

Good Grinding for Wise Dining



<http://www.ctahr.hawaii.edu/NEW/GG>

Good Grinding for Wise Dining

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Food Safety Introduction

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Good Grinding for Wise Dining

Instructor Guide

Introduction

Good Grinding for Wise Dining is a nutrition education curriculum for older adults that can be used in a group dining setting. Based on the dietary guidelines and food guidance system, the Good Grinding curriculum promotes healthy eating attitudes and behaviors using simple, targeted messages.

The evidence-based approach to creating Good Grinding includes successful components or best practices of nutrition education for older adults. Messages throughout the curriculum include simple, “catchy phrases” that are reinforced throughout the lesson. Lessons were created to be fun, fast-paced, and interactive. Participants are actively engaged and are encouraged to share experiences and problem solve. Older adults are also encouraged to practice healthy behaviors in their daily lives. Participants can then support each other in the group dining setting by promoting a healthy food environment.

There are four nutrition education modules and three lessons per module for a total of twelve nutrition lessons:

- Module 1: Strategies for Eating
 - Easy meals
 - Sharing meals
 - Food storage
- Module 2: Choosing Foods
 - Fruits and veggies
 - Eating out
 - Eating for wellness
- Module 3: Regular Eating
 - Healthy bones
 - Nutritious snacking
 - Whole grains
- Module 4: Celebration Foods
 - Favorite foods
 - Sugars/fats/salts
 - Living local

Good Grinding for Wise Dining has been developed with input from Area Agencies on Aging (AAA's) and their Nutrition Service Providers (NSP's). Two series of pilot testing were completed at Alu Like and Lanakila sites on Oahu over a three month period. Over 80 older adults from Alu Like participated in the first series of pilot testing and over 200 older adults from Lanakila provided input during the second series of testing. Alu Like and Lanakila staff were also consulted and involved in developing this manual.

Good Grinding for Wise Dining is funded by the State of Hawaii, Executive Office on Aging in collaboration with the University of Hawaii (UH), College of Tropical Agriculture and Human Resources (CTAHR), Cooperative Extension Services (CES), Nutrition Education for Wellness (NEW) program and CES Food Stamp Nutrition Education (FSNE) program.

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Good Grinding for Wise Dining Instructor Guide How to Use This Manual

This manual was created for group dining leaders or other peer educators to implement nutrition education lessons in a congregate meal setting. There are four Good Grinding modules and three lessons per module for a total of twelve Good Grinding lessons. It is not necessary for lessons to be given in a sequential order.

The Good Grinding lessons are short, fast-paced, and informal. Each lesson should take about 10-15 minutes to present. Participation and interaction with the group is encouraged. Each lesson has a take-home message or “catchy phrase” that participants repeat. To clarify unfamiliar terms, there is a Glossary section at the end of the training manual.

In each lesson, if the text is preceded by the word Action, it is an instruction for the group dining leader. Action items may include encouraging participants to repeat a phrase, counting the number of participants, or asking participants a question. Some questions are intentionally asked to spark interest and thought about a subject matter. Other questions are asked to engage participants and responses are encouraged. If the text is preceded by the phrase Read the following, the leader should read the information to the participants.

There is an optional recipe demonstration incorporated in many of the lessons. Providing the demonstration is encouraged, but not necessary. Participants have the suggested recipe on their lesson handout. Recipes are also located in the Recipe Index of the training manual.

The Recipe Index provides twelve recipes which may be incorporated into the Good Grinding lessons. Recipes may be demonstrated even if lessons do not have a recipe stated. The majority of the recipes are simple and require very little cooking. Please refer to the Food Safety section for information on safe food handling practices.

Participants are asked three questions at the end of each lesson. These questions are asked to evaluate the Good Grinding lesson, by assessing if participants have gained knowledge or plan to incorporate the information presented into their lives. Responses are to be documented on the tally sheet. Tally Sheets should be submitted immediately after **each** lesson.

Two different lessons will be presented each month. Since there are 12 lessons, the entire curriculum will be completed in 6 months. The Final Evaluation should be given one month after the last of the 12 lessons are completed. For example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

Data collected will be compiled and used to evaluate the effectiveness of the program.

Good Grinding for Wise Dining
Instructor Guide
Tally Sheet and Final Evaluation Checklist

Two different lessons should be presented each month. Since there are 12 lessons, the entire curriculum should be completed in 6 months.

Tally Sheets should be submitted immediately after **each** lesson.

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

	Lesson Date	Tally Sheet Date Sent
Module 1: Strategies for Eating		
• Lesson 1: Easy Meals		
• Lesson 2: Sharing Meals		
• Lesson 3: Food Storage		
Module 2: Choosing Foods		
• Lesson 1: Fruits and Veggies		
• Lesson 2: Eating Out		
• Lesson 3: Eating for Wellness		
Module 3: Regular Eating		
• Lesson 1: Healthy Bones		
• Lesson 2: Nutritious Snacking		
• Lesson 3: Whole Grains		
Module 4: Celebration Foods		
• Lesson 1: Favorite Foods		
• Lesson 2: Sugars/Fats/Salts		
• Lesson 3: Living Local		
Final Evaluation		

Good Grinding for Wise Dining
Instructor Guide
Final Evaluation

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For an example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

Ask someone in the audience to assist you. Have them count the total number of participants in the audience and record the number on evaluation form. Have them count the number of participants agreeing with each statement and record the number on the evaluation form.

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Yes	No	Sometimes
I make and eat easy meals.			
I eat fruits and veggies at breakfast, lunch, dinner, and snacks.			
I eat small meals and snacks throughout the day.			
I eat food with fruits and veggies, even on special occasions.			
I wash my hands before making and eating food.			
I drink water regularly through the day.			

Good Grinding for Wise Dining
Instructor Guide
Presentation Tips

- **Be Prepared:**
 - Practice reading the lesson beforehand.
 - Have ingredients and supplies (if demonstrating a recipe), or prizes (if needed).
- **Speak Clearly:**
 - Speak slowly and loud enough for everyone to hear.
 - Ask participants to let you know if you need to speak more slowly or louder.
- **Make Eye Contact:**
 - The audience will be more likely to pay attention to the presentation, if you're paying attention to them.
 - Occasionally glance at the audience to be sure they are listening.
- **Answer Honestly:**
 - Refer to the Glossary section if a participant has a question regarding an unfamiliar term.
 - It is okay if you do not know the answers to participants' questions. Answer honestly with "I don't know."
 - Contact program (808) 956-4124 if you have any questions.
DO NOT distribute our phone number to participants.
- **Be Enthusiastic:**
 - Encourage the audience to participate.
 - Smile and have fun!

Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 1: Easy Meals

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Easy Meals” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about ways to prepare a meal without cooking or “no-cook cooking”. We can make sandwiches, soups, and quick salads using “no-cook cooking” techniques.

Action: Everyone repeat the following with me, “no-cook cooking.”
Have participants repeat the following:

Read the following: What does this mean? Preparing a meal does not have to be complicated. It can be very easy, quick, and simple. It does not always require a stove, oven, or grill and it does not have to be difficult to prepare. We can prepare a meal with many of the ingredients we already have or usually have at home. But, one thing to keep in mind before we prepare or eat any foods, we must always remember to wash our hands with soap and warm water.

Action: Demonstrate or pretend to wash hands.

Action: Who likes to eat sandwiches? What type of sandwiches do we like eat?
Ask the following question:

Read the following:

Sandwiches can be made with the following fillings: tuna, egg salad, cheese, chicken, cold cuts, left over meats, peanut butter and banana, etc. We can also add lettuce, tomatoes, cucumbers or other veggies to our sandwiches. Veggies and fruits can also be eaten with our sandwich to compliment our meal such as veggie sticks or fruit slices.

Action:
Ask the following question:

How many of us like to eat soup?

Read the following:

Canned soup is so easy to make, it can be made in the microwave. We can add frozen veggies such as peas, corn, carrots, green beans, broccoli or canned veggies in the soup. We can also add fresh veggies such as mushrooms or cabbage. It is so simple, just add veggies to the soup and microwave until hot.

Action:
Ask the following question:

Isn't this easy? Everyone repeat with me, "no-cook cooking."

Action:
Ask the following question:

How many of us like to eat saimin?

Read the following:

We can add frozen veggies such as broccoli, cauliflower, spinach or fresh veggies such as bean sprouts, chop suey mix, cabbage, spinach, green onions or other home-grown veggie to our saimin. Canned veggies such as mushrooms, bamboo, or water chestnuts can also be added. A protein food such as tofu, canned tuna, cold cuts, or an egg will taste great with our saimin!

Read the following:

Another “no-cook cooking”, easy to prepare suggestion is to make a quick salad. Salads can be quick, easy, and delicious. We can make a creamy fruit or vegetable salad by mixing canned fruit or veggies and yogurt. Any type of fruit, veggies, and yogurt can be used. Another example of a no-cook cooking salad is a corn salad. It can be made by combining canned corn with beans, salsa, and cheese. A bean salad is another recipe option and it is on the back of your handout.

*** Optional:
Read the following:**

After this lesson, I will demonstrate how to prepare the bean salad.

**Action:
Have participants repeat the following:**

Everyone repeat the following with me, “no-cook cooking.”

Read the following:

Now that we talked about ways to prepare a meal without cooking, what should we drink with it?

**Action:
Ask the following questions:**

What are beverages we can drink with our meal? How many of us drink water?

Read the following:

Water is important to keep us healthy. It is the second most important thing we need to live, oxygen being number one. We must remember to drink water everyday to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to prepare a meal without cooking or use “no-cook cooking” suggestions.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with warm soapy water before touching food. Please raise your hand if you agree.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Bean Salad Demonstration (see Recipe Index Pg 3)

A bean salad can be made by mixing different types of canned beans such as black, pinto, kidney, navy, black-eyed, garbanzo, or white beans. Any type of beans can be used.

*** Optional:** Now, we will make a bean salad. The recipe is very easy!
Read the Today I will use (say what kind of beans that is being used),
following: but any type of beans can be used when making this recipe at home. I will wash my hands with warm water and soap before I begin making the recipe.

Action: Wash hands with warm water and soap before beginning. Rinse lid of canned beans before opening and follow recipe directions:

- RINSE and DRAIN beans.
- SLICE onion and carrots into strips.
- CRUSH garlic clove.
- In a large bowl, COMBINE beans, carrot, onion, and garlic.
- In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
- POUR vinegar mixture over bean mixture.
- TOSS gently and COVER bowl. REFRIGERATE until ready to eat.

Read the It is as simple as that! Eating healthfully can be simple and
following: easy. Come and taste this bean salad.

Action: Pass out food.

Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 1: Easy Meals
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to prepare a meal without cooking or use “no-cook cooking” suggestions.	
I plan to always wash my hands with warm soapy water before touching food	
Water is important to keep me healthy	

Easy Meals

“No-Cook Cooking”

Preparing a meal does not have to be complicated. It does not have to require the stove, oven, or grill and it does not have to be difficult to prepare. Here are some ideas to prepare a simple, quick, and easy meal!

Sandwiches

- Fillings: tuna, egg salad, cheese, chicken, cold cuts, left over meats, peanut butter and banana,
- Veggies: lettuce, tomatoes, cucumbers, and/or other veggies.

Soups

- Canned soup
 - Veggies: frozen (peas, corn, carrots, green beans, broccoli); fresh (mushrooms, cabbage)

Saimin

- Veggies: Frozen (broccoli or cauliflower); fresh (bean sprouts, chop suey mix, cabbage, spinach, etc.); canned (mushrooms, bamboo, or water chestnuts)
- Protein: tofu, canned tuna, cold cuts, or egg

Quick Salads

- Creamy fruit/vegetable salad: fruit and/or veggies and yogurt
- Corn salad: mix canned corn with beans, salsa, and cheese



* Please check with your doctor or health care professional before making dietary changes

Bean Salad

Ingredients:

- 2 (15 ounces) cans of beans (pinto, kidney, green, garbanzo)
- ½ small round onion
- ½ medium carrot
- ½ clove garlic
- ¼ cup vinegar
- ½ teaspoon white sugar
- ¼ teaspoon pepper

Optional: 1 teaspoons oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

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Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 2: Sharing Meals

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Sharing Meals” handout. Begin lesson when everyone receives a handout.

Action:
Ask the following questions: How many of you eat the majority of your meals alone or by yourself? Do you eat breakfast and dinner by yourself? What about on the weekends?

Read the following: How many of you have ever had too much food and then had to throw it away? Has anyone ever had food in the refrigerator for too long?

Today, we are going to talk about why we should share some meals with family or friends and how we can do this. Sharing is caring.

Action:
Have participants repeat the following: Everyone repeat the following with me, “sharing is caring.”

Read the following: We should share some meals with family or friends because it can be hard to cook or prepare a meal for only one person or ourselves. Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly because we cannot eat it very fast. How can we avoid

wasting food, and still cook the foods we love to eat?
Sharing our food is a way that we can prepare a larger quantity of food we love, without having to eat the same thing over and over again. Here are some ways we can share a meal with another person:

Read the following:

We can take turns preparing meals with a group of friends. We can have a “themed” meal in which a different type of cuisine is prepared such as Italian, Filipino, Hawaiian, Japanese, Chinese, American, or Local Favorites. We can also rotate “holiday themed” meals with friends and get together on Valentine’s day, St. Patrick’s day, Fourth of July, Halloween, or other favorite holidays. We can eat a meal and watch our favorite television shows with neighbors or plan game days such as BINGO night or playing cards while eating our favorite foods. Sharing is caring.

Action:
Have participants repeat the following:

Everyone repeat with me, “sharing is caring.”

Read the following:

We can share a meal with a friend or relative by going to an eating place and splitting an entrée or plate lunch. Finding a place that offers a “senior discount” or “early bird special” is an excellent idea. Or, we can have a special day of the week that family or friends are invited over for a meal.

Action:
Ask the following question:

Does anyone else have any other suggestions on how we can share a meal so we don’t waste food? A prize will be given to those that have new ideas!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: have friends or relatives over for a meal or split a meal with a friend or relative.

Read the following:

Eating with others and sharing our food will decrease the amount of leftovers we have to eat. We won't have as much spoiled food we have to then throw away. We won't waste as much food. It can also be a lot of fun, spending more time with those we care about. Sharing is caring.

Action:
Have participants repeat the following:

Everyone repeat with me, "sharing is caring."

Read the following:

But, before we prepare or eat food, we must always remember to wash our hands with warm soapy water. We should wash our hands for at least 20 seconds which is equivalent to singing "Happy Birthday" twice or singing the alphabet song, "ABC's" once. We will wash away germs and decrease our chance of getting sick. Let's sing the alphabet song together as a group.

Action:

Sing "ABC's" together as a group. Demonstrate or pretend to wash your hands while singing the song.

Action:
Ask the following question:

What kind of beverage should we have with our meals?
Water is a great choice!

Action:
Ask the following question:

Does anyone know why water is so important for our body?

Read the following:

Water is important for many reasons. About half of our body is made of water. It helps to keep our body running properly such as regulating our body temperature, keeping us regular, and cushioning our joints and other organs in our body. Water is important to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: So I don't waste food, I plan to share some meals with a friend or relative.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my hands with warm soapy water before touching food. Please raise your hand if you agree.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 2: Sharing Meals
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
So I don't waste food, I plan to share some meals with a friend or relative.	
I plan to always wash my hands with warm soapy water before touching food	
Water is important to keep me healthy	

Sharing Meals

“Sharing is Caring”

Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly because we cannot eat it very fast. How can we avoid wasting food, and still cook the foods we love to eat? Sharing our food is a way that we can prepare a larger quantity of food without having to eat the same thing over and over again.

Here are some ways we can share a meal with another person:

Take turns preparing meals with a group of friends or relatives:

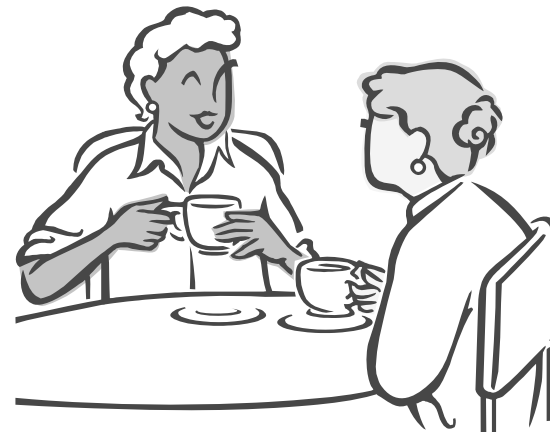
- Have a “themed” meal in which a different type of cuisine is prepared (Italian, Filipino, Hawaiian, Japanese, Chinese, Local Favorites, etc.).
- Rotate “holiday themed” meals with friends such as Valentine’s Day, St. Patrick’s Day, Fourth of July, Halloween, etc.



- Eat a meal and watch favorite television shows with neighbors.
- Plan game days. For example, have a BINGO night or play cards while our eating favorite foods.

Share a meal with a friend or relative

- Split an entrée or plate lunch.
- Find places that offer a “senior discount” or “early bird specials” for seniors and share with a friend or relative.
- Invite family or friends over once a week.



* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 3: Food Storage

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Food Storage” handout. Begin lesson when everyone receives a handout.

Read the following: Today we’re going to talk about storing foods safely. No need, no buy.

Action: Everyone repeat the following with me, “no need, no buy.”
Have participants repeat the following:

Read the following: To save money, we often buy food on sale. But sometimes, we may buy more than we need, just because things are cheap. So, over time we build up a large amount of food in storage and we may **not** know how old these food items are. Do we then use it and risk becoming sick from eating the food? All food including canned or frozen, does not last forever. These foods may have a “sell by” or “best if used by” date, but all foods are not labeled well, or it may be hard to read or understand.

Follow these tips to keep our stored food safe:

First, we should plan ahead. Buy food if it will be eaten within the month. Do not worry, many food items go on sale frequently. We should only buy food that we know we will

eat within the month. Or, we can buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “no need, no buy.”

Read the following:

We can also share food with a friend or neighbor if a bulk purchase is made such as rice, eggs, chicken. Sometimes stores offer a lower price for a “family pack” or offer a “buy one get one free” special. If a “buy one get one free” special is offered, we can purchase the item at full price but get two items for the price of one. We can then share it with another person and split the cost. We can save money and do not have more food than we need.

Action:
Ask the following question:

How many of us check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping?

Read the following:

We should do this at least once a week so we do not buy unnecessary things that we do not need. Choose one day of the week such as Monday or Tuesday to do this.

Another thing we can do is to buy smaller portions of commonly eaten foods such as rice or oatmeal. Buying things in bulk may seem cheaper, but may be more expensive in the long run if we do not share our food or have to throw food away. Buying smaller portions also apply to eating out. Buy a “mini” instead of the regular sized plate lunch. It may be tempting to buy a combo meal, value meal, or other type of meal deal which allows us to get more ready-made food at a discounted price. However, we may not be able to eat all of this food in one sitting. Keeping it for a later time may be risky and we may end up throwing away these leftovers anyway.

Action:
Ask the
following
questions:

What will we do to keep our stored food safe? A prize will be given to those that have a new idea!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: share food with a friend or neighbor or buy smaller portions.

Action:
Have
participants
repeat the
following:

Everyone repeat the following with me, “no need, no buy.”

Read the
following:

When running errands, such as buying food or grocery shopping, we often feel our hands are clean so washing them is not necessary. But, even if we can't see dirt on our hands, it still may have germs and bacteria which may make us sick. It is more common for us to wash our hands after we use the toilet, but we must also remember to wash them after using or doing other things such as talking on the phone, using the remote control, or cleaning our house. Before we touch food, prepare, or eat it, we should always wash our hands with warm soapy water.

Read the
following:

Now we will talk about the importance of drinking water. Water is important to keep us healthy. If we don't have enough water in our bodies we may have headaches, dry eyes, feel tired, have a hard time swallowing, feel as if we are not hungry, or have cramps in our muscles. These are all signs that we are dehydrated. So drinking water can prevent us from becoming dehydrated and keep us healthy.

Read the
following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to buy only what I need so I don't waste food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with warm soapy water before touching food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 1: Strategies for Eating
Lesson 3: Food Storage
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to buy only what I need so I don't waste food	
I plan to always wash my hands with warm soapy water before touching food	
Water is important to keep me healthy	

Food Storage

“No need, no buy”

To save money, we often buy food on sale. However, we may buy more than we need, just because things are cheap. Over time we build up a large amount of food in storage, but food (canned or frozen) does not last forever. Follow these tips to keep our stored food safe:

- Buy food if it will be eaten within the month.
- Buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.
- Share food with a friend or neighbor if a bulk purchase (i.e. rice, eggs, chicken) is made.
- Check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping.



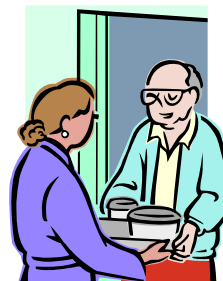
Check



Shop



- Buy smaller portions of commonly eaten foods such as rice or oatmeal.
- Buying things in bulk may seem cheaper, but it may be more expensive in the long run if we do not share our food or have to throw food away.
- Buying smaller portions also applies to eating out.
 - Buy a “mini” instead of the regular sized plate lunch.
 - It may be tempting to buy a combo meal, value meal, or other type of meal deal, but try to purchase food that can be eaten in one sitting.



* Please check with your doctor or health care professional before making dietary changes

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Food Stamp Nutrition Education Program

Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 1: Fruits and Veggies

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Fruits and Veggies” handout. Begin lesson when everyone receives a handout.

Read the following: Today we’re going to talk about fruits and veggies. Eating more matters.

Action: Everyone repeat the following with me, “fruits and veggies: more matters.”
Have participants repeat the following:

Read the following: Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our bodies healthy.

Action: “How many fruits and veggies do you eat everyday?”
Ask the following question:

Read the following: We should eat at least 5 fruits and veggies everyday. If you already eat more, that’s GREAT! If not, we’ll talk about ways we can increase our fruit and veggie intake.

Action: Fruits and veggies: more matters. Everyone repeat with me “fruits and veggies: more matters.”
Have participants repeat the following:

Read the following:

For breakfast we can eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season. We can also eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season. Or, we can mix fresh, frozen or canned fruit with yogurt, cottage cheese, or pudding. This could also be eaten as a great snack, side dish, or dessert.

Read the following:

We can also increase the amount of veggies we eat. We can put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich. We can also heat up frozen or canned veggies and eat them with meals, or add it to a main dish. For example, we can combine frozen mixed veggies with spaghetti and meat sauce.

*** Optional:
Read the following:**

After this lesson, I will demonstrate how to prepare leafy tofu with (say the type of green leafy vegetable that will be used) and tofu.

**Action:
Have participants repeat the following:**

Everyone repeat with me, “fruits and veggies: more matters.”

**Action:
Ask the following question:**

“What are other ways we can increase our fruit and veggie intake?”

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Now that we talked about ways to eat at least 5 fruits and veggies everyday, how do we eat these healthy foods safely? We must keep hot foods hot, and cold foods cold. What does this mean?

Hot foods are foods that are cooked and served hot such as stews, soups, casseroles, or other dishes. Cold foods such as salads, foods containing milky products like yogurt and

cottage cheese, or leftover food should be refrigerated until ready to be consumed or reheated. We should always remember to keep hot foods hot and cold foods cold.

Action:
Have participants repeat the following:

Repeat with me, "Keep hot foods hot and cold foods cold."

Read the following:

In Hawaii, we are fortunate to have beautiful sunny skies and cool trade wind breezes. But, we must remember that we may become dehydrated very easily, especially in the summer months. Though it may not seem to be hot enough to perspire, our bodies still needs water. Even if we're not thirsty, we should drink water anyway.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat 5 or more fruits and veggies per day.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink fluids even when I'm not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Leafy Tofu Demonstration (see Recipe Index Pg 9)**

Any type of green leafy veggie can be used, but the recipe calls for spinach. Participants may even bring veggies grown in their yard.

Read the following:

Today we will use (say what kind of green leafy veggie that is being used), but any type of green leafy veggie or frozen spinach can be used when making this recipe at home. Before I prepare this recipe, I am going to wash my hands with warm water and soap.

Action:

Wash hands with warm water and soap before beginning and follow recipe directions:

- DRAIN tofu.
- DICE tofu into 1-inch cubes.
- TEAR spinach into bite-sized pieces.
- In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
- ADD spinach, and soy sauce. MIX.
- COVER pan and COOK until spinach is wilted.
- SPRINKLE toasted sesame seeds.

Read the following:

See how easy that was! Come and taste this delicious treat.

Action:

Pass out food.

Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 1: Fruits and Veggies
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat 5 or more fruits and veggies per day	
I plan to keep hot foods hot and cold foods cold	
I plan to drink fluids even when I'm not thirsty	

Fruits and Veggies

“Fruits and Veggies: More Matters”

Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our body healthy. We should eat at least 5 fruits and veggies everyday.

Here are some ways we can increase our fruit and veggie intake:

Breakfast

- Eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season.
- Eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season.

Mix fruit

- Mix fresh, frozen or canned fruit with yogurt, cottage cheese, or pudding.



Veggies

- Put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich.
- Heat up frozen or canned vegetables and eat them with meals, or add it to a main dish.

* Please check with your doctor or health care professional before making dietary changes

Leafy Tofu

Ingredients:

- ½ (20 ounces) container tofu
- 1 bunch spinach
- 1 tablespoons oil
- 1 tablespoons soy sauce
- ½ teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables.
May use frozen spinach instead of fresh spinach.

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Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 2: Eating Out

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Eating Out” handout. Begin lesson when everyone receives a handout.

Action:
Ask the following question: Good morning everyone. How many of you eat food away from home?

Read the following: Well, we should all raise our hands because eating here at the meal site is an example of eating away from home. Here, we are fortunate to have a balanced, complete meal provided for us, one with a protein, starch, milk, fruit, and vegetable. We have the opportunity to eat at least one serving of a fruit and vegetable just by eating lunch at this meal site.

Action:
Ask the following question: What are some other places (besides our meal site) in which we eat, that are away from home?

Read the following: Eating out also includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

It is our choice to control what we eat when we eat at restaurants and fast food places. It can be very easy to make healthful choices. We can make it easy by ordering meals that have fruits and veggies in them such as a stir-fry; curry with lots of veggies such as carrots, onions, celery and other veggies; or ordering side orders of fruits and veggies such as a tossed green salad, steamed veggies or a fruit cup. We can also ask for a larger portion of veggies such as asking for more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.

Action:
Ask the following question:

What are some other suggestions for choosing healthier foods when we eat out? A prize will be given to those that come up with a new suggestion!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: order a side of steamed veggies or ask for tossed greens instead of macaroni salad.

Action:
Have participants repeat the following:

Everyone repeat with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

But, what about the times when we cannot control what is available?

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. But, there may or may not be a large assortment of dishes with fruits and veggies. We can still choose to eat the fruits and

veggies that are offered, or provide more fruit and veggie options. We can bring a salad or other dish with veggies in them such as spaghetti sauce with tomatoes, onions, mushrooms and zucchini. We can also bring an assortment of fresh cut fruits and/or veggies.

A bean salad spread recipe is on the back of the handout. It tastes great with veggies such as cucumber, celery, and carrot sticks. We can bring this to our next get together.

It is our choice to eat foods that are available. It is our decision to take fruits and veggies on these occasions. We can be a polite guest by eating a variety of food, but we can also eat healthfully by choosing to eat foods with fruits and veggies.

Action:
Have participants repeat the following:

Everyone repeat with me, “when eating out, choose fruits and veggies for our mouths.”

Read the following:

When we eat out, we often have leftover food. How do we keep leftovers safe to eat for another meal? We must remember that hot foods should be kept hot and cold foods should be kept cold. Even if food was eaten hot, we must quickly refrigerate our leftovers to make it cold. We can then reheat it when we want to eat it later. Food should NOT be left out at room temperature for more than two hours. Bacteria tend to grow well at room temperature which may then make us sick. We must remember to keep hot foods hot and cold foods cold, so the food is safe for us to eat.

Read the following:

When we eat out, we must also remember to drink water, even when we’re not thirsty. Did you know that when we actually feel thirsty, our body may already be dehydrated? We constantly lose water throughout the day, and our body needs water to function properly. It is important for us to drink water, even when we’re not thirsty.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to choose foods with fruits and veggies when eating out.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink fluids even when I'm not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 2: Eating Out
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to choose foods with fruits and veggies when eating out	
I plan to keep hot foods hot and cold foods cold	
I plan to drink fluids even when I'm not thirsty	

Eating Out

“When eating out,
choose fruits and veggies for your mouth”

Eating out includes eating at restaurants or fast food places, at family members’ or friends’ homes, and at celebrations or special events. Even when we eat out, we should try to eat healthfully. This includes eating fruits and veggies.

- Order meals that have fruits and veggies such as in a stir-fry, a tossed green salad, or fruit cup.
- Ask for a larger portion of veggies such as requesting more carrots and celery when ordering stew, or more broccoli when ordering beef broccoli.
- Choose fruits and veggies at celebrations or special events

A variety of foods are usually offered when we eat at someone’s home, or at celebrations or special events. There may or may not be a large assortment of dishes with fruits and veggies, but we can still choose to eat the fruits and veggies that are offered. To provide more fruit and veggie options, we can bring a salad, assorted fresh fruits and/or veggies, or other dishes with fruits and vegetables. We can be a polite guest and still eat healthfully. We can eat healthy meals if we choose to eat foods with fruits and veggies.

* Please check with your doctor or health care professional before making dietary changes

Bean Salad Spread

Ingredients:

- 1 (15 ounces) cans beans (pinto, kidney, garbanzo)
- ¼ small round onion
- ¼ cup bell pepper OR celery, OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon powdered mustard
- Optional: 1-2 tablespoons water

Directions:

1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and bell pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and cover bowl. REFRIGERATE until ready to use.

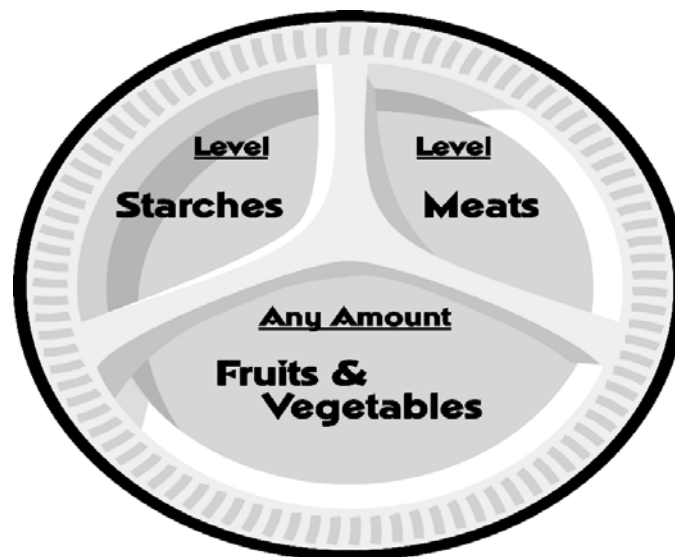
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Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 3: Eating for Wellness

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out the “Eating for Wellness” handout. Begin lesson when everyone receives a handout.

Read the following: Who thinks that nutrition information can be confusing? It can be when we hear, what is half a cup of this, one cup of that? How much is a correct serving size? Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It’s called the plate method.



Action: Everyone repeat the following with me, “create a plate with
Have fruits and veggies.”
participants
repeat the
following:

Read the following:

What's the plate method? On the handout is a picture of a plate. Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. We can try veggies and fruits that are fresh, frozen or canned – any form counts. Eat a variety of different colored veggies and fruits. There is a thousand island dressing recipe on the back of the handout that can be used as a dip or dressing when you eat your favorite veggies. We should create a plate with fruits and veggies

Action:
Have participants repeat the following:

Everyone repeat with me, “create a plate with fruits and veggies.”

***Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare the thousand island dressing.

Read the following:

A starch fills a fourth of the plate, ½ an inch high or less. Starches take a variety of forms, such as: rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or poi. Lastly, a protein food will fill the remaining fourth of the plate. Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafood. Non-animal protein foods such as beans, tofu, and nuts also belong in this section of the plate.

Action:
Ask the following question:

What should we fill half of our plate with when we eat?
*Gently encourage people to participate. Participants should say “fruits and veggies should fill half our plate.”

Action:
Have participants repeat the following:

Everyone repeat with me, “create a plate with fruits and veggies.”

Action: What should we fill one-fourth of our plate with when we eat?
Ask the following question: *Gently encourage people to participate. Participants should say “protein or meat foods should fill ¼ of the plate and starches should fill the other ¼ our plate.”

Read the following: After we eat our meals, we may not be thirsty, because we may have filled our stomach with too much food. So, we may not be able to drink water. But, we should drink fluids before, during, and after our meals, because drinking water is important to keep us healthy. So, drink water often even when we are not thirsty.

Does anyone go grocery shopping for food? We should pick up frozen, refrigerated foods, hot bentos, or other ready-to-eat items last, just before going to the checkout counter. We don’t want to leave cold or hot foods out at room temperature for too long. Buy cold and hot foods last, and get them home fast.

Action: Repeat with me, “Buy cold and hot foods last, and get them home fast.”
Have participants repeat the following:

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to create a plate and fill half of my plate filled with fruits and veggies.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to keep hot foods hot and cold foods cold.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink fluids even when I'm not thirsty. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Thousand Island Dressing Demo (see Recipe Index Pg 13)

Serve thousand island dressing with any type of veggie. Encourage participants to at least try the dressing. If they do not like it, tell them it is okay to dispose of it politely in a napkin.

Read the following:

Now, we will be making the thousand island dressing that is listed on the back of your handout. All we need is yogurt, ketchup, relish, and pepper. I will wash my hands with warm water and soap before I begin.

Action:

Wash hands with warm water and soap before beginning and follow recipe directions:

- In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
- CHILL for 1-2 hours before serving.

Read the following:

Come and taste this delicious dressing.

Action:

Pass out dressing with veggies or allow participants to put dressing on their veggies in their congregate meal.

Good Grinding for Wise Dining
Module 2: Choosing Foods
Lesson 3: Eating for Wellness
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

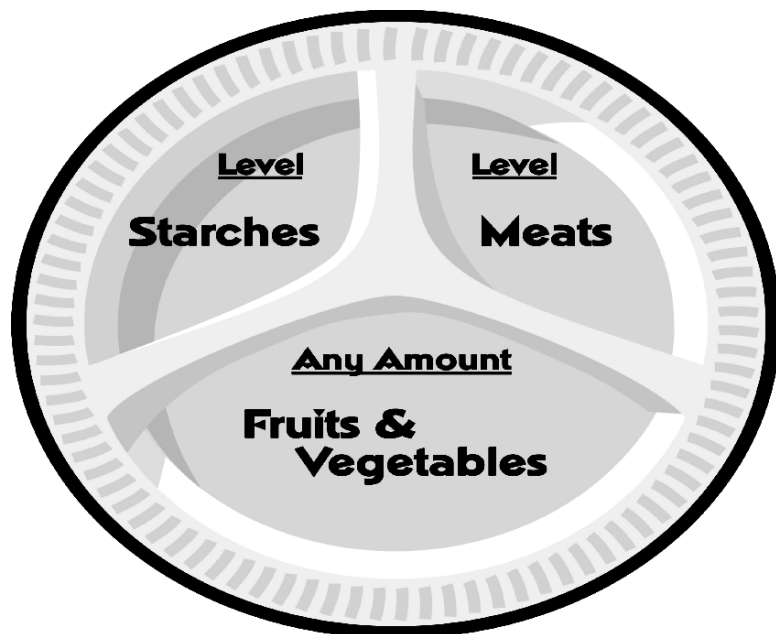
Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to create a plate and fill half of my plate has fruits and veggies	
I plan to keep hot foods hot and cold foods cold	
I plan to drink fluids even when I'm not thirsty	

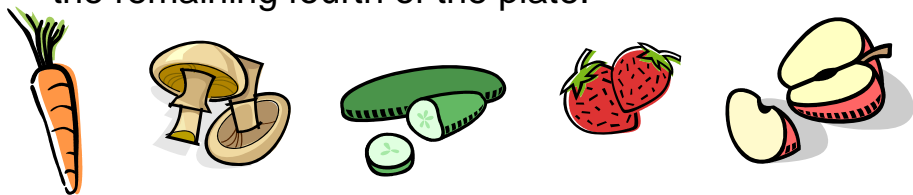
Eating for Wellness

“Create a plate with fruits and veggies”

Nutrition information can be very confusing. Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It's called the plate method.



Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. A starch fills a fourth of the plate and a protein food the remaining fourth of the plate.



* Please check with your doctor or health care professional before making dietary changes

Starches are foods such as rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or poi.

Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafoods. Non-animal protein foods are beans, tofu, and nuts.

Thousand Island Dressing

Ingredients:

- 1 (8 ounces) lowfat vanilla yogurt
- $\frac{1}{4}$ cup ketchup
- $\frac{1}{4}$ cup pickle relish
- $\frac{1}{4}$ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

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Food Stamp Nutrition Education Program

Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 1: Healthy Bones

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Healthy Bones” Handout. Begin lesson when everyone receives a handout.

Read the following: Today we will talk about the importance of calcium. Calcium is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain calcium. But, milk and milk products are the best sources of calcium for our bones.

Action: Everyone repeat the following with me, “sticks and stones may break my bones, but calcium foods may help it.”
Have participants repeat the following:

Action: Can anyone name a milk or milk product that has calcium?
Ask the following question:

Read the following: Milk, yogurt, cheese, cottage cheese, dry powdered milk, evaporated milk, and most frozen yogurts are good sources of calcium. Sour cream and cream cheese do not have enough calcium for it to be a good source. Although ice cream has calcium it may also be high in fat and sugar, so it should be eaten in moderation.

If someone is not able to digest milk or milk products properly, or is lactose intolerant, there are non-dairy calcium foods. Non-dairy calcium foods include almonds, beans, and green vegetables such as broccoli, Chinese cabbage, mustard greens, and spinach. Canned salmon and sardines are also sources of calcium if the bones are eaten. These foods do not have as much calcium as milk or milk products, but still contain some calcium.

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but calcium foods may help it.”

Read the following:

Some foods are fortified with calcium. This means calcium is added to foods to increase its nutritional value. These foods may include soy milk, rice milk, or almond milk, orange juice, or cold breakfast cereal. Calcium may also be added to tofu as part of the manufacturing process.

Eating calcium foods are important to keep our bones healthy, especially good sources of calcium such as milk and milk products.

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare a creamy fruit/vegetable salad. The recipe is on the back of your handout.

Action:
Ask the following question:

What are some calcium foods that you like to eat?

Action:
Have participants repeat the following:

Everyone repeat with me, “sticks and stones may break my bones, but calcium foods may help it.”

Read the following:

Now we are going to talk about food poisoning. Did you ever wonder if your food was spoiled? Was food ever left in the refrigerator and you wondered if it was still good to eat? Or, we could not remember how long food was left out, but still wanted to eat it? Did we look at it, smell it, or dare to taste it?

Spoiled food does not always look bad, smell bad, or taste bad. If we even think our food may be bad, we should throw it out. It's not worth getting sick over. When in doubt, throw it out!

Action:
Have the participants repeat the following:

Repeat with me, "When in doubt, throw it out."

Read the following:

How often should we drink water? It is important to drink water regularly throughout the day. Drink water from the water fountain, tap water or carry a water bottle so we can drink water with our meals, between meals, especially if water is not served or readily available. Drinking water regularly is important to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat calcium foods that will keep my bones healthy.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Creamy Fruit/Vegetable Salad (see Recipe Index Pg 7)**

Any type of fruit and yogurt can be used. Participants may even bring fruit grown in their yard. Fresh fruit must be rinsed and cut into chunks.

*** Optional:**
Read the following:

Now, we will make a creamy fruit/vegetable salad. The recipe is very easy! All that is needed is fruit or veggies and yogurt. Today I will use (say what kind of fruit/vegetable and yogurt that is being used), but any type of fruit or veggie and yogurt can be used when making this recipe at home. I will wash my hands with warm water and soap before I begin making the recipe.

Action:

Wash hands with warm water and soap before beginning. Rinse lid of canned, if canned fruit is used, fruit before opening and follow recipe directions:

- Depending on fresh, frozen or canned fruits or vegetables used:
 - CHOP fresh ingredients OR
 - THAW frozen ingredients OR
 - DRAIN canned ingredients
- In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.

Read the following:

It is as simple as that! Eating healthfully can be simple and easy. Come and taste this creamy salad treat.

Action:

Pass out food.

Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 1: Healthy Bones
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat calcium foods that will keep my bones healthy	
I plan to always throw food out if I think it is spoiled	
I plan to drink water regularly throughout the day	

Healthy Bones

“Sticks and stones may break my bones,
but calcium foods may help it”

Calcium is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain calcium including the following:

Milk or Milk Products

- Milk, yogurt, cheese, cottage cheese, dry powdered milk, evaporated milk, and frozen yogurt are good calcium sources.
- Sour cream and cream cheese do not have enough calcium for it to be a good source.
- Ice cream may contain some calcium but may also be high in fat and sugar, so it should be eaten in moderation.

Non-Dairy Sources

- Almonds, beans, and green vegetables such as broccoli, mustard greens, and spinach.
- Canned salmon and sardines are sources of calcium if the bones are eaten.

Added Calcium

- Some foods are fortified with calcium. This means calcium is added to foods to increase its nutritional value. These foods may include soy milk, rice milk, or almond milk, orange juice, or cold breakfast cereal.
- Calcium may also be added to tofu as part of the manufacturing process.

Creamy Fruit/Vegetable Salad

Ingredients:

- 1 cup fresh, frozen or canned fruit
OR
1 cup fresh or frozen vegetables
- ½ (8 ounces) container flavored lowfat yogurt



Directions:

1. Depending on fresh, frozen or canned fruits or vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together.
COVER and REFRIGERATE until ready to serve.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 2: Nutritious Snacking

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Nutritious Snacking” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about nutritious snacking and the importance of eating regularly throughout the day. We should eat a little, and often.

Action:
Have participants repeat the following: Everyone repeat the following with me, “eat a little, do it often.”

Read the following: Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat regularly throughout the day. Some of us feel that snacking will spoil our appetite. Eating snacks, not full meals, 2-3 hours before a meal should not ruin our appetites. In fact, we should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Action:
Have participants repeat the following: Everyone repeat with me, “eat a little, do it often.”

Read the following:

Here are some snack suggestions. We can prepare half a sandwich with tuna, egg, cold cuts, or other filling with lettuce, tomato, cucumbers, and other veggies. We can then share the other half with a friend.

We can also snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit. Mixing yogurt with frozen fruit such as frozen mixed berries or assorted frozen mixed fruit will make a slushy frozen yogurt treat. So ono!

How many of us like to eat cereal? We can add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk. We do not have to eat cereal only at breakfast time. Eating cereal anytime in the day makes an excellent snack!

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to make trail mix using cereal.

Read the following:

Another nutritious snacking idea is to make cheesy veggies. Cheesy veggies can be made easily in the microwave. Melt American, cheddar, or other type of cheese on fresh, frozen, or canned veggies. Frozen broccoli with melted cheddar cheese makes a delicious snack.

Baked russet potato or sweet potato is a wonderful snack. It can be made easily in our rice cooker or microwave.

Action:
Ask the following question:

What other kinds of snacks do you like to eat?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

We can enjoy snacking during the day without ruining our appetite. We should eat when we are hungry and not because we are bored or have nothing else better to do. It is actually healthy for us to eat 5-6 small meals throughout the day.

Action:
Have the participants repeat the following:

Everyone repeat with me, “eat a little, do it often.”

Read the following:

It is okay if we do not completely finish our meals or snacks. We can save our leftovers in the refrigerator to be eaten later. What if we are not sure if it’s still good to eat? What if it is spoiled? If we think it’s bad, we should not eat leftover food. It is not worth getting sick. Food poisoning may cause nausea, vomiting, cramps, and mild fever. These symptoms are similar to the flu. In the past, we may have thought we had a “24 hour” flu, but we may have actually had food poisoning. So when we are in doubt, we should throw it out.

Action:
Have participants repeat the following:

Repeat with me, “When in doubt, throw it out.”

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat 5-6 small meals and snacks everyday.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it’s spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening.
Please check with your doctor or health care professional before making dietary changes.

***Optional:** Trail Mix Demonstration (see Recipe Index Pg 14)

Any type of cereal can be used to make the trail mix. Use different types of shapes (circle, square, etc.) to make the trail mix more interesting. Add dried fruit such as raisins or dried cranberries, nuts or seeds.

Read the following: Now, we will make a trail mix with (say the type of cereal and other ingredients you will be using). The recipe is very easy! We will mix all these ingredients together. It can be stored in a sealed plastic bag or other airtight container until ready to be eaten. I will wash my hands with warm water and soap before I begin making the recipe.

Action: Wash hands with warm water and soap before beginning.
- In a large bowl, MIX circle shaped cereal and square shaped cereal and other ingredients.
- KEEP in airtight container.

Read the following: See how easy that was! Nutritious snacking can be very easy.

Action: Pass out food.

Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 2: Nutritious Snacking
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat 5-6 small meals and snack everyday	
I plan to always throw food out if I think it's spoiled	
I plan to drink water regularly throughout the day	

Nutritious Snacking

“Eat a little, do it often”

Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Here are some snack suggestions:

- Prepare half a sandwich with tuna, egg, cold cuts, or other filling with lettuce, tomato, cucumbers, and other veggies.
- Snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit.
- Mix yogurt with frozen fruit (mixed berries, assorted mixed fruit, etc.) to make a slushy frozen yogurt treat.
- Add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk.
- Prepare cheesy veggies by melting American, cheddar, or other type of cheese on fresh, frozen, or canned vegetables.
- Eat regular or sweet potato.



Trail Mix

Ingredients:

- 1 cup circle shaped cereal
- 1 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruits.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 3: Whole Grains

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out the “Whole Grains” handout. Begin lesson when everyone receives a handout.

Action: Did anyone ever hear of the term whole grain? What are whole grains?
Ask the following question:

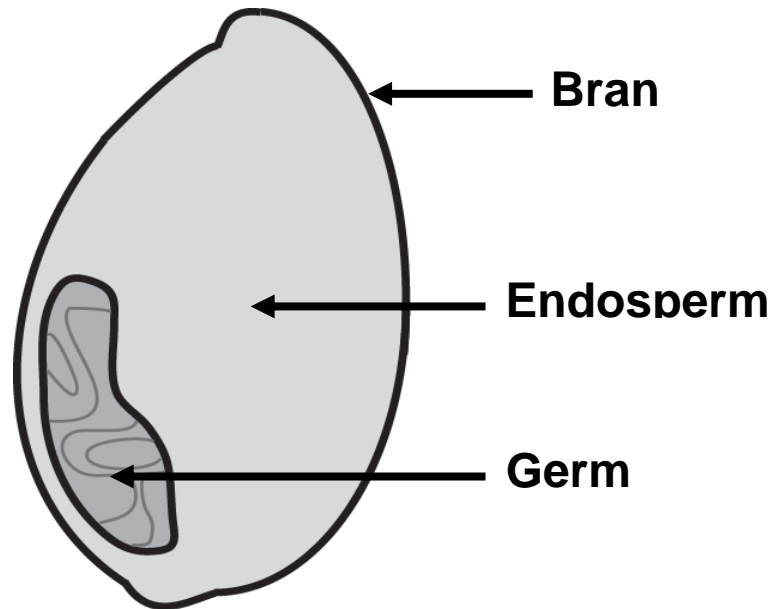
Read the following: Whole grains are foods made from an entire grain seed or kernel. A picture of a whole grain is on the handout. The kernel has three parts called the bran, endosperm, and germ. These components have many vitamins, minerals and other nutrients that our body needs. So, it is important to eat at least three whole grain foods everyday.

Action: Everyone repeat the following with me, “whole grains, we go! Go, go whole grains!”
Have participants repeat the following:

Read the following: Whole grains also contain fiber which also keeps us healthy. Fiber is important for keeping us regular with daily bowel movements. Fiber and fluids such as water are an important combination in preventing constipation. Fiber without water will make us constipated. It is important for us to drink water regularly throughout the day while eating whole grains.

Action:
Have participants repeat the following:

Everyone repeat with me, “whole grains, we go! Go, go whole grains!”



Read the following:

The following is a list of the most commonly consumed whole grains in the United States, either by itself such as oatmeal, wild rice, or popcorn or as an ingredient in food such as whole wheat flour in whole wheat bread.

Whole grain foods are: brown rice, buckwheat, bulger or cracked wheat, oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas, and wild rice.

Foods that are brown such as any type of brown bread does not mean it is made from a whole grain. But, 100% whole wheat bread is made from a whole grain.

Whole wheat tortillas, whole wheat crackers, and soba or buckwheat noodles are other examples of foods that are made from whole grains. Many cold breakfast cereals are also made from whole grains. We should eat at least three whole grain foods a day.

Action:
Have participants repeat the following:

Everyone repeat with me, “whole grains, we go! Go, go whole grains!”

Action:
Ask the following question:

What kinds of whole grains do you like to eat? A prize will be given to those that have new ideas!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. If no one participates, ask if they like to eat oatmeal or brown rice.

Read the following:

Now we are going to talk about another topic, food poisoning.

Action:
Ask the following question:

Has anyone ever gotten sick from eating food? Has anyone ever gotten food poisoning?

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing.

Read the following:

We may have had unsafe food practices when we were younger such as leaving food out at room temperature or keeping leftover food for too long in the refrigerator. We may not have gotten sick by eating these foods in the past, but our bodies are not the same as when we were younger. Now, our bodies are more vulnerable to germs and bacteria that may make us sick. So, we need to be more careful with our food. When in doubt, throw it out.

Action:
Have participants repeat the following:

Repeat with me, “When in doubt, throw it out.” Repeat again with me, “When in doubt, throw it out.”

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat at least three whole grain foods every day.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 3: Regular Eating
Lesson 3: Whole Grains
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

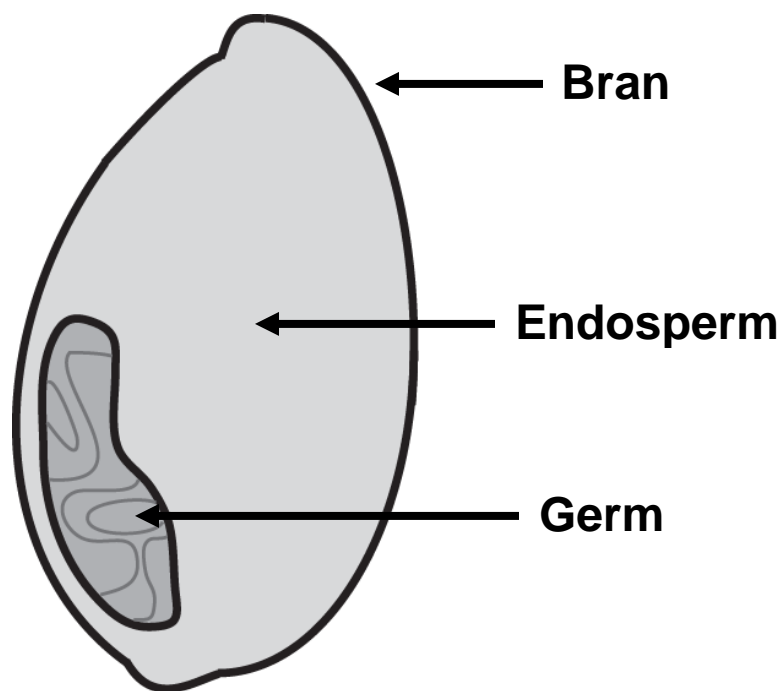
Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to eat at least three whole grains every day	
I plan to always throw food out if I think it's spoiled	
I plan to drink water regularly throughout the day	

Whole Grains

“Whole grains, we go.
Go, go whole grains!”

Whole grains are foods made from an entire grain seed or kernel. The kernel has three parts called the bran, endosperm, and germ. These components have many vitamins, minerals, fiber and other nutrients to keep us healthy. We should eat at least three whole grains everyday.



The following is a list of the most commonly consumed whole grains in the United States, either by itself (such as oatmeal, wild rice, or popcorn) or as an ingredient in food (such as whole wheat flour in whole wheat bread).

- Brown rice
- Buckwheat
- Bulger (cracked wheat)
- Oatmeal
- Popcorn
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat sandwich buns and rolls
- Whole wheat tortillas
- Wild rice

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 1: Favorite Foods

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Favorite Foods” handout. Begin lesson when everyone receives a handout.

Read the following: Today we are going to talk about ways we can make our favorite foods more healthy. We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes. We will talk about more ways that we can do this. Favorite foods can be good, add fruits and veggies...yes, we should!

Action:
Have participants repeat the following: Everyone repeat the following with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question: How many people like to eat shoyu chicken or adobo?
What veggies or fruits can we add?

Read the following: We can add onions, bell peppers, or other veggies to shoyu chicken or adobo.

Action:
Ask the following question:

What about noodles such as pasta, fried saimin, chow mein, chop chae, long rice, or pancit? How many of us like these types of noodles?

Read the following:

We can add carrots, cabbage, onions, mushrooms, zucchini, watercress, bean sprouts or chop suey mix to our noodles. Adding veggies will make the noodle dish more colorful and tasty.

Cucumbers, lettuce, green onions, and other veggies can be served with somen or soba to make a wonderful salad. We can also make poke salad by quickly sautéing poke and putting it on top of lettuce. We can then garnish the poke salad with tomatoes, onions, mushrooms, bell peppers and other veggies. A small amount of poke can be used to make a huge salad.

Action:
Ask the following question:

How many of us like to eat curries, stews, or soups?

Read the following:

We can also make curries, stews, and soups healthier by reducing the amount of meat normally put in the dish. We can then increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies in curries, stews, and soups.

Action:
Have participants repeat the following:

Everyone repeat with me, “favorite foods can be good, add fruits and veggies...yes, we should!”

Action:
Ask the following question:

Who likes to eat and/or make desserts?

Read the following:

We can also make our desserts healthier by eating fruit as dessert. Fruit can be added to many of our favorite desserts. We can add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as almond float. We can also make rice or tapioca pudding with various fruits.

Action:
Ask the following question:

What are some of your favorite foods and how can you make it healthier? A prize will be given to those who share.

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: add veggies to noodles or stew.

Read the following:

Before, during, and after we prepare our favorite dishes, we must remember to always wash all our kitchen things with hot soapy water. What does this include? This includes all utensils such as knives, forks, spoons, tongs, and other utensils; all preparation surfaces such as cutting boards, kitchen counters, sinks, and tables. Kitchen things also include all cooking areas such as the stove, oven, microwave, and toaster oven. It is important to clean all our kitchen stuff so we don't get sick.

Read the following:

Now we will talk about drinking liquids. How many cups of liquids should we drink everyday? We should drink at least 6-8 cups of liquids every day. Drinking enough liquids may prevent us from becoming dehydrated and may help to keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to add a lot of fruits and veggies to my favorite foods.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink 6-8 cups of liquids everyday. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 1: Favorite Foods
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to add a lot fruits and veggies to my favorite foods	
I plan to always wash my kitchen stuff with hot soapy water	
I plan to drink 6-8 cups of liquids every day	

Favorite Foods

“Favorite foods can be good,
Add fruits and veggies, yes we should”

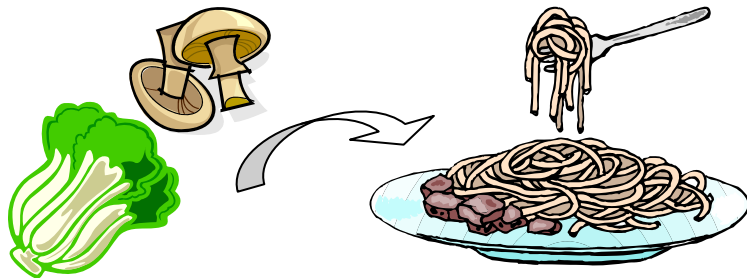
We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes.

Shoyu chicken or adobo

- Add onions, bell peppers, or other veggies

Noodles: pasta, fried saimin (soft wheat egg noodle), chow mein (thin Chinese noodles), chop chae (cellophane noodles), long rice (rice noodles), pancit (Filipino cellophane and/or egg noodles)

- Add carrots, cabbage, onions, mushrooms, zucchini, watercress, bean sprouts or chop suey mix.



Somen (thin Japanese wheat noodles) or **soba salad** (buckwheat noodles)

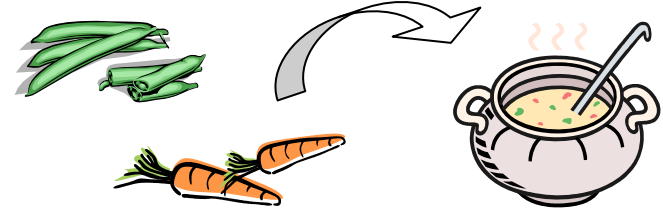
- Serve with cucumbers, lettuce, green onions, and other veggies

Poke (seasoned raw fish)

- Quickly saute poke (if raw) and prepare a poke salad. Put poke on lettuce and garnish with tomatoes, onions, mushrooms, and other veggies.

Curries, stews, and soups

- Reduce the amount of meat and increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies.



Fruit as dessert

- Add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as almond float.
- Rice or tapioca pudding can be made with various fruits.

* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 2: Sugars/Fats/Salts

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Sugar, Fat, and Salt” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we are going to talk about hidden sugars, fats, and salts in our foods. Celebrations such as weddings, graduations, birthdays, and other events are special. The gathering of family and friends are important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods. Caution foods...watch out!

Action:
Have participants repeat the following: Everyone repeat the following with me, “caution foods...watch out!”

Read the following: We will first start by discussing sugars. Many of us think that the sweeter a food is, the more sugar it has. However, foods that are high in sugar do not always taste sweet. For example, cereals, coffee drinks, and regular gelatin may have hidden sugars. Many fruits have sugar, but may not have that sweet taste. Sugar may occur naturally or it could be added to foods. Fruits and 100% fruit juice have natural

sugars while other types of foods may have added sugars. For example, many beverages such as sodas have added sugars, but may not always taste sweet. We should drink at least 6-8 cups of liquids everyday, even on special occasions. Are these foods and drinks bad for us? No! We may eat or drink these foods, but need to be aware that it contains sugar. Bottom line, sweetness is not a good indicator of the amount of sugar in foods.

Action:
Have participants repeat the following:

Everyone repeat with me, "caution foods...watch out!"

Read the following:

Fat, on the other hand, is a little easier to detect. The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat. Fried foods are fried in oil which absorbs fat. These foods may include spring rolls, lumpia, mandoo, wonton, tempura, katsu, jalapeno poppers, French fries, potato chips, tortilla chips, doughnuts, malasadas, andagi, or other foods. These foods may or may not always taste oily. We should be aware of how foods are prepared so we can make an informed decision as to whether we want to eat certain foods or not.

Action:
Have participants repeat the following:

Everyone repeat with me, "caution foods...watch out!"

Read the following:

Lastly, we will talk about salt. Food may not always taste salty, but it may contain a lot of salt. Like sugar, we may not always be able to taste the salt in our food. Many condiments are high in salt. This includes shoyu or soy sauce, fish sauce, shrimp or fish paste, oyster sauce, certain salad dressings, and table salt. We should be aware of the salt content in our food, especially when we add condiments that may be high in salt.

Action: What are some ways we can reduce the sugar, fat, or salt in our foods? A prize will be given to those that have new ideas!

Ask the following question:

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: grilled instead of fried foods to reduce fat or do not put shoyu on rice to reduce salt.

Action: How many of us wash our kitchen things regularly such as pots, pans, counters, stoves?

Ask the following question:

Read the following: At times, we may or may not use our kitchen utensils and appliances regularly, and dust, bugs, and other critters may crawl or settle on or in our kitchen things. We may not be aware that this happening, so it is important for us to wash our kitchen things with hot soapy water. We do not want to get sick, even if we think our kitchen things are clean.

Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I am aware of the sugar, fat, and salt content in my foods.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink 6-8 cups of liquids everyday. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That is the end of this activity. Thank you for listening.
Please check with your doctor or health care professional before making dietary changes.

Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 2: Sugars/Fats/Salts
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I am aware of the sugar, fat, and salt content in my foods	
I plan to always wash my kitchen stuff with hot soapy water	
I plan to drink 6-8 cups of liquids every day	

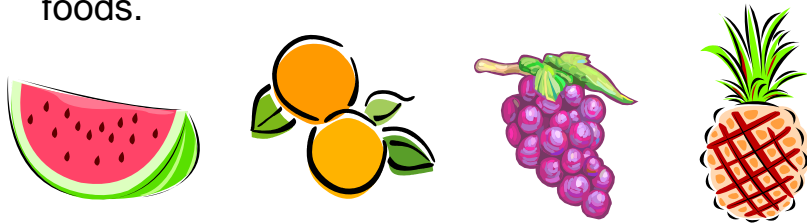
Sugar, Fat, and Salt

“Caution foods...Watch out!”

The gathering of family and friends are important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods.

Sugars

- Foods that are high in sugar do not always taste sweet.
- Sugar may occur naturally or could be added to foods. Fruits and 100% fruit juice have natural sugars while other types of beverages may have added sugars, but may not always taste sweet.
- We may eat these foods, but need to be aware that it contains sugar. Sweetness is not a good indicator of the amount of sugar in foods.



* Please check with your doctor or health care professional before making dietary changes

Fats

- The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat.
- Fried foods are fried in oil which absorbs fat.
- These foods may include spring rolls, lumpia, mandoo, wonton, tempura, katsu, jalapeno poppers, French fries, potato chips, tortilla chips, doughnuts, malasadas, andagi, or other foods.
- Fried food may or may not always taste oily.



Salt

- A food may not taste salty, but it may contain a lot of salt.
- Many condiments are high in salt. This includes soy sauce (shoyu), fish sauce (patis, nuoc mam), shrimp or fish paste (bagoong), oyster sauce, certain salad dressings, and table salt.

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Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 3: Living Local

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Living Local” handout. Begin lesson when everyone receives a handout.

Read the following: Here in Hawaii we are fortunate to have a diverse population with various ethnic and cultural backgrounds. Presence of military personnel and immigration from Asia and the Pacific Islands is a result of Hawaii’s unique location in the Pacific. The majority of our population consists of Caucasian, Asian, and persons of Pacific Island descent. Specifically, Caucasian, Japanese, Filipino, Native Hawaiian, Chinese, Korean, African American, Samoan, Vietnamese and Micronesian comprise about 80% of the states’ population. Our culture is shaped by these various ethnic groups.

Food is a common thread among many cultures. In Hawaii, celebrations and special events normally center around food. There is usually a lot of food at these events, more than we can eat! Parties are commonly “pot luck” style in which everyone brings a dish to share. These foods reflect our cultural heritage and/or include foods from various cultures.

Action: How many of us were raised in Hawaii?
Ask the following question:

Read the following:

If we were not raised in Hawaii, we may not be accustomed to local foods. Food may seem foreign and weird. However, we should at least try it before judging it. Who knows? Maybe we'll like it!

Action:
Have participants repeat the following:

Everyone repeat the following with me, "try all kinds."

Read the following:

Our taste preferences, likes and dislikes, are shaped by what we ate as children and continue to change as we get older. Although we may have our favorite foods, we can still taste different foods we have not tried previously. So, we should "try all kinds."

Action:
Have participants repeat the following:

Everyone repeat with me, "try all kinds."

Action:
Ask the following question:

What kinds of ethnic foods from different cultures do you like to eat?
*Gently encourage people to participate. Thank participants for sharing.

Read the following:

On the handout is a recipe that you can make for your next get together. Gon Lo Mein is a noodle dish, traditionally Chinese, but it was adapted for our local taste.

*** Optional:**
Read the following:

After this lesson, I will demonstrate how to prepare the Gon Lo Mein recipe. Today we will "try all kinds!"

Read the following:

Along with trying new foods, we must remember to drink 6-8 cups liquids everyday. We are lucky to have such great tasting water here in Hawaii. So drink it! Drinking 6-8 cups of water daily is important for us to be healthy.

Read the following:

When making food, it is important to clean our kitchen things before, after, and even while we are preparing food. For example, if we cut raw meat on a cutting board, we should wash the board with hot soapy water before cutting another food item. Raw meat juices may also spill on kitchen counters and surfaces. We should wipe up spills immediately so bad bacteria cannot grow and contaminate other things.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to try all kinds and eat ethnic foods from different cultures.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

How many of you agree with this next statement: I plan to always wash my kitchen stuff with hot soapy water.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: I plan to drink 6-8 cups of liquids everyday. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional:** Gon Lo Mein Demonstration (see Recipe Index Pg 8)

Luncheon meat such as spam, treet, tulip, etc. may be used, but is not necessary to cook this dish. This recipe can be made without any meat if it's not available. Also, any type of veggies may be substituted for the chop suey mix. Participants may even bring veggies grown from their yard. Fresh veggies must be rinsed and cut before adding it to the pot.

Read the following:

Now, we will make a noodle dish called Gon Lo Mein. To make this recipe we need luncheon meat, chop suey mix or other veggies, oyster sauce, water, and chow mein noodles. Before preparing the Gon Lo Mein recipe, I will wash my hands with warm water and soap.

Action:

Wash hands with warm water and soap before beginning.

Follow recipe directions:

- SLICE luncheon meat into strips.
- In a large pot, COOK luncheon meat.
- ADD chop suey mix (or other cut veggies), mix.
- In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR into pot. MIX well.
- ADD noodles and MIX.

Read the following:

See how easy that was! Who wants to try these delicious noodles?

Action:

Pass out food.

Good Grinding for Wise Dining
Module 4: Celebration Foods
Lesson 3: Living Local
Tally Sheet

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Number of People Raising Their Hand After the Talk
I plan to try all kinds and eat ethnic foods from different cultures	
I plan to always wash my kitchen stuff with hot soapy water	
I plan to drink 6-8 cups of liquids every day	

Living Local

“Try all kinds”

Here in Hawaii we are fortunate to have a diverse population. Presence of military personnel and immigration from Asia and the Pacific Islands is a result of Hawaii's unique location in the Pacific. The majority of our population consists of Caucasian, Asian, and persons of Pacific Island descent. Specifically, Caucasian, Japanese, Filipino, Native Hawaiian, Chinese, Korean, African American, Samoan, Vietnamese and Micronesian comprise about 80% of the states' population. Our culture is shaped by these various ethnic groups.

Food is a common thread among many cultures. In Hawaii, celebrations and special events normally centers around food. There is usually a lot of food at these events, more than we can eat! Parties are commonly “pot luck” style in which everyone brings a dish to share. These foods reflect our cultural heritage and/or include foods from various cultures.

If we were not raised in Hawaii, we may not be accustomed to local foods. Food may seem foreign and weird. However, we should at least try it before judging it. Who knows? Maybe we'll like it! Our taste preferences, likes and dislikes, are shaped by what we ate as children and continue to change as we get older. Although we may have our favorite foods, we can still taste different foods we have not tried previously.

Gon Lo Mein

Ingredients:

- ½ (12 ounces) can luncheon meat
- 2 (10 ounces) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounces) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR into pot. MIX well.
5. ADD noodles and MIX.



* Please check with your doctor or health care professional before making dietary changes

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Good Grinding for Wise Dining Food Safety Introduction

It is important to keep foods safe to eat. Food should be nourishing for our bodies and not make us sick. It is important for food to be handled carefully from the time food is bought and prepared till it is eaten and stored.

The “Be Safe” handout offers tips on how to practice safe food handling techniques. The following are key tips to proper safe food handling:

- 1) Buy cold food last, get it home fast
- 2) Keep food safe – refrigerate
- 3) Keep everything clean
- 4) Thaw frozen foods in the refrigerator
- 5) Cook foods thoroughly
- 6) Keep hot foods hot, cold foods cold
- 7) Don't wait – refrigerate leftovers quickly

It is also important to wash hands before handling food. This includes preparing, cooking, eating, and storing food. Hands should be washed for at least 20 seconds with warm soapy water (ABC song once or Happy Birthday song twice). Be sure to wash thoroughly – between fingers, underneath finger nails, etc.

Proper safe food handling methods may prevent food related illnesses. Please refer to the “Be Safe” handout for more tips on food safety.

Be Safe:

A HOME GUIDE TO HELP KEEP FOOD SAFE

This guide contains recommendations on how you can keep your food safe and avoid foodborne illness. Through proper storing, preparing, cooking, serving, and handling of foods, you can greatly reduce your chances of getting sick...be *safe*.

Foodborne illness, often called "food poisoning," results from eating contaminated foods. When food is not handled properly, microorganisms that cause foodborne illness can contaminate it. These include bacteria, viruses, parasites, and molds. All can cause serious illnesses, but bacteria are the most common culprits.

Symptoms of foodborne illness include nausea, vomiting, cramps, diarrhea, and mild fever. What some thought was the flu might actually have been foodborne illness. A foodborne illness may develop within half an hour to a few days; some may occur as long as two or more weeks after eating contaminated food.

While a case of foodborne illness is unpleasant for anyone, it can be particularly dangerous for older adults, people with weakened immune systems, infants and children, and pregnant women. Fortunately, **FOODBORNE ILLNESS IS PREVENTABLE**. Follow this guide to help keep your food safe.



Here are the keys to safe food handling.

- Buy cold food last, get it home fast.
- Keep food safe--refrigerate.
- Keep everything clean.
- Thaw frozen foods in the refrigerator.
- Cook foods thoroughly.
- Keep hot foods hot, cold foods cold.
- Don't wait--refrigerate leftovers quickly.

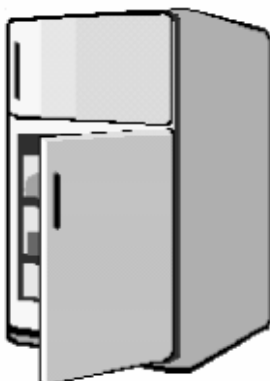
If you filled out the questionnaire (*reproduced on page 4*) before reading this, look for the stars (☆) in the paragraphs below - mark the information you need to know to give the "right" answers to the questionnaire.

1 Buying food: **Buy cold foods last, get them home fast.**

- Shop for frozen and refrigerated foods and hot items from the deli last, just before going to the checkout counter. ☆
- Make sure frozen foods feel rock solid and refrigerated foods feel cold.
- Check the "sell-by" date (how long the grocer can keep the produce for sale on the shelf) and "use-by" date (how long you can keep the product at home at its best quality) on packages before you buy. ☆
- When you check-out, be sure that your raw meats, poultry and seafood are placed in separate bags to prevent the transfer of juices and bacteria.
- Use a cooler for cold foods if it will take you more than 30 minutes to get home.

2 Storing food: **Keep it safe--refrigerate!**

- Arriving home from shopping, unload the perishable foods first, going directly from the car to the refrigerator or freezer. ☆
- Keep the refrigerator temperature between 34°F and 40°F. The freezer should be at or below 0°F.
- Space items in the refrigerator and freezer so the cold air can freely circulate.
- Use fresh meat and poultry within 3 to 4 days. Ground meat, poultry and fish should be used within 1 to 2 days.
- Wrap raw meat, poultry and fish or place in separate plastic bags in the meat drawer or on a plate on the lowest shelf of the refrigerator to keep juices from dripping on other foods.



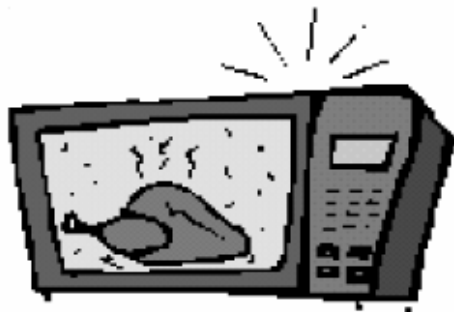
3 Preparing food: **Keep everything clean.** **Thaw frozen food in the refrigerator.**

- Wash your hands with soap and hot water for at least 20 seconds before starting any food preparation. If you stop to do something else, like use the bathroom, change a diaper, blow your nose, or touch a pet, be sure to wash your hands again before continuing food preparation. ☆
- Bandage any cuts or sores on your hands or use plastic gloves.
- Make sure all kitchen helpers have clean hands too.
- Plan ahead and thaw foods in the refrigerator. Thaw foods on a plate or in a plastic bag on the lowest shelf in the refrigerator to collect any juices and moisture. ☆
- For faster thawing, place food in a leakproof plastic bag and immerse in cold water. Change water about every 30 minutes. Cook food immediately after thawing.
- To thaw in a microwave oven, place frozen food in a microwave-safe container and defrost on "low" or "defrost" setting. Finish cooking food right after thawing.
- Clean work surfaces often to remove food particles and spills. Use paper towels to wipe up spilled meat, poultry or fish juice, then use sanitizing solution. (see below)
- Never chop vegetables, salad ingredients, or other ready-to-eat foods on a cutting board that was used for raw meat or poultry without first cleaning and sanitizing it. ☆
- After cutting raw meat, poultry or seafood, wash cutting board and utensils with hot, soapy water and sanitize.
- Use plastic cutting boards rather than wooden ones where bacteria can be trapped in the grooves of the wood.
- Change kitchen towels often and launder in hot water. Clean sponges and dishcloths frequently, using soap and hot water. Disinfect in a solution of $\frac{3}{4}$ cup liquid bleach and one gallon water; soak for two minutes; rinse and air dry. Do this once a week or more often as needed. ☆

4 **Cooking food:** Cook it thoroughly.

- Never partially cook foods and then refrigerate or set them aside to finish cooking later.
- Cook meat (especially ground meat), poultry, and fish thoroughly. Use a meat or instant-reading thermometer to check internal temperature. Use this chart as a guide:

Product	Internal, cooked temperature (°F)
Ground meat (patties or meatloaf)	160°
Ground poultry	165°
Steaks and roasts	145°
Pork and ham	160°
Fish	145°
Poultry (breast, thigh, wing)	170°
Poultry (whole bird)	180°



5 **Serving food:** Keep hot foods hot, cold foods cold.

- Do not leave cooked food out at room temperature for more than 2 hours.
- For buffets, put hot foods over a heat source, and cold foods on ice. Do not mix fresh (unserved) food with food that has already been out for serving. ☆
- For away from home, pack food in insulated container or cooler with a freeze-pack or ice. Keep it away from direct sun.

6 **Handling leftover:** Don't wait...refrigerate!

- Refrigerate foods within 2 hours after cooking. ☆
- Put food in shallow containers for quick chilling.
- Freeze leftovers that will not be eaten within 2 days.
- Reheat leftovers to 165°F or until steaming hot. Boil leftover soups, sauces and gravies for at least 1 minute before serving.
- Unsafe food does not always smell, taste or look bad. *When in doubt, throw it out.* ☆

How to sanitize food-preparation surfaces

First, clean surface with hot, soapy water and rinse.
Then, do the following:

For hard, non-porous surfaces:

Use 1 Tbsp. liquid bleach**
in 1 gallon of water.
Leave wet for 2 minutes.
Don't rinse; allow to air-dry.

For porous surfaces:

Use 3 Tbsp. liquid bleach**
in 1 gallon of water.
Leave wet for 2 minutes.
Rinse and wipe dry or air-dry.

**Keep all cleaning products away from children. Do not mix liquid bleach with other cleaning products such as toilet cleaners or ammonia.

What do you do?

Circle **YES**, **NO**, or **SOMETIMES** in response to each statement.

When grocery shopping, I pick up refrigerated
and frozen foods just before checking out. Yes No Sometimes

I check the "sell-by" or "use-by" dates
on packages when shopping or eating. Yes No Sometimes

When I bring my groceries home,
I refrigerate cold foods immediately. Yes No Sometimes

I wash my hands before I prepare food. Yes No Sometimes

I keep raw meat or poultry juice away from
other foods, either by using separate cutting
boards and utensils or washing these with
soap and hot water between uses. Yes No Sometimes

I always thaw frozen meat in the refrigerator. Yes No Sometimes

After preparing foods, I keep hot foods hot
and cold foods cold. Yes No Sometimes

I refrigerate my leftovers immediately. Yes No Sometimes

Spoiled leftover food does not always smell,
taste, or look bad - when in doubt,
I throw it out. Yes No Sometimes

I keep kitchen towels and sponges clean. Yes No Sometimes

Good Grinding for Wise Dining
Recipe Index
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*Some recipes have been incorporated into Lessons

Good Grinding for Wise Dining Recipe Index Equipment List

The following is a list of items that may be needed to perform a recipe demonstration with the Good Grinding for Wise Dining lesson. Different types of kitchen supplies (measuring cups, spoons, mixing bowls, etc) may be needed depending on the recipe.

- Electric wok/skillet
- Rice cooker
- Can opener
- Colander
- Container to store knives
- Cooler (with coolant)
- Cutting board
- Extension cord
- Grater
- Knife
- Measuring cups (dry and liquid)
- Measuring spoons
- Mixing bowls
- Mixing spoons
- Rice paddle
- Tongs
- Vegetable peeler
- Spatula

Optional:

- Container (large to store equipment)
- Cart (luggage rack to transport container of equipment)
- Drain plug

Good Grinding for Wise Dining Bean Salad

Number of servings: 7

*** 1 recipe will make 20-24 “taste” servings**

Ingredients:

2 (15 ounces) cans of beans (pinto, kidney, green, garbanzo)
½ small round onion
½ medium carrot
½ clove garlic
¼ cup vinegar
½ teaspoon white sugar
¼ teaspoon pepper
Optional: 1 teaspoons oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

Equipment

- | | |
|--------------------|----------------------------------|
| • Can opener | • Mixing spoon |
| • Knife | • Measuring cups |
| • Cutting board | • Measuring spoons |
| • Vegetable peeler | • Mixing bowls (large and small) |
| • Vegetable grater | • Plates and spoons |

* Always practice safe food handling techniques. Refer to Food Safety section.

Bean Salad

Ingredients:

- 2 (15 ounces) cans of beans (pinto, kidney, green, garbanzo)
- ½ small round onion
- ½ carrot
- ½ clove garlic
- ¼ cup vinegar
- ½ teaspoon white sugar
- ¼ teaspoon pepper
- Optional: 1 teaspoons oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

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Good Grinding for Wise Dining Bean Salad Spread

Number of servings: 4

*** 1 recipe will make 20-24 “taste” servings**

Ingredients:

- 1 (15 ounces) can of beans (pinto, kidney, garbanzo)
- $\frac{1}{4}$ small round onion
- $\frac{1}{4}$ cup bell pepper OR celery OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon powdered mustard
- Optional: 1-2 tablespoons water
- Crackers or vegetables

Directions:

1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:

Dry beans may be used. Cook according to package directions.
Serve spread on tortillas, whole wheat crackers, or pita bread.
Use as a dip for vegetables.

Equipment

- | | |
|-----------------|--------------------|
| • Can opener | • Measuring spoons |
| • Colander | • Measuring cups |
| • Knife | • Mixing spoon |
| • Cutting board | • Mixing bowl |
| | • Plates |

* Always practice safe food handling techniques. Refer to Food Safety section.

Bean Salad Spread

Ingredients:

- 1 (15 ounces) cans of beans (pinto, kidney, garbanzo)
- ¼ small round onion
- ¼ cup bell pepper OR celery OR a mixture of both
- 2 teaspoons lemon juice OR vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon powdered mustard
- Optional: 1-2 tablespoons water
- Crackers or vegetables

Directions:

1. RINSE and DRAIN beans.
2. CHOP onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and bell pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:

- Dry beans may be used. Cook according to package directions.
- Serve spread on tortillas, whole wheat crackers, or pita bread.
- Use as a dip for vegetables.

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Good Grinding for Wise Dining
Chop Suey

Number of servings: 2

*** 1 recipe will make 6-8 “taste” servings**

Ingredients:

½ clove garlic
½ medium round onion
½ pound pork or chicken
1 package (10 ounces) chop suey mix

Seasoning:

½ tablespoon ginger
1 tablespoon soy sauce
¼ teaspoon sugar
Optional: ¼ teaspoon salt

Gravy:

½ tablespoon cornstarch
½ cup broth
½ tablespoon soy sauce
¼ teaspoon sugar

Directions:

1. CRUSH garlic, SET aside
2. SLICE onion.
3. SLICE pork or chicken into thin strips.
4. MINCE ginger.
5. In a small bowl, COMBINE seasonings and SET aside.
6. In another small bowl, MIX gravy ingredients. SET aside.
7. In a large pot, FRY pork or chicken.
8. ADD garlic and seasoning, MIX well.
9. ADD chop suey mix. MIX.
10. In a small bowl, COMBINE gravy ingredients and ADD to vegetables. MIX well.

Variations:

Use other fresh vegetables and meats.

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Colander
- Measuring cups
- Measuring spoons
- Thongs or mixing spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Chop Suey

Number of servings: 2

Ingredients:

- ½ clove garlic
- ½ medium round onion
- ½ pound pork or chicken
- 1 package (10 ounces) chop suey mix

Seasoning:

- ½ tablespoon ginger
- 1 tablespoon soy sauce
- ¼ teaspoon sugar
- Optional: ¼ teaspoon salt

Gravy:

- ½ tablespoon cornstarch
- ½ cup broth
- ½ tablespoon soy sauce
- ¼ teaspoon sugar

Directions:

1. CRUSH garlic, SET aside
2. SLICE onion.
3. SLICE port or chicken into thin strips.
4. MINCE ginger.
5. In a small bowl, COMBINE seasonings and SET aside.
6. In another small bowl, MIX gravy ingredients. SET aside..

7. In a large pot, FRY pork or chicken.
8. ADD garlic and seasoning, MIX well.
9. ADD chop suey mix. MIX.
10. In a small bowl, COMBINE gravy ingredients and ADD to vegetables. MIX well.

Variations:

Use other fresh vegetables and meats.

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Good Grinding for Wise Dining Creamy Fruit/Vegetable Salad

Number of servings: 2

*** 1 recipe will make 4-6 “taste” servings**

Ingredients:

1 cup fresh, frozen OR canned fruit

OR

1 cup fresh OR frozen vegetables

½ (8 ounces) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen or canned fruits or vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve

Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.

Chopped nuts may be added.

Equipment

- Can opener
- Colander
- Mixing bowl
- Mixing spoon
- Plates and spoons

* Always practice safe food handling techniques. Refer to Food Safety section.

Creamy Fruit/Vegetable Salad

Ingredients:

- 1 cup fresh, frozen OR canned fruit
- OR
- 1 cup fresh OR frozen vegetables
- ½ (8 ounces) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen or canned fruits or vegetables used:
 - CHOP fresh ingredients OR
 - THAW frozen ingredients OR
 - DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve

Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.

Chopped nuts may be added.

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Good Grinding for Wise Dining
Gon Lo Mein

Number of servings: 4

*** 1 recipe will make 16-20 “taste” servings**

Ingredients:

- ½ (12 ounces) can luncheon meat
- 2 (10 ounces) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10 ounces) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about ¾ cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), or Chinese parsley (cut into 1-inch lengths)

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Colander
- Measuring cups
- Measuring spoons
- Thongs or mixing spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Gon Lo Mein

Ingredients:

- ½ (12 ounces) can luncheon meat
- 2 (10 ounces) packages chop suey mix
- ½ cup oyster sauce
- 2-3 tablespoons water
- 2 (10 ounces) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about $\frac{2}{3}$ cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), or Chinese parsley (cut into 1-inch lengths)

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Good Grinding for Wise Dining Leafy Tofu

Number of servings: 3

*** 1 recipe will make 6-8 “taste” servings**

Ingredients:

- ½ (20 ounces) container tofu
- 1 bunch spinach
- 1 tablespoons oil
- 1 tablespoons soy sauce
- ½ teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables.

May use frozen spinach instead of fresh spinach.

Equipment

- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Measuring spoons
- Colander
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Leafy Tofu

Ingredients:

- ½ (20 ounces) container tofu
- 1 bunch spinach
- 1 tablespoons oil
- 1 tablespoons soy sauce
- ½ teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

- May use other dark green leafy vegetables.
- May use frozen spinach instead of fresh spinach.

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Good Grinding for Wise Dining Potato

Number of servings: 2

*** 1 recipe will make 4-6 “taste” servings**

Ingredients:

1 medium potato

Directions:

1. SCRUB potato well.
2. CUT approximately into 2-inch chunks.
3. PIERCE potato several times with a fork.

MICROWAVE:

1. MICROWAVE on high 4-6 minutes.
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. Place about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potato in automatic rice cooker, COOK.
3. Potato is done when rice cooker automatically shuts off.

* Crumpled foil or foil balls may be used instead of a steamer rack.

Equipment

- Microwave or rice cooker
- Knife
- Cutting board
- Foil or steamer rack (if using rice cooker)
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Potato

Ingredients:

1 medium potato

Directions:

1. SCRUB potato well.
2. CUT approximately into 2-inch chunks.
3. PIERCE potato several times with a fork.

MICROWAVE:

1. MICROWAVE on high 4-6 minutes.
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. Place about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potato in automatic rice cooker, COOK.
3. Potato is done when rice cooker automatically shuts off.

* Crumpled foil or foil balls may be used instead of a steamer rack.

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Good Grinding for Wise Dining Pumpkin Shortbread

Yield: 20 pieces

Ingredients:

Crust:

1 cup butter (2 blocks)
½ cup white sugar
3 cups flour

Filling:

1 can (29 ounces) pumpkin
1½ cups white sugar
4 eggs
2 (12 ounces) cans of lowfat evaporated milk
½ teaspoon ginger
½ teaspoon cloves
1 teaspoon salt
1 teaspoon cinnamon

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. ADD flour and MIX well.
3. PRESS mixture evenly into a 9x13 pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture into crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness.
(The toothpick/knife should come out clean.)

Equipment

- Oven
- Mixing bowls
- 9x13 pan
- Toothpick or knife
- Measuring cups
- Measuring spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.

Pumpkin Shortbread

Ingredients:

Crust:

1 cup butter (2 blocks)
½ cup white sugar
3 cups flour

Filling:

1 can (29 ounces) pumpkin
1½ cups white sugar
4 eggs
2 (12 ounces) cans of lowfat evaporated milk
½ teaspoon ginger
½ teaspoon cloves
1 teaspoon salt
1 teaspoon cinnamon

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. ADD flour and MIX well.
3. PRESS mixture evenly into a 9x13 pan.

Directions for filling:

1. PREHEAT oven to 425° F.
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4. POUR pumpkin mixture into crust.
5. BAKE for 15 minutes at 425° F.

6. REDUCE heat to 350° F.
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(The toothpick/knife should come out clean.)

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Good Grinding for Wise Dining Thousand Island Dressing

Yield: approximately 1½ cups

*** 1 recipe will make 16-24 “taste” servings**

Ingredients:

- 1 (8 ounces) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

Equipment

- Mixing bowl
- Measuring cups
- Measuring spoons
- Spoon

* Always practice safe food handling techniques. Refer to Food Safety section.

Thousand Island Dressing

Ingredients:

- 1 (8 ounces) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

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Good Grinding for Wise Dining Trail Mix

Yield: 2 cups

*** 1 recipe will make 8-10 “taste” servings**

Ingredients:

1 cups circle shaped cereal

1 cups square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

For breakfast add milk and fresh fruits.

Eat cereals with 100% fruit juice.

Use a mixture of any 2 or more cereals.

Add pretzels, nuts, and/or dried fruits.

Equipment

- Measuring cups
- Measuring bowl
- Plates or napkins

* Always practice safe food handling techniques. Refer to Food Safety section.

Trail Mix

Ingredients:

- 1 cups circle shaped cereal
- 1 cups square shaped cereal (rice, wheat, corn – one or more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:

- For breakfast add milk and fresh fruits.
- Eat cereals with 100% fruit juice.
- Use a mixture of any 2 or more cereals.
- Add pretzels, nuts, and/or dried fruits.

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Good Grinding for Wise Dining Tuna Dip

Yield: approximately 2 ½ cups

*** 1 recipe will make 16-20 “taste” servings**

Ingredients:

1 (6 ounces) can tuna in water

1 (16 ounces) container lowfat cottage cheese

Optional: ¼ cup cheese

1 small carrot (approximately ¼ cup)

3-4 stalks green onion

Directions:

1. DRAIN tuna
2. In a medium bowl, MIX tuna and cottage cheese.
3. Optional: GRATE cheese and carrot.
Finely CHOP onion.
4. COVER and REFRIGERATE until ready to serve.

Variations:

Serve with crackers or vegetable pieces.

Serve as a dip or filling

Equipment

- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Vegetable grater
- Mixing spoon
- Mixing bowls (small)
- Plates and spoons

* Always practice safe food handling techniques. Refer to food safety section.

Tuna Dip

Yield: approximately 2 ½ cups

Ingredients:

1 (6 ounces) can tuna in water

1 (16 ounces) container lowfat cottage
cheese

Optional: ¼ cup cheese

1 small carrot (approximately ¼
cup)

3-4 stalks green onion

Directions:

1. DRAIN tuna
2. In a medium bowl, MIX tuna and cottage cheese.
3. Optional: GRATE cheese and carrot.
Finely CHOP onion.
4. COVER and REFRIGERATE until ready to serve.

Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling

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Good Grinding for Wise Dining
Tuna Tofu Salad

Number of Servings: 4

*** 1 recipe will make 8-10 “taste” servings**

Ingredients:

- ½ head lettuce
- ½ small bunch Chinese parsley
- ½ medium round onion (OR ¼ bunch green onions)
- 1 tomato
- ½ (20 ounces) container firm tofu
- ½ (6 ounces) can tuna in water

Dressing:

- 2½ tablespoons soy sauce
- ½ teaspoon sesame oil
- 1½ teaspoon sugar
- Optional: toasted sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar, and (optional) sesame seeds together. COVER and SET aside in refrigerator until ready to serve.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

Salmon may be used instead of tuna.

Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.

Salad may be layered instead of tossed.

Equipment

- Knife
- Cutting board
- Can opener
- Mixing bowl (large and small)
- Measuring spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to food safety section.

Tuna Tofu Salad

Ingredients:

- ½ head lettuce
- ½ small bunch Chinese parsley
- ½ medium round onion (OR ¼ bunch green onions)
- 1 tomato
- ½ (20 ounces) container firm tofu
- ½ (6 ounces) can tuna in water

Dressing:

- 2½ tablespoons soy sauce
- ½ teaspoon sesame oil
- 1½ teaspoon sugar
- Optional: toasted sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar, and (optional) sesame seeds together. COVER and SET aside in refrigerator until ready to serve.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

- Salmon may be used instead of tuna.
- Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce.
- You may also use a combination of these ingredients.
- Salad may be layered instead of tossed.

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Good Grinding for Wise Dining

Glossary of Terms

Adobo	Adobo is a Filipino dish that is usually made with chicken or pork and cooked slowly in a sauce made of vinegar, soy sauce (see <i>soy sauce or shoyu</i>), garlic, bay leaves, and black peppercorns.
Almond float	Almond float is a Chinese dessert made of almond flavored gelatin with canned fruits.
Almond milk	Almond milk is an alternative to milk (from animals, i.e. cow's milk). It is a milky like liquid made from almonds.
Andagi	Andagi is an Okinawan donut, a deep fried ball of dough.
Bacteria	Bacteria are a type of microorganism that is found naturally in the environment. It may cause food-borne illness if food is not handled properly.
Bagoong	Bagoong is a salty Filipino paste usually made from fermented fish or shrimp.
Bamboo	Bamboo eaten is the edible portion of young bamboo shoots. It is a brown or dull yellow vegetable.
Bento	Bento or lunch box is a type of take out container that usually consists of rice or noodles, a protein (i.e. fish, chicken, meat, seafood), and pickled vegetables or cooked vegetables.
Bingo	Bingo is a game matching randomly selected numbers with the numbers on a BINGO game card.
Black beans	Black beans are small and oval shaped, typically used in Latin dishes. It is also known as turtle beans.

Black-eyed peas	Black-eyed peas are small, pale beige colored beans with a black “eye”. The “eye” may also be brown, red, or yellow.
Bran	Bran is part of the whole grain. It is the outer shell of a grain, with B vitamins, trace minerals and rich in fiber.
Brown rice	Brown rice is rice with its husks removed, but hull in tact. It is higher in protein, vitamins, and minerals than white rice.
Buckwheat	Buckwheat are seeds from a beech tree (not a grass) that is used like wheat. The seed is ground into flour and used in pancake mixes and a Japanese noodle called soba. See <i>soba</i> .
Bulgur (cracked wheat)	Bulgur is a whole grain food also known as cracked wheat.
Bulk purchasing	Bulk purchasing is buying foods in larger amounts for a lower price.
Buy one get one free	Buy one get one free is purchasing one item at regular price and getting the second item for free.
Calcium	Calcium is the most abundant mineral in our bodies, important to keep our bones and teeth strong. Calcium containing food items include dairy products (i.e. milk, cheese yogurt), some vegetables (i.e. spinach, broccoli) and some fortified products (see <i>fortified</i>) (i.e. soy milk, certain orange juices, certain cold cereals).
Carbohydrate	Carbohydrates are the body’s main source of energy. It includes sugars, starches, and dietary fiber.
Chinese Cabbage	Chinese cabbage is also called Napa cabbage or Bok Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.

Chop Chae	Chop Chae is a Korean cellophane/clear noodle dish with stir-fried vegetables which may include mushrooms, celery, carrots, onions, snow peas, egg, meat (i.e. chicken, beef) and flavoring such as soy sauce.
Chop Suey Mix	Chop Suey Mix is a mixture of vegetables that may include bean sprouts, carrots, cabbage, and watercress.
Chow Mein	Chow Mein are thin Chinese noodles that are stir-fried with vegetables (i.e. bean sprouts, onions, cabbage) and protein such as meat, chicken, tofu or seafood.
Cold cuts	Cold Cuts are precooked, precut and cured meats, usually served cold in sandwiches. It is also known as deli meat.
Combo meal	Combo meal is a combination of a main meal (i.e. sandwich) with a side dish (i.e. French fries) and a drink.
Cottage cheese	Cottage cheese is a white, soft cheese that has its whey drained. As a result, it has lower levels of lactose than milk. It can be used with fruits, salads, desserts, in dressings and dips.
Cream cheese	Cream cheese is a white, smooth, creamy cheese, with a mild/bland taste. It is made from milk and/or cream.
Dairy foods	Dairy foods are milk or milk-based foods/items such as milk, cheese, yogurt, butter, ice cream, etc.
Dehydrated	Dehydrated is the removal of water or moisture.
Early Bird Special	Early Bird Special are discounted prices or special lower prices on food or services provided before a certain time of day.
Endosperm	Endosperm is part of the whole grain. It is the inner portion of the grain containing carbohydrate and some vitamins. It is the portion that is usually eaten.

Evaporated milk	Evaporated milk is canned milk with over half of its water removed, leaving a more dense liquid.
Family pack	Family pack is usually a bigger portion of a food or a meal that can feed a family at a cheaper price.
Fiber	Fiber is found in plant-based food items such as fruits, vegetables, legumes and grains. It is not fully digested and regulates bowel movements.
Fish paste	Fish paste is a concentrated paste made from fish. It is used for sauces or flavoring in dishes.
Fish sauce	Fish sauce is a clear, yellow-brown sauce made from fish that is fermented. It is also called patis (Filipino), nam pla (Thai), harm har (Chinese), and nuoc mam (Vietnamese).
Fortified	Fortification is the process by which vitamins and/or minerals are added to food items in addition to naturally occurring nutrients.
Frozen yogurt	Frozen yogurt is a lower fat alternative to ice cream, usually made from yogurt.
Garbanzo bean	Garbanzo beans are also small, irregular shaped beans usually a pale beige color. It can also be yellow, brown, black or green and is also known as chickpeas. It is best known to be used in hummus, but can also be used in salads, main dishes, soups, dips.
Gelatin	Gelatin is a powder made from animal protein that produces a clear, colorless, tasteless and odorless, substance with gel forming properties when mixed with hot water. It can be added to sugar and other items to make fruit flavored gelatin desserts such as jello.
Germ	Germ is part of the whole grain. It is the inside or embryo of the grain. It has the highest concentration B vitamins, trace minerals and protein in the whole grain.

Jalapeno poppers	Jalapeno poppers are breaded jalapenos (a small/medium chili pepper) that are stuffed with cheese and/or cream cheese and deep fried.
Katsu	Katsu is a Japanese breaded, deep fried cutlet (i.e. chicken, pork, fish, and beef).
Kernel	Kernel is the name for the entire whole grain consisting of the bran, endosperm, and germ. The outer husk is removed and not consumed in the whole grain product.
Kidney bean	Kidney bean is a type of bean that is named for its shape (a kidney). It can be used in chili, salads, soups, with rice dishes.
Limu	Limu is a Hawaiian word referring to seaweed. There are many types of limu eaten in Hawaii. See also <i>Ogo</i> .
Long Rice	Long rice is a clear dried bean curd noodle, usually made from mung beans.
Lumpia	Lumpia is a Filipino spring roll (see <i>spring roll</i>).
Luncheon meat	Luncheon meat is a processed, precooked, prepackaged meat usually made from pork.
Malasadas	Malasadas are Portuguese donuts that are deep fried and usually covered with sugar.
Mandoo	Mandoo are Korean dumplings usually filled with meat (pork, shrimp, beef or chicken) with vegetables (bean sprouts, carrots, cabbage, etc). They can be prepared by pan frying, steamed or simmered.
Minerals	Minerals are needed for growth and regulation of body functioning and processes.
Mini plate lunch	Mini plate lunch is a smaller version of a regular plate lunch. See <i>plate lunch</i> .

Mustard greens	Mustard greens or cabbage is also referred to as Kai Choy or Gai Choy in Chinese. It can be eaten raw, steamed, boiled, braised, stuffed, or stir-fried.
Navy bean	Navy bean is a type of white bean found in canned pork and bean products.
Non-dairy calcium foods	Non-dairy calcium foods are usually used when people cannot consume dairy or dairy products such as milk, yogurt, cheese, etc. Examples of non-dairy calcium foods include fortified soy, rice or almond milk, almonds, beans, canned salmon and/or sardines with bones.
Nuoc mam	Nuoc mam is a Vietnamese fish sauce. It is used as a dipping sauce or to flavor dishes.
Ogo	Ogo is the Japanese word for certain types of seaweed. See <i>limu</i> .
Oyster sauce	Oyster sauce is a thick, brown sauce that is used for flavoring/seasoning Asian dishes. It is typically made from fermented oysters.
Pancit	Pancit is a stir-fried Filipino noodle dish with rice and/or egg noodles, vegetables and meat (chicken or seafood).
Patis	Patis is a Filipino fish sauce used to flavor dishes.
Pinto bean	Pinto bean is a small pink or beige bean with reddish brown spots. It is commonly used in American Southwest and Mexican dishes.
Plate lunch	Plate lunch is a general term used for a take out menu item, usually consisting of two scoops of white rice, meat, and macaroni salad. It is part of Hawaii's local culture integrating different ethnic foods.

Plate method	Plate method is a way of eating food proportionally which simplifies eating healthfully. Veggies and fruits fill half the plate; a starch fills a fourth of the plate and a protein food filling the remaining fourth. Veggies and fruits may be piled high while starches and protein foods must be no more than half an inch high.
Poi	Poi is mashed taro root mixed with water.
Poke	Poke is a cubed raw fish salad, which usually consists of raw fish, limu or ogo (seaweed), green onion, sesame seed oil, salt, soy sauce, and chili peppers.
Powdered milk	Powdered milk is a dried milk made from dried milk solids. It can be used as a substitute for liquid fresh milk and does not have to be refrigerated.
Potluck	Potluck is a get-together of people in which everyone brings a dish, food, or other items related to the gathering (i.e. paper goods, utensils, beverages, games). Each dish, food, or item is shared among participants.
Protein	Protein is important to build muscle, process nutrients, and health. Sources of protein include animal sources such as meat, eggs, and dairy products and non-animal sources such as legumes.
Rice milk	Rice milk is a milky-like beverage made from rice. It is an alternative to milk (from animals).
Russet potato	Russet potato is a type of potato that has brown skin and white inner flesh. It is commonly used for baking.
Saimin	Saimin is an Asian noodle soup dish that is distinctive to Hawaii (Japanese/Chinese origin). It is usually garnished with egg, char siu (Chinese barbeque pork) and/or luncheon meat, kamaboko (steamed fish cake), and green onions.

Salsa	Salsa is a sauce that is made from fruit and vegetables. It is usually tomato-based and spiced with chilies. It is commonly used as a condiment.
“Sell by” date	“Sell by” date is the last day in which products should be sold at the grocery store.
Senior discount	Senior discount is a discount given to older adults (age varies) that is usually designated on certain days of the week or time of day.
Shoyu	Shoyu, see <i>soy sauce</i> .
Shoyu chicken	Shoyu chicken is chicken soaked and simmered in a sauce often consisting of soy sauce, garlic, ginger, sugar, and pepper.
Shrimp paste	Shrimp paste is a paste made from fermented shrimp.
Soba	Soba a Japanese buckwheat noodle.
Somen	Somen are white Japanese noodles.
Sour cream	Sour cream is a cream that is fermented by certain bacteria cultures which makes the cream sour. Other additives give the cream a thick and smooth texture.
Soy milk	Soy milk is an alternative to milk (from animals). It is a milky like liquid made from soybeans.
Soy sauce	Soy sauce is a salty dark brown sauce made from fermented soy beans. It is called shoyu in Japanese and is commonly used in Asian cooking.
Spring rolls	Spring rolls are deep fried pastry rolls. It is made from a rice or flour wrapper and filled with thinly sliced vegetables and meat.
Starch	Starch is a type of carbohydrate and provides energy. It is found in grains, some fruits and vegetables, legumes, nuts and seeds.

Stir-fry	Stir-fry is a method of cooking food, constantly stirring over high heat in a pan or wok.
Tapioca pudding	Tapioca pudding is a pudding that is made from tapioca pearls (small translucent balls). Tapioca comes from the root of the Cassava plant.
Tempura	Tempura is a Japanese dish in which food (i.e. shrimp, vegetables, etc) is battered and deep fried.
Tofu	Tofu is a bean curd that is made from coagulated soy milk and pressed together to make tofu blocks.
Tortilla chips	Tortilla chips are deep fried or baked chips made from tortillas. Tortillas are Mexican flat breads that are round and are most commonly made from corn or wheat.
“Use by” date	Use by date tells the consumer the date at which food items should be consumed.
Value meal	Value meals are items that are offered at a lower price if purchased as a group, compared to the cost of the items if individually purchased.
Vitamins	Vitamins are needed for reproduction, growth and maintenance (i.e. Vitamin C, B’s, A, D, E, K, etc.).
Water chestnut	Water chestnut is a small white-fleshed, crispy plant (not a nut) often used in Asian cooking.
Watercress	Watercress is a green vegetable with small leaves and bitter taste that is grown partially in water.
White beans	White beans are white colored beans with varieties such as Navy or Great Northern; used in soups, salads, main dishes, or dips.
Whole rye	Whole rye is a whole grain. It has similar characteristics to wheat, but with a more distinctive taste (i.e. rye bread).

Whole grain barley	Whole grain barley is a whole grain with its husk removed, but hull in tact. Barley is used to make bread, beer, as animal feed, or eaten by itself in soups, salads and other entrees.
Whole grain cornmeal	Whole grain cornmeal is made from ground corn. It is commonly used to make cornbread, grits, corn tortillas, polenta.
Whole wheat bread	Whole wheat bread is bread made from whole wheat flour (see <i>whole wheat flour</i>).
Whole wheat crackers	Whole wheat crackers are crackers made from whole wheat flour (see <i>whole wheat flour</i>)
Whole wheat flour	Whole wheat flour is made from the whole grain kernel including the bran, germ and endosperm.
Whole wheat pasta	Whole wheat pasta is pasta made from whole wheat flour (see <i>whole wheat flour</i>).
Whole wheat sandwich buns	Whole wheat sandwich buns is a type of whole wheat bread, (i.e. hamburger or hotdog bun).
Whole wheat tortilla	Whole wheat tortilla is made from whole wheat flour (see <i>whole wheat flour</i>).
Wild rice	Wild rice is a whole grain from aquatic grass. It is high in protein and fiber and low in fat.
Wonton	Wontons are a Chinese dumpling that is wrapped with a flour wrapper with filling of meat, vegetable and flavoring (i.e. minced pork, shrimp, onion, ginger, sesame oil and soy sauce, etc). It can be fried, steamed or served in hot soup with rice or noodles.
Yogurt	Yogurt is a sour/tart dairy product made of fermented milk, mixed with a bacteria culture.

Good Grinding for Wise Dining References

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