the refrigerator to keep it safe and limit bacteria growth. The following are best practices for food storage.

- Put food in the fridge right after preparing or eating.
- Keep food cold. The cold temperature in your fridge prevents bacteria from growing.
- Put raw, leftover, and prepared foods in the fridge or freezer within 2 hours.

- Food left out longer than 2 hours should be thrown out.
- Do not defrost food at room temperature. Instead, defrost food in the fridge.
- Put leftovers in small, shallow containers to cool faster.
- Marinate meats in the fridge.

Keep it Sanitized

You can make your own bleach sanitizer to clean the surfaces of your kitchen. It's easy! Just follow these simple steps:

1. Combine 1 tsp (5 ml) of bleach and 3 cups (750 ml) of water in a spray bottle. Label it "sanitizer".
2. Spray this sanitizer on surfaces that need to be cleaned. Let the sanitizer sit for 1-2 minutes and then let it air dry.
3. Throw out unused sanitizer every day and make a new batch.



Keep it Safe

Food safety starts at the grocery store and continues as you prepare food in your kitchen. Here are some shopping tips to keep you and your participants safe:

- Place meats, poultry, and seafood into plastic bags before adding them to your cart. This prevents the spread of meat juice, which can contaminate your other food items.
- Open egg cartons to make sure that eggs are clean and unbroken. Inspect eggs again once you get home and discard any eggs that have been damaged during transportation.
- Carefully inspect food packaging. Meat and poultry should be tightly wrapped, and fresh cut vegetables should be in sealed packages. Avoid canned foods that are dented, rusted, or bulged. Squeeze frozen foods to ensure they are frozen solid.

Keep it at the Right Temperature

Thawing food correctly greatly reduces the growth of harmful bacteria. Depending on how quickly you need to thaw food, you have a few options:

- **Slow and sure:** Thawing in the fridge is the safest method of defrosting food. It takes about 12 hours to thaw 1 pound of steak, ground beef, pork, chicken, or shrimp.
- **Faster:** Thaw 1 pound food portions in cold water. This takes about 2 hours. To do so, place the food in a watertight plastic bag and submerge in cold water, changing the water every 30 minutes until the food is thawed. Food thawed in cold water should be cooked immediately.
- **Fastest:** Thaw food in the microwave, following manufacturer directions. The thawing time will depend on the amount of food and the wattage of your microwave. Food thawed in the microwave should be cooked immediately.

Different types of food need to be heated to a minimum temperature to be safe for consumption. To measure food temperature, use an instant-read thermometer. Stick the thermometer into the centre of the food (avoiding the bone in roasts or poultry). Wash the stem of the thermometer with hot, soapy water after each use.

Meat Type	Minimum Safe Temperature
Ground beef, pork, and lamb	160°F
Beef and lamb steaks, chops, or roasts	145°F (medium) OR 160°F (well done)
Pork chops or roast	160°F
Fresh ham	160°F
Fully cooked ham (to reheat)	140°F
Chicken or turkey, whole, parts, or ground	165°F
Egg dishes	160°F
Leftovers and casseroles	165°F



Keep a Healthy Pantry

All food items have different storage requirements and stay safe for different amounts of time. Fresh shrimp, for example, keep for 1-2 days in the fridge while uncooked whole wheat pasta can be stored at room temperature for up to 1 year. The table below gives you storage information for some frequently used foods.

SHELF STAPLES		
Food	Storage Time	Storage Tips
Canned tuna and salmon	Unopened: 1 year Opened: 2 days refrigerated	After opening, immediately transfer to an air-tight container to refrigerate.
Canned beans	Unopened: 1 year Opened: 3 days refrigerated	After opening, refrigerate in an airtight container. Do not keep in the original can.
Brown rice	6 months (uncooked)	Brown rice still has its nutritious bran layer intact. The oil in brown rice means it won't keep as long as white rice.
Whole wheat pasta	1 year (uncooked)	Keep in the original packaging and store in a cool, dry place.
Barley	6 months (uncooked)	For longer storage, store in an air-tight container in the fridge for up to 1 year.
Oats	6 months (uncooked)	Store in the original packaging in a cool, dark place.
Whole wheat couscous	6 months (uncooked)	If you live in a humid climate, store in an air-tight container.

Dried beans and lentils	1 year (uncooked)	Store in the original plastic bag. Never store in the fridge. Beans can absorb moisture and spoil.
Honey, maple syrup, molasses	2 years	If sugar crystals form, place the container in warm water and stir until the crystals dissolve.
All-purpose flour	Room temperature: 1 year Frozen: 2 years	Store in a cool, dry place.
Whole wheat flour	Room temperature: 1-3 months Refrigerated: 6 months Frozen: 1 year	Transfer to an airtight container to preserve moisture content.
Granulated and confectioner's sugar	2 years	To protect against humidity, store in an air-tight container.
Brown sugar	4-6 months	Brown sugar dries out quickly. Store in an air-tight container after opening.
Baking powder and baking soda	12-18 months	Tightly cover and store in a dry, cool place.
Unsweetened cocoa	1 year	Store at room temperature in the original container.
Chocolate chips and baking chocolate	1 year	Store chocolate in a cool, dry place. A white film will sometimes form on the chocolate's surface due to temperature fluctuations, but this doesn't affect quality.
Nuts	Unopened: 1 year Opened: 3 months	Store in an air-tight container.

FRIDGE STAPLES		
Food	Storage Time	Storage Tips
Pickles, olives, capers	Unopened: 1 year Opened: 1-2 months (refrigerated)	Keep the jar tightly capped and discard if salt crystals form on top.
Salsa	Unopened: 1 year Opened: 1 month (refrigerated)	If mold forms around the edge of the salsa, discard the entire jar.
Mustard and ketchup	Unopened: 1 year Opened: 2 months (refrigerated)	These condiments contain acid and are less prone to spoilage. They can be stored in the door, which is the warmest part of a fridge.
Reduced-fat and fat-free mayonnaise	Unopened: 1 year Opened: 2 months (refrigerated)	For best quality and freshness, use before the “best before” date.
Reduced-sodium soy sauce	Unopened: 1 year Opened: 6 months (refrigerated)	Always store opened soy sauce in the fridge to preserve its flavour.
Worcestershire sauce	Unopened: 1 year Opened: 6 months (refrigerated)	Wipe the bottle off after each use to prevent drips inside the fridge.
Jellies and jams	Unopened: 1 year Opened: 6 months (refrigerated)	After using, wipe off the rim of the jar before replacing the lid to prevent sticky buildup
Whole wheat tortillas	2 months	After opening, store in a tightly sealed container in the fridge.

FREEZER STAPLES		
Food	Storage Time	Storage Tips
Steaks and roasts	Refrigerated: 2-3 days Frozen: 6-8 months	Freeze on a zip-close plastic freezer bag to maintain freshness.
Ground beef	Refrigerated: 1-2 days Frozen: 6-8 months	Always label and date so you can eat the beef before it starts losing quality.
Pork chops	Refrigerated: 2-3 days Frozen: 3-4 months	Freeze in a zip-close plastic bag to maintain freshness.
Skinless, boneless chicken breasts	Refrigerated: 1-2 days Frozen: 9 months	Individually wrap chicken in heavy duty foil for easy thawing.
Skinless fish fillets	Refrigerated: 1 day Frozen: 3 months	Place in a sealed container to prevent juices from dripping on other foods. Freeze in a zip-close bag to preserve freshness.
Peeled shrimp	Refrigerated: 1-2 days Frozen: 3 months	Don't freeze fresh shrimp. They most likely have already been frozen and thawed for retail sale.
Frozen fruits and vegetables	9 months	Store in the original bag or box.

Chapter 3 Snapshot

1

As a Collective Kitchen facilitator, it is important to maintain and model a clean and healthy kitchen. Work with participants and partners to achieve this goal.



2

Cleanliness in the kitchen starts with you; make sure to model a high level of personal hygiene for your participants to follow. Make sure to keep surfaces clean using your own homemade bleach sanitizer.

3

Remember to cook food to the proper temperature and store it correctly. Improper food handling can lead to foodborne illnesses.



4

FUNDING AND EVALUATING YOUR KITCHEN



Overview

Now that you understand the basics of how to start a Collective Kitchen, it's time to learn how to fund your kitchen. There are various funding streams available for your Collective Kitchen, including funding from ECALA. This chapter will provide an overview of various types of funding and tips to secure funding for your organization.

Additionally, this chapter discusses evaluation tools for your Collective Kitchen program. As a facilitator, it is your job to document successes and areas of improvement in your Collective Kitchen. This chapter contains a rubric to give you an idea of what measures ECALA gathers from each funded program.



ECALA distributes money annually to nonprofit organizations to provide Community Adult Learning Program (CALP) opportunities for adult Edmontonians who face social and financial barriers to learning. To be considered for funding by ECALA, you must submit a proposal for your Collective Kitchen every year. The proposal must include a description of your Collective Kitchen and all proposed logistics. The proposal budget must outline any donations or other funding you have for your Collective Kitchen, as well as your anticipated expenses. ECALA contact information is available at www.ecala.org.

Funding Requirements

- 1. Planning with Participants:** As a facilitator, you are responsible for understanding your participants, assessing their skills and abilities, and developing a learning plan with them. It is important to work with each of your participants to understand their reasons for attending a Collective Kitchen.
- 2. Organizational Planning:** Ongoing planning and continuous evaluation of your Collective Kitchen's strengths, weaknesses, opportunities, and challenges will help you to create an impactful community learning program.
- 3. Collective Kitchen Needs Assessment:** All Collective Kitchens should be based on an unmet need in the community. Is there a community need for learning opportunities? Make sure to adjust your Collective Kitchen based on the needs of your community members.

CALP Logic Model Excerpts

1.1) Adult Learners Demonstrate Commitment to Learning:

CALP providers work with learners to identify their learning goals, assess skills and abilities, and develop a strategy to meet their learning goals (e.g. learning plan).

2.1) CALPs Know the Needs of their Communities:

CALP providers develop and plan programming based on needs assessments that determine unmet learning needs and gaps in the community.

4. **Collective Kitchen Evaluation:** It is important to evaluate the success of your Collective Kitchen by checking in with your participants. Do participants respond positively to the kitchen? Do they feel welcome and safe? Do they feel they learned new skills as a result of the kitchen?
5. **Engaging Community:** Engaging community partners, such as your local food bank, is a good way to stretch your food budget. Contact other Collective Kitchen facilitators in Edmonton or ECALA to learn about other community partners.
6. **Mapping Community:** Connect with other community services and make sure that your Collective Kitchen participants are aware of services provided by other organizations that will support them in meeting their goals.

CALP Model Excerpts

2.1) CALPs Know the Needs of their Communities:

CALP organizations evaluate the impact of their programs and services to inform future planning.

3.1) CALPs Build Community Support for Foundational Learning:

CALPS lead community-based initiatives to raise awareness and build relationships with community partners.

3.1) CALPs Build Community Support for Foundational Learning:

CALPs are aware of the services and supports that learners need and where/how these needs can be met.

7. Safe and Welcoming Space: Some of your participants might have had negative experiences in formal learning environments. Your Collective Kitchen must be designed to create a safe and welcoming space for all participants and volunteers.

8. Relevant Programming: All learning activities offered by your Collective Kitchen should be learner-centred. Make sure you are responding to your learner's needs based on the information they share with you. If the recipes and activities are not relevant to your participants, they will not return. Experienced participants can be asked to assist other participants who are new to cooking.

9. Reducing Barriers: Collective Kitchens provide great access to non-traditional learning, which can reduce barriers for your participants. Collective Kitchens should be designed to reduce barriers to learning.

CALP Model Excerpts

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adult learners who felt that the CALP provided a safe, welcoming space.

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adult learners who felt that the program was relevant to their needs and goals.

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adults who had a barrier reduced (i.e. fees reduced, travel, childcare).



Funding Requests

Try leveraging multiple funding streams in order to maximize the spending amount you have available to fund your Collective Kitchen.

Learning to write a proposal will be your greatest asset in applying for all types of funding. A good proposal should include a comprehensive budget including facilitator wages, food supplies, kitchen rent, evaluation, grant administration, operational costs, and child-minding resources (staff, food, and space). Before diving into writing, it is important to do your research and make

sure you apply for the most appropriate funding opportunities. Make sure to research the funding organization, check out who they have funded in the past, learn the organization's official mandate, and ask about the proposal review process.

Listed below is an exhaustive list of places to ask about funding:

- Federal, provincial, or municipal governments
- Professional agencies
- Community organizations
- Non-profit organizations and local clubs
- Grocery stores or supermarkets
- Neighbourhood businesses
- Provincial food bank association
- Corporations
- Private foundations
- Church groups
- Food banks
- Banks or credit unions
- Food commodity groups



For support with writing a Collective Kitchen proposal, contact ECALA.



Evaluate Your Kitchen

As a Collective Kitchen funded by ECALA, you must report on your kitchen's progress. As the kitchen facilitator, it is your responsibility to collect information to create a final report of your program. In addition to providing your feedback, you must also allow ECALA to observe a class and interview participants and instructors during visits.

Evaluation is an important tool to see if your Collective Kitchen is keeping up with the goals set in your proposal.

To help you evaluate your kitchen, ECALA has provided two report templates – the Regular Program Final Report and the Financial Final Report. Templates for both of these reports are included in the appendices of this document and on the ECALA website. You can also pick up a copy of these templates at ECALA's office in Edmonton.

As you will see below, the CALP Logic Model relies on outputs and indicators in determining whether or not participants needs are met. Outputs look at numbers, such as the number of participants in your kitchen and the total hours of instruction time. Indicators look at participant outcomes, such as if participants felt they learned something new as a result of joining your Collective Kitchen. You can use the ECALA Measurement & Evaluation Table to track your participants' progress. The chart below explains these criteria in greater detail. By reporting on and evaluating your kitchen, you will better understand the needs of your participants and provide a better overall experience.

Outputs	Indicators
Number of hours of instruction per course	Skills use – Did participants report using foundational skills as a result of the Collective Kitchen?
Total hours of instruction	Learner progress – Did participants report making progress or meeting a learning goal?
Number of times program delivered	Increased confidence – Did participants show an increase in self-confidence?
Number of adult participants registered	Program relevance – Did the participants view the program as relevant to their goals?
	Welcoming space – was the Collective Kitchen a safe and welcoming space?
	Reduced barriers – Did participants see a reduction in barriers i.e. reduced fees, travel, or child care?
	Referring organizations – How many different organizations referred participants to the Collective Kitchen?

In the financial report, you will need to submit a line by line list of expenses for both program financials and course financials. To give you an idea of what to include in this report, refer to the template included in the appendix of this document. You will need to compare your actual costs with your proposed costs from your original proposal.

Please note that your final reports are due in July. The below time table lists important dates you need to be aware of.

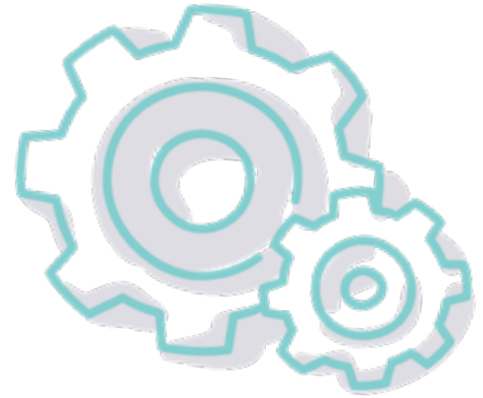
Month	Event
January	Deadline for project proposals
Mid to late June	Notification of funding decisions
July	Final Report due



Chapter 4 Snapshot

1

You need money for your kitchen to run but you have plenty of options. You can submit a proposal to ECALA or a number of other community organizations.



2

To receive ECALA funding, you need to ensure your kitchen provides planning with participants, organizational planning, a needs assessment, a kitchen evaluation, community engagement, community mapping, a safe and welcoming space, relevant programming, and reduces participant barriers.

3

To evaluate your kitchen, you need to keep track of data that shows how your Collective Kitchen is making a difference in your community.



5

KITCHEN TOOLBOX



Overview



Delicious meals start in a well-stocked kitchen. This chapter is designed to provide a guide to the tools of the trade you will need in your kitchen and provide an overview of the gadgets you and your participants are likely to encounter. From slicers and dicers to mashers and smashers, this chapter provides a comprehensive visual inventory of a well-stocked kitchen.

The worksheets contained in the following pages are for you to use in discussions with your participants. Linking pictures of common kitchen tools with their corresponding definition will help your participants get a better understanding of the kitchen tools at their disposal. Feel free to photocopy these pages for your participants. English language learners, or participants struggling with vocabulary will find these visual guides especially useful.

In this chapter, you will find worksheets outlining:

- Must have kitchen tools
- Nice-to-have kitchen tools
- Measurement tools
- Kitchen preparation terminology








Must Have Kitchen Tools

	<p>Box graters have sturdier handles on top and four sides to finely or coarsely grate or shred vegetables, cheeses, and citrus zest.</p>
	<p>Can-openers are an essential tool for opening canned foods. The best designed can openers have a cushioned knob and handles for easy operation. Buy one with a blade that can cut stainless steel.</p>
	<p>Colanders lets you separate liquids from solids. Use them for draining cooked pasta and vegetables, draining washed greens, or rinsing fresh berries.</p>
	<p>Cooling racks allow air to circulate while baked goods cool. Round wire racks are good for cooling round cake layers. Large rectangular cooling racks are perfect for cooling large quantities of cookies or large cakes.</p>
	<p>Cutting boards provide surfaces for chopping meat and vegetables, and prevent damage to your countertops. Choose a cutting board made of wood or plastic. Avoid ceramic as it does not absorb the impact of a knife blade.</p>
	<p>Instant-read thermometers give a temperature reading in a matter of seconds. The thermometer is inserted in the center of the meat or poultry (avoiding the bone) to ensure that food is cooked to the minimum safe cooking temperature.</p>
	<p>Kitchen shears are ideal for cutting paper to line cake pans, cutting up raw chicken, clipping kitchen string, and mincing chives. Choose shears made of stainless steel.</p>

	<p><u>Kitchen timers</u> are essential to make sure your foods are cooked to the correct doneness. Set the timer for the least amount of time to avoid overcooking.</p>
	<p><u>Knives</u> are essential. Paring knives (3-4 inches long) are used for peeling and slicing small foods. Chef's knives (8-9 inches long) are used for basic chopping, dicing, and slicing. Serrated knives are used for slicing bread.</p>
	<p><u>Ladles</u> are essential for serving soup or stew or adding broth to recipes without spilling.</p>
	<p><u>Nesting measuring cups</u> come in 1/4, 1/3, 1/2, and 1-cup sizes and are used to measure dry ingredients. To measure liquid ingredients use glass or plastic measuring cups with a spout. It is essential to have a 1-cup glass measure and is nice to have 2 and 4-cup measures.</p>
	<p><u>Measuring spoons</u> come in nesting sets of 1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, and 1 tablespoon.</p>
	<p><u>Medium-size whisks</u> are a must-have for whipping up egg whites, mixing salad dressings, producing smooth gravies and sauces, and mixing batter.</p>

	<p>Nesting glass or stainless steel mixing bowls are an essential part of any kitchen. Plastic bowls are not recommended as they absorb both flavour and fat.</p>
	<p>Pastry brushes are used for glazing breads and pastries, brushing syrup over warm cakes and muffins, or for basting meats and poultry.</p>
	<p>Potato mashers make quick work of mashing potatoes and other root vegetables.</p>
	<p>Rolling pins come with and without handles – both styles work well. The heavier the pin, the less effort it takes to roll out dough.</p>
	<p>Salad spinners spin to remove most of the water from washed greens, herbs, or fresh berries. Salad spinners are available in several sizes.</p>
	<p>Coarse-mesh sieves are used for sifting flour, cocoa, and confectioner's sugar. Fine-mesh sieves are used for straining stocks and separating fruit puree from their seeds. It's a good idea to have a few sizes.</p>

	<p><u>Slotted spoons</u> makes it easy to lift a piece of pasta or a vegetable from boiling water to test for doneness.</p>
	<p><u>Spatulas</u> come in different shapes for different tasks. A flat, wide metal spatula is good for turning fish. A rubber spatula is good for mixing batters. A silicone (heatproof) spatula has the flexibility of a rubber spatula and can withstand temperatures up to 800 degrees Fahrenheit.</p>
	<p>Spring-loaded <u>tongs</u> are the best tool for lifting and moving food and can be locked shut for easy storage. Use silicone-tipped tongs to prevent scratching non-stick cookware.</p>
	<p>Swivel-bladed <u>vegetable peelers</u> makes quick work of peeling fruits and vegetables without removing too much of the peel.</p>
	<p>Have a few <u>wooden spoons</u> in your kitchen. They don't transfer heat, so your hand stays cool while stirring. Additionally, wooden spoons won't scratch your pots.</p>

Pots and Pans

	<p>Pots and pans are used in a variety of kitchen tasks, such as preparing sauces and boiling vegetables. They come in different sizes ranging from small (1 litre), medium (2 litres), and large (2.5 litres)</p>
	<p>Dutch ovens are used to make large batches of soups or stews. They are a favourite tool for whipping up one-pot meals.</p>
	<p>Skillets are also called frying pans. Skillets are used to sauté or fry food on a stovetop and are available in different sizes.</p>
	<p>Woks are used to mix and toss food for stir fry dishes.</p>
	<p>Baking pans can be metal or glass. They can be square or rectangular with sides measuring a few inches high.</p>
	<p>Cake pans are round and measure 8-9 inches around.</p>
	<p>Cookie sheets are metal and either have a slight side or no side at all.</p>



Loaf pans are made of glass or metal and are usually quite deep. Used for making loaves and quick breads.



Muffin trays are metal with 6, 12, or 24 cups in them. Used for making cupcakes, muffins, and meat loaves.



Pie pans are round and made of glass or metal. Used for baking pies.



Roasters are large pans. They are quite deep and have handles on both ends. They are usually made of metal and are designed to cook large meat items, such as beef roasts, turkeys, and ham.

Knives



Bread knives have a saw-like blade. This blade makes it easy to cut tough breads, cakes, and tomatoes.



Paring knives are used for peeling and cutting fruits and vegetables or other items.



Utility knives make it easy to slice sandwiches and other soft foods like fruit and cheese.

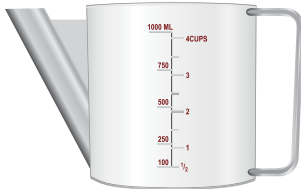


Chef's knives are one of the most frequently used knives. Used for chopping, slicing, and dicing food.

Nice-to-Have Tools



Electric food mixers are an electronic mixing tool used in place of a whisk. They have multiple speed settings and make mixing ingredients fast and easy. There are two kinds of electric mixers – stand mixers and hand mixers.



Fat separators have a sharply angled spout set at the base. Fat floats to the top of the separator so you can pour off the fat-free pan juices and leave the fat behind.



Hinged **garlic presses** are a tool that squeeze garlic bulbs into smaller pieces. This can also be achieved by mincing with a knife.



Also called vegetable-slicers, **mandolines** are a sharp-blade countertop tool that slice, cut, and julienne firm fruits and vegetables.



Pastry blenders are a classic baking tool that easily cut butter and vegetable shortening into dry ingredients for biscuits, scones, and pie crusts, ensuring a flaky result.



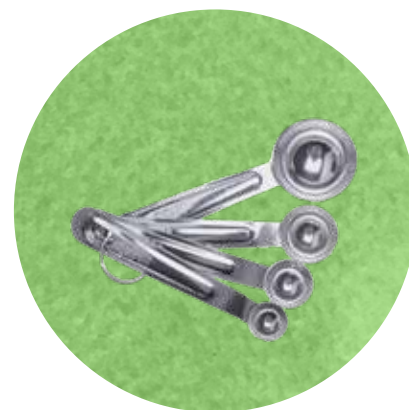
Rasp graters can be used for grating citrus zest, whole nutmeg, chocolate, and hard cheeses.

Measuring Ingredients



In order for your meals to turn out just right, it is important to carefully measure your ingredients. Measuring your ingredients will ensure that you get consistent results every time you cook or bake. Different ingredients have different methods of ensuring the correct amount. By teaching your participants how to measure ingredients, you are also helping them to develop their numeracy skills. Discussed below are different measurement techniques for ingredients.

- **Butter:** The wrapper butter comes in is pre-marked for tablespoons, 1/4 cup, 1/3 cup, and 1/2 cup increments. There is no need to use special tools to measure butter – simply follow the wrapper guide.
- **Dry Ingredients:** Use nesting measuring cups in 1/4, 1/3, 1/2, and 1 cup sizes to measure out dry ingredients. Always level off your measuring cups using the straight edge of a knife. 1 1/2 reads as one and a half.
- **Liquids:** Use glass measuring cups with a spout to measure liquids. Bend down to check the liquid amount at eye level to ensure it is correct.
- **Solid Fats and Brown Sugar:** Use standard nesting measuring cups (the same as you would use for dry ingredients). Firmly pack the ingredient into the cup and level it off with the straight edge of a knife.
- **Spices, Herbs, Citrus Zest, and Extracts:** Use standard nesting measuring spoons that come in sets of 1/4, 1/2, and 1 teaspoon and 1 tablespoon. Fill the spoon with the desired ingredient and then level it off with the straight edge of a knife.
- **Yogurt and Sour Cream:** Use standard nesting measuring cups. Spoon the ingredients into the measuring cups and level it off with a rubber spatula.





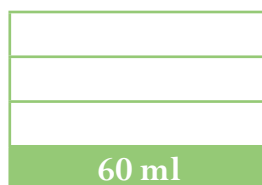
Measuring cups are used to measure the volume of liquids or bulk solid cooking ingredients such as flour and sugar. Remember to use the proper measuring cup for your ingredients. Use a measuring glass for liquids and a nesting measuring cup for solids.

Measuring Conversions



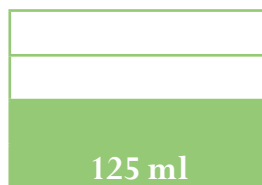
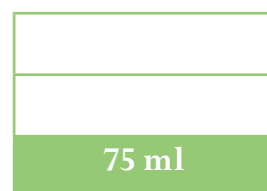
1 cup
3/4 cup
1/2 cup
1/4 cup

This section uses a rectangle to represent a glass measuring cup and shows conversions between cups and millilitres. A fully shaded rectangle equals a full cup (250 ml), a half shaded rectangle equals half a cup (125 ml), and so on.



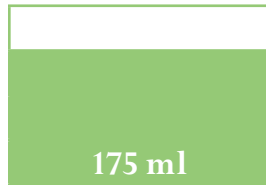
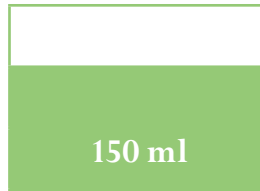
$1/4$ cup = 60 ml. To measure out $1/4$ in a liquid measuring cup, you would fill it a quarter.

$1/3$ cup = 75 ml. To measure out $1/3$ in a liquid measuring cup, you would fill it one third.



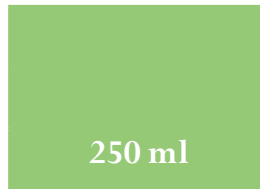
$1/2$ cup = 125 ml. To measure out $1/2$ in a liquid measuring cup, you would fill it halfway.

2/3 cup = 150 ml. To measure out 2/3 in a liquid measuring cup, you would fill it two thirds.



3/4 cup = 175 ml. To measure out 3/4 in a liquid measuring cup, you would fill it three quarters.

1 cup = 250 ml. To measure out 1 cup in a liquid measuring cup, you would fill it completely.



Teaspoon (tsp), Tablespoons (tbsp), and Millilitres (ml)

Small Measurement Conversions
1/8 tsp = 0.5 ml (or a pinch)
1/4 tsp = 1 ml
1/2 tsp = 2.5 ml
1 tsp = 5 ml
2 tsp = 10 ml
1 tbsp = 15 ml

Metric Measurement

The units of measure in the metric system are the metre (m), litre (l), and gram (g).

Measures	Metric
Volume	Litre (l)
Mass/Weight	Gram (g)
Length	Metre (m)



Volume Measure (Litres)		Mass/Weight (Gram)	
10 millilitres (ml) =	1 centiliter (cl)	10 milligrams (mg) =	1 centigram (cg)
10 centiliters =	1 deciliter (dl)	10 centigrams =	1 decigram (dg)
10 deciliters =	1 liter (l)	10 decigrams =	1 gram (g)
10 liters =	1 dekaliter (dl)	10 grams =	1 dekagram (dag)
10 dekaliters =	1 hectoliter (hl)	10 dekagrams =	1 hectogram (hg)
10 hectoliters =	1 kiloliter (kl)	10 hectograms =	1 kilogram (kg)

Kitchen Preparation Terminology



When reading recipes, you will run into kitchen terms that describe processes for preparing food. These terms indicate how to prepare food properly. For example, “slicing” means cutting an item into long straight pieces, whereas “dicing” means cutting an item into small cubes. The below chart indicates some of the more common cooking terms. Helping your participants become familiar with cooking terms will help them to expand their cooking vocabulary and increase their confidence in the kitchen.

Teaching your participants new kitchen terms will increase their confidence in the kitchen. As your participants expand their vocabulary, they will become more comfortable navigating recipes.



Kitchen Preparation Terminology



Quartered:

Quartering a food means cutting it into 4 pieces.



Sliced:

Slicing a food means cutting it into long, narrow pieces.



Diced:

Dicing a food means cutting it into cubes.



Minced (finely chopped):

Mincing a food means cutting it into very fine pieces.



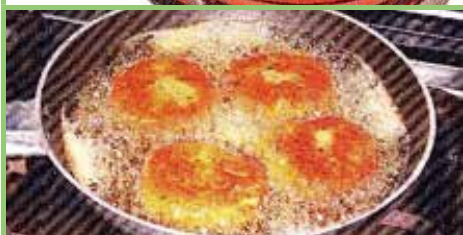
Simmer:

Simmering involves heating a liquid on the stovetop until you see bubbles and steam. To simmer, use a medium heat setting.



Boil:

Boiling involves heating a liquid on the stovetop until you see lots of bubbles and steam. To boil, use a high-maximum heat setting.



Fry:

Frying food involves cooking the food in oil, butter, or margarine.



Sautee:

Sauteeing is similar to frying, except less oil/butter/margarine is used.



Bake:

Baking a food means cooking it in an oven. Baking normally refers to dessert-type foods like cakes, cookies, and muffins.



Spread:

Spreading a food means stretching it in a fine layer over a surface. You can use a spoon, knife, or spatula to spread.



Grate:

Grating a food means shredding it to small pieces.



Stir (mix):

Stirring means blending food ingredients together using a spoon, spatula, or another tool.



Baste:

Basting means scraping the juices or sauce up from the pan and spreading them over the food while it is still cooking.



Roast:

Roasting means to cook in an oven. You usually roast meats and vegetables. Cooking pastry, such as bread or cookies, is called baking.

Chapter 5 Snapshot

1

A well-stocked kitchen has many tools and utensils. This chapter outlined some of the more common items that may be useful in your kitchen. Use the worksheets in this chapter as a resource for your participants so they become more familiar with common kitchen items.



2

Making sure to use the proper measurements is essential to following recipes. This chapter included common measurement metrics and conversion charts that will help your participants when working with different recipes.

3

This chapter outlined some common kitchen terms to help participants better understand recipe instructions. With this knowledge, participants will know what it means to slice or dice the onions during sessions or when cooking at home.



6

MAKING HEALTHY CHOICES



Overview

In this section, we will be taking a look at what goes into making healthy choices. This includes developing an awareness of what is in your food by reading nutrition labels and understanding serving sizes. It is all too easy to go overboard when incorporating rich ingredients in your cooking. Sticking to the proper serving size indicated on the nutrition label will help reduce the total number of calories in your recipes.

Teaching your participants about healthy choices and how to choose ingredients that are better for them will help them make informed choices at the grocery store and in the kitchen.

Making healthy choices can include swapping unhealthy ingredients with healthy alternatives. For example, when having a “Mexican Fiesta” themed session, you may wish to inform your participants about substitutions such as using beans in tacos instead of ground beef to reduce unhealthy fats.



Reading Labels



Labels on packaged foods give you nutritional information.

Nutritional information on food labels:

- Helps you make informed food choices.
- Helps you follow Canada's Food Guide.
- Is required on most packaged foods.
- Is based on health Canada's regulations.



There are two important pieces of information on a food label:

Nutrition Facts	Ingredients
<ul style="list-style-type: none">• Provide information on serving size, based on Canada's Food Guide.• Provides information on calories and nutrients based on 1 serving. The information is in both grams and percentage (%) of daily requirements.	<ul style="list-style-type: none">• Gives you a list of all the ingredients in the package• Gives you a list of ingredients in the order of quantity or amount in the product. The ingredient that used the most is first, and lowest amount is last.

1. Serving Size

The information in this example is for 125 mL (or 87 g) of a food.

Note: If you eat more or less than 125 mL, you have to add or subtract from the numbers on the label.

2. Saturated and Trans Fat

These fats (Saturated and Trans) are bad fats. Aim for 0 grams.

3. Protein

In this example, there is 3 grams of protein in every serving (125 mL).

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g	2		1%
Saturated 0 g			0%
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg	5		0%
Carbohydrate 18 g			6%
Fibre 2 g	6		8%
Sugars 2 g			
Protein 3g	3		
Vitamin A	2%	Vitamin C	10%
Calcium	0%	Iron	2%

4. % Daily Value

This % value is how much of each item listed on the label you should eat in a day. In this example, a 125 mL serving gives you 1% of the fat you need each day and 6% of your carbohydrates.

5. Sodium

Sodium means salt.

6. Fibre

In this example, this food gives you 8% of the fibre you should have in a day.

Reading Nutrition Labels in Practice

Here is an example of a nutrition label on a box of the popular pantry staple, kraft dinner.

INGREDIENTS: PASTA (FROM WHEAT), CHEESE SAUCE (MODIFIED MILK INGREDIENTS, CHEESE (CHEDDAR CHEESE, MONTEREY JACK CHEESE, BLUE CHEESE), SKIM MILK POWDER, SALT, MODIFIED CORN STARCH, BUTTER, SODIUM PHOSPHATES, NATURAL FLAVOURS, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID, COLOUR (CONTAINS TARTRAZINE), LACTIC ACID), (M096E)
CONTAINS: WHEAT, MILK.

INGRÉDIENTS: PÂTES (DE BLÉ), SAUCE AU FROMAGE [SUBSTANCES LAITIÈRES MODIFIÉES, FROMAGE (CHEDDAR, MONTEREY JACK, FROMAGE BLEU), LAIT ÉCRÉMÉ EN POUDRE, SEL, AMIDON DE MAÏS MODIFIÉ, BEURRE, PHOSPHATES DE SODIUM, ARÔMES NATURELS, GEL CELLULOSIQUE, GOMME DE CELLULOSE, ACIDE CITRIQUE, COLORANT (CONTIENT DE LA TARTRAZINE), ACIDE LACTIQUE].
CONTIENT: BLÉ, LAIT.

1

2

3

4

Nutrition Facts / Valeur nutritive

Per 1/4 box (50 g) / pour 1/4 de boîte (50 g)
About 2/3 cup prepared / environ 2/3 tasse préparée

Amount Teneur	Dry Mix Poudre	Prepared† Préparée†
Calories / Calories	180	210
% Daily Value / % valeur quotidienne		
Fat / Lipides 1.5 g*	2 %	7 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	5 %
Cholesterol / Cholestérol 5 mg	2 %	2 %
Sodium / Sodium 360 mg	15 %	17 %
Carbohydrate / Glucides 35 g	12 %	12 %
Fibre / Fibres 2 g	8 %	8 %
Sugars / Sucres 5 g		
Protein / Protéines 6 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	6 %	8 %
Iron / Fer	10 %	10 %
Thiamine / Thiamine	35 %	40 %
Riboflavin / Riboflavine	25 %	25 %
Niacin / Niacine	20 %	20 %
Folate / Folate	50 %	50 %

* Amount in dry mix / Quantité dans la préparation sèche
† Prepared using 1 Tbsp. non-hydrogenated margarine and 1/3 cup skim milk. / Préparée avec 1 c. à soupe de margarine non hydrogénée et 1/3 tasse de lait écrémé.

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DON MILLS, ONTARIO M3C 3J5

1. Ingredients

The ingredient that is used the most is pasta (wheat). This means the pasta is made from wheat.

The second largest ingredient is cheese sauce, which is made from milk (modified milk ingredients).

Artificial colour makes up the smallest ingredient.

2. Nutrition Facts

A serving size is 2/3 cup of prepared Kraft dinner and the information is based on this size.

This nutrition facts table provides information for dry mix and prepared. "Prepared" refers to cooking the kraft dinner with milk and margarine.

3. Calories

The calories number indicates how many calories are in one serving. Each individual will have different caloric needs depending on age, height, and gender. For example, An average woman needs to eat about 2000 calories per day to maintain her weight, and 1500 calories to lose one pound of weight per week.

4. Percentage (%) Daily Value

This measurement shows daily nutrient values on a scale of 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving.

Quick Tip: Choose items containing lower amounts of fat, cholesterol, sodium, and sugar.

Nutrition Facts		
Serving 1 cup (55 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	200	250
% Daily Value		
Fat 1g†	2 %	4 %
Saturated 0.2g + Trans 0g	1 %	5 %
Cholesterol 0 mg	0 %	2 %
Sodium 95 mg	4 %	7 %
Potassium 480 mg	14 %	19 %
Carbohydrate 37 g	12 %	14 %
Fibre 5 g	20 %	20 %
Sugars 9 g		
Protein 13 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	6 %	20 %
Iron	15 %	15 %
Riboflavin	6 %	15 %
Niacin	10 %	15 %
Vitamin B₆	8 %	10 %
Folate	30 %	35 %
Pantothenate	6 %	15 %
Phosphorus	20 %	30 %
Magnesium	30 %	35 %
Zinc	15 %	20 %
† Amount in cereal.		
INGREDIENTS:		
SOY GRITS, SEVEN WHOLE GRAINS AND SESAME CEREAL (HARD RED WHEAT, LONG GRAIN BROWN RICE, WHOLE GRAIN OATS, TRITICALE, BARLEY, RYE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE SYRUP, CORN MEAL, CORN FLOUR, SOY PROTEIN, WHEAT BRAN, OAT HULL FIBRE, CORN BRAN, HONEY, EVAPORATED CANE JUICE, NATURAL FLAVOUR, CALCIUM CARBONATE, SALT, ANNATTO COLOUR.		
CONTAINS SOY, WHEAT, OAT, TRITICALE, BARLEY, RYE AND SESAME INGREDIENTS.		
Imported for Kashi Company, La Jolla, CA 92037		

This example looks at the nutrition for a serving of Kashi breakfast cereal.

In this example, a serving is 1 cup. This examples shows nutrition information for both dry cereal and cereal with 1/2 cup of 1% milk.

A serving of this cereal contains 200 calories without milk and 250 calories with milk.

A serving of this cereal contains 1% of your daily serving of fat without milk and 5% with milk. It has 0.2 grams of trans fat.

This cereal does not contain cholesterol, however, adding milk increases cholesterol content to 2% of your daily value.

A serving of this cereal contains 95 mg, or 4% of your daily sodium value. With milk, this increases to 7%.

A serving of this cereal contains 37 grams of carbohydrates, or 12% of your daily value. With milk, this increases to 14%.

This cereal is a good source of fibre; one serving of cereal offers 5 grams, or 20% of your daily value.

This cereal is a good source of protein, offering 13 grams in one serving.

Additionally, there is a large number of vitamins and minerals in this cereal, which makes it a healthy choice.

Following Canada's Food Guide



Canada's new food guide was released in January 2019 and contains some good tips to help you and your participants whip up healthy meals in the kitchen. These tips will help you to create healthy meals in your kitchen:

- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose plant-based proteins before animal-based proteins. For example, you might choose to make a vegetarian chili with extra beans and skip the meat altogether.
- Limit highly processed foods. Processed foods include foods that have undergone a significant degree of processing before hitting the shelves and include a large number of fillers and additives. Choose raw, whole foods when possible. For example, instead of using cheese whiz, you might substitute a simple block of cheddar.
- Make water your drink of choice. Beverages like juice and pop contain large amounts of sugar that add up quickly. Don't like the taste of water? Add some sliced fruit for a different taste.
- Use food labels to determine if a food is healthy or not. Make sure to preferentially choose foods that are low in fat, cholesterol, sodium, and sugar.



What's on Your Plate?



The new Canada food guide emphasizes the importance of getting plenty of vegetables and fruits, whole grain foods, and protein foods. These food types are described in greater detail in the table below.

Vegetables and Fruits

- Vegetables and fruits are high in fibre, vitamins, and minerals.
- Fresh, frozen, and canned vegetables can all be healthy options.
- Examples of vegetables and fruits are broccoli, spinach, apples, and pears.



Whole Grain Foods

- Whole grain foods contain unrefined whole grains and include items like quinoa, whole grain pasta, whole grain bread, whole oats, and whole grain brown rice.
- Foods labelled “whole wheat” and “multi-grain” might not be whole grain. Make sure you see “whole grain” in the nutritional information.



Protein Foods

- The new Canada Food Guide encourages getting protein from plant-based sources over meat options.
- Protein foods include:
 - Beans, peas, and lentils
 - Nuts and seeds
 - Fish and shellfish
 - Lean meats
 - Milk and dairy products
- Make meatless meals in your Collective Kitchen whenever possible. Some main course protein substitutions include:
 - Using beans in burritos.
 - Using tofu in a stir fry.
 - Using chickpeas and beans in tacos.
 - Using lentils in soups, stews, and casseroles.



Food Worksheets



Healthy eating requires an awareness of one's food options. The following pages contain worksheets defining different foods ranging from proteins, fruits and vegetables, whole grains, oils and fats, and herbs and spices. As a facilitator, you can use these worksheets with your participants in order to develop an understanding of food types. These worksheets can also be used to start discussions around cooking. For example, some of your participants might have tips for using certain foods in unique cultural dishes that can be shared with the group.



Proteins



Proteins are used as the building blocks of the body that help to rebuild muscle.



Animal proteins are meat, milk, cheese, yogurt, fish, shellfish, and eggs.



Vegetable proteins are whole grains and legumes, such as beans, peas, lentils, soy, and nuts.



Beef is meat that comes from cows. There are lots of different ‘cuts’ of beef, such as steak, ribs, ground beef, and roast beef.




Poultry includes turkey, duck, and chicken. Turkeys and ducks are often eaten on the holidays. Chicken is sold as breast, leg, thighs, and wings.



Pork is a meat from pigs. Pork can be sold as ribs, chops, ground meat, ham, and bacon.



Lamb comes from a young sheep while **mutton** comes from an older sheep. Lamb comes in ribs, chops, legs, and roasts.

	<p><u>Goat</u> meat is used in a variety of dishes and especially curries.</p>
	<p><u>Fish</u> swim in water and can be white or red. Fish is sold fresh, smoked, or canned. Fish is a healthy animal protein because it is high in protein and low in fat.</p>
	<p><u>Shellfish</u> include lobster, shrimp, crab, clam, oyster, and mussel. Most shellfish are from the seas/oceans and can be bought fresh or frozen.</p>
	<p><u>Milk products</u> are a source of protein and fat. Our bodies need a small amount of fat to store as energy. Milk products also transport vitamins in the body and provide fatty acids and calcium.</p>
	<p><u>Milk</u> comes from cows, goats, and sheep. The most common milk in Canada is cow's milk.</p>
	<p><u>Milk alternatives</u> are popular among people who are allergic to milk. Some milk alternatives are soy milk, almond milk, rice milk, oat milk, and coconut milk.</p>
	<p><u>Cheese</u> can be soft or hard. It is made from the milk of cows, sheep, and goats.</p>



Yogurt is made from milk that has had bacteria added. It is very good for your digestive system.



Legumes are beans, lentils, peas, and peanuts. Legumes and whole grains are alternative proteins.



Soy is a bean that is made into tofu and soy milk. It is high in protein and commonly used as a meat substitute.



Nuts are a fruit with a hard shell and a seed. We eat the seed. Some nuts are cashew, pecan, almond, pistachio, walnut, and hazelnut.

Whole Grains



Whole grains have not been processed; they remain in the same form as they grow in the field. Whole grains have a husk and contain more fiber, protein, and carbohydrates than any other grain.



Whole grain bread is made with whole grains. Whole grain bread contains more nutrients than white bread.



Cereal grains are some of the most common foods in the world. Barley, wheat, oats, rye, and rice and cereal grains.



Whole grain rice is made using whole rains. Not all rice is whole grain, so it is important to look for this information on the ingredients list when selecting whole grain rice at the store.



Quinoa is a seed that is high in carbohydrates and fiber. It is considered a healthy rice alternative.



Whole grain pasta is a noodle made from eggs, flour, and whole grains. When selecting pasta, make sure to look for whole grain ingredients.

Vegetables



Asparagus is a green vegetable. You can steam or boil asparagus until just tender.



Beets are purple or red root vegetables. The leaves can be eaten like kale or spinach. People like to use beets in soups and salads, and as a side vegetable.



Bell peppers get sweeter as they ripen. They start green, and ripen to yellow, orange, and then red. The red pepper is the sweetest pepper.



Hot peppers are spicy. There are many kinds of hot peppers, including jalapeño, habanero, and cayenne.



Broccoli is a green vegetable that is high in calcium.








Cabbage is a leafy vegetable. There are different types of cabbage, including green cabbage and red cabbage. Brussels sprouts are considered small cabbages.









Carrots are root vegetables that can be cooked or eaten raw. They are often used in stews and soups or served as a side dish. Small carrots are called baby carrots.

	<p><u>Celery</u> comes in three forms: celery stalk, celery seeds, and celery root. The seeds and roots are used for flavoring dishes, while the stalk can be eaten raw.</p>
	<p><u>Cucumber</u> is a fresh, crisp vegetable that is usually eaten raw or in a salad. Different types include English, Kirby, and garden cucumbers.</p>
	<p><u>Eggplant</u> is usually purple. There are different varieties such as Italian, Chinese, white, and Indian eggplant.</p>
	<p><u>Green beans</u> can be served as a side vegetable, in soups, in stews, and in salads. Beans can also be red, purple or yellow.</p>
	<p>The <u>mushroom</u> is a fungus that is used in all sorts of dishes. Chanterelle, white, oyster, portobello, shiitake, and cremini are some different kinds of mushrooms.</p>
	<p><u>Lettuce</u> is a green leafy vegetable. It is most often eaten raw in salads. Types of lettuce include iceberg lettuce (tight, round head of leaves), butterhead lettuce (dark green leaves), leaf lettuce (loose, light green leaves), and romaine lettuce, which grows in a stiff, upright clump.</p>
	<p><u>Onions</u> are a root crop used to flavor many dishes. They come in all shapes and sizes including white onions, brown onions, yellow onions, and red onions. Shallots are a type of onion that are sweet and small.</p>

	<p>Green onions are served in salads and scattered on soups and other dishes for flavour.</p>
	<p>Peas are a sweet green vegetable. You can eat the seeds and the pods.</p>
	<p>There are many types of squash. The largest is the pumpkin, which is orange and round. There is also zucchini, which is green and yellow. Butternut squash is bell-shaped and high in vitamins. Spaghetti squash contains spaghetti-like strands.</p>
	<p>Radish is a spicy root vegetable. It can be eaten fresh or pickled. There are many kinds of radish, such as cherry belle, French breakfast, and black Spanish.</p>
	<p>The tomato is a popular red vegetable that can be eaten fresh, baked, stewed, or as a sauce. Ketchup is made from tomatoes. Types of tomatoes include the large globe tomato, the small cherry tomato, and the Roma tomato, which is often used in pasta sauces.</p>

Fruits

	<p>Apples are a crisp, delicious fruit that grow on the trees in Canada. There are many varieties of apple, including Red Delicious, McIntosh, Gala, Pink Lady, Granny Smith, and Golden Delicious.</p>
	<p>Pears are a green or yellow fruit and are often shaped like a lightbulb.</p>
	<p>The orange is a juicy fruit and is commonly eaten fresh or as a juice. There are many different types of oranges, including Navel, Valencia and Blood Oranges.</p>
	<p>Citrus fruits include grapefruits, oranges, lemons, limes and tangerines.</p> <p>Lemons are small, yellow, and sour. Lemons are used for their juice and to flavour many foods.</p> <p>Limes are small, green, and not sour. Lime flavor is used in food and baking.</p>
	<p>Peaches are very juicy orange fruits that make great pies, cakes, and desserts.</p> <p>Nectarines are from the same family as peaches, but they do not have fuzzy hair on the outside.</p>
	<p>Apricots are the smaller cousin to the peach. Apricots are used for baking deserts and are often sold as dried fruit.</p>

	<p><u>Cherries</u> are a small fruit, which are red, purple, or a mix of yellow and red. Some of the cherries grown in Canada are Rainier (yellow and red), Bing (large and black) and Van (black). Cherries are often used in baking, or sold as dried fruit.</p>
	<p><u>Plums</u> are a small purple fruit. Plums are commonly used for baking and desserts. They are sold fresh or dried as prunes.</p>
	<p><u>Grapes</u> are red, green, or purple berries that grow on a vine. Grapes can be eaten fresh or dried to make raisins. Some types of grapes are used to make wine.</p>
	<p><u>Blueberries</u> and <u>Saskatoon berries</u> grow on bushes. They can be eaten fresh or frozen, in jam, or dried. Saskatoons can be picked in the countryside and are commonly found growing wild in the prairies.</p>
	<p><u>Strawberries</u> are red berries that grow on small mounds on the ground. You can grow strawberries in your yard in Alberta. Strawberries can be eaten fresh, frozen, or in jam.</p>
	<p><u>Raspberries</u> and <u>blackberries</u> grow on bushes. Raspberries are red and blackberries are black. Raspberries can be grown in your yard in Alberta.</p>
	<p><u>Dates</u> and <u>figs</u> are grown in warmer climates. You can eat them fresh or dried.</p>



Melons come in many varieties and colours. Melons are eaten fresh or made into juice. Watermelon is the largest melon. Some other types of melon are honey dew and cantaloupe.



Pineapple is a popular tropical fruit. Pineapple is eaten fresh, canned, dried, and as a juice.



Bananas are a common tropical fruit can be eaten fresh or dried. The outside peel is yellow and the inside is white and creamy. Bananas are commonly added to smoothies to add richness and sweetness.

Herbs, Spices, and Seasonings



Herbs and spices come from the roots, leaves, seeds, and stems of a plant.

Spices are often thought to be ‘hotter’ in flavour (think chili and ginger), while herbs are green and leafy (think basil and sage).

Herbs and spices are used to make food tasty. Many herbs can be grown outside in the summer and indoors in the winter.

Some of the most common herbs and spices are garlic, onion, cinnamon, ginger, and chili peppers.



Basil is a herb and it goes well with tomatoes. It is often used in Italian food.



Bouillon cubes are used to make a gravy or sauce tasty. They can be beef or chicken flavoured.



Chili flakes are made from dried red peppers. They give a hot flavour to foods.



Cilantro is the green leaf of a plant. Coriander is the seed of the cilantro plant. They do not taste the same and serve different purposes in cooking.

	<p><u>Cinnamon</u> is available as sticks or as a powder.</p>
	<p><u>Cumin</u> is a spice. It is frequently used in Asian cooking.</p>
	<p><u>Curry powder</u> is a mix of 5 or more spices.</p>
	<p><u>Dill</u> is a herb with a tangy taste. It is commonly used in soup and with pickles.</p>
	<p><u>Garlic</u> grows in small clusters called cloves. Garlic is a popular flavouring agent in many different dishes.</p>
	<p><u>Ginger</u> is the root of a plant. Ginger has a sweet and spicy flavour and is frequently used in Asian cooking.</p>
	<p><u>Lemon grass</u> is a green herb that tastes a bit like lemons.</p>

	<p><u>Mint</u> is a herb with a cool taste. You can grow mint outside in Alberta.</p>
	<p><u>Nutmeg</u> is a spice that is used in baking and drinks.</p>
	<p><u>Oregano</u> is a herb pairs nicely with beef. Try it in spaghetti sauce.</p>
	<p><u>Paprika</u> is made from dried peppers. It has a mild taste.</p>
	<p><u>Parsley</u> is a herb that is good in soup and can be used as a breath freshener.</p>
	<p><u>Pepper</u> is one of the most common spices. A bit of ground pepper is put in most meals.</p>
	<p><u>Rosemary</u> is a small bush that grows in moderate climates. Rosemary is often used to flavour meats and stews.</p>



Sage is a herb commonly used with meat and chicken.



Thyme is a herb that tastes good with eggs, beans, and vegetables. It can also be used to flavour meats and stews.






Vanilla has a strong flavour and is used to flavour sweet foods and drinks. You can use the vanilla bean, vanilla essence, or vanilla extract. Vanilla essence has a vanilla taste but is not made from vanilla, while vanilla extract is made from vanilla.

Foods to Limit – Oils and Fats

To make sure your meals are as healthy as they can be, try reducing the amount of oils and fats used in your cooking. While some fat is okay, too much of it can cause a number of health problems, such as heart disease. To reduce your fat intake from meat products, always buy lean animal products and drain the fat while cooking. Looking to cut back on oil in salads? Increase your vinegar to oil ratio and use more vinegar than oil. Be on the lookout for ways to reduce fat wherever possible.

There are good fats and bad fats. Bad fats, such as trans fats from processed foods, should be avoided. Good fats, such as vegetable fat, should be consumed in moderation.

Oils and Fats	
	<p>Fats can be split into two groups: animal fat and vegetable fat. Our body uses fat to store energy. Fat also gives us some vitamins, calcium, and fatty acids. Fats are often used to fry food.</p>
	<p>Animal fat comes from meat. Animal fat is produced when meats are cooked. For example, bacon grease is pig fat that accumulates in the pan as bacon is fried. Other animal fats are butter (made from milk) and lard (made from meat).</p>
	<p>There are two main types of vegetable fat: oil and margarine. The oil can be made from many plants, including canola, olives, sunflowers, and peanuts.</p> <p>Margarine is made mainly from vegetable oil and water. It is used instead of butter.</p>

Foods to Limit – Sugar

In addition to limiting fat, cholesterol, and sodium, it is important to moderate your intake of unhealthy carbohydrates. There are both healthy and unhealthy carbohydrates present in foods. Healthy carbohydrates release slowly into the body and provide long-lasting energy while unhealthy carbohydrates release quickly into the body and provide energy spikes. Consuming large amounts of sugar, especially refined sugar, should be avoided. It is important to recognize what sugar looks like and to minimize your consumption of it. See the sugar shocker activity in the appendices for more information about the impacts of sugar.

Sugars	
	<u>White sugar</u> is derived from sugar beet and sugar cane. It is added to most processed foods and is also a common table condiment in most homes. It is the most refined sugar.
	<u>Brown sugar</u> is partially refined and is usually yellow or brown.
	<u>Icing sugar</u> is a finely ground white sugar commonly used in desserts.
	<u>Molasses</u> is a thick syrup is made from sugar beets or sugar cane and is used in cookies, cake, and toffee.
	<u>Maple syrup</u> is made from the sap of sugar maple. Once opened, it needs to be stored in the fridge.
	<u>Corn syrup</u> is made from the starch in corn and is frequently used to sweeten processed foods.

You can reduce the amount of fat, sugar, and sodium in your cooking by carefully selecting your ingredients and following certain steps to minimize unhealthy by-products during cooking.

Cooking with Less Fat

- Choose lean cuts of meat and trim fat where possible.
- Use low-fat cooking methods such as:
 - Baking
 - Steaming
 - Microwaving
 - Barbecuing
 - Broiling
 - Poaching
 - Grilling
 - Roasting on a grill
 - Stir frying with broth instead of oil
 - Slow cooking in a crock pot
- Drain fat leftover from cooking.
- Chill gravy, stews, or soups until the fat hardens in a layer on top. Discard the hardened fat.
- Reduce the amount of meat in recipes and replace these with plant-based proteins wherever possible.
- Reduce the amount of oil in marinades.
- Use 1/3 to 1/2 less cheese in recipes. Cheeses with strong flavours (like Parmesan) are good choices because they impart strong flavours to your dish, even in small amounts.



- Replace sour cream with low fat yogurt.
- Make broth-based soups instead of cream-based soups when possible.
- Flavour foods with spices, herbs, lemon, vinegar, wine, or sherry instead of using fatty sauces or butter.

Baking with Less Fat

- Use pureed fruit, pureed lentils, or yogurt instead of fat in recipes. Start by replacing half the fat. For example, instead of 1/2 cup margarine, use 1/4 cup fruit puree and 1/4 cup margarine.
- Reduce the amount of oil in a recipe. If a recipe calls for 1 cup of oil, use 2/3 or 3/4 cups instead.
- Instead of whole milk, use low fat buttermilk, plain yogurt, low fat evaporated milk, skim, 1% milk, low-fat soy milk, or low-fat sour cream.
- Don't use low calorie margarine in baking. The increased water content of these products will affect your baking.
- Set a timer on your baking – low-fat baked recipes can burn more easily.

Did you know: not all fats are bad for you. In fact some fats, such as the fat from avocados, is good for you. It is important to consume fat in moderation.



Use Healthier Fat

- Canola oil, olive oil, or non-hydrogenated margarine are healthier fat options, but make sure to use these in smaller amounts.

Baking with Less Sugar

- Cut back the amount of sugar or molasses in your recipe. If a recipe calls for 1 cup, use 2/3 or 3/4 cups instead.
- Enhance the flavour of low-fat baking with vanilla extract, almond extract, or spices.
- Reduce sugar by half in muffin, loaf, and cookie recipes.

Cooking with Less Salt

- Use fresh, frozen, or canned vegetables with no added salt.
- Reduce unnecessary salt in recipes.
- Flavour food with herbs and spices in place of salts.
- Use more fresh herbs than dry herbs to enhance flavour.

The below table outlines healthier food choices you can make. Refer to the foods in the “eat this” column for smarter choices.

Eat This	Not That
<ul style="list-style-type: none"> • Half your plate should be vegetables and fruits. Choose vegetables and fruits with no added sugar/salt. • Choose whole grains like barley, oats, and whole grain products. • Eat plant protein like beans, peas, lentils, tofu, and soy. • Choose lean animal proteins like fish. • Eat healthy fats, including coconut oil. 	<ul style="list-style-type: none"> • Limit foods higher in saturated fat such as red meat, bacon, sausage, and other processed meats. • Reduce foods with trans fats. • Avoid adding salt to cooking. • Limit foods with higher sodium. • Limit sugary drinks like pop and juice. • Don't add sugar to your coffee or tea.



Chapter 6 Snapshot

1

Healthy eating starts with a good understanding of nutrition. Make sure your participants know how to read a nutrition label so they can choose healthier options. Helping participants choose foods lower in cholesterol, sodium, fat, and sugar will help them to eat well.

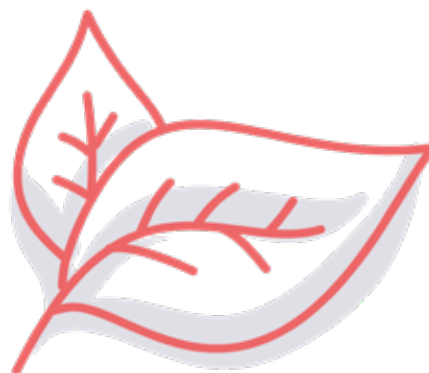


2

According to Canada's Food Guide, it is essential to eat balanced proportions of proteins, whole grains, and fruits and vegetables. Help your participants select meals that include an abundance of healthy ingredients.

3

This section included a large number of worksheets. Use these resources to guide session discussions surrounding healthy food choices.



7

RECIPES












About The Recipes

The recipes collected in the pages that follow represent a collection of recipes used by ECALA Collective Kitchen facilitators. These recipes are the “greatest hits” of ECALA’s Collective Kitchens—tried and true recipes that please a range of discerning palates.

ECALA does not claim ownership over these resources that have been collected from the internet, existing cookbooks, and other resources.

The recipes have been divided into four subsections: 1) side dishes, 2) soups and salads, 3) main dishes, and 4) desserts. Additionally, the recipes are formatted with icons that indicate specific dietary requirements, such as vegetarianism. An icon legend is included below.

Icon Guide			
	<i>Side dishes</i>		<i>Vegetarian</i>
	<i>Soups and salads</i>		<i>Contains lactose</i>
	<i>Main dishes</i>		<i>Contains gluten</i>
	<i>Desserts</i>		<i>Contains nuts</i>
	<i>Quick and easy meal</i>		<i>Contains fish or seafood</i>



SIDE DISHES



Bacon, Onion, Pea Rice

Ingredients

- 1 package of bacon
- 1 red onion diced
- 1 cup frozen peas
- 3 cloves of garlic
- 1 cup rice

Directions

1. Fry 1 package of bacon on the stovetop over medium heat using a skillet. Cook on both sides until bacon is cooked—approximately 2 minutes per side.
2. Remove bacon from skillet and set aside on a plate. Meanwhile, add 1 diced onion to the skillet and fry for about 5 minutes.
3. Add in peas and minced garlic cloves and fry until peas are cooked through.
4. Crumble bacon and add back into the skillet.
5. Add in cooked rice and mix well to combine ingredients.



Bannock–Fried

Ingredients

- 4 cups flour
- 3 tbsp baking powder
- 2 cups lukewarm water
- 1 tsp salt
- Raisins (optional)

Directions

1. Mix together flour, baking powder, and salt. Combine well using a whisk.
2. Add in flour and raisins.
3. On a lightly floured surface, roll out dough until it is about 1 inch thick. Cut into pieces.
4. Fry in oil on stovetop until golden on each side.



Bannock-Oven

Ingredients

- 4 cups flour
- 3 tbsp baking powder
- 2 cups lukewarm water
- 1 tsp salt
- 1/3 stick of lard

Directions

1. Preheat oven to 350 degrees.
2. Mix flour, baking powder, and salt together. Add lard and mix well.
3. Add water. On a lightly floured surface, knead out and roll flatten until about 1 inch thick.
4. Pierce dough with a fork and bake 15 minutes per side.



Cheddar Cheese Biscuits

Ingredients

- 6 cups all-purpose flour
- 3/4 cup soft margarine
- 2 cups milk
- 2 large eggs
- 4 tbsp baking powder
- 3 tbsp. sugar
- 1 tsp salt
- 2 cups cheddar cheese

Directions

1. Preheat oven to 325 degrees.
2. In a mixer, use the bread attachment to mix the flour, margarine, baking powder, sugar, and salt. Add in eggs one at a time and add milk by pouring in slowly. Add the shredded cheese to the mixture and mix well.
3. Place dough on the countertop and roll with a rolling pin.
4. Cut the rolled dough into biscuits using a glass. Place biscuits on a cookie sheet and bake for 20-25 minutes until golden brown.



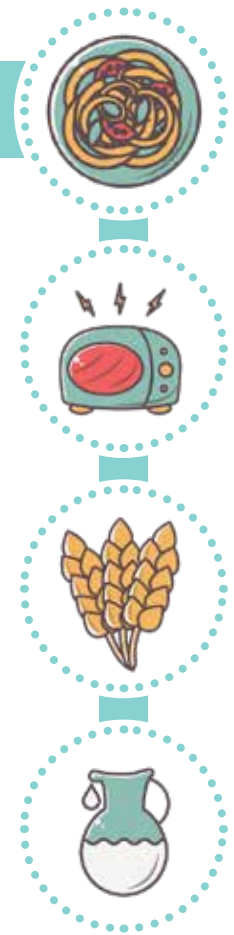
Chicken Broccoli Couscous

Ingredients

- 2 cups broccoli
- 2 cups couscous
- 1 cup water
- 2 cans cream celery
- 1 onion finely diced
- 3 chicken breasts
- Salt and pepper
- 4 garlic gloves minced
- 2 tbsp cooking oil
- 2 cups cheese

Directions

1. Preheat oven to 425 degrees.
2. Cube chicken and sautee in oil on a stovetop over medium heat until cooked through. Add in onion and garlic and cook for 5 minutes.
3. Wash and chop broccoli into small florets. In a separate pot, steam the broccoli until tender.
4. Mix water, couscous, and cream of celery in a large bowl. Add chicken, onions, and broccoli and gently mix until well combined.
5. Pour mixture into a greased 9"x13" pan and sprinkle shredded cheese on top. Bake for 20 minutes.



Cornbread Pancakes

Ingredients

- 1 cup cornmeal
- 1 cup flour
- 1/4 cup granulated sugar
- 4 tsp baking powder
- 1 tsp salt
- 1/4 cup sliced scallions
- 2 eggs
- 1 cup milk
- 1/4 cup vegetable oil

Directions

1. In a large mixing bowl, combine the dry ingredients. Toss in the scallions and cheese. Make a well in the centre of the bowl and set aside.
2. In a separate bowl, whisk together the milk, oil, and eggs. Pour the wet mixture into the bowl of dry ingredients. Stir until just combined. Be careful not to over mix.
3. Cook the pancakes on a hot, greased pan.
4. These pancakes go great with chili—enjoy them as a side or on their own.



Creamed Peas

Ingredients

- 10 oz peas
- 1 tbsp flour
- Salt and pepper
- 1 tsp sugar
- 2 tbsp butter
- 1/2 cup milk

Directions

1. Fill a medium pot with water and bring to boil over high heat. Add in peas and cook through.
2. In a separate pot, melt butter over medium-low heat and whisk in flour.
3. Add milk to butter and flour mixture and whisk well.
4. Add peas, salt, and pepper to mixture and stir to combine ingredients.
5. Heat through and serve.



Dill Mashed Potatoes

Ingredients

- 6 large potatoes
- 1/2 cup milk powder
- 1/2 cup water
- 1/4 cup margarine
- 1 tsp salt
- 1 tsp pepper
- 2 tsp chopped dill

Directions

1. Peel and cube 6 large potatoes and add to a large stockpot. Cover potatoes with water and boil on high heat for 15 minutes or until the potatoes can be pierced with a fork.
2. Measure 1/2 cup milk powder and mix with 1/2 cup water. Prepare this mixture in a microwave safe bowl.
3. Add 1/4 cup butter or margarine to milk mixture. Place bowl in microwave and microwave on high for 2 minutes.
4. Drain potatoes and mash.
5. Slowly add in milk mixture and mash potatoes until they are smooth.



Drop Biscuits with Garlic

Ingredients

- 6 cups flour
- 3 tbsp baking powder
- 1/2 tsp salt
- 3 tbsp sugar
- 1 1/2 cup butter
- 2 tbsp parsley, chopped
- 1 tbsp garlic powder
- 3 cups water

Directions

1. Preheat oven to 425 degrees.
2. Put all dry ingredients into a large bowl and combine well.
3. Grate butter into flour mixture and mix until the mixture is like sand.
4. Add water and mix until well combined.
5. Using a spoon, drop dollops of dough onto a cookie sheet.



Easy Microwave Pizza-Tatoes

Ingredients

- 1.5 lbs little potatoes
- 1/2 tsp Italian seasoning
- 1 tsp garlic salt
- 3 tbsp. salted butter
- 1/2 cup pizza sauce
- 1 cup mozzarella cheese, shredded

Directions

1. Dice little potatoes into one-inch pieces. Place potatoes in a shallow microwave safe bowl.
2. Slice butter and place on top of potatoes
3. Cover plate with a microwave-safe plastic wrap and poke a couple of holes through the top of the wrap.
4. Place bowl in the microwave and cook for 5 minutes.
5. Remove potatoes from the microwave and carefully remove the plastic wrap (careful—there will be hot steam!) and stir the potatoes well.
6. Make sure the potatoes are fork-tender. If not, put them back in the microwave for an additional 2-3 minutes.
7. Stir in pizza sauce with the cooked potatoes and mix until well combined. Top with shredded mozzarella cheese.
8. Microwave for an additional two to three minutes or until cheese is melted.



Flat Bread

Ingredients

- 2 cups hot water
- 2 cups flour
- 2 tsp yeast
- 2 tbsp oil
- 2 tsp. salt

Directions

1. Combine salt, hot water, oil, and yeast. Make sure to dissolve the yeast completely.
2. Add in flour and combine well.
3. Pour dough out onto floured countertop and knead.
4. Put dough into an oiled bowl and cover with a wrap or tea towel. Let rise for 30 minutes.
5. Divide dough into six pieces and roll out.
6. In a dry pan, fry dough for 3 minutes on each side.



Garlic Mashed Potatoes

Ingredients

- 5 lbs white potatoes
- 1/2 cup butter
- 1 bulb garlic
- 3/4 cup heavy cream
- 3/4 cup sour cream
- 1 tsp salt

Directions

1. Wash, peel, and cube potatoes. Add potatoes to a pot and cover with water. Boil on stovetop over high heat until fork tender. Drain potatoes and mash.
2. In a separate pot, combine butter and minced garlic. Simmer for 15 minutes.
3. Add cream and butter into potatoes and mix with a hand mixer. Mix potatoes until they are smooth.
4. Use a spatula to incorporate sour cream and salt.



Hambasha Bread

Ingredients

- 9 cups whole wheat flour
- 1/2 tbsp black seeds
- 1 tbsp baking powder
- 2 cups brown sugar
- 1 1/2 tbsp quick yeast
- 6 cups hot water

Directions

1. Add dry ingredients into a large bucket. Add 1.5 litres of hot water to the bucket and mix well.
2. Place lid on the bucket and let sit for 20 minutes.
3. Preheat the oven to 350 degrees.
4. Grease a bread pan with butter and pour dough mixture into pan.
5. Bake for 20-30 minutes.



Ham & Cheese Biscuits

Ingredients

- 1 cup ham chopped
- 1/2 tsp garlic powder
- 6 cups Bisquick mix
- 1/4 cup butter, melted
- 2 cups cheese, grated
- 1 cup milk

Directions

1. Preheat oven to 425 degrees.
2. Put Bisquick into large bowl. Add ham and cheese and mix well.
3. Add other ingredients to the bowl and mix until well combined. The mixture should be wet. If the mixture is too dry, add more milk.
4. Drop spoonfuls of dough onto a baking sheet. Bake for 16 minutes.



Homestyle Tomato Sauce

Ingredients

- 1 cup oil
- 6 cans tomato paste
- 6 (28 oz) cans crushed tomatoes
- 3 tbsp oil
- 9 lb ground beef
- 6 onions
- 2 tbsp paprika
- 4 tbsp Italian seasoning
- 2 tbsp black pepper
- 2 tbsp seasoning salt
- 2 sprigs of fresh rosemary

Directions

1. In a pot, heat up 1 cup of oil over medium heat.
2. Add the tomato paste and crushed tomatoes and cook for 15-20 minutes.
3. In a separate pan, heat the oil. Add in the onions and ground beef and cook until meat is well browned.
4. Add paprika, Italian seasoning, black pepper, seasoning salt, and fresh rosemary into the meat mixture.
5. Combine the meat mixture with the tomato sauce. Serve sauce over cooked spaghetti noodles.



Rice

Ingredients

- 2 carrots, shredded
- 3 green onions
- 3 cups rice
- 3 tbsp butter
- 1 tbsp salt
- 1 tbsp pepper

Directions

1. On a stovetop over medium heat, sautee the carrots and onions in butter in a pan. Cook onions until soft and translucent.
2. Once the carrots and onions have softened, add in the rice and water and boil until rice is cooked through and no water remains.



Roasted Rutabaga



Ingredients

- 3 lbs rutabaga cubed
- 2 tsp thyme
- 6 tbsp brown sugar
- 1 tsp salt
- 1 tsp pepper
- 4 tbsp olive oil

Directions

1. Preheat oven to 400 degrees.
2. Wash, peel, and cube rutabaga and place in a large bowl.
3. In another small bowl, combine all other ingredients and mix well. Pour mixture over rutabaga.
4. Pour rutabaga mixture on a baking pan lined with parchment paper and roast for 1 hour.

Samosas

Ingredients

- 2 cans drained corn
- 2 cans chickpeas
- 4 cups frozen peas
- 2 cups potato
- 2 tsp parsley
- 6 cloves garlic
- 1/4 tsp turmeric
- 1 tsp cumin
- 2 tsp curry powder
- 1/4 cup butter
- 10 cups flour
- 4 cups warm water
- 1 tsp salt
- 8 tbsp oil

Directions for Samosa Filling

1. Wash, peel, and dice potatoes. Boil potatoes until fork tender and drain. Meanwhile, sautee onions until cooked.
2. Rinse chickpeas and add to drained potatoes. Add in butter and mash.
3. Combine onions, peas, corn, parsley, minced garlic, turmeric, cumin, and curry in a large bowl. Mix in spices and other vegetables.
4. Combine veggie mixture with mashed potatoes and chickpeas.

Directions for Samosa Dough

1. Preheat oven to 350 degrees.
2. Knead flour and oil together until mixture feels like sand.
3. Combine warm water and salt. Pour salt water mixture over flour and knead with hands. Knead well then rest dough in a covered bowl for 20 minutes. Roll out dough and cut into small circles.
4. Fill dough with samosa mixture.
5. Bake samosas for 10 minutes, flip halfway, and bake for another 10 minutes.



Tuna Pasta

Ingredients

- 4 cans tuna
- 1 cup peas
- 2 cans mushroom soup
- 1 onion
- 6 cups pasta
- 1 tsp pepper
- 2 tbsp oil
- 1 cup milk

Directions

1. Boil pasta on stovetop over medium-high heat. Drain and rinse pasta and place in a bowl. Set aside.
2. Sauté onion in oil and add in tuna and peas.
3. Add salt, pepper, mushroom soup, milk, and mix well. Bring to a simmer.
4. Add pasta and serve.





SOUPS AND SALADS



Barb's Gumbo



Ingredients

- 1/3 cup flour
- 1/4 cup canola oil
- 1/3 cup celery
- 1/3 cup bell pepper
- 1/2 cup yellow onion
- 3 cloves garlic
- 1 (16 oz) can chopped tomatoes
- 3 cups chicken broth
- 1/2 tsp thyme
- 1/2 tsp basil
- 2 bay leaves
- 2 tbsp Worcestershire sauce
- 1/2 - 1 tsp hot sauce
- 1/2 tsp. salt
- 1/2 cup canned corn
- 1/4 - 1/2 tsp cumin
- 1/2 tsp black pepper
- 2 cups okra
- 1 lb shrimp

Directions

1. Add oil to skillet and heat over medium heat. Add in flour to make a roux. The roux is ready when it's colour matches that of a penny. This may take fifteen minutes. Stir constantly and watch mixture so it doesn't burn.
2. Chop onion, celery, and bell peppers and add to the skillet. Stir in garlic and black pepper.
3. Cook over medium heat for about 3 minutes or until vegetables are tender.
4. Gradually stir in chicken broth, tomatoes, salt, Worcestershire sauce, pepper sauce, corn, okra, Basil, thyme, cumin, and bay leaf.
5. Bring to a boil and reduce heat. Cover and simmer for 20-30 minutes.
6. Add shrimp during last 5 minutes.
7. Serve over rice.

Beef Barley Soup



Ingredients

- 2 lbs diced beef
- 2 cups carrots
- 2 cups celery
- 2 cans diced tomatoes
- 3 tsp garlic powder
- 2 onions
- 6 potatoes
- 3 litres beef broth
- 8 1/2 cups water
- 2 cups barley
- 4 tbsp oil

Directions

1. Fry beef in half of oil (2 tbsp). Remove beef from pot when cooked through.
2. Add remaining oil to pot, along with vegetables. Do not add the canned tomatoes at this point. Sautee vegetables for 10 minutes.
3. Add spices and sautee for 5 minutes.
4. Add beef and beef broth. Bring to a boil and add barley.
5. Simmer on medium low heat until barley is soft.

Broccoli Cheese Soup

Ingredients

- 6 tbsp butter unsalted
- 1 onion, chopped
- 6 tbsp flour
- 2 cups half and half cream
- 6 cups chicken broth
- 1 tsp salt
- 1 tsp white pepper
- 1/4 tsp nutmeg
- 1 head broccoli
- 1 cup Velveeta processed cheese
- 3 cups cheddar cheese, shredded
- 2 tbsp parsley

Directions

1. Melt butter in a large Dutch Oven over medium heat. Add the chopped onion and cook until softened and lightly brown.
2. Sprinkle flour over onion and gently whisk with the butter and onion. Cook for 2 minutes to remove the raw, starchy flavour.
3. Slowly whisk in half and half. Once completely mixed in, pour in chicken broth and continue to whisk to remove lumps. Scrape away browned bits from the bottom of the pan if there are any.
4. Season with salt, pepper, and nutmeg. Bring mixture to a boil and then add broccoli pieces. Cook until broccoli is tender (about 10 minutes).
5. Add Velveeta and 2 cups of cheddar cheese, stirring constantly until the cheeses have completely melted. Taste for seasoning and adjust accordingly.
6. Top with remaining cheddar cheese and garnish with parsley.



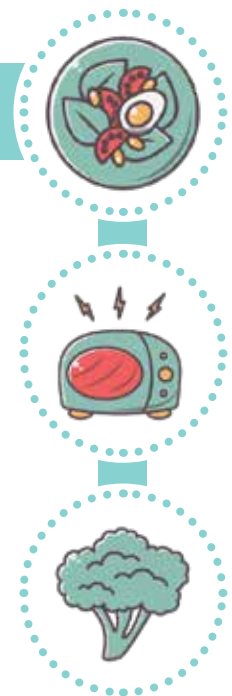
Broccoli Salad

Ingredients

- 8 cups broccoli
- 1/3 cup red onion
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/2 cup bacon bits
- 3 tbsp cider vinegar
- 2 tbsp sugar
- 1 cup mayonnaise
- Salt and pepper to taste

Directions

1. In a medium mixing bowl, whisk together cider vinegar, sugar, mayonnaise, salt, and pepper.
2. In a separate large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits to make a salad dressing. Pour dressing over vegetables and mix until well combined.
3. Refrigerate 1 hour before serving.



Chicken Noodle Soup



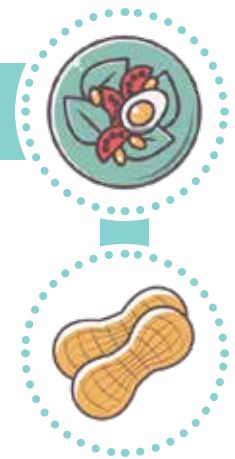
Ingredients

- 2 chicken breast
- 1 package noodles
- 2 cups carrots
- 1 cup celery
- 1 onion, diced
- 4 litres chicken stock
- 3 tsp basil
- 3 cloves garlic
- 2 tbsp parsley
- 1 tsp thyme
- 1 tsp pepper
- 4 tbsp oil

Directions

1. Dice chicken into bite-sized cubes. In a large pot over medium heat, fry chicken in oil. Remove chicken from pan when cooked and set aside.
2. Add diced vegetables and sautee for 10 minutes.
3. Add all the seasoning and spices, stir, and sautee for 5 minutes.
4. Add the chicken back to the pot and add chicken stock. Bring to a boil.
5. Add noodles. The soup is ready to serve when noodles are cooked.

Chicken Salad



Ingredients

- 2 cups poppyseed dressing
- 2 cups celery, diced
- 1 cup green onions, diced
- 1 cup sliced almonds
- 4 chicken breasts, diced and cooked
- 1/2 tsp salt
- 1 cup dried cranberries
- Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Season chicken breast with salt and pepper and bake in oven for 30 minutes.
3. Dice celery and onions, and add to a large bowl.
4. Add almonds, cranberries, salt, and dressing. Mix well.
5. Lastly, add in cooked diced chicken mix. Mix to combine ingredients.

Chicken Tortellini Soup



Ingredients

- 4 litres of chicken broth
- 2 cups carrots
- 2 tbsp butter
- 2 lbs chicken, diced
- 8 garlic cloves
- 1 tsp pepper
- 2 cups celery
- 2 cups onion
- 1/3 cup fresh parsley
- 3 bay leaves
- 1 tsp thyme
- 4 cups tortellini

Directions

1. Cook diced chicken in the bottom of a large pot. Make sure chicken is cooked through. Remove cooked chicken and set aside.
2. Add butter, carrots, celery, onions. Cook for 10 minutes. Stir well.
3. Add garlic, pepper, salt, thyme, bay leaves. Cook for 5 minutes.
4. Add chicken back into the pot and simmer for 10 minutes.
5. Add tortellini and parsley. Cook for 5 minutes.

Chopped Vegetable Salad

Ingredients

- 1 tsp salt
- 1/4 tsp sugar
- 8 plum tomatoes
- 1 yellow pepper
- 2 English cucumbers
- 6 tbsp oil
- 2 tsp pepper
- 2 cans corn
- 2 lbs green beans, halved
- 1 small red pepper
- 1 cup cilantro
- 6 tbsp rice vinegar

Directions

1. Dice all vegetables into small, bite-sized pieces.
2. Combine salt, pepper, vinegar, cilantro, oil, and sugar in a bowl and mix until well combined to make a dressing.
3. Pour dressing over the vegetables. Toss salad to evenly coat with dressing.



Chickpea Summer Salad



Ingredients

- 3 cans rinsed chickpeas
- 3 cans rinsed black beans
- 4 cups cherry tomatoes, halved
- 3 cucumbers, diced
- 3 cans corn, drained
- 1 yellow onion, minced
- 5 crushed garlic cloves
- 1/4 cup lime juice
- 3/4 cup olive oil
- 3 tbsp cilantro
- 1 tsp pepper
- 1/2 tsp salt

Directions

1. In a large bowl, whisk together crushed garlic, lime juice, olive oil, cilantro, pepper, and salt.
2. In the same bowl, add the chickpeas, beans, and vegetables.
3. Toss together and serve cold.

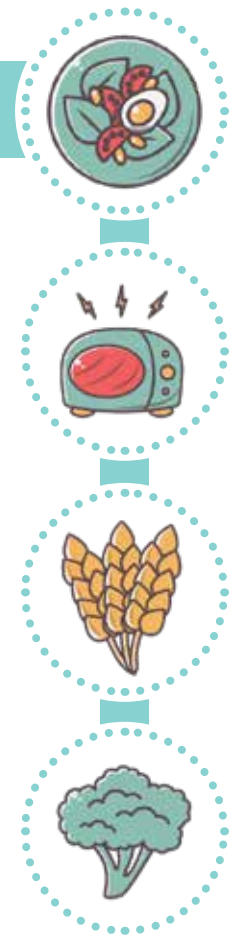
Coleslaw Pasta Salad

Ingredients

- 4 cups pasta
- 2 bags coleslaw mix
- 2 red onions, diced
- 4 celery stalks, diced
- 2 cucumbers, diced
- 2 bell peppers, diced
- 2 cans chicken, diced
- 3 cups mayonnaise
- 2/3 cup sugar
- 1/2 cup apple cider vinegar
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Cook pasta according to the package directions. Drain and rinse well with cold water. Set aside.
2. In a small bowl, combine mayonnaise, sugar, apple cider vinegar, salt, and pepper to make the salad dressing.
3. In a separate large bowl, combine cooked pasta with vegetables.
4. Pour dressing over salad and mix well. Serve cold.



Corn Chowder



Ingredients

- 4 tbsp mayonnaise
- 2 onions, chopped
- 6 potatoes, diced
- 8 cups chicken stock
- 6 cups milk
- 4 cans cream corn
- Salt and pepper to taste.



Directions

1. Turn on stove to medium heat and melt margarine in a large pot. Add onions and sautee for 5-7 minutes or until translucent.
2. Add diced potatoes and chicken stock. Bring to simmer for 20 minutes.
3. Add milk and corn. Stir well and simmer for 5 minutes.
4. Add salt and pepper to taste.



Crockpot Chicken Soup



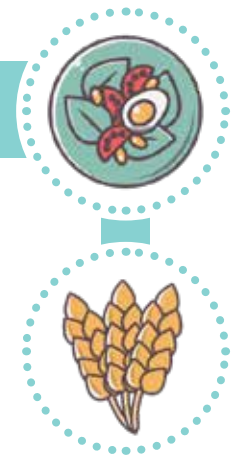
Ingredients

- 1 cup carrots, diced
- 1 onion, diced
- 1/2 tsp rosemary
- 1 litre of chicken stock
- 1 tsp pepper
- 2 sticks celery, diced
- 1/2 tsp ginger
- 2 skinless/boneless chicken thighs
- 2 cups cooked noodles

Directions

1. Add chicken to a pot. Cover chicken with chicken stock and bring to a boil on stovetop. Cook chicken for 20 minutes and then remove from pot. Let the chicken cool and then dice it into small pieces
2. Transfer chicken and stock to a Crockpot. Add rosemary and ginger.
3. Wash and dice all vegetables and add to the Crockpot.
4. Cook on high for 2-3 hours.
5. Add cooked noodles just before serving so they are heated through.

Crockpot Chicken Stew



Ingredients

- 1 lb of chicken, cubed
- 3 carrots
- 3 stalks celery
- 1 cup mushrooms
- 1 onion, diced
- 3 potatoes
- 1 tbsp Italian seasoning
- 1 cup chicken broth
- 1 cup tomato sauce
- 1/2 tsp pepper

Directions

1. Fry chicken in a pan on a stovetop. Once chicken is browned, remove from the pan and transfer to a Crockpot.
2. Dice all vegetables to a desired thickness and size.
3. Mix all ingredients in Crockpot until well combined.
4. Cook on high for 4 hours or on low for 6 hours.

Dill Pickle Soup



Ingredients

- 1 package bacon, diced
- 3 carrots, diced
- 2 tbsp dill
- 2 onions
- 6 potatoes, diced
- 2 litres chicken broth
- 1 cup pickle juice
- 2 cups pickles, diced
- 3 tbsp Worcestershire sauce
- 2 tbsp flour
- 1 tsp pepper
- 2 cups sour cream

Directions

1. In a large stockpot, fry bacon until crispy. Add onions and fry for 5 minutes.
2. Add flour and stir well.
3. Slowly add in chicken broth and bring to a simmer.
4. Add carrots, potatoes, and dill pickle juice. Bring to a simmer for 20 minutes.
5. Add pepper, Worcestershire sauce, sour cream, and pickles. Stir well.
6. Simmer 5 minutes and serve.

Green Salad (Small)



Ingredients

- 3 cucumbers, chopped
- 16 tomatoes, chopped
- 2 bags lettuce
- 1 bunch parsley, chopped
- 4 tbsp vinegar
- 1 tbsp salt
- 1 tbsp pepper
- 8 tbsp oil
- 4 tbsp mustard

Directions

1. Wash vegetables and chop to desired size.
2. In a large bowl, mix vegetables together.
3. In a separate bowl, mix together parsley, vinegar, salt, pepper, oil, and mustard to make salad dressing.
4. Pour dressing over salad and toss to evenly coat.
5. Serve cold.

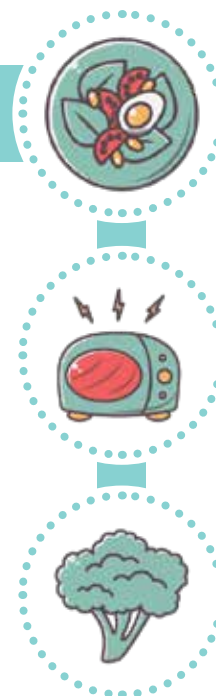
Green Salad (Large)

Ingredients

- 8 cucumbers
- 2 green peppers
- 15 tomatoes
- 2 heads of lettuce
- 2 red onions
- 5 fresh lemons
- 1 radish (long white)
- 1 bunch cilantro, chopped
- Lemon juice
- 1 1/2 tsp salt

Directions

1. Wash vegetables and chop to a desired size. Wash lettuce and dry leaves using a salad spinner. Tear leaves into bite-sized pieces.
2. In a large bowl, mix together the vegetables.
3. In a smaller separate bowl, mix together the lemon juice and salt to make salad dressing.
4. Pour dressing over salad and toss well to evenly coat.
5. Serve cold.



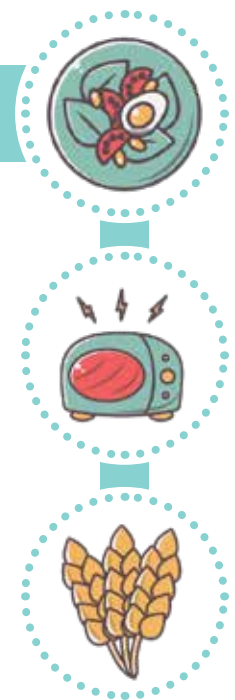
Hamburger Soup

Ingredients

- 1 bag mixed vegetables
- 1 large onion, diced
- 6 potatoes
- 1 can diced tomatoes
- 1 tsp pepper
- 4 litres of beef broth
- 1 tsp garlic
- 2 lbs ground beef

Directions

1. Wash and chop all vegetables and set aside.
2. In a large stockpot on the stovetop, cook ground beef with 2 tbsp. oil. Fry on both sides and cool until meat is brown throughout.
3. Add in vegetables and garlic. Mix well and sautee for 10 minutes.
4. Add in beef broth and bring to a simmer for 30 minutes.



Italian Basil Soup



Ingredients

- 2 cans tomato sauce
- 2 tsp basil
- 2 tsp of garlic
- 2 tsp of Italian seasoning
- 2 litres of chicken stock
- 1 package of cheese tortellini
- 2 tsp oil
- 1 onion, diced

Directions

1. Uncase sausages and crumble into a large stockpot. Add oil and sautee over medium heat until sausages are cooked throughout.
2. Add onion, garlic, basil, and Italian seasoning. Cook for 5 minutes, stirring frequently to avoid burning.
3. Add tomato sauce and chicken stock. Bring to a boil.
4. Add tortellini and boil for 5 minutes.

Lemon Orzo Garlic Soup



Ingredients

- 4 tsp olive oil
- 4 carrots, peel and grated
- 1 cup orzo
- 1 tsp salt
- 2 tsp basil
- 2 onions, minced
- 12 cups chicken broth
- 2 lemons, zested and juiced
- 1/2 tsp pepper
- 4 garlic cloves, minced

Directions

1. In a large stockpot over medium heat, sautee onions, garlic, and carrots. Add in lemon juice, lemon zest, basil, salt, and pepper. Cook for 5 minutes.
2. Cover vegetables with chicken stock. Bring stock to a boil and then add in orzo pasta.
3. Stir occasionally. Cook until the pasta is cooked through.

Lemony Lentil Soup



Ingredients

- 3 tbsp oil
- 6 carrots, diced
- 10 garlic cloves, minced
- 4 litres chicken broth
- 3 cans lentils
- 2 cans corn
- 3 tbsp cumin
- 3 lemons, zested and juiced
- 1/2 tsp salt
- 1 tsp pepper

Directions

1. Wash, peel and chop carrots. Dice onions, and mince garlic.
2. Heat oil in large pot. Add onions and carrots. Sautee for 5 minutes, stirring occasionally. Add garlic and sautee for 2 minutes.
3. Wash lentils thoroughly and pick through to remove rocks and debris.
4. Stir in chicken stock, corn, cumin, lemon juice and zest, and lentils until well combined. Cook 15 minutes.
5. Use a blender and puree 1/2 of the soup mixture, working in batches.
6. Add blended soup back into stockpot and stir.

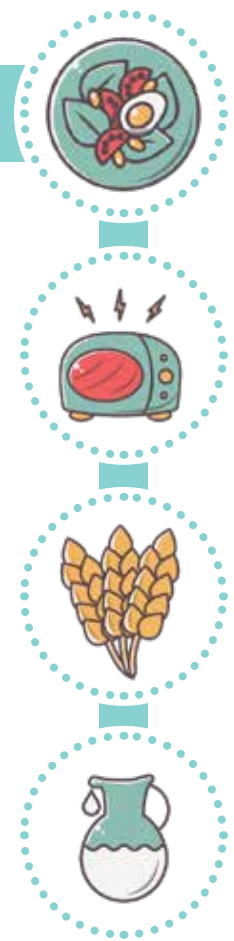
Macaroni Salad

Ingredients

- 2 cucumbers, diced
- 1 bunch green onions, sliced
- 3 cups ranch dressing
- 3 cups mozzarella, shredded
- 2 tbsp dill
- 1 green pepper, diced
- 1 red pepper, diced
- 4 roma tomatoes, diced
- 1 large package macaroni
- 3 cups cubed ham

Directions

1. Cook macaroni pasta following directions on the package. Drain and rinse with cold water when done. Set aside.
2. Wash and dice vegetables. Combine vegetables in a large bowl.
3. Add dill and ranch dressing. Mix well.
4. Cut cheese and cooked ham into cubes. Add cheese and ham to the vegetables and mix.
5. Stir in cooled pasta. Serve cold.



Mexican Corn Salad

Ingredients

- 2 packages frozen corn, thawed
- 1 cup red onion, diced
- 2 cups cucumbers, chopped
- 1/3 cup chopped cilantro
- 1/4 cup mayo
- 2 tbsp lime juice
- 2 tbsp diced chilies
- 1 tsp of chili powder
- 1 tsp of salt
- 4 oz Parmesan cheese, grated

Directions

1. In a frying pan with some oil, sautee corn until thawed.
2. Cool corn and add all other ingredients except for the cheese. Stir well.
3. Top salad with cheese mix and serve.



Neck Bone Soup



Ingredients

- 12 pieces of neck bones
- 1/2 bag barley
- 1 tsp salt
- 1 tsp pepper
- 4 carrots
- 6 potatoes
- 1 onion
- 1 bay leaf
- 4 cups chicken broth
- 8 cups water

Directions

1. Fill a large stockpot with 8 cups of water.
2. Add in chicken, neck bones, salt and pepper, and bring to a boil
3. Turn down to medium heat and add barley. Continue to cook for about 15 minutes.
4. Add in remaining ingredients. Cook for 50 minutes and serve.

Pesto Pasta Salad

Ingredients

- 20 oz cherry tomatoes, halved
- 2 cups pesto
- 2 bags fusilli noodles
- 1 tsp salt
- 1/2 tsp pepper
- 2 cups broccoli, quartered

Directions

1. Cook pasta according to package instructions. Drain pasta and rinse with cold water. Set pasta aside.
2. Mix together all ingredients in a large bowl.
3. Serve cold. Lasts 1 week in a sealed container.



Potato Salad

Ingredients

- 6 stalks celery, sliced
- 10 green onions, sliced
- 5 lbs potatoes, diced
- 12 eggs
- 4.5 cups mayonnaise
- 4 tbsp mustard
- 6 tbsp sweet pickle relish
- 3 tsp paprika
- 2 tsp pepper
- 1 1/2 tsp salt
- 6 tbsp vinegar

Directions

1. Boil potatoes with skin on until soft. Drain and rinse with cold water. Remove from pot and dice into bite-sized pieces.
2. Boil eggs for 8 minutes. After eggs have finished cooking, drain and submerge in cold ice bath. Peel eggs when they are cool and dice into bite-sized pieces.
3. To make dressing, mix vinegar, salt, pepper, sweet pickle relish, mustard and mayonnaise. Whisk until well combined.
4. In a large bowl, combine celery, onions, potatoes, and eggs. Pour dressing over the salad and mix well.
5. Sprinkle with paprika to serve.



Ranch Pasta Salad

Ingredients

- 3 cucumbers, diced
- 1 large package cherry tomatoes
- 3 cups ranch dressing
- 2 boxes of pasta
- 2 cups mozzarella cheese, shredded
- 2 red peppers, chopped
- 1 yellow pepper, chopped
- 1 green onion, sliced

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Dice cucumbers and peppers, slice tomatoes in half, and slice green onions.
3. Combine ingredients in a large bowl and serve cold.



Sauerkraut Soup



Ingredients

- 8 tbsp butter
- 2 onions, diced
- 1/2 cup flour
- 3 cups chicken broth
- 2 cups sauerkraut
- 1 tsp parsley, chopped
- 1 tsp pepper



Directions

1. In a saucepan, melt butter over medium heat. Add diced onions and sautee for 5 minutes.
2. Add in flour and stir until onions are coated.
3. Slowly add in chicken broth and water, mixing well.
4. Reduce heat and add sausage, sauerkraut, potatoes, parsley, and pepper.
5. Simmer until done.

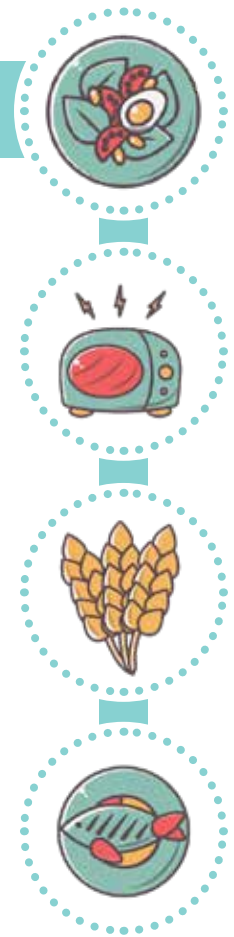
Shrimp Pasta Salad

Ingredients

- 2 lbs shrimp, precooked
- 4 cups celery, chopped
- 4 tbsp fresh dill, chopped
- 2 bell peppers, chopped
- 1/4 cup green onions
- 2 cups frozen peas
- 2 tbsp lemon juice
- 2 cups mayonnaise
- 2 packages noodles
- 1/2 tsp pepper
- 1 tsp salt
- 2 tbsp vinegar

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Wash and finely chop green onion, celery, and bell peppers. Put vegetables in a large serving bowl and add in peas.
3. To make dressing, combine lemon juice, mayonnaise, dill, pepper, salt, and vinegar.
4. Pour dressing over salad and mix well. Serve cold.



Southwest Salad



Ingredients

- 3 orange peppers, diced
- 3 cans black beans
- 3 cans corn
- 3 tsp garlic, minced
- 6 roma tomatoes
- 2 bunches green onion
- 1/4 cup lemon juice
- 4 cups couscous
- 1 1/2 tsp cayenne
- 3 tsp salt
- 1 cup olive oil
- 4 cups chicken broth

Directions

1. In a medium pot, combine couscous, salt, and chicken broth. Cook over medium heat until couscous is cooked and broth is completely absorbed.
2. Wash and dice all vegetables. Put vegetables in a large serving bowl.
3. Add cooked couscous to vegetable bowl.
4. To make dressing, combine olive oil, garlic, lemon juice, and cayenne pepper. Whisk well.
5. Pour dressing over salad and mix well. Serve cold.

Spaghetti Salad

Ingredients

- 680 grams spaghetti
- 1 bottle of Italian dressing
- 1 cucumber, diced
- 1 container cherry tomatoes, halved
- 2 sweet peppers, diced
- 1 can sliced black olives
- 400 grams crumbled feta cheese

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Combine all ingredients in a bowl and mix well.
3. Serve chilled.



Summer Orzo Salad



Ingredients

- 4 cups cherry tomatoes, halved
- 3 English cucumbers, diced
- 4 cups edamame beans, cooked
- 1 large red onion, diced
- 1 package of orzo pasta
- 2 cups feta cheese, crumbled
- 2 cans of corn, drained
- 3 cups olive oil
- 1 cup lime juice
- 6 tsp honey
- 3 tbsp parsley
- 1 tsp pepper

Directions

1. Cook orzo according to package instructions. Drain and rinse when done.
2. To cook edamame beans, put edamame pods in a pot, cover with water, and bring to a boil. Cook for 5 minutes or until beans easily release from their pods.
3. In the bottom of a large serving bowl, prepare dressing by whisking together olive oil, lime juice, honey, parsley, and pepper.
4. In the same bowl, add orzo, vegetables, and feta cheese. Toss ingredients to coat with dressing.
5. Serve cold.



Summer Stew



Ingredients

- 2 cups onions, diced
- 8 cloves garlic, minced
- 6 tbsp butter
- 6 potatoes, peeled and diced
- 6 carrots, peeled and diced
- 4 zucchini, diced
- 8 1/2 cups chicken broth
- 1 can diced tomatoes
- 3 cans corn (drained)
- 2 tsp sage
- 2 tsp pepper
- 1 tsp salt
- 2 cups milk
- 2 lbs diced chicken
- 2 cups mozzarella cheese
- 8 tbsp corn starch

Directions

1. In a large stockpot, combine half of the butter with the diced chicken. Fry until cooked through. Remove chicken from the pan and set aside.
2. Add the remaining butter to the stockpot and combine with onions, carrots, and garlic. Sauté vegetables for 5 minutes.
3. Add potatoes and tomatoes to the pot. Mix well and cook for 5 minutes.
4. Add salt, pepper, sage, cooked chicken, and chicken broth. Simmer stew for 30 minutes then add in corn.
5. In a separate bowl, make a mixture of milk and cornstarch. Mix well. Slowly pour the mixture into the pot, stirring constantly. Stir for about 10 minutes to thicken the stew.
6. Add zucchini and simmer for 5 minutes. Top bowls with cheese.

Tomato Salad



Ingredients

- 16 tomatoes, chopped
- 12 heads of lettuce, chopped
- 2 onions, chopped
- 4 tbsp vinegar
- 4 tbsp lemon juice
- 1/2 cup olive oil
- 2 tbsp salt
- 1 tbsp black pepper
- 2 tbsp fresh parsley, chopped
- 4 tbsp balsamic vinegar

Directions

1. Wash and chop produce. Combine in a large bowl.
2. Prepare dressing in a separate bowl by whisking together vinegar, lemon juice, olive oil, salt, pepper, parsley, and balsamic vinegar.
3. Pour dressing over salad and mix well.

Tabouli Salad



Ingredients

- 2 cups orange bell peppers, diced
- 2 cups cherry tomatoes, halved
- 2 cups cucumbers, diced
- 3 cups quinoa
- 1/4 cup mint, chopped
- 2 cups red pepper, diced
- 4 tbsp lemon juice
- 1 cup parsley, chopped

Directions

1. In a pot, combine quinoa and water. Bring to a boil and then reduce to a simmer. Cover pot until quinoa is cooked; quinoa is cooked when it looks “fluffy” and all the water is absorbed.
2. Wash and chop produce and combine with quinoa in a large serving bowl.
3. Pour lemon juice over salad and mix well. Serve cold.

Tomato Vegetable Soup



Ingredients

- 1 can diced tomatoes
- 1 can tomato sauce
- 1 litre vegetable stock
- 2 cups onion, diced
- 3 cups carrots, diced
- 2 cups celery, diced
- 2 cups corn
- 3 cups shell pasta
- 6 garlic cloves, minced
- 2 tsp basil
- 2 tsp oregano
- 1 tsp pepper
- 1/2 tsp salt
- 1 tsp thyme
- 4 tbsp oil or shortening
- 6 cups water

Directions

1. In a large stockpot, combine onions and celery with oil. Sauté for 10 minutes. Add in carrots and sauté for an additional 5 minutes, stirring frequently to avoid burning.
2. Add in corn and sauté for 5 minutes, stirring frequently.
3. Add in basil, pepper, oregano, thyme, and garlic. Sauté for 5 minutes.
4. Add in tomatoes, tomato sauce, vegetable stock, and water. Bring to a boil for 15 minutes.
5. Add in pasta and boil for an additional 10 minutes.



MAIN DISHES



30 Minute Veggie Chili



Ingredients

- 3 cans black beans
- 6 carrots, peeled and diced
- 6 celery stalks, diced
- 6 garlic cloves, minced
- 3 onions, diced
- 4 peppers, diced
- 3 sweet potatoes, diced
- 3 cans tomatoes
- 3 cups tomato sauce
- 3 tbsp. chili powder
- Salt and pepper to taste
- 6 tbsp olive oil
- 3 tsp ground cumin
- 5 cups water

Directions

1. Wash and chop produce. In a large stockpot, combine carrots, celery, peppers, oil, and sweet potatoes. Sautee for 10 minutes.
2. Add in garlic, chili powder, salt, pepper, and cumin. Sautee for 10 minutes.
3. Add in beans, tomatoes, tomato sauce, and water and simmer on low heat for 30 minutes.

Mac & Cheese

Ingredients

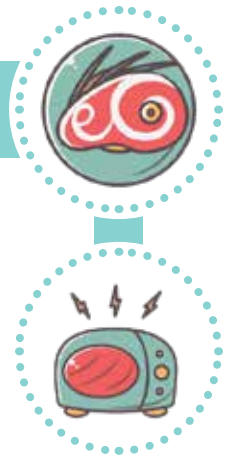
- 2 cans evaporated milk
- 6 cups cooked macaroni
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/8 tsp cayenne pepper
- 2 cups cheese, grated
- 2 cups broccoli, chopped
- 1 cup ham, cubed

Directions

1. Cook pasta according to package instructions. Drain pasta, return to pot, and set aside.
2. Add in ham, evaporated milk, salt, pepper, and cayenne. Mix well.
3. Add cheese and stir until melted.
4. In a separate pot, boil broccoli until tender. Drain and add broccoli to macaroni. Stir until well combined.



5 Ingredient Chili



Ingredients

- 4 lbs ground meat
- 4 cans beans in tomato sauce
- 6 cans tomatoes with chilies
- 4 white onions, diced
- 6 tbsp chili powder

Directions

1. In a large stockpot over medium heat, brown ground meat with a bit of oil. Turn meat over to brown on both sides and make sure it cooks through.
2. Add in onions and fry for 10 minutes.
3. Add in chili powder, beans, and tomatoes. Mix well to combine ingredients.
4. Simmer on medium for 30 minutes and serve.

Bacon Wrapped Chicken



Ingredients

- 1 package cream cheese
- 2 tsp garlic
- 1 tsp pepper
- 2 tsp parsley
- 1 lb chicken breast
- 1 package bacon

Directions

1. Preheat oven to 425 degrees.
2. Mix cream cheese with garlic, pepper, and parsley. Set aside.
3. With a chef's knife, slice into each chicken breast sideways to create a "pocket" to insert cheese mixture.
4. Stuff each chicken breast with 1 tablespoon cream cheese mixture.
5. Wrap each chicken breast with 2 pieces of bacon.
6. Bake in oven for 25 minutes covered. Check with an instant thermometer to ensure chicken is 165 degrees.

Baked Lemon Pepper Chicken



Ingredients

- 1 whole chicken
- 2 tbsp olive oil
- 3 lemons, juiced and zested
- 2 cloves of garlic, minced
- 2 tbsp lemon pepper spice
- Dash of salt
- Dash of black pepper
- 1 tbsp paprika

Directions

1. Wash and dry chicken and place in a bowl.
2. Whisk together olive oil, lemon juice, garlic, and lemon pepper spice.
3. Marinate the chicken in the mixture and leave overnight.
4. Cook chicken at 350 degrees for 1 hour and 45 minutes.
5. Check with an instant thermometer to ensure chicken is 165 degrees.

Baked Penne Rigate

Ingredients

- 1 package penne
- 2 tsp oil
- 4 eggs
- 2 jars tomato pasta sauce
- 2 cups ricotta
- 2 tsp Italian seasoning
- 1 package ground meat

Directions

1. Preheat oven to 425 degrees.
2. Cook pasta in oil until just done. Rinse with cold water.
3. Mix together eggs, ricotta cheese, Italian seasoning, and pasta sauce.
4. Cook ground meat until browned. Mix ground beef with pasta sauce.
5. Pour mixture into large baking dish and bake for 30 minutes.



Baked Spaghetti



Ingredients

- 2 packages spaghetti
- 3 jars pasta sauce
- 1 large block mozzarella cheese
- 1 bag of meatballs
- 1 onion, diced
- 1 green pepper, diced
- 1/2 tsp pepper
- 2 tbsp Italian seasoning
- 2 tsp garlic
- 1 cup celery, diced
- 4 tbsp oil
- 1 cup ketchup

Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package instructions. Drain and divide pasta into 2 large baking dishes.
3. Wash and dice vegetables. In a pan, sautee vegetables with oil for 10 minutes.
4. Add seasoning mix to pan and sautee for 5 minutes, stirring frequently.
5. Put half of meatballs in each baking dish.
6. Add pasta sauce and ketchup to the pan with the vegetables and mix to combine ingredients. Pour mixture over of each baking dish.
7. Top with cheese and bake for 45 minutes.

B.B.Q Chicken



Ingredients

- 3 tbsp lemon pepper
- 8 pieces of chicken
- 7 cloves of garlic, sliced
- 2 tbsp ginger
- 1 tsp salt
- BBQ sauce

Directions

1. Preheat oven to 350 degrees.
2. Wash the chicken in vinegar and pat dry.
3. Combine spices together and mix with the chicken. Make sure the chicken is well coated.
4. Bake the chicken for 40-60 minutes, until the internal temperature reaches 165 degrees.
5. *Optional: Once the chicken is cooked, pour the liquid from the chicken into a separate container and use it to cook rice as a side dish.
6. Pour BBQ sauce over each piece of chicken.
7. Put chicken back in oven for 10 minutes.

Beef & Broccoli



Ingredients

- 1 tbsp onions, minced
- 1 tsp garlic, minced
- 1 tsp ginger
- 1/2 tsp chili flakes
- 1/3 cup brown sugar
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/2 cup beef broth
- 1/4 cup soy sauce
- 2 tbsp cornstarch
- 2 lbs flank steak, thinly sliced
- 3 cups broccoli florets
- 1/4 tsp salt and pepper
- 2 tsp oil

Directions

1. To make sauce, combine onions, garlic, ginger, chili flakes, brown sugar, pepper and salt. Heat in a pot over medium until simmering.
2. In a separate bowl, combine beef stock and corn starch. Whisk mixture into simmering pot and whisk until the sauce thickens. Transfer sauce to a Crockpot.
3. Slice beef and season with salt and pepper and fry with oil in a hot skillet. Brown on all sides.
4. Remove beef from skillet and transfer to Crockpot.
5. Add broccoli to the Crockpot.
6. Cover the Crockpot and cook on high for 4 hours, or low for 6-8 hours.

Beef & Broccoli Casserole



Ingredients

- 1 lb ground beef
- 1 cup celery, diced
- 1 cup onion, diced
- 2 cups chicken broth
- 2 cups cream of celery
- 2 cups broccoli florets
- 1 1/2 cup rice
- 1 tsp pepper
- 2 cups cheese, grated

Directions

1. Preheat oven to 365 degrees.
2. In a frying pan over medium heat, sautee ground beef until browned throughout. Add celery and onions to the pan and cook for 5 minutes.
3. Add broccoli, rice, and pepper to the pan and stir well.
4. Add beef broth and cream of celery and stir well.
5. Pour mixture into a 9"x13" pan.
6. Bake for 30 minutes.
7. Sprinkle cheese over top of casserole and bake for another 30 minutes.

Beef Empanadas



Ingredients

- 2 packages ground beef
- 6 cloves garlic, minced
- 2 onions, minced
- 2 cans tomatoes
- 2 packages taco seasoning
- 2 tbsp olive oil
- 1 can minced chilies
- 1 can chopped serranos
- 2 eggs
- 6 cups flour
- 1/2 tsp salt
- 1 1/2 cups butter
- 1/2 cup milk

Directions

1. To make empanada filling, brown ground beef in a pan until cooked through. Drain fat into a can.
2. Add onions and garlic to the pan and sautee for 10 minutes. Stir in taco seasoning and mix until well combined.
3. Drain and add tomatoes to the pan and stir to incorporate with meat.
4. Let filling cool before stuffing the dough.
5. To make empanada dough, mix flour and salt together.
6. Cut in butter with a pastry blender and combine well.
7. In small amounts, pour in milk and mix until a ball forms.
8. Let dough rest for 10 minutes. After dough rests, cut it into 4 pieces and roll out into circles.
9. Fill empanada dough with empanada filling, brush with egg whites, and seal. Fry empanadas in shallow oil for about 3 minutes each side, or until the dough is cooked and golden brown.

Beef Stroganoff



Ingredients

- 4 lbs lean ground beef
- 3 small onions, diced
- 8 cloves garlic, minced
- 4 packages mushrooms, sliced
- 1/4 cup flour
- 6 cups beef broth
- 1 tsp salt
- 1 tsp pepper
- 3 tbsp Worcestershire sauce
- 750 ml sour cream
- 2 packages egg noodles

Directions

1. In a frying pan over medium heat, brown ground beef until cooked throughout. Add in onion and garlic and sautee for 5 minutes.
2. Add sliced mushrooms and sautee for 5 minutes.
3. Stir in flour and cook for 1 minute.
4. Add salt, pepper, Worcestershire sauce, and broth. Stir well so no lumps form. Cook for 10 minutes.
5. Remove from heat and stir in sour cream.
6. Serve over cooked egg noodles. To prepare egg noodles, follow the directions on the package.

Beef Tips



Ingredients

- 1 large sirloin tip roast, cut into strips
- 2 tbsp Ethiopian chili
- 2 cups canola oil
- 6 onions, sliced
- 1/2 tbsp salt
- 3 tsp black pepper
- 3 large sprigs rosemary
- 6 bell peppers; red, yellow, and orange
- 1 cup paprika
- 16 fresh tomatoes, chopped
- 2 tbsp chili
- 1/2 lb butter

Directions

1. Mix the beef, Ethiopian chili, onions, salt, pepper, and paprika together.
2. In a large pot, cook the beef in 2 cups of oil. Make sure the beef is browned and cooked throughout.
3. Once the beef is cooked, add the rosemary, garlic, and chopped peppers to the pot and cook.
4. To make the sauce, combine tomatoes, garlic, chili, and butter in a separate pan. Bring to a boil, then reduce the heat and simmer for 15 minutes.
5. Serve the beef tips mixture with sauce on top.

Breakfast Sandwich



Ingredients

- 12 eggs
- Salt to taste
- Pepper to taste
- 12 English muffins
- 12 slices cheese
- 12 pieces ham
- Tin foil or plastic wrap



Directions

1. Cut the English muffins in half.
2. Crack eggs into a large mixing bowl. Add in salt and pepper and whisk together
3. Pour egg mixture onto buttered cookie sheet and bake for 25 minutes.
4. Cut eggs into 12 squares.
5. Assemble the sandwiches by layering the egg, cheese, and ham on the English muffins.
6. Wrap each breakfast sandwich with tin foil or plastic wrap. Store in the freezer for an easy, make ahead breakfast!



Baked Spaghetti

Ingredients

- 2 packages spaghetti
- 3 jars pasta sauce
- 1 large block mozzarella cheese
- 1 bag of meatballs
- 1 onion, diced
- 1 green pepper, diced
- 1/2 tsp pepper
- 2 tbsp Italian seasoning
- 2 tsp garlic powder
- 1 cup celery, diced
- 4 tbsp oil
- 1 cup ketchup

Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package instructions. Drain and put into 2 large baking dishes.
3. Wash and dice vegetables. In a pan, sautee vegetables with oil for 10 minutes.
4. Add seasoning mix to pan and sautee for 5 minutes, stirring frequently.
5. Put half of the meatballs in each baking dish.
6. Add the pasta sauce and ketchup to the pan with the vegetables and mix to combine ingredients. Pour mixture ovetop of each baking dish.
7. Top with cheese and bake for 45 minutes.



Cabbage Roll Casserole



Ingredients

- 2 lbs ground beef
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 cans (15 oz) tomato sauce, divided
- 1 tsp dried thyme
- 1/2 tsp dill weed
- 1/2 tsp rubbed sage
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp cayenne pepper
- 2 cups cooked rice
- 4 bacon strips, cooked and crumbled
- 1 medium head cabbage, shredded
- 1 cup mozzarella cheese, shredded
- Coarsely ground pepper

Directions

1. Preheat oven to 375 degrees. In a large skillet, cook beef and onion over medium heat, crumbling beef until it is no longer pink. Add garlic and cook 1 minute longer. Drain and stir in 1 can tomato sauce, thyme, dill, sage, salt, pepper, and cayenne pepper.
2. Layer a third of the shredded cabbage in a greased 13"x9" baking dish. Top with half the meat mixture. Repeat layers and top with remaining cabbage. Pour remaining sauce on top.
3. Cover and bake for 45 minutes. Uncover and sprinkle with cheese. Bake until cheese is melted, about 10 minutes. Let stand 5 minutes before serving. If desired, sprinkle casserole with some coarsely ground pepper.

Chicken Enchiladas



Ingredients

- 2 (10.5 oz) can cream of chicken soup
- 1 cup sour cream
- 2 cups diced cooked chicken
- 1 (4 oz) can mushrooms, drained and chopped
- 1/2 onion, chopped
- 1 (4 oz) can green chilies, drained
- 1/4 tsp oregano
- Salt and pepper
- 10-12 flour tortillas
- 1/4 cup milk
- 1 lb Monterrey jack cheese, shredded

Directions

1. Preheat oven to 350 degrees.
2. Mix together 1 can cream of chicken soup with sour cream, cooked chicken, mushrooms, chilies, oregano, and salt and pepper.
3. Place 2-3 tbsp. of enchilada filling in center of each tortilla. Roll up and secure tortillas.
4. Place tortillas side-by-side in a 13"x9" casserole dish.
5. To make enchilada topping, mix together milk, 1 can cream of chicken soup, and Monterrey jack cheese. Spread topping over the casserole dish.
6. Bake in oven for 30-40 minutes.

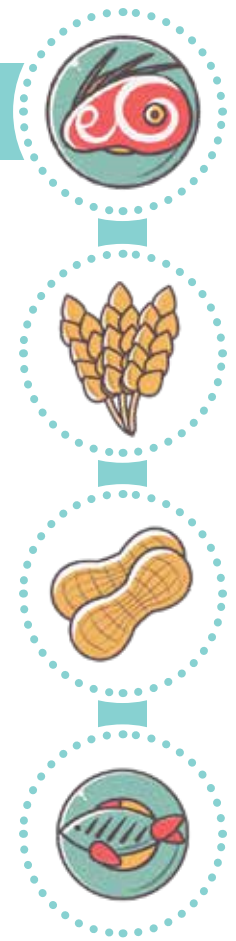
Chicken Chow Mein

Ingredients

- 2 tsp soy sauce
- 1 tbsp. rice vinegar
- 1 tbsp. sesame oil
- 2 boneless, skinless chicken thighs
- 12 oz chow mein noodles
- 2 tbsp cooking oil
- 1 small Napa cabbage, sliced
- 2 baby bok choy, sliced
- 5 oz water chestnuts, sliced
- 5 garlic cloves, chopped
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- Green onions, chopped

Directions

1. Marinate the chicken by combining 2 tsp. soy sauce, rice vinegar, and sesame oil in a small bowl. Add the sliced chicken and toss to completely coat. Set aside.
2. Cook the chow mein noodles according to the package instructions. Drain and set aside.
3. Heat half the oil (1 tbsp) in a very large skillet or wok. When it is very hot, but not smoking, add the chicken mixture. Stir fry the chicken until cooked through.
4. Remove the chicken to a plate and set aside.
5. Add remaining oil to the skillet. Add in cabbage, bok choy, water chestnuts, and garlic. Stir fry for a couple of minutes or until the vegetables begin to wilt. Add the noodles and continue to cook until the noodles are hot.
6. Add the soy sauce and oyster sauce and toss to combine. Add in the chicken and toss to combine. Top with chopped green onions and serve immediately.



Chili Con Carne



Ingredients

- 1 lb ground beef
- 1 large onion, chopped
- 2 cans kidney beans
- 1 can stewed/diced tomatoes
- 2 tsp chili powder
- 1 tsp vinegar
- 1 tsp salt

Directions

1. Turn on stove to medium. In a large stockpot, cook beef until browned.
2. Add onion and cook for 5-7 minutes.
3. Add beans, chili powder, tomatoes, vinegar, and simmer for 20 minutes.

Chinese Pork Meatballs



Ingredients

- 1 lb ground pork or beef
- 1/3 cup panko
- 2 tsp garlic, grated
- 1 tsp sesame oil
- 1 tsp ground ginger
- 1 large egg
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 2 tsp ginger
- 1/4 cup rice vinegar
- 1 tsp sesame oil

Directions

1. Preheat oven to 400 degrees.
2. In a large bowl, combine meat, panko, garlic, sesame oil, ginger, and eggs.
3. Roll meat mixture into 1-inch meatballs. Place meatballs on a parchment-lined pan.
4. Bake for 15 minutes.
5. For the sauce, combine hoisin sauce, soy sauce, ginger, rice vinegar, and sesame oil.
6. Pour over meatballs and bake meatballs for an additional 10 minutes.

Cola Chicken



Ingredients

- 2 tbsp oil
- 1 lb chicken breasts or thighs
- 3 cups cola
- 1 package onion soup mix
- 1 cup brown sugar
- 1 tsp pepper
- 1/4 cup soy sauce
- 2 tbsp cornstarch

Directions

1. In a frying pan over medium heat. Fry chicken in oil until browned each side.
2. In a mixing bowl, combine cola, onion soup mix, brown sugar, pepper, and soy sauce.
3. Mix in 2 tbsp. of cornstarch to thicken sauce and pour over chicken.
4. Cover pan for 20-25 minutes. Remove lid and simmer for 15 minutes.
5. Serve with rice and vegetables.

Crazy Good Noodles

Ingredients

- 12 garlic cloves
- 6 green onions
- 6 tbsp fish sauce
- 6 tbsp oyster sauce
- 24 oz noodles
- 3 tbsp sugar
- 9 tbsp butter
- 3/4 cup Parmesan

Directions

1. Boil water in a large pot. Cook noodles according to package instructions and drain.
2. In a skillet, cook butter, garlic, and green onions for 5-7 minutes. Remove from pan.
3. Add noodles to pan and fry.
4. Combine oyster sauce and fish sauce with sugar and pour over noodles. Add garlic and green onions back into the pan.
5. Add Parmesan cheese and mix together.



Creamy Chicken Pasta



Ingredients

- 16 oz penne pasta
- 1 cup crushed tomatoes
- 1 small package sliced mushrooms
- 3 chicken breasts, cooked
- 1 block frozen spinach
- 1 cup Parmesan cheese
- 1 tbsp olive oil
- 3 tbsp butter
- 1 tsp garlic
- 3 tbsp flour
- 3 cups chicken broth
- 1 cup milk
- 1/2 tsp Italian seasoning
- 5 tbsp Parmesan cheese
- 1/2 tsp salt
- 1 tsp pepper

Directions

1. Cook penne according to package instructions and drain.
2. Dice chicken and cook in a pan over medium heat. Cook through and set aside.
3. In a separate pot, combine mushrooms, tomatoes, spinach, garlic, chicken broth, and milk. Bring to a simmer.
4. Stir in salt, pepper, Italian seasoning, flour, and Parmesan cheese and simmer for 5 minutes.
5. Add pasta and chicken back into sauce and toss to coat.

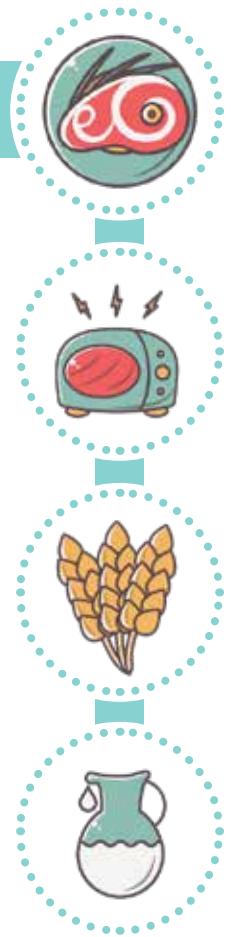
Creamy Gnocchi

Ingredients

- 4 large Italian sausages
- 1 tbsp basil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 can diced tomatoes
- 2 packages gnocchi
- 1 cup heavy whipping cream
- 1/2 tsp salt
- 1 tsp pepper
- 1/2 cup white wine/chicken stock

Directions

1. Slice sausages and fry in a skillet over medium heat until cooked through.
2. Add onions and garlic to the skillet and fry for 5 minutes.
3. Add tomatoes, basil, salt, pepper, wine, and whipping cream. Bring to a simmer.
4. Add gnocchi and cook until tender.



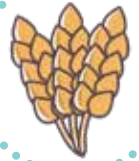
Crockpot Breakfast

Ingredients

- 6 eggs
- 2 tbsp butter
- 1/2 tsp salt
- 1 garlic clove, minced
- 1/2 cup grated cheese
- 1/2 onion, diced
- 1 cup mushrooms
- 1/2 tsp pepper
- 2 cups hashbrowns
- 1/4 cup milk

Directions

1. In a Crockpot, beat eggs, milk, salt, pepper, garlic, and melted butter.
2. Wash and dice vegetables and add to the Crockpot. Mix well.
3. Add hashbrowns to Crockpot.
4. Cook on high 1.5-2 hours.



Crockpot Lazy Lasagna



Ingredients

- 1 onion, diced
- 1 lb ground meat
- 4 cups cooked pasta
- 2 cups pasta sauce
- 3 tbsp taco seasoning
- 2 cups shredded cheese
- 2 tsp oil

Directions

1. Cook pasta according to package instructions and drain.
2. Transfer pasta to the Crockpot. Add in the oil and mix well.
3. Add pasta sauce, cottage cheese, onions and mix well. Add taco seasoning.
4. Add shredded cheese and mix well.
5. In a skillet, fry ground meat of choice until well browned and cooked through. Cool and add to Crockpot mixture.
6. Set Crockpot to high and cook for 2 hours.

Crockpot Sausage, Beans and Rice



Ingredients

- 1 onion, diced
- 1 pepper, diced
- 1 lb turkey sausage, sliced
- 1 tsp salt
- 1 tsp hot sauce
- 2 bay leaves
- 4 cups cooked rice
- 3 celery stalks, diced
- 3 cloves garlic, diced
- 1 cup dried chili beans
- 1/2 tsp pepper
- 1 tsp thyme
- 7 cups thyme
- 2 cups rice
- 4 cups water
- 1/2 tsp salt
- 2 tbsp butter

Directions

1. Rinse beans and place in Crockpot.
2. Add all other ingredients to Crockpot except for rice.
3. Cook on high for 6 hours or low for low for 10 hours.
4. In a separate pot, combine rice, water, salt, and butter.
5. Bring to a boil and turn down heat. Simmer for 17 minutes or until rice is cooked.

Easy Meatballs



Ingredients

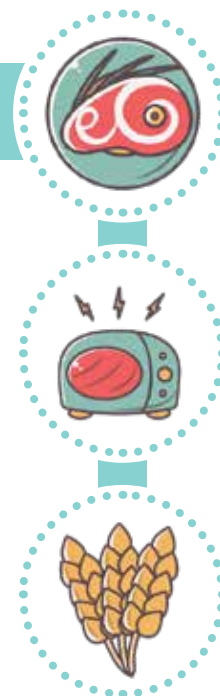
- 2 cans mushroom soup
- 2 cans celery soup
- 8 cloves garlic, chopped
- 1 tsp pepper
- 2 diced onions, chopped
- 1 bag meatballs

Directions

1. Preheat oven to 425 degrees.
2. Mix all of the ingredients together in a roaster pan.
3. Bake for 1 hour.



Easy Orange Chicken



Ingredients

- 3 cups sweet BBQ sauce
- 3 cups orange marmalade
- 2 tbsp soy sauce
- 6 chicken breasts, cubed
- 4 eggs
- 1 cup flour or cornstarch
- 2 cups rice
- 4 cups water

Directions

1. Put BBQ sauce, marmalade, and soy sauce into a pot. Boil for 20 minutes.
2. Cut chicken into cubes.
3. Mix 1 cup cornstarch with eggs and whisk together until thoroughly combined.
4. Dip chicken in cornstarch/egg mixture.
5. In a skillet over medium heat, cook the chicken cubes in a thin layer of oil until cooked.
6. Toss cooked chicken pieces in BBQ orange sauce.
7. This dish pairs great with rice. To prepare the rice, cook 2 cups of rice in 4 cups of water.

Fried Rice

Ingredients

- 2 chicken breasts or 4 thighs
- 4 cloves garlic, grated
- 4 green onions
- 2 cups frozen peas and carrots
- 1 onion, diced
- 4 eggs
- 6 tbsp soy sauce
- 6 cups cooked rice
- 1 tsp salt
- 1 tsp pepper
- 4 tbsp butter

Directions

1. Cook rice according to the instructions on the label. Cool on a cookie sheet.
2. Heat butter in a frying pan over medium heat.
3. Add chicken, salt, and pepper. Cook for 7 minutes. Transfer to a small bowl and set aside.
4. Add onions, carrots, and peas. Sauté for 5 minutes. Transfer to a small bowl and set aside.
5. Add garlic and sauté for 2 minutes.
6. Add in eggs and scramble over medium heat.
7. Add in rice and sauté until grains separate.
8. Add vegetables and chicken back into the pan and stir ingredients together.
9. Add soy sauce and sauté for 2 minutes.



Garlic and Paprika Chicken Legs



Ingredients

- 24 drumsticks
- 1 cup olive oil
- 16 clove garlic
- 4 tbsp oregano
- 1 tsp pepper
- 4 tbsp paprika
- 1 tsp pepper flakes
- 1/2 cup parsley, chopped
- 1 tsp salt

Directions

1. Preheat oven to 425 degrees.
2. In a small skillet, heat the oil. Add in garlic, paprika, pepper flakes, and herbs. Cook for 1 minute over medium heat and be careful not to burn the garlic.
3. Clean and dry the drumsticks and season with salt and pepper.
4. Pour the oil mixture over the drumsticks and make sure the drumsticks are coated well.
5. Place in a pan and bake for 45 minutes to 1 hour.

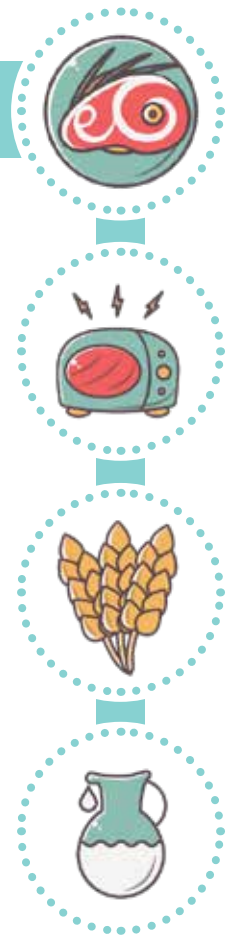
Garlic Pasta

Ingredients

- 1 package pasta
- 6 cups water
- 3 tbsp chicken oxo
- 2 tbsp garlic
- 1 bag spinach
- 1 cup Parmesan cheese
- 4 tbsp butter

Directions

1. Add pasta, water, chicken oxo, and garlic in a large pot. Bring to a boil and cook until pasta is almost done (about 9 minutes).
2. Add spinach and butter to the pot and cook for about 3 minutes.
3. Add cheese and mix well.



Goat Meat



Ingredients

- 20 Thai peppers
- 2 green peppers
- 8 tomatoes
- 4 red onions
- 2 bay leaves
- 2 tsp salt
- 1 tsp turmeric
- 2 tsp cumin
- 5 tbsp fresh garlic
- 6 cinnamon sticks
- 2 bunches cilantro, chopped
- Goat meat

Directions

1. Cook goat meat in a pan on the stovetop with oil, garlic, onion, and peppers. Cook meat until fully cooked (about 45 minutes).
2. Once the meat is cooked, mix in the salt, turmeric, cumin, fresh tomatoes, and cilantro.
3. Simmer on low heat to infuse goat meat with flavour and serve.

Homemade Hamburger Patties

Ingredients

- 1 onion, diced
- 4 garlic cloves, minced
- 1 tsp pepper
- 1/2 tsp pepper
- 1/2 cup ketchup or BBQ sauce
- 1 cup bread crumbs
- 2 eggs
- 1 package ground beef or turkey

Directions

1. In a mixing bowl, combine all ingredients and mix thoroughly.
2. Form 6 burger patties.
3. Heat oil in a pan over medium heat. Fry patties for 7 minutes on each side. 14 minutes total.
4. Serve on burgers with your choice of toppings and condiments.



Italian Sausage and Peppers



Ingredients

- 2 tsp basil
- 4 green peppers, sliced
- 1 can tomato paste
- 1 tsp chili pepper
- 8 tsp oil
- 2 tsp oregano
- 2 cans tomatoes
- 1 tsp pepper
- 1 tsp salt
- 2 large packages Italian sausage

Directions

1. Cut sausages into slices and fry on the stovetop over medium heat.
2. Wash onions and pepper and dice. Stir into pan with sausages.
3. Mix in seasoning.
4. Add tomatoes and stir.
5. Cook covered for 15 minutes.

Jolean's Potato Sausage Casserole



Ingredients

- 3 cups potatoes, peeled and cubed
- 4 tbsp butter
- 4 tbsp flour
- 2 cups milk
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 lb Velveeta cheese, diced
- 1/2 cup sharp cheddar cheese, shredded
- 1 lb skinless smoked sausage
- 1/8 tsp paprika

Directions

1. Preheat oven to 350 degrees.
2. Cut skinless smoked sausage in half lengthwise, then chop into 1/2 inch half moon cuts.
3. Cook sausage in a frying pan for about 15 minutes, turning frequently to slightly brown.
4. Meanwhile, put cooked and diced potatoes in a 2 quart casserole dish. Transfer sausage over to the casserole dish and mix.
5. Mix remaining ingredients (except for paprika and shredded cheese) in a saucepan over medium heat until the Velveeta is melted and smooth. Stir constantly with a whisk.
6. Pour cheese sauce over meat and potatoes. Sprinkle sharp cheddar over top, followed by a sprinkling of paprika.
7. Bake for 35-45 minutes, or until golden brown on top.

Kraft Dinner (KD) Casserole



Ingredients

- 4 boxes KD, cooked and cooled
- 4 eggs
- 1/2 tsp pepper
- 1 can crushed crackers or bread crumbs
- 2 cups cheese, grated
- 2 cups hot dogs, chopped
- 1 cup pasta sauce

Directions

1. Preheat oven to 425 degrees.
2. Make KD following instructions on the package. Place in a large bowl, set aside, and cool.
3. Add eggs, pepper, bread crumbs, and mix well.
4. Chop hot dogs into small pieces and mix into kraft dinner. After adding in the hot dogs, mix in pasta sauce.
5. Mix ingredients together until thoroughly combined.
6. Place in a lined or greased baking pan and bake for 35 minutes. Cut into squares and serve.

Lazy Cabbage Rolls



Ingredients

- 2 heads cabbage, chopped
- 4 onions, diced
- 1 bunch celery, chopped
- 2 tsp garlic powder
- 1 tsp salt
- 1 tsp pepper
- 4 cans diced tomatoes
- 3 cups rice
- 6 cups water
- 1 large package ground pork

Directions

1. In a skillet over medium heat, fry pork until well done.
2. Wash onions and celery and chop and dice on a cutting board. Add onion and celery to the frying pan and stir. Cook for 10 minutes.
3. Add cabbage to skillet and cook for 15 minutes.
4. Add tomatoes to skillet and cook for 20 minutes.
5. Meanwhile, in a separate pan, bring 6 cups of water and 3 cups of rice to a boil. Turn down and simmer for 15-17 minutes, until rice is cooked.
6. Mix cooked rice into the frying pan with the other ingredients. Add seasoning and serve.

Lazy Lasagna

Ingredients

- 2 packages ravioli
- 8 cloves garlic, minced
- 3 cups mozzarella, grated
- 2 sweet peppers, diced
- 2 onions, diced
- 3 jars pasta sauce
- 3 tbsp Italian seasoning
- 500 mL cottage cheese
- 2 lbs ground beef

Directions

1. In a skillet over medium heat, brown ground beef. Drain and add in diced onion and peppers. Cook for 10 minutes, stirring frequently.
2. Put cottage cheese and pasta sauce into a large mixing bowl and mix in ground beef.
3. In a large casserole dish, layer ravioli with pasta sauce. Alternate pasta, sauce, pasta. You should end up with sauce as the top layer.
4. Sprinkle with 3 cups of cheese.
5. Bake for 30 minutes.



Easy Mac n' Cheese

Ingredients

- 2 packages cooked pasta
- 1 package bacon, diced
- 1/2 cup flour
- 1 tsp pepper
- 2 L of milk
- 4 cups cheese, grated
- 1 onion, diced
- 4 garlic cloves, minced
- 2 tbsp butter

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a skillet over medium heat, fry bacon until crispy. Add onion and garlic. Sauté until onions are translucent.
3. Add in butter, then flour. Stir.
4. Whisk in milk, 1 cup at a time. Ensure sauce thickens before pouring in each cup.
5. Whisk in cheese and pepper.
6. Mix in cooked pasta and toss to evenly coat noodles with sauce.



Magical Moist Chicken



Ingredients

- 28 chicken thighs/
drumsticks
- 3 cups mayonnaise
- 4 cups Italian bread crumbs

Directions

1. Preheat oven to 425 degrees.
2. In a mixing bowl, combine chicken and mayonnaise. Mix and coat the chicken well.
3. Add in bread crumbs and mix to coat chicken.
4. Bake in oven for 20-30 minutes.

Maple Chicken Recipe



Ingredients

- 24 chicken thighs
- 8 cloves garlic, minced
- 4 tbsp thyme
- 1/2 cup Dijon mustard
- 1/2 cup maple syrup
- 6 tbsp soy sauce
- Salt
- Pepper

Directions

1. Preheat oven to 425 degrees.
2. Assemble chicken in a greased baking pan. Bake in oven for 20 minutes, then remove from oven and drain fat.
3. In a mixing bowl, combine other ingredients to make sauce. Pour sauce over chicken.
4. Return chicken to oven and bake for 40 minutes.

Meatball Wraps

Ingredients

- 1 package premade meatballs
- 1 cucumber
- 1 red pepper, diced
- Salt and pepper to taste
- 1 cup creamy cucumber dressing
- Tortilla wraps
- 1 red onion
- 1 head iceberg lettuce, shredded
- 1 yellow pepper, diced
- 2 tomatoes, seeds removed and diced

Directions

1. Preheat oven to 425 degrees. When oven is heated, roast the meatballs in a baking pan for 25 minutes. Stir halfway through baking.
2. Combine all other ingredients, except for the lettuce.
3. Lay out wraps on the counter. In each wrap, layer vegetables, lettuce, and meatballs.
4. Roll up wraps and enjoy cold.



Bannock Tacos



Ingredients

- Fried bannock
- Ground beef
- 3 packages taco seasoning
- Cheese, shredded
- Lettuce
- Tomatoes
- Sour cream
- Salsa

Directions

1. In a large frying pan, cook ground beef until well done. Drain and mix in taco seasoning.
2. Grate cheese using grater and set aside in a small bowl.
3. Wash, dry, and cut lettuce into fine strips.
4. Wash, dry, and dice tomatoes.
5. Put sour cream and salsa into 2 small serving bowls and set aside.
6. Layer ingredients on top of a piece of bannock to serve.

Moose Stew



Ingredients

- 1.5 lbs moose meat
- 2 L beef broth
- 6 potatoes, peeled and cubed
- 4 carrots, peeled and chopped
- 3 celery stalks, sliced
- 2 onions, diced
- 1 cup flour
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp thyme

Directions

1. Put flour, salt, and pepper into a large Ziploc bag.
2. Meanwhile, heat oil in a frying pan over medium heat.
3. Place meat in Ziploc bag and shake well to cover with flour mixture.
4. Add meat to frying pan and cook until slightly browned. Add in finely chopped onion.
5. In a large pot, add 8-10 cups water, beef broth, potatoes, carrots, and celery. Bring to a boil. Add meat to water and stir. Lower heat and simmer for 45 minutes.

One Pot Garlic Pasta

Ingredients

- 1/2 cup butter
- 2 tbsp garlic, minced
- 2 tsp ginger, grated
- 1/2 cup lemon juice
- 2 tbsp lemon zest
- 1 tsp salt/pepper
- 8 cups water
- 32 oz noodles
- 1 cup cream cheese
- 2/3 cup Parmesan cheese
- 4 tbsp cilantro, chopped

Directions

1. In a nonstick pan, combine butter, ginger, garlic, lemon juice, lemon zest, salt, and pepper. Fry ingredients over medium heat for 5 minutes.
2. Add water and bring to a boil. Add noodles. Drain noodles when cooked and return to pot.
3. Meanwhile, in a bowl, mix together cream cheese, Parmesan, and cilantro.
4. Add cream cheese mixture to noodles.



Paneer Peas

Ingredients

- 4 (400g) packages of paneer
- 2 kg dried peas
- 5 lbs potatoes
- 4 fresh tomatoes, diced
- 2 tbsp cumin
- 2 tbsp turmeric
- Red peppers, diced
- 1 onion, diced
- Hot chilies to taste

Directions

1. Cook the peas following the directions on the package. Strain the peas and return to pot.
2. Wash, peel, and cube potatoes. Add potatoes to a pot and boil them. When the potatoes are fork tender, drain them and set aside.
3. Chop the paneer into 1-inch cubes. In a skillet over medium heat, fry the paneer until golden brown. Remove from oil and set aside.
4. Add in oil, tomatoes, peppers, onions, and chilies. Sautee until the onions and peppers are cooked. Mix in the cooked potatoes, peas, and paneer.



Mediterranean Pasta

Ingredients

- 3 bags penne
- 4 tbsp olive oil
- 4 tbsp garlic, minced
- 3 cans pasta sauce
- 2 cans black olive, sliced
- 2 cups feta cheese, diced
- 1 cup parsley, chopped
- 8 tbsp basil
- 1 cup Parmesan

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a frying pan, sautee garlic and olives in olive oil.
3. Stir in pasta sauce and cook for 5 minutes.
4. Stir in feta, basil, and parsley.
5. Combine sauce with pasta and mix thoroughly.
6. Serve with Parmesan on top.



Pizza Roll Ups

Ingredients

- 1 large box Bisquick mix
- 1 large pepperoni
- 1 onion, finely diced
- 1 tsp Italian seasoning
- 2 tsp garlic
- 1 can pasta sauce
- 2 cups mozzarella, grated

Directions

1. Preheat oven to 425 degrees.
2. Make a large box of Bisquick into roll-able biscuit dough. Divide into 2 and roll flat.
3. Dice 1 large pepperoni into small pieces and place in bowl.
4. Mix in onion, Italian seasoning, garlic, pasta sauce, and mozzarella cheese. Mix well.
5. Spread filling onto biscuit dough.
6. Roll dough like cinnamon buns.
7. Cut each roll into 12 equal pieces.
8. Lay roll ups on a baking sheet lined with parchment paper.
9. Bake for 20-25 minutes.



Quick Pasta

Ingredients

- 3 peppers, chopped
- 3 onions, chopped
- 3 boxes pasta, cooked
- 2 jars pasta sauce
- 2 tsp Italian seasoning
- 4 cups zucchini, diced
- Mozzarella, grated

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a skillet over medium heat, sautee veggies until tender. Stir in pasta sauce and spices.
3. Add sauce to cooked pasta and serve topped with cheese.



Ranch Chicken



Ingredients

- 2lbs skinless chicken thighs
- 1 bottle ranch dressing
- 1 block cream cheese, cubed
- 1 red pepper, diced
- 1 onion, diced
- 3 tbsp oil
- Salt and pepper

Directions

1. In a large pan over medium heat, fry chicken with some oil. Fry chicken 10 minutes on each side, 20 minutes total. Season chicken with salt and pepper.
2. Remove chicken from pan and set aside.
3. Add onions and peppers to the pan and sautee for 5 minutes.
4. Stir in ranch dressing and cream cheese. Let melt and bring to a simmer.
5. Add in chicken and simmer for 20 minutes.

Salisbury Steak



Ingredients

- 24 hamburger patties
- 6 red onions
- 2 L beef stock
- 1/4 cup cold water
- 6 sprigs Rosemary

Directions

1. Preheat oven to 375 degrees.
2. Layer hamburger patties in a cooking pan and bake for 20 minutes.
3. Peel and dice onions. Combine onions and beef stock in a pot and bring to a boil for 5 minutes.
4. Mix together water and flour and pour mixture into beef broth, whisking quickly.
5. Add in Rosemary and simmer for 20 minutes.
6. Pour sauce over hamburgers and bake for 15 minutes.

Salsa Mac n' Cheese

Ingredients

- 3 packages pasta
- 4 cans cheddar soup
- Two 500 ml jars salsa
- 250 g gouda, grated
- 400 g extra old cheddar, grated
- 400 g old cheddar, grated

Directions

1. Preheat oven to 375 degrees.
2. Cook pasta according to package directions and drain.
3. Grate all cheese and combine in a large bowl.
4. Combine cheddar soup and salsa in a large pot. Bring to a simmer.
5. Gradually add cheese while whisking.
6. Pour over pasta and mix well.
7. Pour into baking pan and bake for 30 minutes.



Sausage Tacquitos

Ingredients

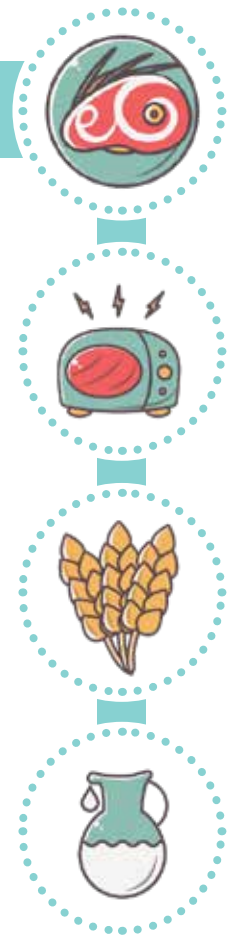
- 25 sausages, fried
 - 1 dozen eggs
 - Salt and pepper to taste
 - 2 cups cheese, shredded
 - 24 small tortilla shells
 - 1/4 cup milk
- FOR EGG WASH**
- 2 eggs
 - 4 tbsp water

Directions

1. Preheat oven to 425 degrees.
2. Fry sausages in a skillet over medium heat.
3. In a large bowl, whisk together eggs, milk, salt, and pepper. Whisk until well combined.
4. Add in 2 tablespoons of butter and melt. Add eggs and stir to scramble.
5. Spoon sausage and egg mixture into tortilla shells. Seal each wrap with a brush of egg wash.
6. Bake for 15 minutes on a well greased pan.



Sausage Tortellini with Spinach



Ingredients

- 1 lb hot or mild Italian sausage
- 1/2 medium onion, diced
- 3 cloves garlic
- 3 (14 oz) cans crushed tomatoes
- 20 oz refrigerated tortellini
- 4 oz baby spinach, chopped
- 1/2 cup heavy cream
- 1/2 cup Parmesan cheese, shredded

Directions

1. Cook and crumble the sausage in a skillet over medium-high heat. When the sausage has almost browned, add in the garlic and onion. Continue cooking for 2-3 minutes until the onion begins to soften and turn translucent.
2. Add the tomatoes and tortellini to the skillet. Stir and reduce the heat once the sauce comes to a simmer. Cover with a lid and simmer until tortellini is tender (about 8-10 minutes).
3. Add the spinach and stir for 1-2 minutes until it wilts. Stir in the cream. Sprinkle each serving with cheese if desired.

Scallion Pancakes



Ingredients

- 6 cups flour
- 1/2 tsp garlic
- 1/4 tsp salt
- 3 tsp sesame oil
- 4 1/2 cups water
- 3 cups scallions, chopped



Directions

1. In a large bowl, combine water and flour. Whisk well until no lumps remain.
2. Add in salt, garlic, scallion, and oil. Stir well.
3. Fry in a well greased pan for about 2-4 minutes on each side.



Shepherd's Pie



Ingredients

- 12 cups mashed potatoes
- 6 cups peas and corn
- 1 package ground beef
- 6 packages shepherd's pie seasoning
- 6 cups water
- 2 small onions, diced
- 1/2 cup margarine, melted
- 1/2 cup milk

Directions

1. Preheat oven to 350 degrees.
2. Wash, peel, and cube potatoes. Boil potatoes in a large stockpot. Once fork tender, drain water and mash potatoes with margarine and milk.
3. In a large pot, fry ground beef with onions. Cook until well browned.
4. Add seasoning, corn, peas, and water to pot. Simmer mixture for 15 minutes.
5. Spread beef mixture in a casserole dish. Cover with mashed potatoes and bake in oven for 25 minutes.

Spaghetti and Meatballs



Ingredients

- 1 onion, diced
- 2 green peppers, diced
- 2 tbsp. Italian seasoning
- 8 cloves garlic
- 5 jars pasta sauce
- 36 oz spaghetti noodles
- 1 1/2 bags meatballs
- 1 tsp pepper flakes

Directions

1. Fry onion and pepper until soft. Add pasta sauce, Italian seasoning, garlic and pepper.
2. Add meatballs and simmer for 1 hour.
3. Prepare pasta according to package instructions. Drain and toss with oil.
4. Combine pasta, sauce, and meatballs and serve.

Spinach Mushroom Lasagna



Ingredients

- 2 large packages of mushrooms
- 6 cloves garlic
- 3/4 cup parsley, fresh
- 9 cups fresh spinach
- 2 onions
- 5 cups vegetable stock
- 3 packages lasagna noodles
- 6 tbsp flour
- 9 tbsp olive oil
- 2/14 cup milk
- 2 cups Parmesan cheese
- 4 cups mozzarella cheese
- 500 g cottage cheese

Directions

1. Preheat oven to 400 degrees.
2. Boil lasagna noodles until half cooked.
3. In a pan, heat oil, onion, garlic and sautee for 4 minutes. Add in sliced mushrooms and sautee for another 5 minutes. Add salt, pepper, and flour to the mixture. Cook for 1 minute.
4. Add in stock 1/4 cup at a time. Stir and let thicken.
5. Stir milk into sauce and let simmer 10 minutes.
6. Add spinach to sauce and cook 5 minutes.
7. Remove sauce from stove and add in Parmesan and cottage cheese.
8. In a casserole dish, layer lasagna noodles with sauce and top with parsley and mozzarella
9. Bake for 45 minutes.

Spinach Roll Ups

Ingredients

- 2 jars tomato sauce
- 4 cups cheese
- 2 packages spinach
- 500 ml ricotta cheese
- 1 tsp salt
- 2 tsp pepper
- 2 tbsp garlic
- 4 eggs
- 2 packages lasagna noodles
- 2 tbsp oil

Directions

1. Preheat oven to 400 degrees.
2. Cook noodles until done. Rinse when cooked and coat with oil.
3. Combine ricotta, eggs, garlic, salt, and pepper. Mix well.
4. Add spinach and combine well.
5. Spread mixture over noodles and roll. Place rolls in a well oiled pan.
6. Cover roll ups in sauce and cheese.
7. Bake in oven for 30 minutes.



Stir Fry



Ingredients

- 2 cups sugar peas
- 1 onion, thinly sliced
- 2 cups carrots, thinly sliced
- 2 cups cabbage, thinly sliced
- 1 cup celery, thinly sliced
- 2 lbs chicken, cubed
- 1 can pineapple, diced
- 2 tsp minced ginger
- 2 tsp minced garlic
- 1/2 cup soy sauce
- 2/3 cup chicken stock
- 1/2 cup brown sugar
- 1 tsp chili flakes
- 1/4 cup Hoisin sauce

Directions

1. In a large wok, sautee chicken in oil until cooked though.
2. Add carrots, onion, and celery to wok and cook for 5 minutes. Stir in cabbage and cook for a few minutes longer, until cabbage is reduced.
3. Add in pineapple, peppers, and garlic, Sautee for 5 minutes.
4. In a small bowl, mix together ginger, soy sauce, chicken stock, brown sugar, chili flakes, and Hoisin sauce.
5. Pour sauce over veggies and mix well. Cook for 3 minutes and serve over rice.

Sushi Bowl

Ingredients

- 1 bag coleslaw
- 1 bag edamame beans
- 1 cucumber, cut into matchsticks
- 1/4 cup toasted sesame seeds
- 5 cups uncooked Sushi rice
- 1/2 cup rice vinegar
- 1/2 cup sugar
- 4 cans tuna
- Pickled ginger to taste
- Wasabi to taste

Directions

1. Prepare rice according to package instructions.
2. Combine cooked rice, sugar, and vinegar.
3. Divide rice into bowls and top with remaining ingredients.



Taco Spaghetti

Ingredients

- 4 tbsp olive oil
- 2 packages taco seasoning
- 1 small can tomato paste
- 24 oz spaghetti
- 2 cups mozzarella
- 2 tbsp cilantro
- 6 cups water
- 2 lb ground beef
- 1 mild chili, diced
- 2 cups cheddar cheese
- 2 roma tomatoes
- 1 onion, diced

Directions

1. Heat oil in a large pot over medium heat. Add in hamburger and cook until browned.
2. Add onion to skillet and cook for 10 minutes or until onion is soft and translucent.
3. Add taco seasoning to skillet and cook for another 5 minutes. Mix well.
4. Add in diced chilies, tomato paste, and 6 cups water. Bring to a boil.
5. Add spaghetti noodles and cover. Cook until spaghetti is done.
6. Mix in cheese and cilantro, and serve.



Taco Stuffed Peppers



Ingredients

- 3 peppers, halved
- 1 lb ground turkey
- 1 can black beans, drained
- 1 cup salsa
- 2 cups frozen corn
- 1 package taco seasoning
- 1 cup cooked rice
- 1/2 cup diced onions
- 2 cups cheese

Directions

1. Fry ground turkey in a large skillet until cooked. Mix in taco seasoning and combine well.
2. In a separate pot, prepare rice according to package instructions.
3. Combine black beans, corn, salsa, rice, ground turkey, and 1 cup cheese.
4. Fill peppers with turkey mixture and top with cheese.
5. Cook peppers in Crockpot on low for 4 hours or on high for 2 hours.



Tater Tot Casserole



Ingredients

- 2 lbs ground pork
- 1 bag tater tots
- 1 onion, finely diced
- 2 tbsp oil
- 12 eggs
- 2 cups cheese
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup milk

Directions

1. Line 9x12 pan with parchment paper. Toss taters with oil and bake in 425 degree oven for 20 minutes. In a skillet, fry ground pork over medium heat and drain.
2. Add onions, cheese, milk, eggs, salt, and pepper into a bowl and whisk. Add pork to mixture, mix together, and pour mixture over tots.
3. Bake mixture at 400 degrees for 30 minutes.

Tuna Broccoli Bake

Ingredients

- 1 large bunch broccoli, chopped
- 1 can mushroom soup
- 1 can tuna
- 1 cup cheese, grated

Directions

1. Wash and chop broccoli into bite-sized pieces. Boil broccoli for 3 minutes and drain.
2. Preheat oven to 350 degrees.
3. Lightly grease a 8"x8" casserole dish and arrange broccoli on bottom of dish.
4. Mix milk, soup, tuna, and half of cheese. Spoon mixture over broccoli.
5. Sprinkle cheese overtop of casserole. Bake in oven for 20 minutes.



Tuna Pie

Ingredients

- 1 cup flour
- 1/2 cup oil
- 1/4 tsp salt
- 1/4 cup water
- 6 eggs
- 1 cup mixed vegetables
- 1/2 cup sour cream
- 1/2 cup cheese, grated
- 2 cups tuna

Directions

1. Preheat oven to 350 degrees.
2. To make crust pastry, combine flour, oil, salt, and water. Mix well and press dough into bottom of a pan.
3. To make filling, mix together eggs, mixed vegetables, sour cream, cheese, and tuna. Pour mixture into pan.
4. Bake for 30 minutes.



Veggie Wraps

Ingredients

- 2 cups rice, cooked
- 2 cups coleslaw mix
- 1 can black beans
- 1 cucumber, diced
- 1 large container hummus
- 2 cups cheese, shredded
- 20 wraps

Directions

1. Mix together all ingredients, except for the cheese.
2. Spread hummus onto each wrap and spoon 1/2 cup of veggie mixture into each wrap. Top with cheese and roll up the wraps.
3. Serve immediately, or cover wraps individually with plastic wrap and store in refrigerator.





DESSERTS



Apple & Cherry Cobbler



Ingredients

- 2 cans apple pie filling
- 2 cans cherry pie filling
- 6 tsp baking powder
- 4 cups sugar
- 6 cups flour
- 6 cups milk
- 3 eggs

Directions

1. Preheat oven to 350 degrees.
2. Melt butter and pour into bottom of a baking dish.
3. In a large bowl, mix together flour, sugar, baking powder, milk, and eggs. The mixture should resemble cake batter.
4. Pour mixture into baking dish. Pour pie filling on top of batter mixture.
5. Bake in oven for 35-40 minutes.



Blackforest Cheesecake Minis



Ingredients

- 1 1/4 cups Oreo crumbs
- 1 tbsp sugar
- 2 tbsp heavy cream
- 1/2 cup chocolate, finely chopped
- 1 1/2 blocks cream cheese
- 1/4 cup sugar
- 2 tbsp cocoa
- 1 egg
- 1 can cherry pie filling
- 2 cups whipped cream
- 1/2 cup melted chocolate

Directions

1. Preheat oven to 325 degrees. Grease a cupcake pan.
2. In a mixing bowl, combine Oreo, 1 tsp. sugar, and butter. Divide mixture evenly across the cupcake pan and press into the bottom of each cupcake indent to make the crust.
3. In a microwave, heat cream for 20 seconds. Add in chocolate and stir well until melted.
4. In a mixing bowl, combine cream cheese and sugar until smooth. Add cocoa blend and egg and mix until well incorporated. Pour in chocolate mixture and combine.
5. Spoon mixture into cupcake tray.
6. Bake for 25 minutes. Let cool and top with cherry pie filling.
7. Drizzle each mini cheesecake with melted chocolate and top with whipped cream.



No-Bake Chocolate Peanut Bars

Ingredients

- 3/4 cup butter, melted
 - 2 cups finely crushed graham crackers
 - 2 cups powdered sugar
 - 1 cup peanut butter
- FOR CHOCOLATE TOPPING:**
- 2 cups semisweet chocolate chips
 - 1/4 cup peanut butter

Directions

1. Place melted butter, graham cracker crumbs, powdered sugar, and 1 cup peanut butter in a large bowl. Stir with a large spoon until blended.
2. Transfer graham cracker mixture to an ungreased 8"x8" dish. Spread well and press evenly with a spatula. Place in the refrigerator for 15-20 minutes to set.
3. Microwave chocolate chips and 1/4 cup peanut butter in a microwave-safe bowl for approximately 2 minutes on high until melted. Stir well to combine.
4. Spread chocolate mixture evenly over peanut butter graham cracker mixture. Refrigerate at least 1 hour before slicing.



Cranberry Lemon Biscuits

Ingredients

- 6 cups flour
- 2 tbsp baking powder
- 1 1/2 tsp baking soda
- 3/4 cup sugar
- 2 1/4 cups butter
- 3 eggs
- 2 1/4 cups milk
- 2 cups dried cranberries, chopped
- 1 lemon, zested and juiced

Directions

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, combine all dry ingredients. Mix well to combine.
3. Add butter and mix to create a sand-like texture.
4. Add in remaining ingredients, including milk, eggs, lemon (juice and zest), and cranberries. Mix well until combined.
5. Roll out dough to 2" thick and cut into squares.
6. Bake for 15-18 minutes.



Cranberry Orange Muffins

Ingredients

- 3 cups flour
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking soda
- 1 1/2 cups sugar
- 1 1/2 sticks salted butter
- 3 large eggs
- 1 1/2 tsp grated orange peel
- 1 1/2 tsp vanilla extract
- 1 1/2 cups sour cream
- 1/4 cup fresh orange juice
- 1 cup dried cranberries

Directions

1. Preheat oven to 350 degrees.
2. Put muffin liners in the trays.
3. In a mixing bowl, combine flour, baking soda, and baking powder.
4. Using an electric mixer, beat sugar and butter in a separate bowl until blended and smooth. Beat in eggs one at a time. Add in orange peel and vanilla. Mix in the orange juice, sour cream, and cranberries.
5. Next, add in flour mixture a little bit at a time. Mix until well combined. Pour mixture into muffin trays.
6. Bake for 35 minutes.



Cream Puffs

Ingredients

- 1/2 cup butter
- 1 cup water
- 1 cup flour
- 4 eggs
- 2 small boxes instant vanilla pudding
- 1 1/3 cup cold whole milk
- 8 oz sour cream
- Powdered sugar

Directions

1. Preheat oven to 375 degrees.
2. Melt stick of butter in 1 cup water. Bring to a boil. Stir in flour and mix vigorously over low heat until mixture starts to come off sides and form a ball.
3. Remove from heat and cool a couple minutes. Then, beat in eggs one at a time with a mixer. Beat until smooth and velvety.
4. Drop mixture by the spoonful onto a baking sheet lined with a silicone mat or parchment paper.
5. Bake until dry (20-25 minutes).
6. Allow cream puffs to cool completely.
7. For the filling, mix instant vanilla pudding with whole milk until pudding dissolves. Add sour cream and mix until mixture thickens.
8. Refrigerate filling for 1-2 hours.
9. Slice cream puffs in half and fill with pudding mixture. powdered sugar and enjoy.



Lemon Loaf

Ingredients

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1/2 cup 2% milk
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp salt
- 1 lemon, zested and juiced
- 1/4 cup sugar

Directions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat together sugar and butter until smooth and well combined.
3. One at a time, beat in eggs until well combined. Slowly pour in milk and mix until well combined.
4. In a separate mixing bowl, combine flour, baking powder, salt, and lemon zest. Pour into wet mixture and beat until well combined.
5. Pour batter into a 9"x5" greased loaf pan.
6. Bake for 55-60 minutes and cool.
7. For the glaze, combine 1/4 cup sugar with lemon juice in a saucepan. Stir over medium heat until sugar has dissolved. Take saucepan off heat and set aside.
8. With a toothpick, poke holes in the top of the loaf. Pour the glaze evenly overtop of the loaf.



Microwave Mug Brownie

Ingredients

- 2 tbsp butter, melted
- 2 tbsp milk
- 1/4 tsp vanilla extract
- 1 dash salt
- 2 tbsp sugar
- 2 tbsp cocoa powder
- 4 tbsp flour

Directions

1. In a coffee mug, add milk, butter, a dash of salt, and vanilla extract.
2. Add cocoa powder and whisk well. Add flour and whisk well. Add sugar and whisk well.
3. Microwave for 60 seconds. Centre should be slightly molten. Be careful not to overcook.
4. Enjoy with a spoon. Brownie will be hot so exercise caution.



Oatmeal Energy Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/2 cup chocolate chips
- 1/3 cup raw honey
- 1/4 cup ground flaxseed

Directions

1. In a large mixing bowl, combine all ingredients and mix together.
2. Roll out teaspoon-sized balls and place on a baking sheet covered with parchment paper.
3. Freeze until set. About one hour.
4. Enjoy and keep leftovers in a Ziploc bag in the fridge or freezer.



Oreo Brownies

Ingredients

- 3/4 cup cocoa powder
- 3/4 cup butter
- 2 cups sugar
- 3 eggs
- 1 tsp vanilla
- 1 cup flour
- 1 box Oreo cookies

Directions

1. Preheat oven to 350 degrees. Microwave cocoa and butter in microwave for 2 minutes until melted. Stir well.
2. Add in sugar and vanilla and mix well.
3. Add in flour and mix until well combined.
4. Grease an 8"x8" pan. Arrange the Oreos in the bottom of the pan. Pour batter over Oreos.
5. Bake for 30-35 minutes.



Pumpkin Pie Tarts

Ingredients

- 2 eggs
- 1 1/4 cup pumpkin pie filling
- 1/2 cup sugar
- 1/4 tsp salt
- 3/4 tsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp cloves
- 1/4 tsp nutmeg
- 1 1/8 cups milk
- 30 tart shells

Directions

1. Preheat oven to 375 degrees.
2. In a mixing bowl, whisk together all ingredients until well combined.
3. Fill tart shells with pumpkin mixture until 3/4 full.
4. Bake for 25 minutes or until a knife comes out clean.



S'mores Snack Care

Ingredients

- 1 package yellow cake mix
- 1 cup chocolate chunks
- 1 1/2 cups marshmallows
- 1 cup water
- 1/3 cup vegetable oil
- 3 eggs

Directions

1. Preheat oven to 350 degrees and grease pan.
2. Prepare cake according to package instructions.
3. Mix chocolate chunks and marshmallows into batter. Spoon mixture into pan.
4. Bake for 30 minutes.



APPENDIX



Principles of Adult Learning

Based on work done Malcolm S Knowles, and other education theorists, ECALA has adopted the following principles as a way to aid your orientation to adult learning, program planning and good practices.

Adults must want to learn

- Adults learn effectively only when they have a strong inner motivation to develop a new skill or acquire a particular type of knowledge.

Working with adult learners is different than working with children

- Children learn skills sequentially whereas adults start with a problem and then work to find a solution.

Adult learners come with prior experiences

- Adults bring many different experiences, skills, and perspectives to a classroom. It is important to acknowledge and utilize the expertise in the room.

Adults learn best in informal environments

- Adults have different experiences and perspectives on formal education. It is important to acknowledge and understand that these experiences may affect their readiness to learn.

Adult learning needs to be practical and relevant

- Adult learners want to know how the topic or skill being taught will help them right now. The skills and lessons taught need to be relevant to their lives.

Adults learn by doing

- It is important to provide adult learners with activities and group work that get them to actively participate and engage with the topics and teachings.

Adults participate in their learning opportunities

- Adult learners want to be involved in the decision on what they will be learning. Having them help with the planning is important.



Facilitation Techniques

A. Relationship building

Collective Kitchens is a supportive and encouraging environment - a positive and supportive environment that can utilize the relationships to develop skills.

B. English only environment

Establish in the group that it is an English only environment. This is relevant to a group that includes ESL adults. For example, this maybe the only opportunity for a stay at home mother to improve English speaking skills.

C. Partnering your participants

Partner a person with good skills in an area with someone who has lower skills.

Examples:

ESL Speaking Skills.

Half of your group has low-level speaking skills. Partner a good speaker with a person who does not have good skills. The participants can converse in English and assist each other with peer learning.

Literacy Skills

Participants have low-level reading and writing. Partner a good reader or writer with another person who does not have good skills.

Math Skills

Some participants have low-level math skills. Partner a person with good math skills with another person who does not have good skills.

Based on math statistics, there is a high probability that many of the participants have low-level math skills. It is important to incorporate basic math in each session.

D. Breakdown of a Recipe

This is a description of how you can use the recipe for improving literacy skills.

Have available all items to demonstrate and discuss each element of the recipe. Examples are the various ingredients, tools – pots, frying pan, etc. – and a measuring cup(s) to demonstrate the amount of liquid for each measurement. At the start of the first session is a good time to review the Kitchen Tools, Baking Tools, Cooking Instructions, and Measurement worksheets. You may want to review the Measurement worksheets more than once and incorporate math skills as frequently as possible.

Reading

Read the recipe out loud.

Discuss and define words in the recipe, such as the vegetables, various methods of cooking, etc.



Have the participants read the recipe out loud. At the beginning have the participants that have higher reading skills read the recipe. Each participant should read the recipe before the end of the Collective Kitchen program.

Skills being developed are reading, speaking and vocabulary building.

Writing

Have each participant write out the recipe rather than giving out photocopies. You may want each person to have a recipe book. At some point you may want to add journal writing where the person writes about their experience with the Collective Kitchen, shopping, and cooking at home.

Skills being developed are reading, writing, and vocabulary building.

Math

Have measuring cups so that you can demonstrate each measurement, for example, half a cup and use both fractions and percentages - $\frac{1}{2}$ cup is 50% of a cup.

Explain basic measurement. See the sheets that explain measurements.

Use adding, subtracting, multiplication, and ratios when discussing the recipes and how to increase the recipe for more people or for fewer people.

Discuss the difference between imperial measurement and metric.

Half ($\frac{1}{2}$) the recipe. You should discuss as a group and show the measurements.

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium,
sugars or saturated fat



Be aware of food marketing

Discover your food guide at
Canada.ca/FoodGuide



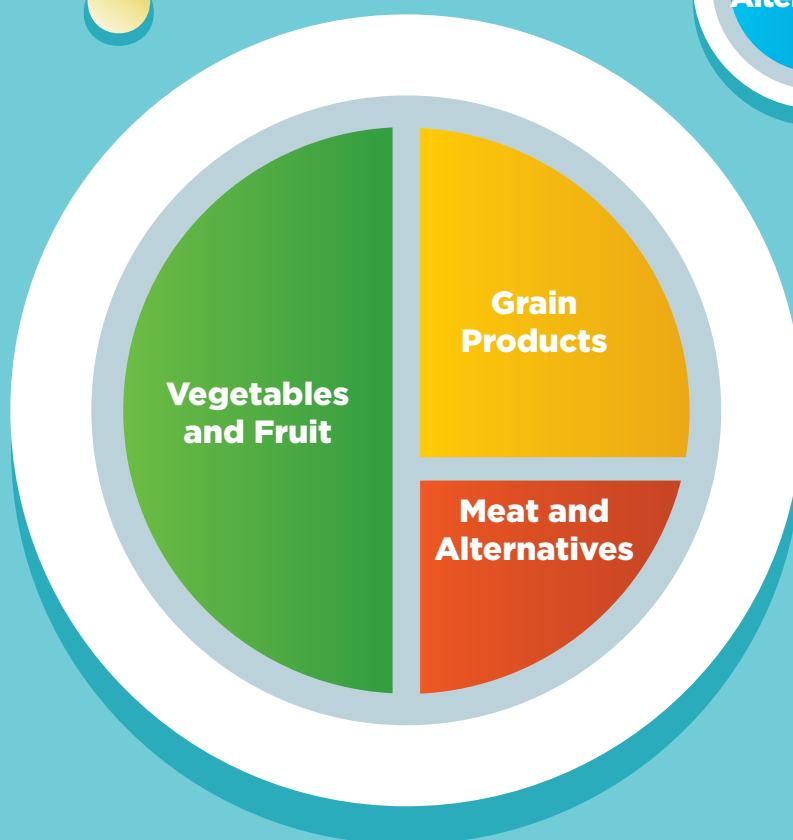
Eat
Well

Oils
and Fats



Water

Milk and
Alternatives



BUILD A HEALTHY MEAL.
Use the **Eat Well Plate**



Health
Canada

Santé
Canada

Canada

LEARN MORE AT:

Canada.ca/foodguide



Choose Healthy Food Portions

Many people think that a portion of food is the same as a serving, but they can be different.








A **portion** is the amount of food that you plan to eat at one time. A **serving** is a set amount of food according to Canada's Food Guide. The serving sizes in Canada's Food Guide are examples of healthy portions. To find out how many servings of each food group your family needs in a day, see Canada's Food Guide on the Health Canada website at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php.

Why is it important to choose healthy portions?

Choosing healthy portions of food can help you reach and stay at a healthy weight. Many people choose portions that are larger than the amounts suggested in Canada's Food Guide. When this happens too often, your daily intake of calories is too high. This can result in unhealthy weight gain.

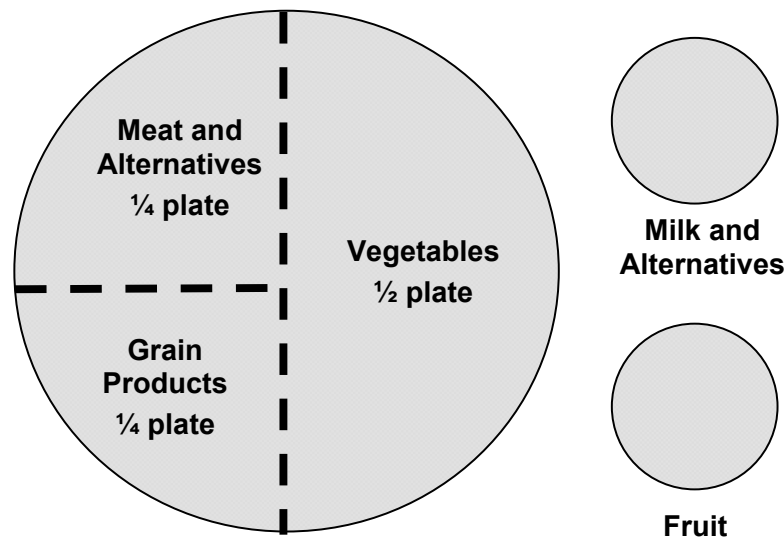
What does a serving from Canada's Food Guide look like?

Compare the items below to your food portions. This can help you decide how many Canada's Food Guide servings are in your meals and snacks. You do not need to weigh or measure foods to know the serving size.

Item	Amount	Food	Number of servings from Canada's Food Guide
Baseball 	1 cup (250 mL)	Salad	1 serving of Vegetables and Fruit
		Fresh, frozen, or canned vegetables or fruit	2 servings of Vegetables and Fruit
		Cold cereal	1 serving of Grain Products
		Rice, pasta, bulgur or quinoa	2 servings of Grain Products
		Milk	1 serving of Milk and Alternatives
Tennis ball 	$\frac{3}{4}$ cup (175 mL)	Whole vegetable or fruit, medium size	1 serving of Vegetables and Fruit
		Hot cereal	1 serving of Grain Products
		Yogurt	1 serving of Milk and Alternatives
		Beans, lentils, or tofu	1 serving of Meat and Alternatives
Hockey puck 	$\frac{1}{2}$ cup (125 mL)	Fresh, frozen, or canned vegetables and fruit	1 serving of Vegetables and Fruit
		Rice, pasta, bulgur, quinoa, couscous, $\frac{1}{2}$ small bagel	1 serving of Grain Products
	2½ oz (75 g)	Fish, shellfish, poultry, or lean meat	1 serving of Meat and Alternatives
2 white erasers 	1½ oz (50 g)	Cheese	1 serving of Milk and Alternatives
Golf ball 	2 Tbsp (30 mL)	Peanut or nut butter	1 serving of Meat and Alternatives
2 golf balls 	$\frac{1}{4}$ cup (60 mL)	Dried fruit	1 serving of Vegetables and Fruit
		Nuts and seeds	1 serving of Meat and Alternatives
Dice or thumb tip 	1 tsp (5 mL)	Butter, margarine, oil, or mayonnaise	Oils and Fats

What does a healthy portion of food look like in a meal?

The picture below shows a healthy meal. First, start with a smaller plate. When filling the plate, try to include foods from at least three of the four groups of Canada's Food Guide. Imagine the plate separated into three parts. A healthy plate will have the large part of the plate filled with Vegetables and/or Fruit. The two smaller parts of the plate are for small servings of Meat or Alternatives and Grain Products. To complete your meal add servings of Milk and Alternatives and fruit on the side.



Tips for choosing healthy portion sizes:

- Have breakfast every day. It may help control hunger later in the day.
- Eat at least three balanced meals a day. Balanced meals have at least three to four food groups from Canada's Food Guide.
- Vegetables and fruit make up the largest part of Canada's Food Guide. Include them in all your meals.
- Have a snack if needed. Vegetables, fruits and milk or milk alternatives make healthy snack choices.
- Pick a healthy place to eat your meals, such as your kitchen or dining room. Try not to eat when doing other activities, such as watching TV or working at the computer.
- Serve your plate in the kitchen instead of at the table. Having bowls of food on the table makes it easy to take second helpings. Put leftovers away before you eat.
- Use smaller bowls, plates, and glasses. When we use larger dishes, we tend to eat larger portions of food.
- Stop eating when you no longer feel hungry. This is your body's message that you have had enough food. You do not have to "clean your plate".
- If you choose to eat foods that are high in fat, sugar, or salt, like cookies, candies, or chips, take a small portion and put the bag away.

Changing Recipe Portions

Recipe Amount	Times 2	Times 3	Times 4	Divided by 2	Divided by 4
1/8	1/4	3/8 (close to 1/2)	1/2	1/16	nil
1/4	1/2	3/4	1	1/8	1/16
1/2	1	1 and 1/2	2	1/4	1/8
3/4	1 and 1/2	2 and 1/4	3	3/8	3/16
1 and 1/4	2 and 1/2	3 and 3/4	5	5/8	5/16
1 and 1/2	3	4 and 1/2	6	3/4	3/8
1 and 3/4	3 and 1/2	5 and 1/4	7	7/8	7/16

Bleach Sanitizer Recipe



Make your own bleach sanitizer. Use this to clean all surfaces used for food preparation.

1. Combine 1 tsp (5 ml) of bleach and 3 cups (750 ml) of water in a spray bottle. Label it "Sanitizer".
2. Spray this sanitizer on surfaces that need to be cleaned. Let the sanitizer sit for 1-2 minutes and let it air dry.
3. Every day throw out unused sanitizer and make a new batch.



Hand Washing

Wash hands...

Before:	After:
<ul style="list-style-type: none">• touching foods• putting clean dishes away• touching forks, spoons and knives that you plan to eat with• eating	<ul style="list-style-type: none">• using the toilet• diapering a child• handling raw meats and eggs• taking out the garbage• touching hair or face• sneezing, coughing into hands• smoking• taking a break• eating



Leader Tip

Gloves must be used properly to prevent contamination of foods and foodborne illness. The risk of contamination by a gloved hand is the same as a bare hand.

- Gloves do not replace hand washing!
- Always wear gloves when wearing a band-aid or bandage.
- Change gloves between different tasks and at the same times you would wash your hands.
- Wash hands properly before putting on gloves and every time a glove is changed. Wearing gloves encourages bacteria to grow on your hands because your skin is warm and moist.
- Do not reuse disposable gloves.

Leader Tip

Handwashing is the most effective way to prevent the spread of harmful germs from people to food.

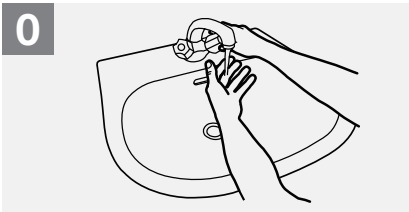
Steps to handwashing:

1. Wet your hands with warm running water.
2. Add soap and rub your hands together to make a soapy lather. Scrub palms, back of hands, fingers, and under fingernails. Continue washing for at least 20 seconds. 20 seconds is as long as it takes to sing "Twinkle, Twinkle Little Star" or the "ABCs."
3. Rinse your hands well under warm running water.
4. Dry your hands thoroughly with a clean paper towel and turn the taps off with the towel.

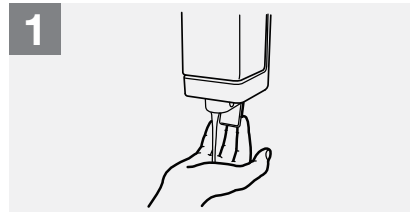
How to Handwash?



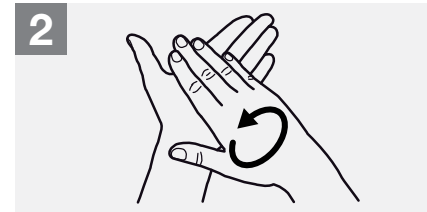
Duration of the entire procedure: 40-60 seconds



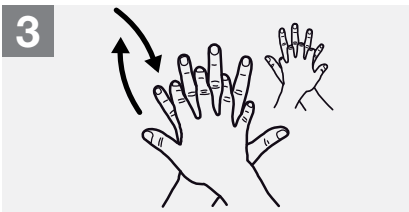
Wet hands with water;



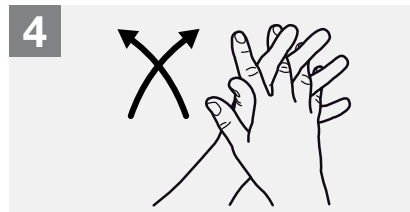
Apply enough soap to cover all hand surfaces;



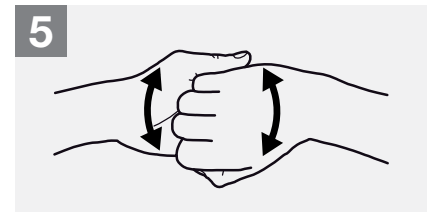
Rub hands palm to palm;



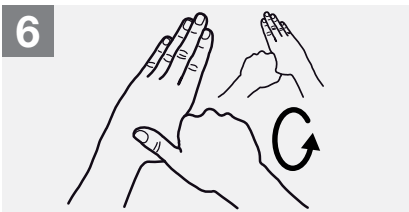
Right palm over left dorsum with interlaced fingers and vice versa;



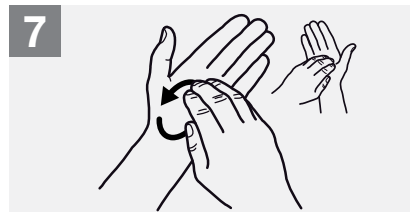
Palm to palm with fingers interlaced;



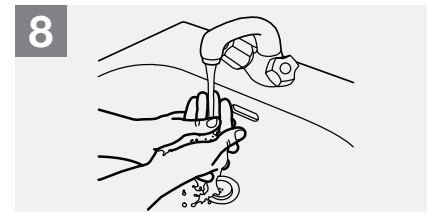
Backs of fingers to opposing palms with fingers interlocked;



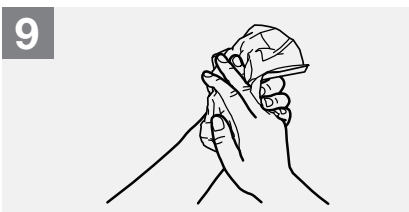
Rotational rubbing of left thumb clasped in right palm and vice versa;



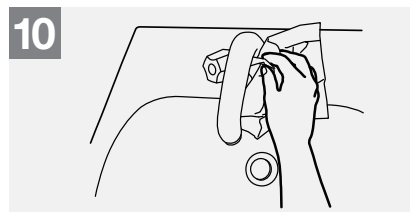
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



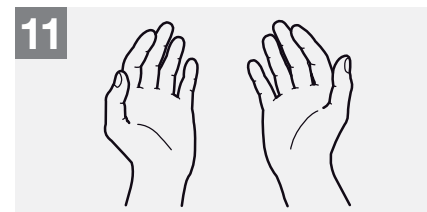
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

Reading – Participant Worksheet

Draw a line from the word to the correct picture.
Please do not ask anybody for help.

A.

pot



mug



stir



pan



eggs



B.

knife



sauce pan



cucumber



teaspoon



onion



C.

measuring spoons



spatula



colander



broccoli



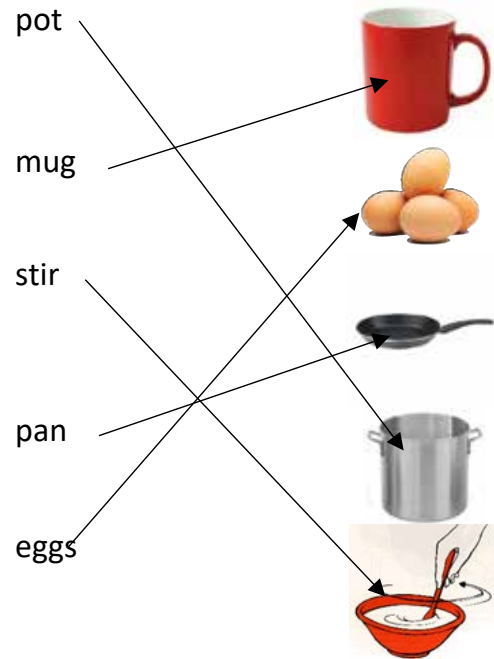
margarine



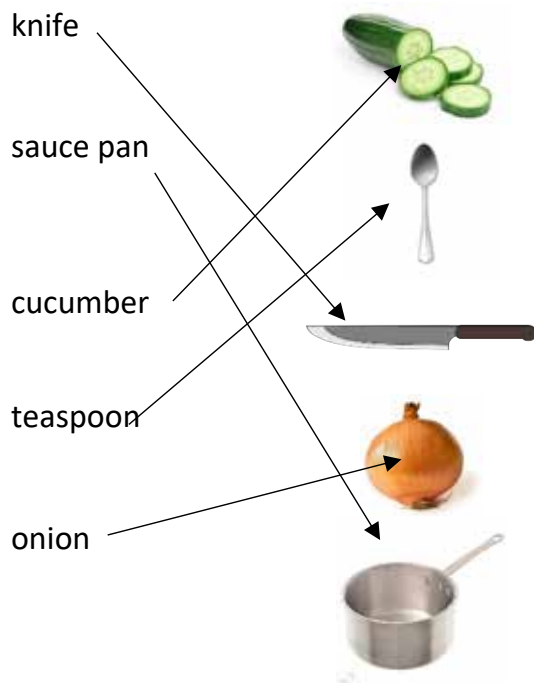
Reading Check – Facilitator Copy

Ask participants to draw a line from the word to the correct picture.
Remind them not to ask their classmates for help.

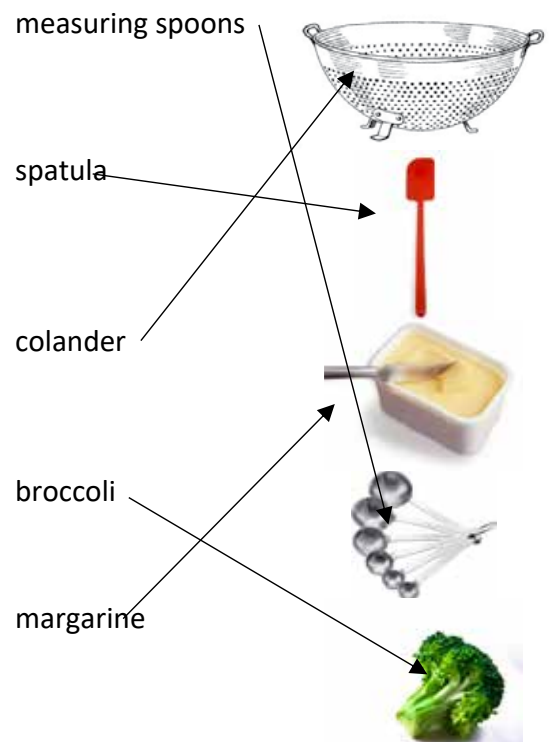
Low-level



Mid-level



Functional



Collective Kitchen Procedures Quiz

Take a moment to read through the following statements.

What order would you do the following tasks in your Collective Kitchen? Please number the statements in the order you would complete them. (Each group will decide on the order. There is no one correct answer.)

_____ Wash and sanitize the countertops

_____ Sweep the floor

_____ Wash the dishes

_____ Prepare your meals

_____ Unpack the groceries

_____ Put on your aprons

_____ Check to see if food is cooking

_____ Put on hairnets

_____ Wash your hands

_____ Get your containers ready

_____ Look for pots to cook in

_____ Clean the kitchen

_____ Choose recipes for the next class

_____ Check staples inventory

_____ Talk about how the kitchen went





Food Safety Facts

Draw a line from the question to the correct answer.

How long can potentially hazardous foods be left in the danger zone?

Food must be cooked to what temperature to make sure it is safely cooked?

What is one of the most common mistakes food handlers make that results in food poisoning?

Where is the safest place to thaw frozen food?

Finish this sentence: When in doubt...

An easy sanitizer to make at home is a bleach solution. How much bleach do you need to add to one liter of water to make a food grade sanitizer?

Nails should always be _____ and _____.

What is one of the most germ filled items in a kitchen?

Throw it out! Food safety is not about guessing. Better to be cautious than risk making people sick

Short and clean

Sponge

Thawing requires temperature control. Thaw in the refrigerator, under running cool water, in the microwave, or cook when frozen

Improper cooling is a common cause of outbreaks. Cool hot foods as quickly as possible to 4°C within 4 to 6 hours

Internal temperature should reach 74°C for 15 seconds

2ml (1/2 teaspoon) of bleach in one litre of water

Food Safety Facts Quiz Answers

1. How long can potentially hazardous foods be left in the danger zone?

2 hours, no more than two hours

2. Food must be cooked to what temperature to make sure it is safely cooked?

Cook food thoroughly to a minimum temperature of 74° C for 15 seconds

3. What is one of the most common mistakes food handlers make that results in food poisoning?

- Improper cooling is a common cause of food poisoning.
- Break food down into smaller volumes.
- Use ice: ice bath
- Keep uncovered
- Stir

4. Where is the safest place to thaw food?

Thawing requires temperature control.

- Refrigerator
- Cool running water
- Cook from frozen
- Microwave

5. Finish the sentence: When in doubt, throw it out.

Do not guess about food safety. It is better to be cautious than to risk making people sick.

6. An easy sanitizer to make at home is a bleach solution. How much bleach do you need to add to one litre of water to make a food grade sanitizer?

1/2 teaspoon in 1 L of water


7. Nails should always be short and clean.

8. What is one of the most germ-filled things found in a kitchen?

Sponge or wash cloth



BINGO

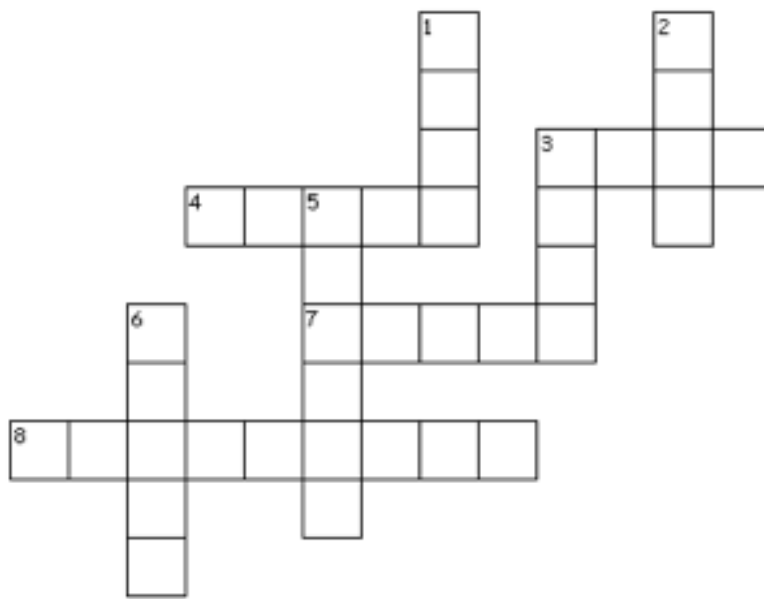
		 Free Space		



BINGO

Have you ever cooked a turkey with all the trimmings?	Do you wash your dish after each meal?	How many meatless meals do you eat in a week?	Do you eat Kraft Dinner more than once a week?	Do you use skim milk powder to cook?
Do you eat meat at least once a week?	Do you clean your stove, oven every six months?	Do you eat breakfast every morning?	Do you place food like groups together in the cupboard (All Fruit, etc.)	Do you do your big shopping at the end of the month?
Do you sit down as a family to eat?	Have you ever used a slow cooker to cook your meals?	 Free Space	Do you buy family size packages of beef, chicken?	Have you ever made a cake from scratch?
Do you watch the amount of food portions?	Do you shop at the dollar store for groceries	Do you clean your fridge monthly?	Do you use coupons when shopping?	Have you ever made homemade soup?
Do you go grocery shopping with a list?	Do you save leftovers?	Do you menu plan?	Do you reduce, reuse and recycle?	Is your kitchen clean most of the time?

CROSS Word



Word List

Boil	Baste
Quarter	Mince
Simmer	Stir
Bake	Grate
Dice	

Across

3. Heating a liquid on high heat until there are lots of bubbles and steam.
4. Spreading the juices or sauce in the bottom of the pan over the food while it is still cooking.
7. Cutting food into very small pieces.
8. Cutting food into 4 pieces.

Down

1. Cutting food into cubes.
2. Blending food ingredients together using a spoon, spatula or another tool.
3. Cook food by dry heat usually in an oven.
5. Heating a liquid on the stove until you see some bubbles and steam.
6. Shredding food into small pieces.



ECALE

WORD Search

h n t y z u i o c e c e a r l
m o r v c c p n b t a s n p q
p e p p e r s t e s b a o r w
h g i l m n t a e r b s e e t
s g e c a r r o t s a n d e a
j p a t y i k z s x g w t d d
a l o r e e t q k f e c o r n
h a u t l c i c j t n o m a a
q n t u a i o p s o n t a c s
b t d r e t c q m n i o t e d
j b r o c c o l i i n t o j h
a r r c t h j e p o k l e v w
b b c a d u p k s n l e s r o
g g p l e p p a b s s c a b b
t p e a s o r n a r l i c z q

Word List

carrots	potatoes	onions
beets	peas	eggplant
broccoli	corn	tomatoes
peppers	garlic	cabbage

You can find all of the vegetables in your work list in this puzzle. Use a pencil to circle all the words on the list. The first one is done for you.

You can build your own word searches or crossword puzzles using vocabulary that you use in your kitchen. Try making one that focuses on different food groups, measurements or cooking terms. This web site will create the puzzles after you type in the vocabulary. <http://puzzlemaker.discoveryeducation.com/>



Knife Safety Tips

Choosing the right knife for the task:

- The task determines what knife to use
- Blade size – using a knife that is too large or small can lead to injury
- Flexibility of blade – different tasks need more or less bend in the blade
- Blade edge – A serrated (jagged) edge works best on soft foods and a granton (blade that has scallops) is good for cheeses

Handling a knife:

- To carry a knife keep it off to your side, point down and sharp edge away from you
- To pass a knife to someone put the knife down on a clean surface and let them pick it up
- Never try to catch a knife that falls

Keep your knives sharp:

- A dull knife needs more force or pressure to cut and the knife is more likely to slip
- Dull knives increase the risk of injury

Keep your knives clean:

- A dirty knife can cross contaminate foods (raw meat juice onto fresh vegetables)
- To avoid contamination, clean your knives as soon as you are done using them.
- Never put knives in a sink full of hot soapy water because this can cause cross contamination and increases the risk of injury

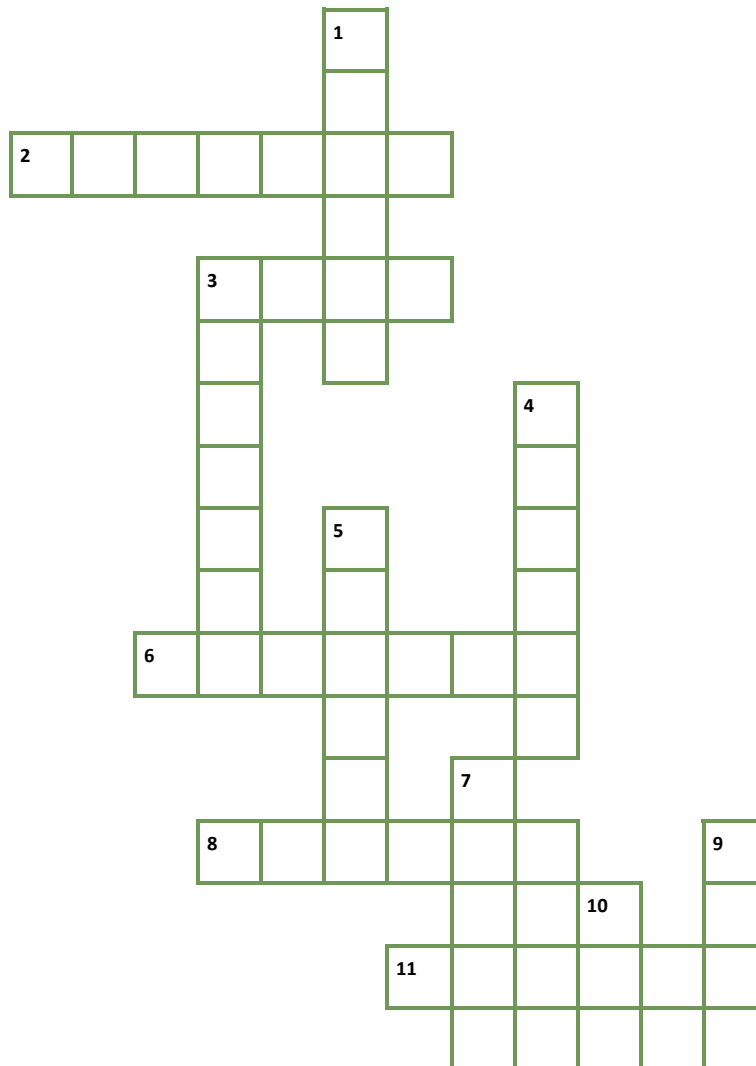
Store your knives correctly:

- Use a wooden knife block or storage roll
- If storing in a drawer, make sure all the knives are placed in the same direction

How to use a knife:

- Always use a cutting board
- Slice away from your hand and keep your fingers clear of the blade
- Don't use the palm of your hand as a cutting board
- Keep one hand on the knife using a secure grip, the other hand needs to be away from the blade to hold the item secure
- Using your pointer finger and your thumb, hold the knife close to the handle and blade
- Bring the blade down and through the item you are cutting in one smooth motion
- When mincing foods, keep the tip of your knife on the cutting board and pump the handle up and down quickly
- When cutting something, give it your full attention! If you get distracted stop what you are doing and deal with the distraction then return to finish cutting

Learning About Knives



Word List

Butter
Utility
Chef
Cleaver
Handle
Granton
Boning
Block
Shears
Bread
Tip
Edge
Paring

Down

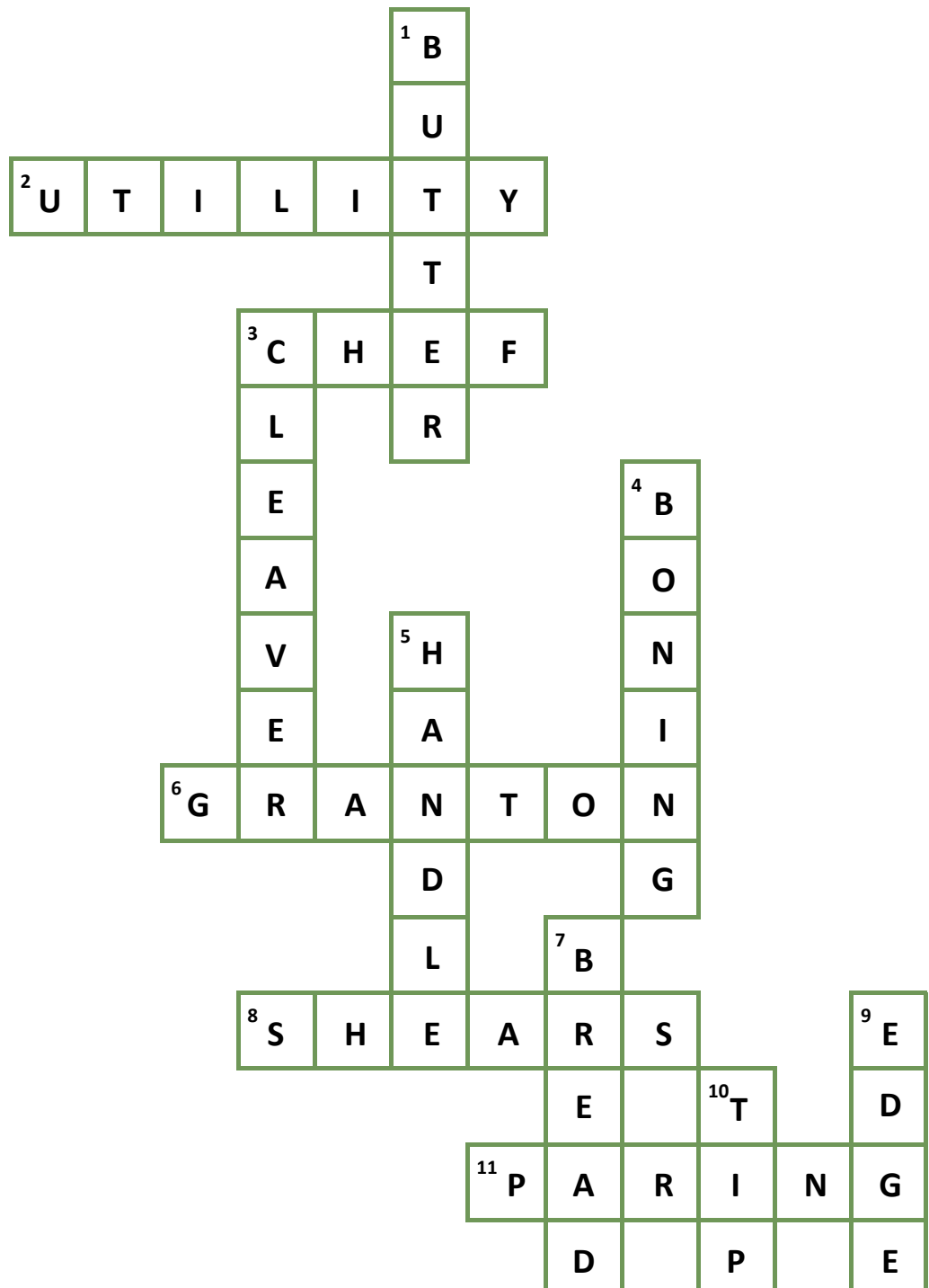
1. Dull cutting edge
3. Rectangular blade used for splitting meat from bone
4. Thin, flexible blade used to remove bones
5. Can be made of wood, plastic or stainless steel
7. Serrated so you can cut foods without crushing them
9. Entire cutting surface of the blade
10. The first 1/3 portion of the blade

Across

2. Has serrated or straight edge for cutting vegetables and meats
3. A curved, heavy blade that lets you rock the knife on a cutting board for a more precise cut
4. Made of wood to store knives
6. Semi-circle scallops that alternate on either side of the blade
8. Various uses in the kitchen from snipping herbs to sectioning chicken
11. Small knife with plan edge ideal for peeling fruits and vegetables

Learning About Knives

Answer Key





Sugar Q&A

What is sugar and what is it used for?

Sugar is a natural ingredient which gives sweetness for a range of food and drinks. As a traditional kitchen ingredient, it has been used for centuries to provide structure, texture, flavour, and sweetness to all kinds of products. It is also used in manufacturing, and provides a natural preservative effect.

What are the most common types of sugar?

- Sucrose is often called table sugar. Made up from glucose and fructose, it is extracted from sugar cane or sugar beet and also naturally present in most fruits and vegetables
- Glucose and fructose are found in fruits, vegetables and honey
- Lactose is commonly called milk sugar because it is found in milk and dairy products
- Maltose is also known as malt sugar and is found in malted drinks and beer.

Can sugars be hidden?

No. Sugar can never be hidden in food or drinks. The food labels on the back (or side) of pack always show the list of ingredients (in descending order of weight), as well as the total sugars contained in the product per 100g or per 100ml of product. Labels sometimes also show this information per portion and as a percentage of the Reference Intake (the new term for Guideline Daily Amounts) – to help you know just how much sugar you’re consuming in a single serving. This information can be found on the nutrition panel listed as “carbohydrates”. It is worth noting that the ‘sugars’ on pack are total sugars, which includes any sugars used in manufacturing and those contained naturally in the product e.g. from fruit or vegetables.

What is the difference between added sugars and natural sugars?

Added sugars (also known as free sugars) are those used in manufacturing or added by the cook or consumer. Naturally occurring sugars are those found naturally in a product e.g. fruit or vegetables.

When it lists the total sugars a product contains on a label, is this the amount of sugar (sucrose) added by the manufacturer?

No. The total sugars listed on a food label include any sugars used in manufacturing (also known as added sugars or free sugars) and those contained naturally in the product e.g. from fruit or vegetables.

How can I find out how much sugars are actually in my food or drink?

There are three different places on pack where you can find out how much sugars there are in a food or drink product:

- the ingredients list which lists out all the ingredients used to make the product in descending order of weight
- the nutritional information panel typically found on the back of pack which lists out all the major nutrients including the amount of total sugars contained in 100g or per 100ml of product
- the third is on pack where you may find a Reference Intake label—where you can check just how many grams of sugars a portion contains.

All of these can help you to make informed choices by making it easier for you to put the nutritional content of what you're eating or drinking into the context of your overall diet.

Which sugars are good for me and which are bad for me?

No kind of sugar is better or worse for you whether it's naturally present in a food (e.g. a piece of fruit) or used during the manufacturing process. The body breaks down each sugar in exactly the same way. The key is consuming and maintaining a healthy balanced diet and following the UK Government's recommendation (at population level) that 'free' sugars (those added to food or those naturally present in honey, syrups and unsweetened fruit juices) account for no more than 5% of daily energy intake on average from two years upwards

Is brown sugar better for me than white sugar?

No, the body breaks down each type of sugar in exactly the same way, irrespective of where it comes from. Brown and white sugars are both forms of sucrose which our bodies break down in the same way and contain the same number of calories at 4 calories per gram.

What's the difference between white and brown sugar?

White and brown sugars are both made from sugar cane or sugar beet. Brown sugar is essentially white sugar combined with molasses, which provides the dark colour, characteristic flavour and texture. The darker brown the sugar, the higher the amount of molasses. Both have the same amount of calories at 4 calories per gram.

Why is sugar used in savoury snacks?

Sugar performs a variety of functions including structure, texture and flavour. It is also an important preservative.

How many calories are in a teaspoon of sugar?

There are 16 calories in a level teaspoon (4g) of sugar.

Are sweeteners better for me than sugar?

Sugars and sweeteners are both safe – the choice depends on your taste preference and the type of product. Sweeteners can offer you an alternative choice but can't replicate all of the other important functions that sugar provide such as texture, preservation etc. Instead sugar alternatives can only replace the sweetness of sugars and the majority has zero calories.

How much sugar per day should I eat?

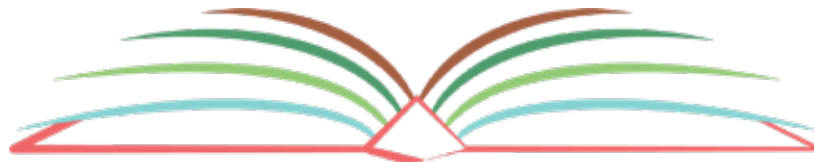
Current scientific thinking is that approximately 50% of our total dietary intake should come from carbohydrates, including sugars and starches. When it comes to sugars (those added to food and drink, or naturally present in honey, syrups and unsweetened fruit juices) should account for no more than 5% of total dietary energy intake. That means no more than 19g/day for 4–6 years, no more than 24g/day for 7–10 years and no more than 30g/day for those aged 11 and over.

Why does bread contain sugar?

The flour used to make bread contains small amounts of sugars, such as glucose and maltose. These sugars can also be produced naturally as part of the baking process. Sugars can also be added to bread recipes to provide colour and flavour. The levels of sugars in bread are typically less than 5g/100g which you can check on the food label.

Why is there so much sugar in low-fat products?

Sugars are present naturally in some low-fat products such as yoghurts. When fat is removed, these sugars then represent a higher percentage of the total product weight. You should always read the nutritional or food label on a food or drink product as low-fat doesn't always mean lower calorie.



This resource was developed with reference to:

<https://makingsenseofsugar.com/all-about-sugar/>

The Truth About Sugar

Fact or Fiction?

Question #1:

Fruit and vegetables contain different types of sugars.

Question #2:

Sugar is only used to sweeten food and drinks

Question #3:

My body doesn't need sugars

Question #4:

Sugars are hidden in lots of products

Question #5:

Brown sugar is better for me than white

Question #6:

All the sugars in orange juice come from the oranges themselves

Question #7:

Sugars in milk come directly from the cow

Question #8:

Bananas contain one type of sugar

Question #9:

Your body can distinguish between sugars used in processed foods and those found naturally in fruit and vegetables





The Truth About Sugar

Answers

Question #1: FACT

Sugars are found naturally in a wide range of fruit and vegetables

Question #2: FICTION

Sugar performs all kinds of functions in addition to making things sweeter. It provides structure, texture, and flavour and even acts as a preservative

Question #3: FICTION

All sugars are carbohydrates that provide energy for the body. The most common sugar in the body is glucose which your brain, major organs, and muscles need to function properly

Question #4: FICTION

Sugars are clearly listed as 'sugar' 'glucose' or 'fructose' in the ingredients panel on food labels, as well as on the nutritional information panel as 'carbohydrates—of which sugars...'

Question #5: FICTION

No, the body breaks down each type of sugar in exactly the same way, irrespective of where it comes from. Brown and white sugars are both forms of sucrose, which our bodies break down in the same way, and contain the same calories at 4 calories per gram.

Question #6: FACT

The sugars are sucrose, glucose, and fructose, which are all naturally occurring within the oranges

Question #7: FACT

The sugar is called lactose which comes directly from the cow

Question #8: FICTION

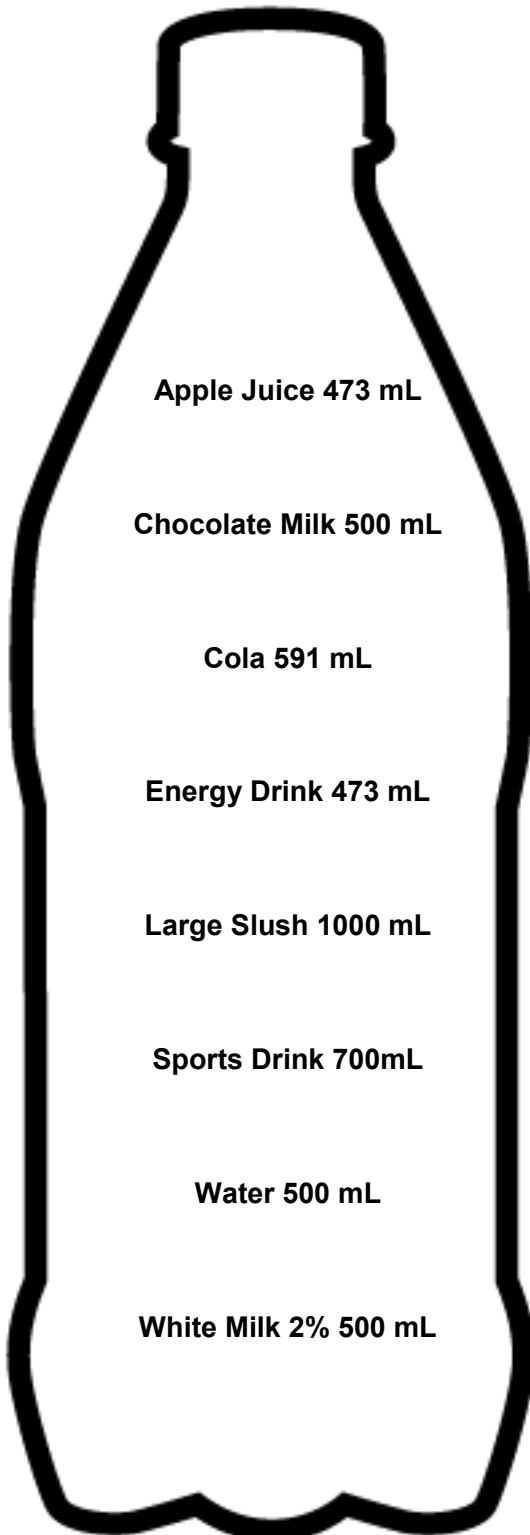
A banana contains three types of naturally occurring sugars: Fructose, Glucose, and Sucrose




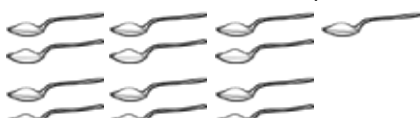



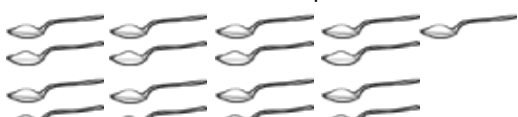
Question #9: FICTION

The body doesn't distinguish between sugars used in processed foods or those found naturally in fruit and vegetables. For example, sucrose in an apple is broken down in exactly the same way as the sucrose in your sugar bowl.

Sugar Sense Matching Game

Directions: Match the beverage with the amount of sugar it contains.



 <p>24 teaspoons</p>
 <p>14 teaspoons</p>
 <p>0 teaspoons</p>
 <p>13 teaspoons</p>
 <p>6 teaspoons</p>
 <p>10 teaspoons</p>
 <p>14 teaspoons</p>
 <p>17 teaspoons</p>



Sugar Sense Matching Game

ANSWER KEY

(Only print one copy for facilitator)

<u>Beverage</u>	<u>Sugar Content</u>
Apple Juice 473 mL	14 teaspoons
Chocolate Milk 500 mL	13 teaspoons
Cola 591 mL	17 teaspoons
Energy Drink 473 mL	14 teaspoons
Large Slush 1000 mL	24 teaspoons
Sports Drink 700mL	10 teaspoons
Water 500 mL	0 teaspoons
White Milk 2% 500 mL	6 teaspoons



Highlights from *Sodium Intake of Canadians in 2017*

Published by Health Canada, 2018-07-23

- The average daily sodium intake of Canadians is currently estimated at 2760 mg, which is higher than the established goal of 2300 milligrams (mg) per day.
- Canadians still consume too much sodium, putting them at higher risk of high blood pressure, and heart disease and stroke. Efforts to reduce sodium intake will help reduce the risk of many health issues.
- Males consume much more sodium than females.
- Most of the sodium found in the typical diet comes from processed food, **NOT** the salt shaker.
- Bakery products, mixed dishes, and processed meats account for half of the sodium Canadians consume. Other important contributors include cheeses, soups, sauces and condiments.
- Don't confuse salt and sodium figures. 1 gm of sodium is equal to 2.5 grams of salt.

Sodium and Health

Canadians eat approximately 3400 milligrams (mg) of sodium each day. This is more than double the amount we need. Sodium is an essential nutrient found in salt and many foods. Our bodies need a small amount of sodium to be healthy, but too much can lead to high blood pressure, an important risk factor for stroke, heart disease and kidney disease. Sodium intake has also been linked to an increase risk of osteoporosis, stomach cancer and severity of asthma.

Health Canada recommends that most Canadians consume 1500 (mg) per day and not exceed 2300 mg per day. This is the equivalent of just over one teaspoon of salt.

Age Group	Daily Recommended Intake	Children	Male	Female
1-3	1000	1530		
4-8	1200	2160		
9 to 13	1500		2740	2410
14 to 18	1500		3320	2350
19 to 30	1500		3420	2270
31 to 50	1300		3020	2270
51 to 70	1300		2820	2030
71 and older	1200		2440	1950



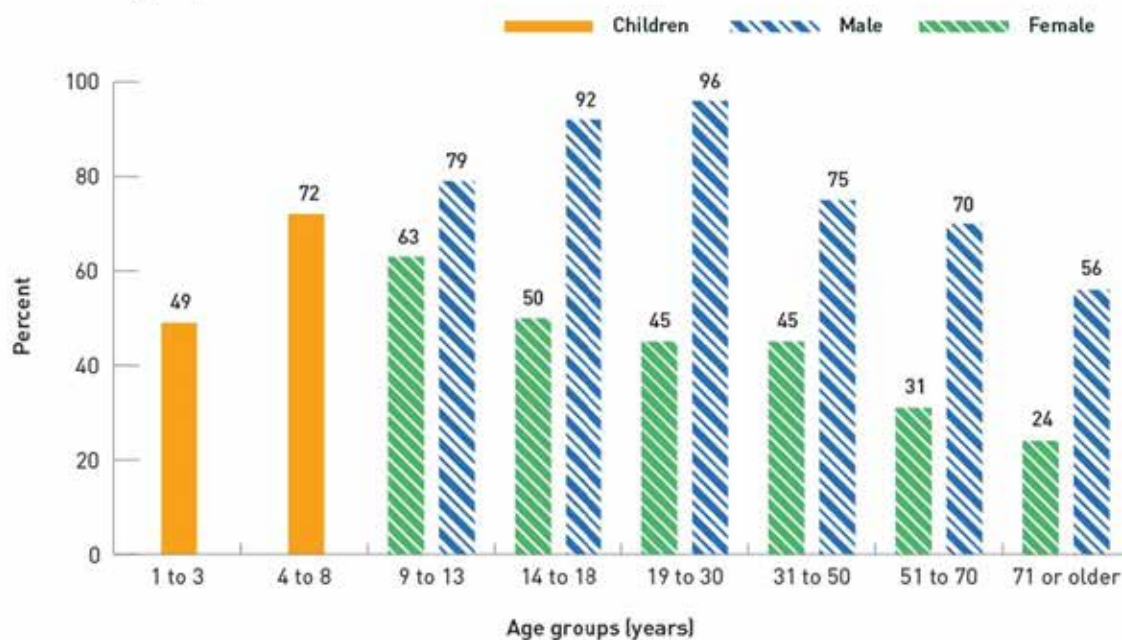
High sodium intakes have also been associated with:

- high blood pressure (hypertension)
- vascular and cardiac damage independent of high blood pressure
- detrimental effects on calcium and bone metabolism
- increased risk of stomach cancer
- severity of asthma

In children, high sodium intake has also been associated with:

- high blood pressure (hypertension)
- development of high blood pressure (hypertension) later in life
- a tendency for children to prefer foods with high salt content due to suppressed salt taste receptors

FIGURE 1. Percentage of Canadians who consume excessive amounts of sodium by age and sex group

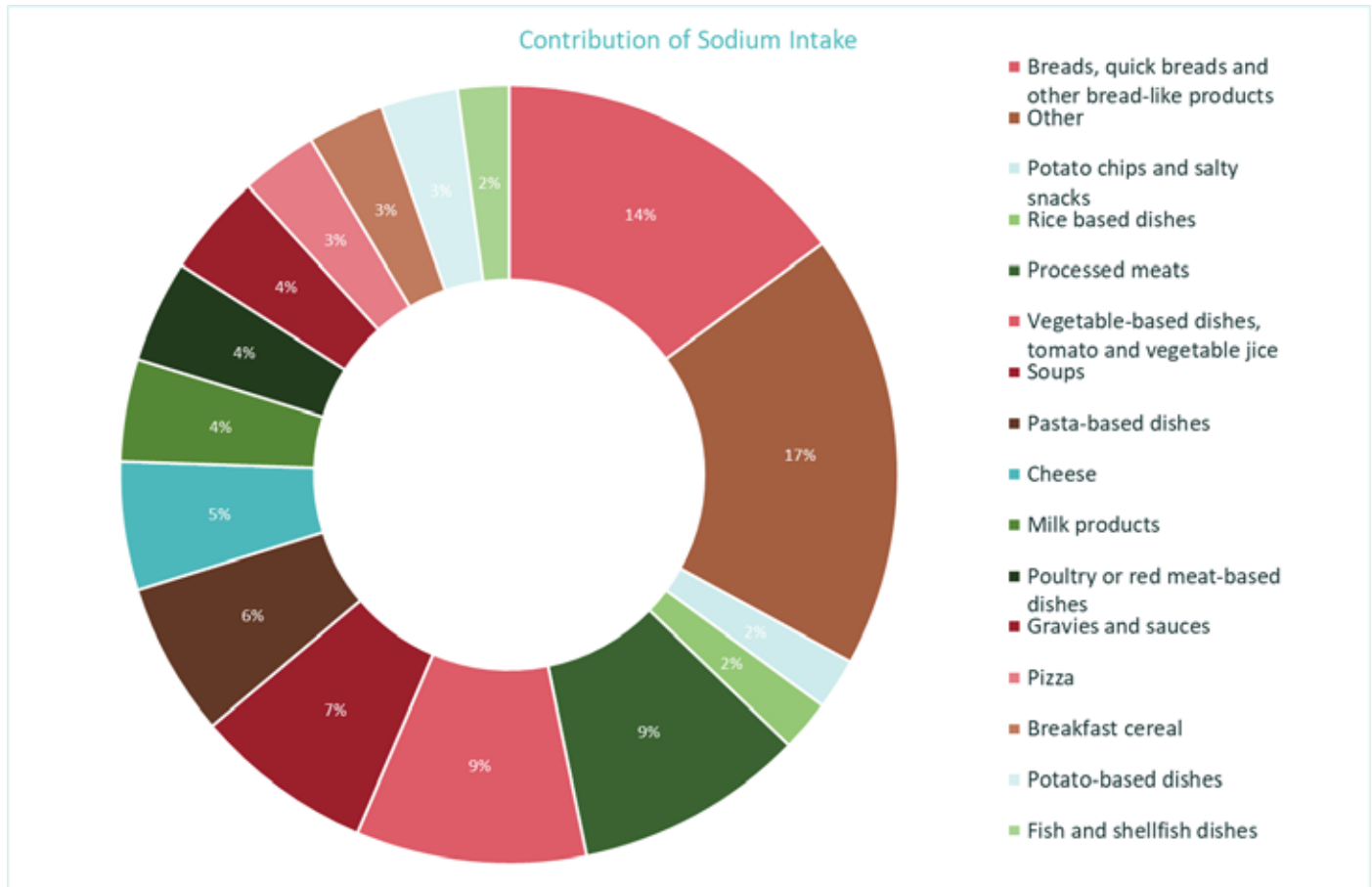


Fifty-eight percent (58%) of Canadians aged 1 year and older consume too much sodium. The percentage of Canadians consuming excess sodium increases with age during childhood, and peaks during adolescence and early adulthood before it starts to decrease after the age of 30. Also, 72% of children between the ages of 4 and 13 years eat too much sodium. Canadians over the age of 70 years have the lowest consumption of sodium among Canadian adults.

Males consume much more sodium than females, especially starting in adolescence. In particular, more than 90% of males between the ages of 14 and 30 exceed recommended limits for sodium. In comparison, less than half of the females in the same age group consume excess sodium. Males consume more sodium mainly because they consume more calories. This is because there aren't large differences in sodium intake level per calorie consumed between males and females.



Top Food Sources of Dietary Sodium



Processed Foods - 77%

<https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-processed-foods.html>

Most of the sodium we eat comes from processed foods like deli meats, pizza, sauces and soups. Packaged and ready-to-eat foods, fast foods and restaurant meals are also often high in sodium.

Naturally Occurring - 12%

<https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-naturally-occurring.html>

Sodium is found naturally in small amounts in foods like milk, fresh meats, fruits and vegetables.

Ingredients added at the table - 6%

<https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-ingredients-added-during-cooking-table.html>

Sodium is found in salt, sauces, condiments and dressings that are added at the table.

Ingredients added during cooking - 5%

<https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-ingredients-added-during-cooking-table.html>

Sodium is found in salt, sauces, condiments and dressings that are added during cooking.

Flavouring your foods without salt

Try the following herbs and spices and other
low salt ingredients to flavour your foods:

Beef · bay leaf · dry mustard · marjoram · onion ·
green pepper · fresh or dried mushrooms · sage ·
thyme · parsley · pepper · nutmeg · garlic

Pork · apple · onion · garlic · sage · ginger ·
marjoram · thyme · rosemary

Veal · apricot · bay leaf · ginger · marjoram · curry ·
cumin · onion · paprika · thyme · rosemary ·
poppyseeds · fresh parsley

Lamb · mint · garlic · rosemary · tarragon · curry ·
pineapple · marjoram

Chicken or Turkey · savory · bay leaf · green
pepper · lemon juice · sage · ginger · paprika · fresh or
dried mushrooms · thyme · cranberry sauce · savory

Liver · basil

Fish · tomato · basil · fresh or dried mushrooms ·
lemon juice · fresh parsley · garlic · dill · tumeric · bay
leaf · rosemary · curry · dry mustard

Egg Dishes · savory · tumeric pepper · green
pepper · fresh or dried mushrooms · dry mustard ·
curry · paprika · chives · basil · thyme · chervil

Asparagus · garlic · lemon juice · onion · vinegar

Corn · green pepper · pimento · tomato

Cucumbers · chives · dill · garlic · vinegar

Green Beans · dill · lemon juice · marjoram ·
nutmeg · pimento

Greens · onion · pepper · vinegar

Peas · green pepper · mint · fresh mushrooms ·
onion · parsley

Squash · brown sugar · cinnamon · ginger · mace ·
nutmeg · onion

Tomatoes · basil · marjoram · onion · oregano

Carrots · dill · tarragon

Cauliflower · nutmeg

Potatoes · chives · green pepper · mace · onion ·
paprika · parsley

Rice · green pepper · onion · pimento · saffron ·
mushrooms

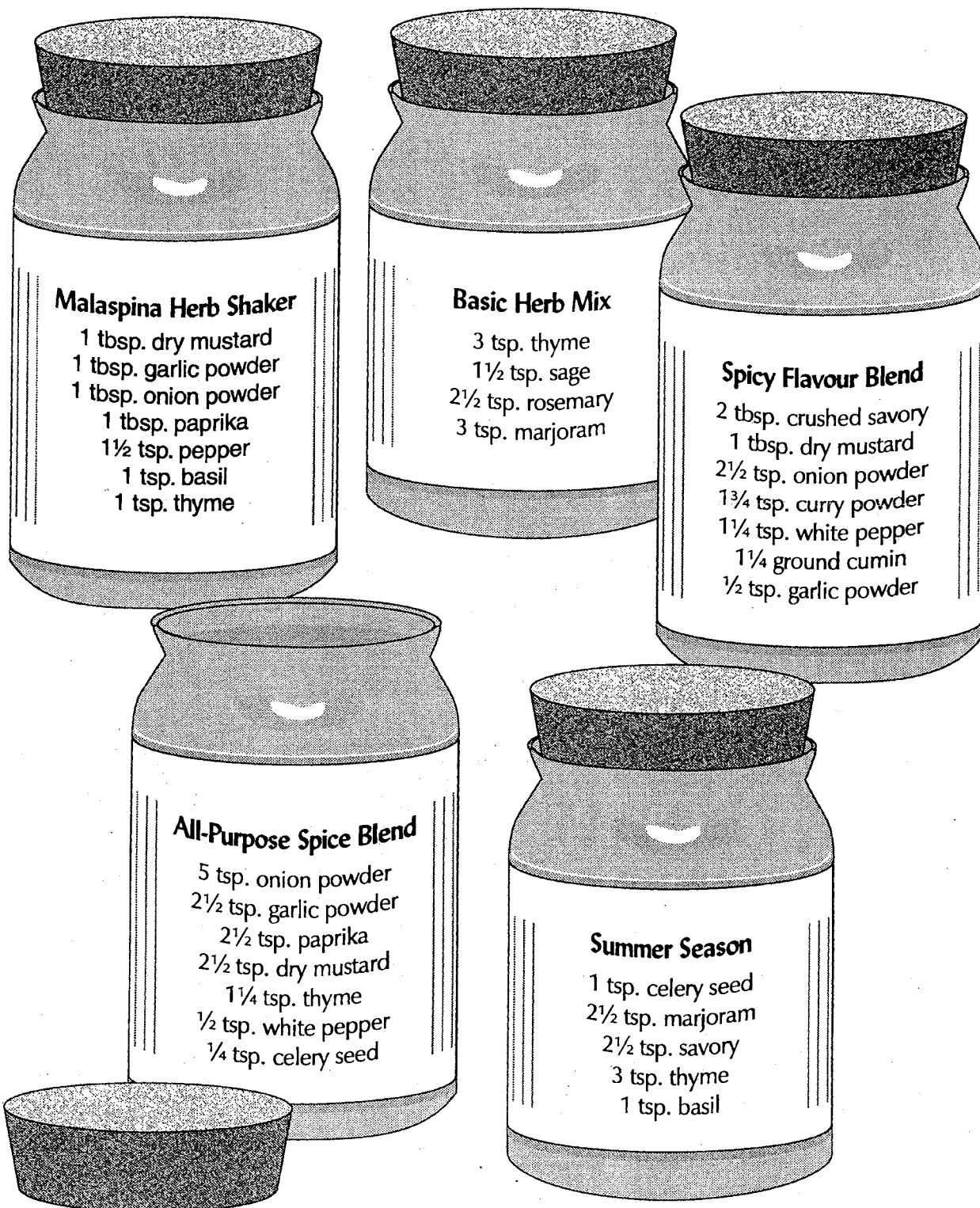
Pasta (noodles, spaghetti) · poppyseeds · dill seed ·
caraway seeds

Continued...





Herb Shakers – Make Your Own



Fibre Scoreboard

Diets higher in dietary fibre are linked with many health benefits, including lower risk of heart disease and colon cancer. Also, high fibre foods may keep you fuller longer, which can help in achieving and maintaining a healthy weight.

Eating a variety of foods that contain fibre, such as grain products, vegetables, fruits and legumes, will put you on your way to meeting your daily fibre needs!

How much fibre do I need?

According to Canadian and American guidelines, children (over 4 years) and adults should aim for at least 25 grams of fibre per day¹.

Most Canadians eat about half the recommended amount of fibre. However, this can be improved by eating more whole grains, legumes, vegetables, and fruit.

¹Source: Dietary Reference Intakes for Energy, Carbohydrates, Fibre, Fat, Protein and Amino Acids (Macronutrients), (2002).

Vegetables g fibre

Peas, fresh green, cooked (½ cup)	5.6
Potato with skin, baked (1 medium)	3.8
Brussels sprouts, cooked (½ cup)	3.0
Yam, cooked (½ cup)	2.8
Parsnips, cooked (½ cup)	2.7
Spinach, boiled (½ cup)	2.3
Broccoli, boiled (½ cup)	2.0
Corn, cooked (½ cup)	1.7
Beans, green or yellow, boiled (½ cup)	1.6
Tomato (1 medium)	1.5
Carrots, raw (1 medium)	1.5
Summer squash, boiled (½ cup)	1.3
Cabbage, boiled (½ cup)	1.3
Broccoli, raw (½ cup)	1.1
Cauliflower, raw (½ cup)	0.9
Celery, raw (1 medium stalk)	0.6

Fruit g fibre

Pear (1 medium)	5.0
Dates (3 fruits)	4.8
Raspberries (½ cup)	4.2
Strawberries (1 cup)	3.9
Mango (1 medium)	3.7
Papaya (½ fruit)	2.7
Apple with skin (1 medium)	2.6
Rhubarb, cooked (½ cup)	2.5
Kiwi (1 medium)	2.3
Orange (1 medium)	2.3
Carrots, boiled (½ cup)	2.2
Banana (1 medium)	2.1
Apricots (3 fresh)	2.1
Grapefruit (½ fruit)	2.0
Blueberries (½ cup)	2.0
Peach (1 medium)	1.9
Cantaloupe (½ fruit)	1.9
Grapes (1 cup)	1.9
Prunes (3 small)	1.8
Applesauce (½ cup)	1.5
Dried apricots (6 halves)	1.5
Raisins (¼ cup)	1.5
Pineapple canned in juice (½ cup)	1.2
Plums (1 medium)	1.1
Watermelon (½ cup)	0.3
Apple juice (1 cup)	0.2

Grain Products g fibre

All Bran Buds® (⅓ cup)	13.0
All Bran® (½ cup)	10.0
Shredded Wheat® (2 biscuits)	6.0
Corn Bran® (1 cup)	5.0
Whole wheat pita (1)	4.7
Bran flakes (1 cup)	4.5
Chapatis/rotis/pulka	3.0
Oatbran, cooked (¾ cup)	2.7
Whole wheat bread (1 slice)	2.4
Rolled oats, cooked (¾ cup)	2.4
Pasta, cooked (1 cup)	1.8
Brown rice, long grain, cooked (½ cup)	1.5
Plain muffin (1 medium)	1.2
White bread (1 slice)	0.8
Corn flakes (1 cup)	0.7
Bannock (1 medium)	0.5
White rice, long grain, cooked (½ cup)	0.4

Milk and Alternatives	g fibre
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All Milk and Alternatives	0.0
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Meat and Alternatives	g fibre
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Dahl (1 cup)	13.0
Chili with beans (1 cup)	9.8
Baked beans (½ cup)	7.4
White beans, cooked (½ cup)	6.5
Kidney beans, cooked (½ cup)	6.2
Peanuts (½ cup)	6.2
Black eyed peas, cooked (½ cup)	5.9
Split pea soup (1 cup)	5.0
Lentils, cooked (½ cup)	4.5
Flax seed, ground (1 Tbsp)	3.0
Hazelnuts (10 nuts)	1.5
Minestrone soup (1 cup)	1.0
Almonds (10 nuts)	1.0
All meat, poultry and fish	0.0

Fibre amounts from Health Canada, Canadian Nutrient File, version 2007b and product labels where brand names are listed.

A high fibre day

Getting enough fibre in your day is easier than you think. Check out the sample menu below to see how you and your family can get the fibre you need:

Breakfast	g fibre
1 medium orange	2.3
1 cup (250 mL) Corn Bran®	5.0
1 cup (250 mL) low fat milk	0.0

Morning Snack	g fibre
½ whole wheat pita	2.4
¼ cup (60 mL) hummus	3.4

Lunch	g fibre
Tuna Sandwich:	
½ cup (125 mL) tuna	0.0
2 slices whole wheat bread	4.8
1 medium tomato, sliced	1.5
1 cup (250 mL) low fat milk	0.0
½ cup (125 mL) blueberries	2.0

Afternoon Snack	g fibre
½ cup (125 mL) raw carrots	1.9
½ oz (15 g) low fat cheese	0.0

Dinner	g fibre
2 ½ oz (75 g) grilled chicken breast	0.0
1 cup (250 mL) brown rice	1.5
1 cup (250 mL) romaine lettuce salad	1.2
½ cup cooked broccoli and cauliflower	1.9
1 cup (250 mL) water	0.0
½ cup (125 mL) raspberries	4.2
1 slice angel food cake (½ cake)	0.1

Evening Snack	g fibre
1 medium fresh pear with skin	5.0
½ cup (125 mL) low fat yogurt	0.0

Total grams fibre	37.2
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Adapted with permission - Canadian Cancer Society © 2000.
Fibre amounts from Health Canada, Canadian Nutrient File, version 2007b and product labels where brand names are listed.



Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2 READ the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
15% DV or more is a **LOT**

This applies to all nutrients.

3 CHOOSE

Make a better choice for you. Here are some nutrients you may want...

less of

- Fat
- Saturated and trans fats
- Sodium


more of

- Fibre
- Vitamin A
- Calcium
- Iron

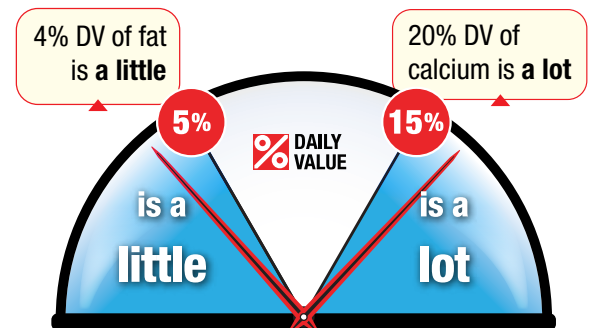
Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt



Nutrition Facts			
Per 3/4 cup (175 g)			
Amount	% Daily Value		
Calories 160			
Fat 2.5 g			4 %
Saturated 1.5 g			8 %
+ Trans 0 g			
Cholesterol 10 mg			
Sodium 75 mg			3 %
Carbohydrate 25 g			8 %
Fibre 0 g			0 %
Sugars 24 g			
Protein 8 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	20 %	Iron	0 %



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount		% Daily Value	
Calories 90			
Fat 4.5 g		7 %	
Saturated 2.5 g		13 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 280 mg		12 %	
Carbohydrate 12 g		4 %	
Fibre 1 g		4 %	
Sugars 0 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount		% Daily Value	
Calories 90			
Fat 2 g		3 %	
Saturated 0.3 g		2 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 90 mg		4 %	
Carbohydrate 15 g		5 %	
Fibre 3 g		12 %	
Sugars 1 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.



DAILY
VALUE

healthycanadians.gc.ca/dailyvalue





Reading Labels

Salt Content

Canned Vegetable Soup

Nutrition Facts			
Per 1 cup (250 mL)			
Amount		% Daily value	
Calories 130			
Fat 4 g		6%	
Saturated 0.5 g + Trans 0 g		2%	
Cholesterol 0 mg			
Sodium 1060 mg		44% (This is a lot !)	
Carbohydrate 20 g		6%	
Fibre 1 g			
Sugars 4 g			
Protein 4 g			
Vitamin A	30%	Vitamin C	10%
Calcium	4%	Iron	10%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this canned vegetable soup is 1 cup (250 mL). Compare the amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Make your own soup or buy lower sodium canned soups whenever possible. Look for the words "low sodium", "reduced sodium" or "no added salt" on the package.

Canned Tomato Sauce

Nutrition Facts			
Per ½ cup (125 mL)			
Amount		% Daily value	
Calories 40			
Fat 0 g		0%	
Saturated 0 g + Trans 0 g		0%	
Cholesterol 0 mg			
Sodium 670 mg		27% (This is a lot !)	
Carbohydrate 10 g		3%	
Fibre 1 g			
Sugars 6 g			
Protein 2 g			
Vitamin A	2%	Vitamin C	12%
Calcium	2%	Iron	8%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this canned tomato sauce is ½ cup (125 mL). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Make your own tomato sauce from fresh or canned tomatoes that are labelled with "low sodium", "reduced sodium" or "no added salt".



Cheddar Cheese

Nutrition Facts			
Per 1 ½ Oz (50 g)			
Amount		% Daily value	
Calories 200			
Fat 17 g		26%	
Saturated 10 g + Trans 0 g		50%	
Cholesterol 50 mg			
Sodium 310 mg		12% (This is moderate!)	
Carbohydrate 1 g		1%	
Fibre 0 g			
Sugars 0 g			
Protein 12 g			
Vitamin A	10%	Vitamin C	0%
Calcium	30%	Iron	2%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this cheese is 1 ½ oz (50 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Limit your intake of processed cheese and cheese spreads. They are usually high in sodium.

Deli Meat Ham

Nutrition Facts			
Per 2 Slices (56 g)			
Amount		% Daily value	
Calories 90			
Fat 5 g		7%	
Saturated 1.5 g + Trans 0 g		7%	
Cholesterol 30 mg			
Sodium 730 mg		30% (This is a lot !)	
Carbohydrate 2 g		1%	
Fibre 0 g			
Sugars 0 g			
Protein 12 g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this deli ham is 2 slices (56 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Make sandwiches with homemade hummus, natural peanut butter, eggs or roasted meat more often.



Veggie Burger

Nutrition Facts			
Per 1 burger (75 g)			
Amount		% Daily value	
Calories 150			
Fat 7 g		11%	
Saturated 0.5 g + Trans 0 g		3%	
Cholesterol 0 mg			
Sodium 400 mg		17 % (This is a lot !)	
Carbohydrate 7 g		2%	
Fibre 2 g		8%	
Sugars 1 g			
Protein 13 g			
Vitamin A	4%	Vitamin C	2%
Calcium	6%	Iron	20%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this veggie burger is 1 burger (75 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Description

Tip: If you choose to eat this veggie burger, top it off with tomato, lettuce and/or onion instead of condiments such as ketchup, mustard and relish that are high in sodium.

Pepperoni and Cheese Pizza

Nutrition Facts			
Per 1/6 of medium (85 g)			
Amount		% Daily value	
Calories 210			
Fat 9 g		13%	
Saturated 4 g + Trans 0 g		20%	
Cholesterol 0 mg			
Sodium 340 mg		14% (This is moderate!)	
Carbohydrate 23 g		7%	
Fibre 1 g			
Sugars 1 g			
Protein 11 g			
Vitamin A	35%	Vitamin C	2%
Calcium	15%	Iron	10%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for this pizza is 1/6 pizza (85 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Use less or no pepperoni, half the cheese and skip the olives and anchovies. Instead, add fresh vegetables like peppers, onions and mushrooms and garlic for extra flavour.



White Bread

Nutrition Facts			
Per 1 slice (35 g)			
Amount		% Daily value	
Calories 93			
Fat 1 g		1%	
Saturated 0.3 g + Trans 0 g		1%	
Cholesterol 0 mg			
Sodium 238 mg		9% (This is moderate!)	
Carbohydrate 18 g		6%	
Fibre 1 g			
Sugars 2 g			
Protein 3 g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	8%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for white bread is one slice (35 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Choose bread, breakfast cereals and bakery products that are lowest in sodium.

Regular Instant Oatmeal

Nutrition Facts			
Per 1 packet (186 g)			
Amount		% Daily value	
Calories 112			
Fat 2 g		3%	
Saturated 0.4 g + Trans 0 g		2%	
Cholesterol 0 mg			
Sodium 241 mg		10% (This is moderate!)	
Carbohydrate 20 g		6%	
Fibre 2 g			
Sugars 1 g			
Protein 4 g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	25%

Follow these 2 steps to find out how much sodium is in this food:

Step 1:

Look at the amount of food. The amount of food for regular instant oatmeal is 1 packet (186 g). Compare this amount to the quantity that you actually eat.

Step 2:

Read the % DV (Daily Value) on the food label. 5% DV or less is a little and 15 % DV or more is a lot.

Tip: Try cooking your own quick oatmeal with large oat flakes and milk or water for a lower sodium version. Flavour it with cinnamon and raisins.

Source: <https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-processed-foods.html#a6>



Cracker Nachos: Recipe and Nutrition

Cracker Nachos

Using whole grain crackers in place of tortilla chips reduces the fat and increases the fibre in this recipe. Enjoy this as a snack or an appetizer.

Ingredients

20	low sodium whole wheat crackers	20
½ cup	grated reduced fat (or light) cheddar cheese (18% M.F.)	125 ml
2	green onions, chopped	2
½	green bell pepper, chopped	½
½ cup	grated reduced fat (or light) cheddar cheese (18% M.F.)	75 ml
¼ cup	salsa	60ml

Directions

1. Preheat oven to 350° F (175° C).
2. Place crackers close together on a baking sheet.
3. Sprinkle ½ cup (125 ml) of grated cheese on the crackers.
4. Sprinkle with the onion and green pepper. (4
5. Sprinkle ½ cup grated cheese on top.
6. Bake in oven for 15 minutes.
7. Remove from oven and spoon a small amount of salsa on each cracker and serve immediately.

Makes 5 servings (4 crackers/71 g)

Nutrition Facts	
Per 1/5 of recipe (4 crackers/ 71 g)	
Amount	% Daily Value
Calories 130	
Fat 6 g	9 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 260 mg	11 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 1 g	
Protein 7 g	
Vitamin A	8 %
Vitamin C	20 %
Calcium	15 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in potassium	150 mg
High in calcium	188 mg
Source of magnesium	27 mg
Source of iron	0.7 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	½
Milk and Alternatives	½
Meat and Alternatives	0

This is a "Choose Sometimes" recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guides.

Beef and Barley Chili: Recipe and Nutrition

Beef and Barley Chili

Alberta Nutrition Guidelines suggest choosing foods with at least 2 grams of fibre per serving. One serving of this recipe provides half of a daily fibre requirement.

Ingredients

1 lb	Extra lean ground beef	454 g
1	Large onion, chopped	1 Large
1 Tbsp	Canola oil	15 ml
1	Small red or yellow pepper, chopped	1 Small
3 to 4	Garlic cloves, crushed	3 to 4
1 - 28 oz can	No salt added stewed tomatoes	1 - 796 ml can
2 cups	Cooked red kidney beans (1 – 10 oz can)	500 ml (or 540 ml can) rinsed and drained
1 - 14 oz can	Baked beans	1 - 398 ml can
1 cup	Salsa	250 ml
1 cup	Low sodium beef broth	250 ml
½ cup	Pearl or pot barley, dry	125 ml
2 to 4	Tbsp Chili powder	30 to 60 ml
1 Tbsp	Cocoa	15 ml

Directions

1. In a large pot, cook the beef and onion in canola oil over medium-high heat for 5-8 minutes, breaking up with a spoon, until meat is no longer pink.
2. Add the peppers and garlic, and cook for a few more minutes, until soft.
3. Add the tomatoes, beans, salsa, barley, chili powder, and cocoa. Bring to a boil.
4. Turn the heat down to low, cover and cook for about one hour, stirring occasionally.
5. Serve immediately, or cool and refrigerate and reheat when you are ready for it.

Makes 8 servings (1 ½ cup/375 ml/375 g)

Nutrition Facts	
Per 1/8 of recipe (375 mL / 1½ cup / 375 g)	
Amount	% Daily Value
Calories 320	
Fat 6 g	12 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 30 mg	
Sodium 700 mg	29 %
Carbohydrate 44 g	15 %
Fibre 11 g	44 %
Sugars 12 g	
Protein 23 g	
Vitamin A	70 %
Vitamin C	50 %
Calcium	10 %
Iron	40 %

Nutrient Claim	Amount per serving
Very high in fibre	11 g
Very high in potassium	995 mg
Source of calcium	104 mg
Very high in magnesium	92 mg
Very high in folate	80 mcg
Very high in iron	6 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	1 ½

This is a "Choose Most Often" recipe (Mixed Dish – Meat-based) according to the Alberta Nutrition Guides.



Planning

WEEK OF: _____

..... SUNDAY

B _____

L _____

D _____

..... MONDAY

B _____

L _____

D _____

..... TUESDAY

B _____

L _____

D _____

..... WEDNESDAY

B _____

L _____

D _____

..... THURSDAY

B _____

L _____

D _____

..... FRIDAY

B _____

L _____

D _____

..... SATURDAY

B _____

L _____

D _____

..... GROCERY LIST

PRODUCE

GRAINS


MEATS


FROZEN


MISC.


..... DAILY SERVINGS


S M T W T F S


FRUIT  ☐ ☐ ☐ ☐ ☐ ☐ ☐

VEGGIES  ☐ ☐ ☐ ☐ ☐ ☐ ☐

PROTEIN  ☐ ☐ ☐ ☐ ☐ ☐ ☐

GRAINS  ☐ ☐ ☐ ☐ ☐ ☐ ☐

MILK  ☐ ☐ ☐ ☐ ☐ ☐ ☐

WATER  ☐ ☐ ☐ ☐ ☐ ☐ ☐

B BREAKFAST **L** LUNCH **D** DINNER

Reading a Grocery Store Flyer

Knowing what is on sale and when can help you save money on your groceries. Many stores have weekly flyers that tell you what is on sale, special promotions and if there are any conditions (limit on how many you can buy, when the sale prices are available, if you can only buy them in multiples to get the sale price, etc.).

Complete the following table using your local grocery flyers. Write down the prices of the same, or similar, items at different stores.

Name of Store	Item	Price per kg or each	Price per lb or each
		\$	\$

Ask these questions

1. Are there any coupons in the flyer?
2. When are the prices in the flyer available?
3. Does the store do price matching and are there any conditions?

Using Coupons

Coupons are a great way to save money on your grocery bill. Make sure to read what is on the coupon before you use it. Some coupons give you money off an item, others may offer a buy one get one free or get one free with a minimum purchase.

Here are some places to look for coupons:




- Weekly flyers
- Inside or on boxes of products you purchase
- Coupon Boards at the front of the grocery store
- Trade coupons with friends or families
- Have a coupon exchange folder available in your Collective Kitchen








Item	Free; Buy one, get one; Money off	Expiry Date	Conditions	Would you use this coupon?

Financial Literacy Information

Coins

Coin	Appearance	Description
Nickel (5¢)		A beaver on one side. Silver coloured. Larger than a dime.
Dime (10¢)		A sailing ship on one side. Silver coloured. Smaller and thinner than a nickel. There are 10 dimes in \$1.00
Quarter (25¢)		A caribou on one side. Silver coloured. There are 4 quarters in \$1.00
Loonie (\$1)		A loon on one side. Gold coloured. There are 2 loonies in a toonie.
Toonie (\$2)		A polar bear on one side. Silver outside and golden centre. There are 5 toonies in \$10.00

Bills

Bill	Appearance	Description
\$5 Bill		Blue coloured. Sir Wilfred Laurier is on the front.
\$10 Bill		Purple coloured. Sir John A. Macdonald or Viola Desmond is on the front.
\$20 Bill		Green coloured. Queen Elizabeth II is on the front.
\$50 Bill		Red coloured. William Lyon Mackenzie King is on the front.
\$100 Bill		Gold coloured. Robert L. Borden is on the front.

Cards

Debit Card: This is a card from your bank that you use to buy things with the money in your bank account. The money goes directly from your bank account to the store.



Credit Card: This card lets you buy things and not pay for them right away. You pay for all your credit card purchases at the end of the month. If you do not pay by the end of the month, you have to pay interest. The most common types of credit cards in Canada are Visa, MasterCard, and American Express.



How to Read Money

Amount	In Words
\$1.99	One dollar and ninety-nine cents
\$2.50	Two dollars and fifty cents
\$145.89	One hundred and forty-five dollars and eighty-nine cents
\$0.95	Ninety-five cents
20¢	Twenty cents
\$1099.00	One thousand and ninety-nine dollars
\$10M	Ten million dollars
\$1B	One billion dollars

Price Rounding

<p>Price rounding is for cash transactions only. If you use a debit or credit card, there is no rounding.</p>	<p>Because pennies are not available, cash transactions will need to be rounded to the nearest five-cent increment.</p>	
<p>Rounding guidelines</p>	<p>Rounding on cash transactions should only be used on the final amount payable after the calculation of any applicable duties or taxes such as GST.</p>	
<p>Round down</p>	<p>If the price ends in 1 or 2 cents (\$0.01 or \$0.02), you round down so it ends in 0 cents (\$0.00).</p> <p>If the price ends in 6 or 7 cents, you round down so it ends in 5 cents (\$0.05).</p> <p>Example: \$1.01 or \$1.02 round down to \$1.00 \$1.06 or 1.07 round down to \$1.05</p>	
<p>Round up</p>	<p>If the price ends in 3 or 4 cents (\$0.03 or \$0.04), you round up so it ends in 5 cents (\$0.05).</p> <p>If the price ends in 8 or 9 cents (\$0.08 or \$0.09), you round up so it ends in 10 cents (\$0.10).</p> <p>Example: \$1.03 or \$1.04 round up to \$1.05 \$1.08 or \$1.09 round up to \$1.10</p>	
<p>Example: Mr. Smith's grocery store bill is \$128.84. When you add the \$6.44 GST, the total is \$135.28. If he pays by credit/debit card or check, the total amount he will need to pay is \$135.28.</p>	<p>Grocery: GST @ 5%: Total:</p>	<p>\$128.84 <u>\$6.44</u> \$135.28</p>
<p>If Mr. Smith pays by cash, the amount he will have to pay will be rounded up to \$135.30.</p>	<p>Grocery: GST @ 5%: Total: Amount to pay:</p>	<p>\$128.84 <u>\$6.44</u> \$135.28 \$135.30</p>

Financial Literacy Questions

1. The card you use to pay for your items right away is _____.
2. One toonie is worth _____ quarters.
3. The only bill that is blue is the _____.
4. How do you say \$2.95? Write it out in words: _____.
5. When paying with cash, you round to the nearest _____ cents.
6. The _____ is the coin that is worth the least amount of money.



Numeracy

1. Add these numbers

a) $\begin{array}{r} 12 \\ + 25 \\ \hline \end{array}$

b) $\begin{array}{r} 305 \\ + 266 \\ \hline \end{array}$

c) $250 + 90 + 275 =$

2. Subtract these numbers

a) $\begin{array}{r} 54 \\ - 32 \\ \hline \end{array}$

b) $\begin{array}{r} 258 \\ - 45 \\ \hline \end{array}$

c) $\begin{array}{r} 705 \\ - 619 \\ \hline \end{array}$

3. Multiply these numbers

a) $2 \times 10 =$ _____

b) $14 \times 6 =$ _____

c) $105 \times 14 =$ _____

4. Divide these numbers

a) $49 \div 7 =$ _____

b) $5 \overline{)105}$

c) $8 \overline{)576}$

5. Circle the largest number of each pair.

a) $\frac{3}{4}$ or $\frac{1}{2}$

b) $\frac{1}{3}$ or $\frac{1}{4}$

c) $\frac{1}{2}$ or $\frac{1}{4}$

d) How many $\frac{1}{2}$ cups are in two cups? _____

e) The double of $2\frac{1}{2}$ cups of flour is _____ cups.

6. Round to the nearest amount you would pay in a store: \$4.38 = _____ \$12.51 = _____

7. Alex planned to spend \$100 for food this week. On Monday he has spent \$27 and on Wednesday he spent \$33. How much money does he have left for the week?

8. If a recipe calls for 2 cups of water to 1 cup of rice, how many cups of water will you need for 3 cups of rice?



Numeracy - Answers

1. Add these numbers

$$\begin{array}{r} \text{a) } 12 \\ + 25 \\ \hline 37 \end{array}$$

$$\begin{array}{r} \text{b) } 305 \\ + 266 \\ \hline 571 \end{array}$$

$$\text{c) } 250 + 90 + 275 = 615$$

2. Subtract these numbers

$$\begin{array}{r} \text{a) } 54 \\ - 32 \\ \hline 22 \end{array}$$

$$\begin{array}{r} \text{b) } 258 \\ - 45 \\ \hline 213 \end{array}$$

$$\begin{array}{r} \text{c) } 705 \\ - 619 \\ \hline 86 \end{array}$$

3. Multiply these numbers

$$\text{a) } 2 \times 10 = \underline{20}$$

$$\text{b) } 14 \times 6 = \underline{84}$$

$$\text{c) } 105 \times 14 = \underline{1470}$$

4. Divide these numbers

$$\text{a) } 49 \div 7 = \underline{7}$$

$$\begin{array}{r} \text{b) } \begin{array}{r} 21 \\ 5 \overline{)105} \end{array} \end{array}$$

$$\begin{array}{r} \text{c) } \begin{array}{r} 72 \\ 8 \overline{)576} \end{array} \end{array}$$

5. Circle the largest number of each pair.

$$\text{a) } \textcircled{3/4} \text{ or } 1/2$$

$$\text{b) } \textcircled{1/3} \text{ or } 1/4$$

$$\text{c) } \textcircled{1/2} \text{ or } 1/4$$

d) How many $1/2$ cups are in two cups? 4

e) The double of $2 \frac{1}{2}$ cups of flour is 5 cups.

6. Round to the nearest amount you would pay in a store: \$4.38 = \$4.40 \$12.51 = \$12.50

7. Alex planned to spend \$100 for food this week. On Monday he has spent \$27 and on Wednesday he spent \$33. How much money does he have left for the week? \$40.00

8. If a recipe calls for 2 cups of water to 1 cup of rice, how many cups of water will you need for 3 cups of rice? 6 cups of water



Assessment Information

The assessment will give you information on:

- The skills of the participants in your group.
- Which skills you can work on with your group. Each collective kitchen is composed of different people with different skill levels. For example, 50% of one group are ESL adults with a variety of levels of speaking skills, and in another group there are more adults with low-level reading and writing skills, or everyone has low-level math skills.

There is a participant profile so that you can note the Literacy, English as a Second Language and Math Literacy skills of the participants. This will give you the information for partnering.

There is a facilitator copy that indicates the level of skills (low-level, mid-level, and functional), and a copy for participants. The assessments are in a separate folder in PDF format for ease of printing.

Literacy

When a person knows the picture for each word in a section, they have achieved that level. The person may know some of the words, for example, if the person has been involved in Collective Kitchens before she may know the word colander but no other words on that list.

- **Low-level** means that the person has minimal skills in reading. For most people writing is at a lower level than reading.
- **Mid-level** means that the person can read some words but it is limited. The person will need assistance with more complex words.
- **Functional** means that the person can read, write, and understand printed information that she may encounter in daily living.

English Language Learners – Speaking Assessment

Collective Kitchens is a warm and friendly environment, where the instructor talks often with their participants. When you meet your participants, you can make a judgement on their speaking skills. When you are talking to people from your class, think about the following:

- **Low-level** skills means the person speaks using 2 or 3 words or short phrases and find it difficult to maintain a conversation.
- **Mid-level** means the person speaks in no more than 4 or 5 sentences on a topic and can sometimes maintain a conversation (on a familiar topic).
- **Functional** means the person speaks at a normal speaking rate and uses sequenced sentences, and a large vocabulary.

If a participant has good speaking skills or is not an immigrant, then mark N/A for not applicable.

Numeracy

Numeracy is the basic math that a person needs for daily living.

- **Low-level** means that the person has minimal math skills and may need assistance with adding, subtraction, multiplication etc. at a basic level.
- **Mid-level** means that a person will need assistance with fractions, percentage, ratios, etc.
- **Functional** means that a person has the math skills for daily living.



ESL Speaking – Facilitator Copy

[illegible]

Participant Assessment Results

Please check the appropriate boxes to indicate the participant's skills levels.

This sheet will enable you to decide on the people you want to partner and on which areas of literacy to focus. The information can be summarized for reporting.

[illegible]

ECALA Collective Kitchens Participant Profile

Demographic Data

All information submitted is confidential

Session Dates	Start		End	
Personal Information				
Name				
Address				
Postal Code				
Phone Number			Cell Number	
Email				
Gender	Female <input type="checkbox"/>	Male <input type="checkbox"/>	Identify with another gender <input type="checkbox"/>	Prefer not to disclose <input type="checkbox"/>
Age	0 - 17 <input type="checkbox"/>	18 - 34 <input type="checkbox"/>	35 - 54 <input type="checkbox"/>	55 + <input type="checkbox"/>
What is your level of education?	No schooling <input type="checkbox"/>	Grade 1-6 <input type="checkbox"/>	Grade 7-9 <input type="checkbox"/>	Some High School <input type="checkbox"/>
			Some Post-Secondary <input type="checkbox"/>	Graduated Post-Secondary <input type="checkbox"/>
				Special Education <input type="checkbox"/>
Are you:	First Nations/ Metis/Inuit? <input type="checkbox"/>	Permanent Resident/ Temporary Resident/ Refugee? <input type="checkbox"/>		
Do you have any food restrictions or allergies?				
Why do you want to join our Collective Kitchen? What is your goal?				
How many people will you be cooking for? What are their ages?				
Emergency Contact				
Name				
Phone Number				

Allergies or Food Restrictions

Kitchen: _____

Date: _____

<u>Name</u>	<u>Allergy</u>

ECALA Collective Kitchen Attendance

Location:		Recipe			Recipe			Recipe			Recipe			Recipe		
Instructor:																
Volunteer(s):																
		(Date)			(Date)			(Date)			(Date)			(Date)		
	Participant's First Name	✓ Attendance	# of Meals Made	\$ Amount Collected	✓ Attendance	# of Meals Made	\$ Amount Collected	✓ Attendance	# of Meals Made	\$ Amount Collected	✓ Attendance	# of Meals Made	\$ Amount Collected	✓ Attendance	# of Meals Made	\$ Amount Collected
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
CASH COLLECTED PER CLASS		\$			\$			\$			\$			\$		



ECALA Collective Kitchens Instructor Observation Checklist

Outcomes, Measurement and Evaluation

Location: _____

Kitchen Dates: _____

Instructor: _____

Volunteer: _____

Outcome 1: Adult learners persist in learning foundational skills that they use in everyday lives

Outcome 2: Adult learners have access to relevant and engaging learning opportunities

Outcome 3: Adult learners benefit from CALPs that are well-connected in their communities

Unique learner # *	Learner First name	Learner Evaluated	1.2a Increased skill use	1.2b Making progress towards goal	1.2c Increased confidence	2.2a Relevant to goals/needs	2.2b Welcoming space	2.2c Reduced barriers to learning	3.2c Name of referring organization

* A Unique learner # is assigned to each learner. ECALA must report the number of **unique learners** in their report to Advanced Education. For example, Jane is given the unique learner #001 the first time she attends a Collective Kitchen. You would only use this number for Jane. You can count Jane each time she attends a session, however, she is only counted once as a unique learner. This will also help you keep track if you have two or more learners with the same first name.

* Indicators Based on the CALP Logic Model	
1.2a	Skills Use: # of learners who used foundational skills in their everyday lives
1.2b	Learner Progress: # of learners who made progress or met their learning goals
1.2c	Increased Confidence: # of learners who demonstrated increased self-confidence
2.2a	Program Relevance: # of learners who felt that the program was relevant to their needs and goals
2.2b	Welcoming Space: # of learners who felt that the program provided a safe and welcoming space
2.2c	Reduced Barriers: # of learners who had a barrier reduced through ECALA funding
3.2c	Referring Organizations: list of different organizations that referred learners to your program



Collective Kitchen Instructor/Volunteer Survey

KITCHEN: _____

Date: _____

As part of your funding for your Collective Kitchen, you need to connect what your participants are learning to the Outcome-Based Measurements and Evaluation framework. Each of the following questions relate to an indicator or measure from that framework that you need to report on. Please provide a number of participants for each question.

1.2a Skill Use:

1. Have you noticed a change in the cooking skills of your participants?
2. Have your participants said that they cooked one of the recipes they got in your kitchen at home?

1.2b Learner Progress:

1. Have you noticed any of the participants wanting to try different cooking methods (frying, boiling, using a frying pan, or grill) or demonstrated willingness to try new foods?
2. Are your participants able to read recipes and use numeracy skills to double or divide ingredients in a recipe when needed?

1.2c Increased Confidence:

1. Have you noticed an increase in participants' confidence?
2. What are some of the group's strengths?

2.2a Program Relevance:

1. Have you talked to the group about food safety (i.e. only re-heat enough food to eat at one meal)?
2. Have you noticed a change in the participants' ability to work better with others in the group?

2.2b Welcoming Space:

1. Do your participants' report that they were comfortable, safe and welcome in your Collective Kitchen?



Collective Kitchens Instructor Agreement

SAMPLE

Recommended information to collect. Follow the policies and procedures of your organization.

- The instructor agrees to perform the expectations as outlined below.
- The instructor, or any volunteers they have working with them, are **NOT permitted** to supervise children.

Start Date: _____ End Date: _____

INSTRUCTOR INFORMATION & CONTACT

NAME AND ORGANIZATION:	PHONE NO.:	EMAIL CONTACT
PERSONAL REFERENCE – NAME	PHONE NO.:	RELATIONSHIP <input type="checkbox"/> give consent to contact this person
EMPLOYMENT:		
PREVIOUS VOLUNTEER EXPERIENCE		
POLICE CHECK:	Have you had one done?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Would you be willing to get a police check if requested	<input type="checkbox"/> Yes <input type="checkbox"/> No

EXPECTATIONS

- Read this handbook in its entirety to get a better idea of what all is involved in facilitating a Collective Kitchen in your community.
- It is recommended that you acquire certification by completing the Alberta Food Safety Basics course. This is an online course provided by Alberta Health Services (AHS). It may be found under AHS Take a Course. After passing the test, you will be able to save and print a copy of the certificate. Review and use the Collective Kitchen Manual by Alberta Health Services as a guide.
- Ensure that you have the necessary groceries for each class.
- Contact participants to remind them of the class.
- Ensure participants follow food handling and safety procedures including aprons, gloves, hair, storage, immediate refrigeration and freezing.
- Food must be prepared on site, and each participant must be involved in the preparation of the meals.
- If a class needs to be cancelled, the instructor is responsible to contact the participants.
- Alberta Health Services will provide a Food Bank access code. Use the contact number provided to call in your grocery needs. The Food Bank requires 2 weeks advance notice for supplies.
- Submit a signed copy of this form to your supervisor/facilitator and keep a copy for yourself.

Date: _____

Instructor: _____
Name

Signature

Witness: _____
Name

Signature

Sample Lesson Plan: Eight Sessions

Session 1: Orientation / Wants and Needs

- Fill out forms/talk about cost.
- Wants and needs discussion.
- Key terms and phrases (write them in journal).
- Activity–introduction to needs and wants. Talk about wants and needs.
- Look through recipe books to come up with a plan and grocery list for next week.

Session 2: Grocery Shopping

- Key terms and phrases.
- Journaling activity–What is grocery shopping?
- Activity–Visual grocery list. Draw a layout of where they shop and talk about not going up/down each row.
- Label reading discussion. Price rounding discussion.
- Field trip idea–grocery store tour.

Session 3: Cooking and Planning

- Wash hands. Collect ingredients and recipe.
- Wash all veggies and start cutting things up. Cook meat if needed.
- Put everything in freezer bags.
- Talk about the next meal planning.
- Clean up – washing dishes, cleaning tables, putting stuff away.

Session 4: Cooking and Planning (As session 3)

Session 5: Stretching our Money

- Talk about last week's group.
- Key terms and phrases. Journaling.
- Activity–Dressing and budgeting for...
- Activity–Your budget
- Clean up–washing dishes, cleaning tables, putting stuff away.

Session 6: Cooking and Planning (As session 3)

Session 7: Budgeting

- Icebreaker–Money and medicine wheel.
- Journaling–Answer questions and have group discussion.
- Clean up–washing dishes, cleaning tables, putting stuff away.

Session 8: Cooking and Planning

- Wash hands. Start preparing food for our celebration.
- Do evaluations.
- Hand out certificates.
- Enjoy our meal.
- Decorate apron to take home.



Collective Kitchen

Where:

When:

Time:

Cost:

To Register:

Come and join us for a fun filled cooking session.
The best part is you take the food home.

Make new friends

Have Fun



Cook Great Meals

Meet New People

Online Resources:

1. AHS Collective Kitchen Manual <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-to-help-your-diabetes-pictorial.pdf>
2. AHS Cooking Without Salt <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-without-salt.pdf>
3. AHS Foods with Fiber <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-foods-with-fibre.pdf>
4. AHS Healthy Meals to Help Your Diabetes <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-to-help-your-diabetes-pictorial.pdf>
5. AHS Heart Health Foods <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-heart-healthy-foods-pictorial.pdf>
6. AHS Sugar Shocker Education Kit <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf>
7. AHS What's for Lunch <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>
8. Alberta Food Safety Booklet with Quizzes and Answer Keys <https://www.albertahealthservices.ca/assets/wf/eph/wf-eh-alberta-food-safety-basics-booklet.pdf>
9. Alberta Food Safety Courses <https://www.albertahealthservices.ca/eph/page3151.aspx>
10. Beverly Day Care Society Collective Kitchen <http://www.beverlydaycaresociety.ca/collective-kitchen>
11. Canada Food Guide information <https://food-guide.canada/en>
12. Canadian Dietary Guidelines <https://food-guide.canada.ca/en/guidelines/>
13. Canadian Federation for Economic Education free webinars for seniors, immigrants and post-secondary students https://cfee.org/events/?utm_source=Cyberimpact&utm_medium=email&utm_campaign=Financial-Empowerment-Newsletter-July-2020
14. Checkout 51 - Save on the brands you love <https://www.checkout51.com>
15. Cooking Club Manual for Children and Youth - AHS <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-club.pdf>
16. COVID 19 and the Basic Shelf Cookbook <https://cpha.ca/covid-19-basic-shelf-cookbook>
17. Eat Well and Be Active https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/pdf/food-guide-aliment/educ-comm/toolkit-trousse/plan-1-eng.pdf
18. Edmonton Food Bank <https://www.edmontonsfoodbank.com/>
19. Edmonton Social Planning Food Security <https://edmontonsocialplanning.ca/food-security/>
20. Essential Skills PDF and additional information www.canada.ca/en/employment-social-development/programs/essential-skills/tools/what-are-essential-skills.html

21. FLIPP <https://flipp.com> Flipp is your one-stop marketplace for savings and deals. Browse digital weekly flyers from retailers near you or search for the items you need. Mobile app available at the Apple Store and Google Play
22. Gathering to Learn Guide <https://www.ecala.org/wp-content/uploads/2021/02/Gathering-to-Learn-Guide.pdf>
23. Health-related video gallery <https://www.canada.ca/en/services/health/video.html>
24. Ikea 50 Food Saving Recipes <https://www.ikea.com/ca/en/campaigns/scrapsbook-zero-waste-recipes-pub147efb60>
25. Kitchen Math <https://www.ecala.org/wp-content/uploads/2018/10/kitchen-math-2017.pdf>
26. Literacy Outcomes for Collective Kitchens <https://www.ecala.org/wp-content/uploads/2021/10/Literacy-Outcomes-for-Collective-Kitchens-Manual-2015.pdf>
27. Make healthy meals with Canada's food guide plate <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>
28. Nanimo Collective Kitchen Handbook <https://www.ecala.org/wp-content/uploads/2018/11/Nanimo-Collective-Kitchen-Handbook.pdf>
29. Nutrition Education Toolkit for Newcomers to Canada, various CLB levels <https://www.albertahealthservices.ca/nutrition/Page16518.aspx>
30. Portion Size Activities <https://unicefaproinasactoolkit.files.wordpress.com/2017/09/portion-size-activities.pdf>
31. Raising Our Healthy Kids <https://vimeo.com/raisingourhealthykids>
32. Sodium detector – processed foods <https://www.canada.ca/en/health-canada/services/nutrients/sodium/sodium-detector-processed-foods.html#a6>
33. Sugar Sense Facilitators Guide for an Adult Audience <https://www.ecala.org/wp-content/uploads/2021/11/Sugar-Sense-Facilitators-Guide-for-an-Adult-Audience-13-pages.pdf>
34. The Office of Literacy and Essential Skills <https://www.canada.ca/en/employment-social-development/programs/essential-skills.html>
35. Wecan Food Cop Society of Alberta then open their newsletters, recipes that use food available in the Wecan Food Baskets <https://wecanfood.com>

Referrals

Edmonton Community Adult Learning Association (ECALA)

ECALA is a granting council that builds capacity in organizations to deliver programs to adult foundational learners in Edmonton.

Contact:

103-4207 98 ST NW
Edmonton, AB T6E 5R7
780-415-5520
www.ecala.org

*Let's connect! Contact
ECALA to learn
more about literacy
programs in your area.*





Phone: 780-415-5520
Email: info@ecala.org
Website: www.ecala.org