Farm to Preschool Parent Workshop
Healthy Meals and Snacks; Eating Healthy on a Budget; and Food Preparation Demonstration

What you will need to prepare before the workshop:

  [http://www.dairycouncilofca.org/HealthProfessionals/ClientPrograms/ProgramMealsMatterYoungChild.aspx](http://www.dairycouncilofca.org/HealthProfessionals/ClientPrograms/ProgramMealsMatterYoungChild.aspx)
- Create a shopping bag comparison (fresh vs. prepared foods) using food items and pricing in markets where your parent base shops - these prices and items should be relevant to them. Use Farm to Preschool handouts as a guide.
- Put together two demonstration shopping bags of the items you will be talking about. You send a stronger message showing the items as you talk about them. Talk about the number of servings in the packages – have parents guess first. They will be surprised as to how many servings of, e.g. hamburger helper as listed on the nutrition label versus the actual amount people eat.
  - Print out the price list of each bag and tape to the front of the shopping bag.
- TIP: Keep the prepared food shopping bag as a demo and raffle off the fresh bag of produce.
- Handouts should also include list of healthy preschool snacks (not provided in your packet).
- Prepare your physical activity break. It is meant to be something simple that parents can replicate at home and ideally an activity they can do with their child.
- Bring necessary items for your cooking/food preparation demo. Do not forget to use food prep plastic gloves (sanitary), bring a cutting board, knife, etc.
- You may print out copies of the *Fresh Food Access Guide* in English and/or Spanish or direct parents to the weblink if you are in L.A. County only. Use another publication if your county has something similar.
- Bring baggies for parents to take home unused food leftover from the cooking demonstration.
- The cooking demo/food preparation used in this workshop was a “creative salad.” This theme highlighted the fact that salads can be much more than just lettuce. The ingredients are what are available at your farmers’ market at the time (spring/summer is best), which can include a variety of lettuces, radishes, carrots, peppers, broccoli, tomatoes (several varieties), etc. You can also buy some canned/prepared items such as beans and cheese as well. The vinaigrette should be prepared at the workshop, by staff or by parents, and bookmarks of the recipe (see provided template) should be handed out.
Suggested talking points during workshop:
Introduction (15 min)
- What is Farm to Preschool
- What the children have done so far this year; plans for next year
- Series of workshops: review the workshops already held, e.g. first one was food portions, food safety, and cooking with root vegetables (add in month held).
  Today is healthy meals and snacks, eating healthy on a budget, and a creative salad demonstration.
  - Will offer 2-3 more workshops next school year
  - Workshop is for parents – what do you want to know more about?
  - Interactive – ask questions anytime

Healthy Meals and Snacks (20 min)
- Direct them to the Dairy Council workbook *(Making Meals Matter for Your Young Child).* Give out handout
- **Talking points on snacking**
  - Juice is not a good snack. Empty calories. Doesn’t have the benefits of fresh fruit like fiber. Good for providing Vitamin C but lots of other foods have that too. Limit juice (no more than half a cup per day).
  - Beware of granola bars. Many are high in sugar, low in good ingredients even if the package says it’s healthy.
  - You know that candy bars are not healthy but they are also more expensive than buying a piece of fruit!
  - Experts say if you offer snacks at scheduled times, you will cut down on overeating and making unhealthy choices. Plan out the snacks for your child.
- **Talking points on healthy eating**
  - Have meals together as a family, and say no to TV during dinner – it is a distraction.
  - Don’t force your child to finish his/her plate. Sometimes kids will be picky and miss a meal. Experts say this is okay. Don’t make separate meals for everyone.
  - Be a healthy role model your children will follow.
  - Fresh veggies are best, frozen are ok, canned veggies are not as healthy, as they lose many nutrients.
  - Color of a fruit or vegetable shows what kinds of nutrients it has. E.g. Orange/yellow (ASK PARENTS FOR EXAMPLES: such as apricots, squash, grapefruit, sweet potatoes for healthy eyes and decrease chance of cancer and heart disease; dark green (ASK FOR EX: green beans, spinach, cucumbers) for healthy eyes, decrease chance of cancer, may be high in iron; red (ASK FOR EX: tomatoes, apples, beets, peppers, cherries) may decrease chance of cancer and keep heart healthy with “antioxidants;” white (ASK FOR EX: cauliflower, jicama, onions, potatoes) may lower blood pressure and chance of heart disease. Encourage kids to eat a
rainbow of fruits and vegetables. This is healthier than eating one type of vegetable.

- **Talking points on picky eaters**
  - Don’t force new foods. If you give their picky eating behavior a lot of attention, they will get even pickier. Keep offering healthy choices – don’t give up, it may take many tries.
  - Go through the centerfold of the Dairy Council handout. Check what your child usually eats and go through the instructions.
  - Go through final page – “what can I do differently.”

**Physical Activity Break (5-10 min)**
- Beach ball toss or *Instant Recess Break* or *Tutti Frutti* (latter two created by Dr. Toni Yancey at UCLA; *Instant Recess* for adults, *Tutti Frutti* for young children)

**Eating Healthy on a Budget (20 min)**
- Give out handouts (Shopping Bag[Prepared Food or Cooking Food From Scratch?] and Bag 2 Recipes)
- Display both bags- both cost around the same amount but one makes many more servings than the other. Can you guess which one? The packaged food or the fresh vegetables and other items used to make recipes?
- Buying fresh food is LESS expensive than packaged food that you just heat and serve.
- See handout of recipes (Bag 2 Recipes) you can make with the “fresh” bag. See the handout of the food items of the “fresh” bag – (not translated into Spanish).
- Successful shopping: see the NuBites Grocery Shopping handout from Nutrition Matters. Tips for parents: Have a food budget that you will keep to. Plan meals and snacks a week ahead. Look at sales for foods you already buy. Have a shopping list. Don’t shop when you are hungry. Check out store brands. These are cheaper and good quality – made in same factories as name brand foods!
- Choose whole grains - healthier. Doesn’t have to be more expensive – look for bulk packages and discount items. E.g. have brown rice instead of white. Whole wheat bread instead of white.
- Look for fat free or low fat dairy products.
- Drink tap water. If you buy drinks, pick those with little or no added sweeteners. These add calories and can add many pounds to your weight each year.
- Use store cards – stores send many incentives, including good coupons in mail.
- Buy fruits and vegetables in season – less expensive. Local farmers’ markets can have great deals on food in season and can get deals shortly before closing.
- RAFFLE! One parent will win the shopping bag full of fresh produce.
Cooking/Food Preparation Demonstration (20 min)

- The prepared recipe is similar to what kids ate in class for taste test in April – theme was lettuce (this was for April 2010).
- We will always have a cooking demonstration at each parent workshop.
- Important part of Farm to Preschool is eating local food (support farmers and our local economy, fresh food tastes better).
- Nearest Farmers’ Markets (FM) to the school and where parents live are:
- These markets are certified – food directly from the farm. Uncertified markets can get food from a warehouse and sell it as “fresh.” This is like getting it from the supermarket.
  - Who has been to a farmers’ market?
  - FMs can accept EBT and WIC
  - FMs are once a week
  - FMs fruits and vegetables are healthier than supermarket ones – usually have less chemicals (if not organic, is usually “no-spray”)
  - If a FM market of food could be purchased at school, what about it would be important (cost, content…)?
- Give out Fresh Food Access Guide – For Los Angeles County only. FMs with EBT/WIC, nutrition information, community garden locations, how to sign up for government food assistance programs
- Show vegetables for the salad and give out farm information and pricing:
  - Item:
  - Item:
- Cut up fruit and vegetables into small bowls.
- Put lettuce in big bowl.
- Prepare vinaigrette.
- Let parents come up and pick out what they want in their salads. Dressing is optional.
- As parents come up to the table, talk about seasonal foods, supporting family farms and farm workers, and getting good tasting food by buying farm fresh food.
- Give away your leftovers (leftover salad ingredients and other unused food items) – it is always appreciated.

Wrap-up (15 min)

- Hope everyone enjoyed the workshop – get feedback.
- Talk about topics that would be interesting to cover the next workshop.
# Prepared food or cooking food from scratch?

Compare prices and serving sizes

Prices from Super A in Eagle Rock, Los Angeles

## Bag 1
- Contessa On the Stove Chicken Stir Fry: $6.99
- Orange juice, 1/2 gallon: $3.00
- Hamburger Helper w/pasta: $2.59
- Milk, quart: $1.59
- Hamburger, fresh, 2lb: $5.78
- Biscuits in refrigerated tube: $2.29
- Hormel Canned Chili, 15oz: $2.19
- Ready Made Pudding (4 cups): $1.89
- Chicken Soup, 20 oz: $3.19
- Uncle Ben's, 14oz: $2.99

**Total for Bag 1:** $32.50

<table>
<thead>
<tr>
<th>Number of items: 10</th>
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### What you can make with Bag 1:
- 2 servings of stir-fry
- Orange juice: ~5¢/oz
- 4 puddings: ~47¢ each
- 2 servings of chicken soup
- 2 servings of chili
- 5 servings of Hamburger Helper
- 10 biscuits

## Bag 2
- Hamburger, fresh, 2lb: $5.78
- Chicken (skinless breasts): $6.95 (package is $1.99/lb)
- Celery: 76¢
- Carrots, bag: 59¢
- Onions, lb: $1.49
- Bisquick mix, 40 oz: $3.99
- Cabbage, 1 lb: 59¢
- Diced beans, 16 oz: $1.67
- Diced tomatoes, 15 oz: $1.79
- Tomato sauce, 16 oz: 69¢
- Jell-O pudding mix: $1.29
- Milk, quart: $1.59
- Mushroom soup: $1.89
- Orange juice, 12 oz frozen: $1.79
- Penne, 12 oz: $1.19
- Long grain rice, 16 oz: 89¢

**Total for Bag 2:** $33.33

| Number of items: 17 |

### What you can make with Bag 2:
- 6 servings of stir-fry
- Orange juice: ~4¢/oz
- 4 servings of pudding: ~32¢ each
- 12 servings of chicken soup
- 12 servings of chili
- 8 servings of hamburger and noodles
- ~50 biscuits
Easy Skillet Chili (from Oregon State University Extension)

Ingredients:
1 pound ground meat - beef, chicken or turkey
1 onion, chopped
2 teaspoons chili powder
1 14.5 ounce can tomatoes, chopped with juice
1 cup dried beans (try black, pinto, kidney or others)
1 15 ounce can tomato sauce

Directions:
1. Cook beans according to package directions.
2. Brown meat and onion in skilled, cook on medium-low heat for 5 minutes, stir often. Drain grease from pan.
3. Add chili powder and stir, cook for 3 - 5 minutes.
4. Add tomatoes, drained beans and tomato sauce.
5. Add water; stir and simmer for at least 30 minutes.
6. Refrigerate leftovers within 2 hours.

Tips: Spice up your Easy Skillet Chili by adding: diced green chilies, diced hot peppers, sautéed fresh mushrooms, sautéed fresh garlic, hot pepper sauce, frozen or canned corn, or extra chili powder.

12 servings, 2/3 cup each

Chili Rápido (Oregon State University Oficina de Extensión)

Ingredientes:
1 libra de carne molida - carne de vaca, de pollo o de pavo
1 cebolla picada
2 cucharaditas de chili en polvo
1 lata de 14.5 onzas de tomates, picado y con jugo
1 de taza cada una de frijoles (ensaye frijol negro, pinto, tipo “kidney” o de otros)
1 lata de 15 onzas de salsa de tomates

Preparación:
1. Cuezas los frijoles de acuerdo a las instrucciones en el paquete.
2. Dore la carne y la cebolla en una sartén, cocine a fuego medio bajo por 5 minutos y revuelva a menudo. Escurre la grasa.
3. Añada el chili en polvo y revuelva, cocine de 3 a 5 minutos.
4. Añada los tomates, los frijoles escorridos y la salsa de tomate.
5. Añada el agua; revuelva y ponga a fuego lento por lo menos 30 minutos.
6. Refrigere lo que sobre dentro de las siguientes 2 horas.

Consejos: Póngale más sabor a su Chili Fácil añadiendo: Chile verde en trozos, chile picante en trozos, champingos frescos ya sofritos, ajo fresco frito, salsa picante, elote o maiz enlatado o congelado, o más chili en polvo.

12 porciones de 2/3 de taza cada una
Hearty Chicken Noodle Soup
(from Oregon State University Extension)

Ingredients
1 tablespoon vegetable oil
1 small onion, chopped
2 stalks celery, chopped
2 carrots, chopped
8-10 cups chicken broth or water
2 tablespoons chicken bouillon
2 cups cooked, diced chicken
1 12-ounce bag noodles
1-2 zucchinis, sliced or 1/2 head cabbage, shredded

Directions
1. Heat oil in a large pot and sauté onion, celery, and carrots until onions are clear.
2. Add broth or water, and bouillon.
3. Add chicken and simmer until very hot.
4. Add noodles and zucchini (or cabbage).
5. Cook until noodles are done and zucchini is crisp tender, about 15 minutes.
6. Refrigerate leftovers within 2 hours.

Supa De Pollo Con Fideos
(Origen State University Oficia de Extensión)

Ingredientes
1 cucharada de aceite vegetal
1 cebolla pequeña picada
2 tallos de apio picados
2 zanahorias picadas
8-10 tazas de caldo de pollo o agua
2 cucharadas de caldo de pollo concentrado (cubo o en polvo)
2 tazas de pollo cortado en cubos
1 paquete fideos (12-onzas)
1-2 calabacita(s) en rodajas o 1/2 cabeza de col, rallada

Preparación:
1. Caliente el aceite en una olla grande y haga un refrito con la cebolla, el apio y la zanahoria hasta que la cebolla se vea transparente.
2. Agregue el caldo de pollo o agua, y
3. Agregue el pollo y déjelo hervir.
4. Agregue el fideo y la calabacita (o col).
5. Cocine la sopa hasta que el fideo este listo y el zucchini esté suave y crujiente, aproximadamente 15 minutos.
6. Refrigere lo que le sobre dentro de las siguientes 2 horas.

Farm to Preschool Program, UEPI, Occidental College
Chicken Cabbage Stir Fry

**Ingredients:**
3 chicken breast halves
1 teaspoon vegetable oil
3 cups green cabbage, shredded
1 tablespoon cornstarch
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
1/2 cup water
1 tablespoon soy sauce

**Directions:**
1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
5. Mix cornstarch and seasonings; add water and soy sauce and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2 hours.

4 servings, 1 cup each

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Sofrito de Pollo y Col

**Ingredientes:**
3 pechugas de pollo partidas por mitades
1 cucharadita de aceite vegetal
3 tazas de col o repollo verde, rallado
1 cucharada de maicena
1/2 cucharadita jengibre molido
1/4 cucharadita de ajo en polvo
1/2 taza de agua
1 cucharada de salsa de soya

**Preparación:**
1. Corte las pechugas de pollo en tiras.
2. Caliente el aceite en una olla para freir.
3. Añada las tiras de pollo y sofriá (stir-fry) a fuego medio alto, dándole vueltas hasta que esté listo.
4. Añada la col y sofriá por 2 minutos hasta que esté tierna y crujiente.
5. Mezcle la maicena y los condimentos; añada el agua y la salsa de soya y mezclle hasta que esté sin grumos.
6. Revuelva la salsa y añada la mezcla de pollo con col.
7. Cocine hasta que la salsa esté espesa y el pollo esté cubierto, por 1 minuto más o menos.
8. Refriegre lo que sobre dentro de las siguientes 2 horas.

4 porciones de 1 taza cada una
Hamburger Noodle Skillet

Ingredients:
5 cups uncooked egg noodles or other pasta
3/4 lb. ground beef
1 onion
1 1/4 cups water
1 can (6 oz.) tomato paste
2 teaspoons chili powder
1 garlic clove
3/4 teaspoons salt
1/4 teaspoons pepper

Directions:
1. Cook noodles according to directions.
2. Meanwhile in large skillet cook beef and onion until brown, drain.
3. Stir in the rest of the ingredients, bring to a boil, reduce heat and simmer uncovered for 5 minutes.
4. Drain noodles and stir in.

4 servings

Carne y Fideos al Sartén

Ingredientes:
1 paquete fideos (cinco tazas cada una)
3/4 libra de carne de res molida
1 cebolla
1 1/4 tazas agua
1 lata (6 oz.) de pasta de tomate
2 cucharaditas de chile en polvo
1 diente de ajo
3/4 cucharadita de sal
1/4 cucharadita de pimienta

Preparación:
1. Cuezza los fideos de acuerdo a las instrucciones en el paquete.
2. Mientras tanto en un sartén grande cueza la carne y la cebolla hasta que se vea color café claro y escura.
3. Agregue el resto de los ingredientes, hierva, baje el fuego y déjelo destapado por 5 minutos.
4. Escúrra los fideos y agréguelos.

4 porciones
the bargain queen

Saving money at the grocery store can be a challenge. It can also be fun! It feels good to save money.

Here are some ideas to get you started:

**Plan, plan, plan**
Check the ads in your local newspaper to see what is on sale. Plan meals for the week. Plan healthy snacks for the week.

**Shop with your list**
Make a list and stick to it. Grocery stores want you to buy foods on impulse. Your shopping list will keep you on track and within your budget.

**Avoid habit buying**
You may be missing some bargains if you always buy the same items at the grocery store. Look at all the shelves. There may be new products that are cheaper.

**Try store brands of your favorite foods**
Store brands are an easy way to save money. They usually cost less than name brand and taste as good.

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**la reina de los baratillos**

Ahorrar dinero en el supermercado puede ser un desafío. ¡También puede ser divertido! Uno se siente bien cuando ahorra dinero.

Aquí hay algunas ideas para comenzar:

**Planee, planeé, planeó**
Revise los anuncios en su periódico local para ver qué está en oferta. Planee comidas y meriendas saludables para la semana.

**Vaya a comprar con su lista**
Haga una lista y compré sólo las cosas en la lista. Los supermercados quieren que Ud. compre impulsivamente. Su lista la mantendrá enfocada y dentro de su presupuesto.

**Evite comprar lo mismo**
Se puede perder algunos baratillos si siempre compra los mismos artículos en el supermercado. Revise todos los estantes. Puede haber nuevos productos que sean más baratos.

**Pruebe una marca menos conocida**
Es una manera fácil de ahorrar dinero. Estos artículos suelen costar menos y saber tan buenos como los artículos de marca conocidas.
Olive Oil, Lemon and Herb Vinaigrette

**Ingredients**
- Juice of one large lemon (or 2 small lemons)
- 1 cup olive oil
- 3 pinches sea salt
- 1/2 teaspoon oregano or basil
- 4 garlic cloves, chopped

**Instructions**
Add all the ingredients to a jar or container. Seal well and shake vigorously.

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Aderezo de Hierbas y Limón a la Vinagreta

Ingredientes
Jugo de un limón grande (o dos limones pequeños)
1 taza de aceite de oliva
3 cucharadas de sal de mesa
1/2 cucharada sopera de orégano o albahaca
4 dientes de ajo picados

Procedimiento
Colocar todos los ingredientes en frasco con tapadera bien cerrada y se agita bien para mezclar todos los ingredientes.

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