

#### GOAL

Encourage caregivers to adjust recipes to maximize their food resources and meet their family's needs.

#### OBJECTIVES

- ✓ Practice using recipe frameworks.
- ✓ Discuss how to substitute ingredients in recipes.
- ✓ Share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.

#### KEY MESSAGES

- ✓ Make small changes to recipes to make them work better your family and your budget. If a recipe calls for a food that is too pricey, too hard to find, or that you simply don't care for, just sub in another.
- ✓ It's ok to start with just a concept or an idea instead of an exact recipe.
- ✓ Don't worry – and keep practicing. As you develop your cooking confidence, you'll get better at making simple recipe adjustments.
- ✓ Try simple meals that allow kids or other picky eaters to choose their own toppings or ingredients.

#### MATERIALS

PowerPoint presentation (optional) • Flip chart or online space for sharing participants' answers to open-ended questions • Embedded or linked YouTube videos • Links to recipes, website, and social media to provide in chat and follow-up email • Handouts selected • Recipe ingredients and equipment

#### KIDS' ACTIVITY OPTIONS

**We have provided a booklet of activities that can be used with kids.** The following are suggestions for specific activities that may be complementary to what caregivers are learning in this lesson. **You are not limited to this list** – feel free to use whatever activities are most appropriate for your situation.

Note that some activities are written for the whole family, but can be easily modified for an activity with only kids.

- For younger kids:
  - Imaginary Cooking, page 14
  - Exploring Tables Around the World, page 20
  - Food Origins Game, page 35
  - Any of the coloring sheets on pages 21-32
- For older kids:
  - Serve a Healthy Plate, page 48
  - Filling Up MyPlate, page 53

## CAREGIVER HANDOUTS

We have provided a comprehensive set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. **You are NOT required to provide all of these handouts as take-homes** (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that **at a minimum you provide a printed copy of the recipe(s) you prepared in class, as well as the Making It Work at Home handout**. All of these items can be sent electronically or mailed to the participant – whatever is feasible at this time for your organization.

Check off the handouts you plan to reference during class

- Cooking Terms
- Measure Up
- Making Recipes Work for You
- Sub It In
- Lighten Up
- Make Your Own Baby Food
- Step-by-Step Pasta Dinner
- Super Salads
- Step-by-Step Stir-Fries
- Make Your Own Muffins
- Soups Made Simple
- Casseroles: An Easy, Make-Ahead Meal
- Making It Work at Home**

## RECIPE OPTIONS

Choose **1 snack and 1 meal or dish** (or as many as time allows) for the recipe demonstration. The following chart provides some ideas. You may use other recipes if you wish – see [CookingMatters.org/recipes](http://CookingMatters.org/recipes) for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. If of interest and appropriate for your group, make your own homemade baby food in place of the snack.

**Please also note that you can use recipe videos as well if you are not able to demonstrate the recipe.**

Snacks			
Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
<a href="#">Yogurt Parfait</a>	Prep Time: 10 minutes Cook Time: 0 minutes	If using homemade granola, make in advance.	<p>“Use any high-fiber cereal you like instead of granola.”</p> <p>“To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.”</p>
<a href="#">Peanut Butter and Banana Pockets</a>	Prep time: 10 minutes Cook time: 15 minutes		<p>“Substitute bananas with apple slices, dates, peaches or another favorite fruit.”</p> <p>“If you’re in a peanut-free environment, try another nut butter like sun butter.”</p>

Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
<a href="#">Spicy White Bean Dip</a>	Prep time: 15 minutes Cook time: 0 minutes	Prepare cut vegetables in advance for serving with dip.	<p>"To save time or money, use ½ teaspoon garlic powder in place of minced fresh garlic cloves and 2 teaspoons dried parsley in place of chopped fresh parsley. Try other beans instead of cannellini if you like."</p> <p>"Kids don't like garlic? Season with other spices you might have on hand, like dill, rosemary or basil."</p>
<a href="#">Make Your Own Baby Food handout</a>	Prep Time: 10 minutes Cook Time: 10 minutes		<p>"Fruits and vegetables are a great first food for baby. Start with mild-tasting fruits and vegetables, such as bananas, avocados, sweet and white potatoes, peas, and winter squash."</p> <p>"Making your own helps cut down on family food costs."</p>

#### Meal or Side Dishes

Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
<a href="#">Step-by-Step Pasta Dinner</a>	Prep Time: 15 minutes Cook Time: 15 - 20 minutes	<p>Cook pasta in advance.</p> <p>Prepare vegetables in advance.</p> <p>Prepare sauce in advance.</p>	<p>"Pasta dishes are great for throwing in leftover veggies, thawed frozen veggies, canned veggies – whatever you've got."</p> <p>"These are perfect recipes to double and serve leftovers for lunch or dinner later in the week."</p>
<a href="#">Step-by-Step Stir-Fries</a>	Prep Time: 15 minutes Cook Time: 15 - 20 minutes	<p>Cook grain in advance.</p> <p>Prepare vegetables in advance.</p> <p>Prepare sauce in advance.</p>	<p>"Stir-fries are a great way to get a colorful variety of vegetables into a single meal. Use leftover veggies, or throw in veggies that may go bad soon."</p> <p>"Thawed frozen veggies work well in stir-fries, but be sure to drain excess water before adding."</p>

Recipe Ideas	Prep and Cook Time	Time Saving Tips	Talking Points
<a href="#">Turkey Tacos</a>	Prep time: 20 minutes Cook time: 25 minutes	Prepare vegetables in advance.  Drain and rinse beans in advance.  Grate cheese in advance.  Focus lesson on cooking and assembling recipe.	<p>“Tacos offer lots of flexibility to accommodate family members’ different tastes and preferences. Create a “taco bar” with all fixings on the counter, and let eaters can assemble their tacos according to their preferences.”</p> <p>“Use any type of cooked beans you like and/or have on hand in the pantry.”</p> <p>“Got a vegetarian in the family? Brown the meat separately, and then combine half of the veggie filling with the meat. Leave the remaining half without meat.”</p>
<a href="#">Hearty Egg Burritos</a>	Prep time: 20 minutes Cook time: 20 minutes	Prepare vegetables in advance.  Drain and rinse beans in advance.  Focus lesson on cooking and assembling burritos.	<p>“This recipe can be adapted in so many ways to suit different tastes. Keep it simple for picky eaters: just eggs, cheese, and beans, perhaps with a simple veggie they enjoy on the side. For those who like more flavor, add color and flavor with a fresh salsa, try different cheeses like Monterey Jack or Colby cheese, throw in leftover cooked veggies, etc.”</p>
<a href="#">The Works Pizza</a> or <a href="#">Mini Pizzas</a>	Prep time: 30 minutes Cook time: 25 minutes	Prepare vegetables in advance.  Preheat oven.	<p>“Pizza offers endless ways to tailor for picky eaters and different taste preferences.”</p> <p>“Top with vegetables that are on sale or in season for a budget-friendly meal.”</p> <p>“Make mini pizzas by dividing dough or using English muffins or pita bread for the crust — pizzas can be topped for individual tastes or to offer a variety through a ‘pizza buffet.”</p> <p>“Do your kids fuss about mushrooms and other veggies on pizza? Make half the pizza with vegetables for adults; put kids in charge of topping the other half with their favorites. Serve their favorite veggie on the side if they don’t like it on the pizza.”</p>

## CLASS TIME

### PAPERWORK (5 MINUTES):

Welcome participants as they arrive. While you wait for the full group, ask participants what they hope to learn in this lesson.

### MAIN COURSE: LESSON TOPIC (50 MINUTES):

#### INTRODUCTION: (5 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Share with participant** how to use the different functions of whichever online platform you are using
  - Mute your audio when you aren't speaking. While we'd love your input, muting your audio at other times minimizes background noise so that everyone can hear clearly.
  - Be respectful of presenters and other attendees. Try not to interrupt others when they're speaking.
  - Please participate! We want to make this tour relevant to you, so please respond with your comments or questions. If speaking is disabled or you feel more comfortable, you can also type your responses or questions into the chat box as well. Enabling your camera is optional.
3. **Set expectations.** Explain caregivers will learn how to save money on food and meet their family's needs by using recipes as frameworks, substituting recipe ingredients, and serving meals that allow family members to customize their plates.
3. **Get acquainted.**

ASK

*“~~Who~~ Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?”* Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented.

Let caregivers know that we will dive right in but their questions and ideas are welcome throughout the lesson!

#### RECIPE DEMONSTRATION AND DISCUSSION (45 MINUTES)

1. **Begin by demonstrating a recipe or showing a recipe video.**
  - Remind caregivers about proper handwashing technique.
  - Introduce the recipes you have chosen and show caregivers the ingredients you'll use. Identify any ingredients in the recipe you are substituting due to cost, convenience, or other reasons. Note if you are showing a video recipe instead. Make sure to highlight why you chose the recipe and highlight what ingredients you could substitute.

ASK

*“Have you ever seen a recipe that you thought looked enticing, then came across one ingredient or one recipe step that made you skip it? What was it about the ingredient or directions that made you want to disregard the recipe entirely?”*

- Point out that recipes are simply cooking guides, not necessarily meant to be followed exactly. Introduce the idea that making small changes to recipes lets you save time and money and meet your family’s needs. If your recipe calls for a food that is too pricey, too hard to find, or that you simply don’t care for, try subbing in another.
- Point out the various ways making small changes to recipes lets you stretch your food resources. Discuss how caregivers can start with a recipe and adjust the ingredients based on:
  - Foods you have on hand, including leftovers (time-saver!)
  - Your family’s tastes (kid-pleaser!)
  - What’s in season (money-saver!)
  - Ingredients on sale (money-saver!)
  - The amount of time you have free to cook (time-saver!)
  - Healthier cooking methods (health-pleaser!)
- Mention that recipe substitutions are also a great way to introduce new foods to kids or make favorite family recipes healthier. Start with one small change. You probably won’t be able to taste the difference. Slowly try making other changes, one at a time. Offer examples from the chart below:

SUBSTITUTIONS TO MAKE RECIPES HEALTHIER
❖ Choose low-fat or nonfat versions of mayonnaise and dairy products like milk, cheese, sour cream, and yogurt.
❖ Choose whole wheat pasta or whole grain pasta blends instead of white pasta.
❖ Season with herbs and spices instead of salt.
❖ Skip the white rice. Serve recipes over brown rice, barley, quinoa, whole wheat couscous, bulgur, or polenta instead.
❖ In recipes like tacos and chili, swap half the meat for beans. You’ll add fiber and reduce unhealthy fats...and save money by using less meat, which is more expensive.
❖ Use canola oil in place of half the butter when you bake.
❖ Bake, broil, or grill instead of frying.

- Point out easy swaps caregivers can make to suit their children’s tastes. Remind them that hearty snacks like Peanut Butter and Banana Wraps can be made as a simple dinner meal too!

## 2. Highlight how recipes can be adjusted to make them work for the whole family.

- Next, introduce the concept of “recipe frameworks.” Refer to the “Casseroles: An Easy, Make-Ahead Meal” handout or any other recipe framework from our collection to guide the discussion.
- Point out that any recipe can be used as a framework when you identify the different categories of ingredients listed in the recipe, as it’s already done in the recipe frameworks, e.g., protein, vegetables, sauce, whole grains, toppings.

- Review the recipe being used in the recipe demonstration and call out categories of ingredients to create a recipe framework on their own.



*“What concerns do you have with using and adjusting recipes in this way?”*

- Let other caregivers share ideas. Remind caregivers not to stress about altering recipes, and that as they develop confidence in cooking, their ability to make simple recipe adjustments will improve. The internet is a handy tool for recipe substitutions – a simple search can give you lots of great ideas for ways to make a recipe work better for you.
- Have caregivers share some more of their favorite or most creative substitutions – particularly those that have saved them lots of time or money, or have gotten them a big win with their kids!

RECIPE IDEA TYPES: EXAMPLES		
Recipe Idea	What It Is	Making it Work for You
Soup/stew	Meat and/or vegetables cooked slowly in a broth with seasonings	Mix it up with different meats, vegetables, or beans. Season to your tastes with different herbs or spices. Go meatless.
Casserole	One-pot dish cooked slowly in the oven. Often contains rice or pasta, vegetables, beans, and/or meats.	Use different types of cheese or different shapes of pasta. Add chopped vegetables, meat, or tuna. Season with different spices.
Salad	Mix of grains, fruits, and/or cold veggies with a dressing	Use different veggies, nuts, or dried fruits.
Wrap	Mix of hot or cold foods inside a sandwich wrap	Use different beans, vegetables, cheeses, or herbs. Replace the eggs with tofu. Make heartier by adding leftover rice or cooked meats.

- As you wrap up the discussion, highlight how a single meal can be served to allow family members with different needs or tastes to modify at the table, such as:
  - Serve sauces and other toppings on the side.
  - Create an “assembly line” for wraps, tacos, or other meals.
  - Create individual servings – for example, divide pizza dough into individual portions and have kids decorate their own pizzas before they are cooked. It’s the same amount of dough and

cooking time!

- Place spice blends on the table to allow eaters to spice their meal according to tastes.
- Make sure there's at least one thing everyone at the table will like. Getting kids involved with the meal planning can help with this!

## CLOSING (5 MINUTES):

- **ENCOURAGE:** Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.
- **ASK:** Model mealtime conversation starters between families by asking kids to share with their caregivers their favorite part of today's session, the best food they tried, and/or something they want to try helping with at home.
- **SHARE:** Share with participants that they can download the Cooking Matters App or visit our website for more recipes, and point out the additional resources available on the Cooking Matters Facebook and YouTube pages. If possible, chat out the links to the group as you mention these resources. Share any upcoming programs.

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