

# HEALTHY & HOMEMADE DISPLAYS

## Purpose

These displays are designed as a learn-while-you-wait teaching tool to accompany the Healthy and Homemade calendar recipes offered through Iowa State University Extension. Each display highlights a key message from the 2010 Dietary Guidelines for Americans.

## Target audience

Adults with low-incomes, such as Supplemental Nutrition Program for Women, Infants and Children (WIC) participants, Supplemental Nutrition Assistance Program (SNAP) participants, and adults accessing food pantries

## Objectives

### Learners will:

- State that they learned something today that will help them provide healthy meals for their families.
- State that they plan to try the featured recipe or implement a behavior change related to the lesson.
- Increase the use of food provided through programs such as WIC or food pantries, or make healthier choices with SNAP benefits.

## Evaluation specific to Wisconsin Nutrition Education Program:

For WIC audiences, use the *Using WIC foods* state evaluation tool. For food pantries, use the *Key informant interview at food pantries* state evaluation tool.



## Materials needed

- Display board and display pieces
- Copies of handout(s)
- Samples of recipe (optional)

## Directions

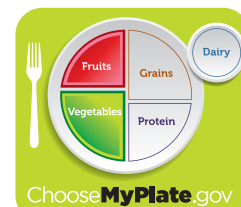
Print display pieces on heavy or standard stock. Laminate, if desired, and post on display board. The first panel should be 'title and ingredients', middle panel 'picture of prepared recipe and directions' and last panel 'Nutrition Facts' and 'menu ideas'.

## Suggestions for educators

Ideally, educators will be present to interact with learners when they view the display. Educators could expand on the information presented, answer questions that learners might have, and make suggestions specific to the situation. For example, at a WIC clinic educators might suggest how foods provided through WIC might be used in recipes. Following are other suggestions for educators.

- Provide simple props to demonstrate food preparation techniques. For example you could demonstrate measuring liquid and dry ingredients using measuring cups.
- Offer samples of the prepared recipe for learners to taste.
- Provide handouts that enhance information in the displays or expand on the information presented. For example, if a recipe includes raw meat include a *Be Food Safe* handout from the Food Safety and Inspection Service.

- Include food safety information when talking about the recipe. For example, remind learners to wash their hands before preparing food and avoiding cross contamination.
- Point out how foods available through WIC or food pantries could be used or substituted for foods in the recipe.
- Explain how recipes could be adapted using seasonal or locally-grown fruits and vegetables, or foods that may be 'on sale' at the local grocery stores.
- Provide more detailed information on food preparation that might not be included on the display. For example, learners might want to know more about preparing dried beans.
- Suggest alternate cooking equipment for learners who may not have the equipment included in the recipe.
- Suggest ways to increase fiber in recipes, for example by using whole wheat pasta.
- Suggest ways to reduce fat in recipes by using low-fat cheese or lean meats.
- Suggest ways to save money when preparing recipes by using fruits or vegetables in season.



\*These displays are adapted with permission from *Healthy and Homemade, 2012 Nutrition and Fitness Calendar* produced by Iowa State University Extension.

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## Handouts for each display

Display	Suggested handouts from <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> , 10 Tips handouts
Winter Black Bean Soup	10 Tips, <i>Salt and Sodium</i> Winter Black Bean Soup recipe from calendar Preparing Dry Beans directions from calendar
Easy Roasted Veggies	10 Tips, <i>Add More Vegetables to Your Day</i> 10 Tips, <i>Liven Up Your Meals with Fruits and Vegetables</i> Easy Roasted Veggies recipe from calendar
Cheesy Chicken Enchilada Bake	10 Tips, <i>Build a Healthy Meal</i> 10 Tips, <i>Make Half Your Grains Whole Grains</i> Cheesy Chicken Enchilada Bake recipe from calendar
Crispy Salmon Patties	10 Tips, <i>With Protein Foods, Variety is Key</i> Crispy Salmon Patties recipe from calendar Mixed greens recipe (see below)

## Preparing dry beans

1 package dried beans

### Directions:

- Spread dried beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse.
- Place rinsed beans in a large cooking pan. Cover with 3 cups of water per 1 cup of beans. Use 10 cups for a 1 lb bag. Do either a short soak or a long soak.
  - Short soak—Bring beans to a boil, boil for 2-3 minutes, remove from heat, and let stand covered for 1-4 hours. Rinse beans.
  - Long soak—Cover beans with cold water and soak overnight in an uncovered pot. Rinse beans.
- Cover beans with fresh cold water and bring to a boil. Reduce heat and simmer until tender. Cooking time varies with bean varieties and soaking times. Long soaks can shorten cooking times. Read package directions. In general:
  - Cook 2 hours: black, great northern, kidney, navy, small white, and pinto beans
  - Cook 3 hours: garbanzo (chickpeas) and red beans

Source: ISUE *Healthy and Homemade 2012* calendar.”

## Doing the learn-while-you-wait lesson

- ANCHOR**—Introduce yourself and have a brief, friendly conversation with learners. Offer learners a sample of recipe (optional) and ask if they have eaten this before.
- ADD**—Highlight key educational messages related to the lesson objective in the display. Offer copies of the recipe.
- APPLY**—Ask learners: *How would this recipe work for you? How do you think your family would like this recipe?* Help learners think through any concerns that they may raise to making this for their families.
- AWAY**—Ask the evaluation question that fits with the display objective. [Note: food pantry informant interview would be asked at a subsequent food pantry visit with learner.]

## Mixed greens

2 bunches mustard greens or kale  
2 bunches turnip greens  
pepper to taste (optional)  
1 teaspoon salt, or to taste (optional)

- Rinse greens well, removing stems. In a large pot of boiling water, cook greens rapidly, covered, over medium heat for about 25 minutes or until tender.
- Serve with some of the pot liquor (liquid from the cooked greens). If desired, cut greens in pan with a sharp knife and kitchen fork before serving.

Source: NIH *Down Home Healthy Cookin'*, [www.cancer.gov/cancertopics/prevention/down-home-healthy-cooking/page12](http://www.cancer.gov/cancertopics/prevention/down-home-healthy-cooking/page12)