

2019

WORKSHOP MATERIALS

Cook Fresh at Farmers Markets Curriculum Lessons

NUTRITION EDUCATION AND CULINARY
DEMONSTRATIONS AT FARMERS MARKETS

Cook Fresh at Farmers Markets

The Cook Fresh at Farmers Markets lessons aim to build the nutrition and culinary knowledge and skills of all New Yorkers, regardless of their income. The curriculum consists of 26 interactive lessons, which include a short nutrition session followed by a culinary demonstration and a recipe tasting.

The lessons in this curriculum are not arranged in any specific order. They are intended to be used with the Just Say Yes to Fruits and Vegetables (JSY) recipes. To access the recipes, visit nyc.gov/health and search for “farmers markets.” Use the curriculum to meet your own program needs and to integrate with the seasonal produce calendar.

The Cook Fresh at Farmers Markets curriculum was adapted from the Just Say Yes to Fruits and Vegetables Stellar Farmers Markets curriculum by the New York City Department of Health and Mental Hygiene. The Just Say Yes to Fruits and Vegetables Stellar Farmers Markets curriculum was created by the New York City Health Department and the New York State Department of Health, with statewide federal funding through the United States Department of Agriculture’s Supplemental Nutrition Assistance Program (SNAP) Nutrition Education and Obesity Prevention program.

Cook Fresh at Farmers Markets

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Cook Fresh at Farmers Markets

Lesson 1: Eat the Rainbow

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name at least two benefits of eating fruits and vegetables Describe two ways to prepare fruits and vegetables 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipe	Beets <i>Alternatives: Cucumbers or Radishes</i>		
Handout	<i>Easy Ways to Choose Colors of Good Health</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What are ways that you prepare and serve fruits and vegetables at home?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of eating fruits and vegetables?*
 - *Taste great*
 - *Low in calories, low in sodium, high in fiber*
 - *Full of minerals and vitamins*
 - *May lower risk of heart disease and protect against certain types of cancers*
 - *By eating different colors, you and your family are getting a wide variety of vitamins and minerals. So eat the rainbow!*
 - *Dark green vegetables provide the most vitamin K, while red and orange vegetables contain the most vitamin A, which plays a role in vision.*
 - *Some red fruits and vegetables (tomatoes, watermelon) contain lycopene, which is an antioxidant. Antioxidants work to prevent chemicals called free radicals from causing damage in the body.*
 - *When shopping, plan to purchase enough colorful fruits and vegetables to fill half*

your plate.

- *Aim to get a variety of colors to ensure a variety of nutrients to meet your needs.*

Recipe Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children need a variety of fruits and vegetables to grow and have energy. Encourage children to use all five senses when eating fruits and vegetables: note their shape, color, texture, etc. (i.e., "these carrots are orange and crunchy!").*
 - *Fruits and vegetables make great snacks for children. Children are more likely to eat fruits and vegetables that are cut up, and they love to dip!*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about substitutions that could be made, such as frozen or canned vegetables if fresh is not available.
 - Talk about how color adds to the recipe's appeal and that eating a variety of fruits and vegetables is important for good health.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively, and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants: *What fruits and vegetables do you plan to make at home this week?*
- Wrap up by sharing the following statements:
 - *Making half your plate colorful fruits and vegetables has many health benefits and may lower your risk of getting certain chronic diseases.*
 - *Fuel up with fruits and veggies. They are filled with fiber and vitamins and are delicious!*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 2: Make Half Your Plate Fruits and Vegetables

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name at least two benefits of eating fruits and vegetables Describe two ways to increase daily fruit and vegetable intake 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure Image of MyPlate for display
Suggested JSY Recipes	Braising Greens <i>Alternatives: Potatoes or Pumpkin</i>		
Handout	<i>Easy Ways to Add More Fruits and Vegetables to Your Meals</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What are some tips that have worked for you to add more fruits and vegetables to your meals and snacks?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - Draw or display an image of MyPlate large enough for participants to see. Check out choosemyplate.gov for more information. *Today we are going to share an easy tool to help plan and create healthy meals for you and your loved ones, called MyPlate. There are five different food groups represented on the MyPlate: grains, protein, vegetables, fruits, and dairy.*
 - *Make half of your grains whole grains.*
 - *Choose lean proteins such as beans, fish and poultry.*
 - *Include a variety of colors to ensure you are getting the benefits of colorful fruits and vegetables.*
 - *Choose low fat dairy products.*

- *Why do you think that half of the plate is filled with fruits and vegetables?*
 - *Taste great*
 - *Low in calories, low in sodium, high in fiber*
 - *Full of minerals and vitamins*
 - *May lower risk of heart disease and protect against certain types of cancers*
- *What are some meals that you can make for yourself and your family that include half a plate of fruits and vegetables? Be creative and don't forget to include your favorite produce!*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children need a variety of fruits and vegetables to grow and have energy. Encourage children to use all five senses when eating fruits and vegetables: note their shape, color, texture, etc. (e.g., "these carrots are orange and crunchy!")*.
 - *Fruits and vegetables make great snacks for children. Children are more likely to eat fruits and vegetables that are cut up, and they love to dip!*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about substitutions that could be made, such as frozen or canned vegetables, if fresh is not available.
 - Talk about how color adds to the recipe's appeal and that eating a variety of fruits and vegetables is important for good health.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants: *How would you add more fruits and vegetables to your meals this week?*
- Wrap up by sharing the following statements:
 - *Making half your plate colorful fruits and vegetables has many health benefits and may lower your risk of getting certain chronic diseases.*
 - *Eat fruits and vegetables and your children will, too. They learn from watching you.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 3: Leafy Greens

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name two benefits of proper produce storage Describe how to store leafy greens 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Spinach <i>Alternatives: Lettuce or Beets</i>		
Handout	<i>Easy Ways to Enjoy Fresh Greens</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What fruits and vegetables go to waste in your home due to improper storage?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of properly storing fruits and vegetables?*
 - *Saves money*
 - *Reduces waste*
 - *Ensures that produce will be fresher and tastier*
 - *Proper storage begins with choosing the best produce! Look for unbruised, crisp (not limp) produce, with a fresh smell and vibrant color.*
 - *How do you normally store greens at your home?*
 - *Today we are going to share a few easy ways to properly store leafy greens. Demonstrate*

(if possible) and/or discuss the following.

- *Put unwashed greens in the refrigerator. There are different storage requirements depending on the type of green.*
 - * *For lettuce and salad greens, place dry greens in a plastic bag with a dry paper towel and seal.*
 - * *For greens with stems, chop off the ends of the stems. Wrap just the ends in a damp paper towel and seal in a plastic bag.*
 - * *For herbs, wrap entire bunch in a slightly damp towel and seal in a plastic bag.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children can help with many aspects of storing greens and other produce. When children are involved with food storage and preparation, they are more likely to eat the fruits and vegetables that they helped to store and prepare.*
 - *Include children in food preparation activities so they can become more familiar with preparing and cooking fruits and vegetables. Children learn from watching you!*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Ask participants how they would store the ingredients in this recipe.
 - Talk about how the recipe can be included in any meal (e.g., as a snack, dessert, etc.).

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you have are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home. Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants how they will store their leafy greens this week.
- Wrap up by sharing the following statements:
 - *Proper food storage saves money, reduces waste and ensures that produce will be fresher and tastier when you are ready to eat it.*
 - *Properly stored produce tastes better and will encourage your family members to fuel up with fruits and veggies.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

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Lesson 4: Where Is This Stored?

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name two benefits of proper produce storage Identify where to properly store produce 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Cabbage <i>Alternatives: Braising Greens or Winter Greens</i>		
Handout	<i>Easy Ways to Store Fruits and Vegetables</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *Where in your kitchen do you store fruits and vegetables?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *Let’s talk about the best methods of storing different types of fresh produce:*
 - *Refrigerator (3 to 14 days): Examples include carrots, leafy greens and cucumbers.*
 - *Freezer (up to 6 months): Examples include grapes, winter squash and berries.*
 - *Countertop (3 to 10 days, refrigerate once ripe): Examples include tomatoes and plums.*
 - *Cool, dark and dry place (1 to 3 months): Examples include potatoes and onions.*
 - *What can you do with over ripe produce?*
 - *Make vegetable broth by simmering overripe vegetables (e.g., slightly wrinkled bell peppers, slightly bruised tomatoes, or limp carrots and celery) in a pot of water.*

- *Add green and herbs to smoothies, soups and salads or sauté them for a nice side dish with any meal.*
- *Herbs can also be dried as whole leaves or frozen chopped and covered with water in ice cube trays.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children can help with many aspects of storing greens and other produce. When children are involved with food storage and preparation, they are more likely to eat the fruits and vegetables that they helped to store and prepare.*
 - *Include children in food preparation activities so they can become more familiar with preparing and cooking fruits and vegetables. Children learn from watching you!*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about where the ingredients in the recipe should be stored.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants how they will store their produce this week.
- Wrap up by sharing the following statements:
 - *Proper food storage saves money, reduces waste and ensures that produce will be fresher and tastier when you are ready to eat it.*
 - *Properly stored produce tastes better and will encourage your family members to fuel up with fruits and veggies.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 5: MyPlate Menu

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Identify the sections of MyPlate Identify ways to make healthy food choices using MyPlate 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure Image of MyPlate for display
Suggested JSY Recipes	Cucumbers <i>Alternatives: Radishes or Carrots</i>		
Handout	<i>Easy Ways to Build a Healthy Meal</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What are some of the things that stop you from making healthy eating choices?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - Draw or display image of MyPlate large enough for participants to see. Check out choosemyplate.gov for more information. *Today we are going to share an easy tool called MyPlate to help plan and create healthy meals for you and your family.*
 - *What do you know about MyPlate?*
 - *MyPlate shows the five food groups that are the building blocks for a healthy diet, using a place setting for a meal.*
 - *You can use MyPlate as a guide to help you plan, prepare and serve healthy balanced meals for you and your family.*

- *There are five different food groups represented on the MyPlate: vegetables, fruits, grains, protein and dairy.*
 - *Make half your plate fruits and vegetables, including a variety of different colorful produce.*
 - *Make half your grains whole grains.*
 - *Choose a variety of lean protein foods.*
 - *Serve plain, low-fat milk and milk products.*
 - *Choose foods and beverages with little or no added sugar.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *MyPlate works for children as well as adults; the only difference is that the portions for children are smaller. Offer children a variety of foods from all five food groups each day.*
 - *Children learn from watching you! If you eat healthy, well-balanced meals, they will, too.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about which food groups are included in the recipe.
 - Ask participants how they could include missing food groups to complete/improve the meal.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you have are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share a meal that they are going to try this week that includes all five food groups.
- Wrap up by sharing the following statements:
 - *MyPlate is a guide that can help you make healthy balanced meals with all five food groups.*
 - *Eat fruits and vegetables and your children will, too. They learn from watching you. Make meal time family time.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

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Lesson 6: Meal Makeover

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Identify the sections of MyPlate Identify ways to make healthy food choices using MyPlate 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure Image of MyPlate for display
Suggested JSY Recipes	Black Beans <i>Alternatives: Chickpeas or Sweet Potatoes</i>		
Handout	<i>Easy Ways to Build a Healthy Meal</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How do you plan healthy meals for you and your family?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - Draw or display an image of MyPlate large enough for participants to see. Check out choosemyplate.gov for more information. *Today we are going to share an easy tool called MyPlate to help plan and create healthy meals for you and your family.*
 - *There are five different food groups represented on the MyPlate: vegetables, fruits, grains, protein and dairy:*
 - *Make half your plate fruits and vegetables. Fresh, frozen and canned fruits and vegetables count. Choose frozen or canned vegetables in reduced sodium or no salt added. Choose frozen and canned fruit in water or 100 percent juice.*
 - *Make half your grains whole grains. Check the ingredient list on product labels for the words “whole” or “whole grain” before the grain’s ingredient name.*

- Choose a variety of lean protein foods. Choose plant-based proteins such as beans and tofu more often. Limit consumption of processed meats, such as hot dogs, deli meats, and sausages. To cut fat and calories, trim or drain the fat from meat, choose meat that is at least 90 percent lean, and remove the skin from poultry.
 - Serve unflavored, low-fat or no fat milk and milk products. They have the same amount of calcium and other essential nutrients but less fat and calories.
- What did you eat at your last meal and how does it fit into the MyPlate?
 - What could you change to include more food groups?
 - What could you change to make the food choices healthier?

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *MyPlate works for children as well as adults; the only difference is that portion sizes for children are smaller. Offer children a variety of foods from all five food groups each day.*
 - *Children learn from watching you! If you eat healthy, well-balanced meals, they will, too.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about what food groups are included in the recipe.
 - Ask participants how they could include missing food groups to complete/improve the meal.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share a meal that they are going to try this week that includes healthy choices from all five food groups.
- Wrap up by sharing the following statements:
 - *MyPlate is a guide that can help you make healthy balanced meals with all five food groups.*
 - *Eat fruits and vegetables and your children will, too. They learn from watching you. Make meal time family time.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 7: Germs

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> • Demonstrate proper handwashing technique • Explain the importance of food safety 	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
Suggested JSY Recipes	Carrots <i>Alternatives: Cucumbers or Plums</i>		
Handout	<i>Easy Ways to Keep Food Safe</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How do you keep your food safe at home?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What happens if we do not keep food safe?*
 - *When food safety practices aren’t followed, you are at greater risk of getting sick from germs in food, also known as foodborne illness. The germs that cause foodborne illness are tiny and invisible.*
 - *Proper handwashing is very important to keep food safety. Let’s practice washing our hands together!*
 - Use a mock handwashing demonstration to illustrate all steps in handwashing.
 - Suggest (or demonstrate as a group), singing “Happy Birthday” twice while washing hands to make sure that they’ve scrubbed enough.
 - *Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not available, you can use an alcohol-based hand*

sanitizer that contains at least 60 percent alcohol.

- Sanitizers do not get rid of all types of germs and may not be as effective when hands are visibly dirty or greasy.
- Keep sanitizers out of the reach of young children and supervise their use.
- All fresh produce should be rinsed under running water before using, even if we don't eat the skin (melons, oranges, etc.).
 - If the package indicates that it's prewashed, you can use without further washing.
 - Washing fruits and vegetables with soap or detergents is not recommended.

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children carry a lot of germs from their everyday interactions. It is very important that children wash their hands before eating.*
 - *Children can help with food safety by washing produce under adult supervision.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about fruit and vegetable rinsing procedures when cooking the featured recipe.
 - Mention that all cut fruits and vegetables need to be refrigerated and that it is recommended to wipe the tops of canned fruits and vegetables before opening.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share which new food safety practices they plan to start using at home.
- Wrap up by sharing the following statements:
 - *Using good food safety practices is easy, doesn't take a lot of time and can keep you and your family safe.*
 - *Having properly washed produce available is good for children and their families. Want your children to reach for a healthy snack? Make sure fruits and veggies are in reach.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 8: Be Food Safe

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Identify the three food safety categories • Identify safe food handling practices for fruits and vegetables 	Duration of Workshop	25 Minutes
	Suggested JSY Recipes	Apples <i>Alternatives: Sweet Potatoes or Cabbage</i>	Workshop Materials
Handout	<i>Easy Ways to Keep Food Safe</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How do you keep your food safe at home?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *There are four main food safety categories.*
 - *Clean: Sanitize surfaces and clean appliances; clean out refrigerator once a week; wash hands; rinse produce.*
 - *Separate: Separate foods such as raw meats, seafood and poultry from ready-to eat foods; Keep hot foods hot, keep cold foods cold.*
 - *Cook: Cook foods to the right temperature to kill germs that make you sick.*
 - *Chill: Refrigerate food within two hours; thaw frozen food in the refrigerator, under cold, running water or in the microwave (never thaw food at room temperature on the counter); keep your refrigerator below 40° F.*

- *Many uncut fruits and vegetables are safe at room temperature, including apples, tomatoes, bananas, onions and potatoes. Fragile produce such as berries, leafy greens and ripe fruits and vegetables should be stored in the refrigerator.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children carry a lot of germs from their everyday interactions. It is very important that children wash their hands before eating.*
 - *Children can help with food safety by washing produce under adult supervision.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Review the fruit and vegetable rinsing procedure when cooking the featured recipe.
 - Mention that all cut fruits and vegetables need to be refrigerated, and that it is recommended to wipe the tops of canned fruits and vegetables before opening.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share what new food safety practices they plan to start using at home.
- Wrap up by sharing the following statements:
 - *Using good food safety practices is easy, doesn't take a lot of time, and can keep you and your family safe.*
 - *Having properly washed produce available is good for children and their families. Want your children to reach for a healthy snack? Make sure fruits and veggies are in reach.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 9: Buying in Season

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Understand where to buy seasonal, locally grown produce Name two benefits of buying seasonal, locally grown produce 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Peaches <i>Alternatives: Plums or Blueberries</i>		
Handout	<i>Easy Ways to Save Money by Buying in Season</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *Why do you shop at the farmers market?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What does it mean to buy in season?*
 - *Buying fruits and vegetables that are grown in our state/region.*
 - *What may be benefits of buying seasonal produce at farmers markets?*
 - *Freshness: The produce is freshly picked and doesn't travel far.*
 - *Flavor: Freshly picked produce usually tastes delicious.*
 - *Cost: When produce is in season, it can cost less.*
 - *Waste reduction: Freshly picked produce may last longer in the refrigerator.*
 - *Where can you find seasonal, locally grown produce for purchase?*
 - *At farmers markets and fresh food box sites.*

- *Through CSAs (community supported agriculture farms), in community gardens and in your own pots and garden beds.*
- *Sometimes grocery stores purchase from local farms.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Explore where fruits and vegetables come from with children. Tell them that fruits and vegetables grow on farms and come in many shapes, colors and sizes.*
 - *Involving children in shopping for fruits and vegetables at the farmers market or grocery store is a great way to encourage them to eat more produce.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about the money savings of using a seasonal fruit or vegetable in the selected recipe.
 - Talk about different forms of fruits and/or vegetables that could be used in the recipe and which ones might be most cost effective.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share which in-season fruit or vegetable they plan to try this week.
- Wrap up by sharing the following statements:
 - *Buying in season and shopping at the farmers market is a great way to save money.*
 - *Let your children be produce pickers. Involving children in choosing produce is a great way to encourage them to eat more fruits and vegetables.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 10: Money Saving Tips

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Name two strategies to save money on food • Understand where to buy seasonal, locally grown produce 	Duration of Workshop	25 Minutes
	Suggested JSY Recipes	Beets <i>Alternatives:</i> Braising Greens or Potatoes	Workshop Materials
Handout	<i>Easy Ways to Save Money on Healthy Food</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *Which are the most expensive and the least expensive foods that you buy?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are some strategies that you have used to save money on food?*
 - *Check the food you already have at home.*
 - *Plan meals based on those foods you already have at home.*
 - *Make a grocery list and stick to it.*
 - *Don't shop on an empty stomach.*
 - *Compare costs for the best deal.*
 - *Store food properly and right away to preserve freshness.*
 - *Where can you find seasonal, locally grown produce for purchase?*
 - *At farmers markets and fresh food box sites.*
 - *Through CSAs (community supported agriculture farms), at community gardens, and in your own pots and garden beds.*
 - *Sometimes grocery stores purchase from local farms.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Explore where fruits and vegetables come from with children. Tell them that fruits and vegetables grow on farms and come in many shapes, colors and sizes.*
 - *Involving children in shopping for fruits and vegetables at the farmers market or grocery store is a great way to encourage them to eat more produce.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about the money savings of using a seasonal fruit or vegetable in the selected recipe.
 - Talk about different forms of fruits and/or vegetables that could be used in the recipe, and which ones might be most cost effective.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share one thing they will do this week to save money on food.
- Wrap up by sharing the following statements:
 - *Buying in season and shopping at the farmers market is a great way to save money.*
 - *Let your children be produce pickers. Involving children in choosing produce is a great way to encourage them to eat more fruits and vegetables.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 11: MyPlate for Healthy Eating

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Define two benefits of practicing portion control • Understand MyPlate recommendation to make half the plate fruits and vegetables 	Duration of Workshop	25 Minutes	
	Suggested JSY Recipes	Green Beans <i>Alternatives: Summer Squash or Plums</i>	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure • Image of MyPlate for display
		Handout		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How do you decide how much food to eat?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What do you think are the benefits of eating portions that are right for you?*
 - *Maintain a healthy weight.*
 - *Avoid feeling “overstuffed,” still hungry or uncomfortable after a meal.*
 - *Decrease the amount of food (and money) thrown away/wasted.*
 - *Role model healthy practices for children.*
 - Draw or display image of MyPlate large enough for participants to see. Visit choosemyplate.gov for more information. *There are five different food groups represented on the MyPlate: vegetables, fruits, grains, protein and dairy.*
 - *MyPlate is a quick and easy way to figure out the right amount of food to eat.*
 - *Divide your plate into four fist sized sections you can approximate the amount of*

food you need to eat (depends on your age, sex, height, weight and physical activity level, and other conditions such as your health status).

- * *Fruits and vegetables take up about half of your plate or two fistfuls. They are filled with fiber, vitamins and minerals to help fight chronic disease, such as heart disease and stroke.*
- * *Whole grains take up about the size of one fist.*
- * *Lean proteins take about the size of a palm.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children have smaller stomachs than adults. Large portions can be overwhelming to children, and they may be more likely to try something served in a smaller portion.*
 - *Encourage children to listen to their internal hunger and fullness cues. Serve healthy food and let children decide how much to eat by serving themselves. Allow them to take seconds if they are still hungry. Encourage children to listen to their tummies and to stop eating when they feel full.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about how the recipe can fit into a balanced meal using MyPlate.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share a meal they plan to make that would fill half the plate with fruits and vegetables.
- Wrap up by sharing the following statements:
 - *Eating the right portions for you has many benefits, including maintaining your weight and reducing food waste.*
 - *Eating appropriate portions is easy to do when half your plate is fruits and vegetables.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 12: Understanding Hunger and Fullness Signs

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Name signs of hunger and fullness • Name two techniques to avoid overeating 	Duration of Workshop	25 Minutes
Suggested JSY Recipes	Winter Greens <i>Alternatives:</i> Sweet Potatoes or Butternut Squash	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
Handout	<i>Easy Ways to Understand Signs of Hunger and Fullness</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefits Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How do you know when you are hungry and when you are full?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *The body has a set of hunger and fullness signals to let us know when we are hungry, comfortably full or overstuffed.*
 - *Often we forget to listen to these cues – but paying attention to them can help give our body what it needs.*
 - *Paying attention to these cues may prevent overeating, which in turn could reduce the risk of weight gain.*
 - *Eating what your body needs may also help you avoid feeling stuffed and sluggish from overeating or irritable from being too hungry.*
 - *What are some techniques we can use to avoid overeating?*
 - *Slow down and chew slowly. It takes at least 15 minutes to feel full.*

- *Pay attention to how you feel and try to stop eating before you feel full.*
- *Enjoy your meals!*
- *Eat at a table. Try to avoid eating standing up.*
- *Start with small servings and a smaller plate. Get more later if you are still hungry.*
- *Try to avoid eating in front of a screen. It is distracting.*
- *Pre-portion snacks from larger containers and don't eat right out of the bag.*
- *If there is still food on your plate or on the table when you feel full, put it away for the next meal.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Talk to children about signs of hunger and fullness. Encourage them to listen to their tummies.*
 - *Children, just like adults, do not need to eat the same amount of food every day. Some days they may be hungrier than others. Practice patience, not pressure, and never force a child to eat.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about how the recipe can fit into a balanced meal. Encourage participants to take their time tasting the sample to practice some of the techniques discussed today.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share one technique they will use to avoid overeating this week.
- Wrap up by sharing the following statements:
 - *You can practice healthy eating habits by listening to your body's signs of hunger and fullness.*
 - *Make half your plate fruits and vegetables and get the right portions of them. Eat fruits and vegetables and your children will, too. They learn from watching you.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 13: Fiber-Rich Food

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Identify two high fiber foods Identify two ways to increase fiber in the diet 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Pears <i>Alternatives: Beets or Pumpkin</i>		
Handout	<i>Easy Ways to Eat Enough Fiber</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What have you heard about fiber and where to find it?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What is fiber?*
 - *Fiber is found in the plants that we eat – fruits, vegetables, whole grains, nuts and legumes are all good sources. It is the part of plants that give them structure.*
 - *Meat, chicken and dairy products contain no fiber. Juice and processed fruits and veggies typically have less fiber than whole fruits and vegetables.*
 - *Adults need about 25 grams of fiber every day!*
 - *Eating at least five fruits and vegetables a day, and including whole grains and beans in your meals and snacks, will help you to meet the recommendation.*
 - *There’s fiber in the peel of fruits and vegetables, so keep the peel on whenever you can.*
 - *Fiber cannot be cooked out of fruits, vegetables, grains, nuts or beans.*

- *Where on the food package can you find the amount of fiber?*
 - *Grams of fiber can be found on the Nutrition Facts Label.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *The benefits fiber apply to children, too.*
 - *Serve your family whole grain versions of their favorite bread, cereal or pasta. It's a simple way to help them eat more whole grains.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Discuss which ingredients in the recipe contain fiber.
 - Talk about how the recipe can be included in a meal plan (e.g., part of a specific meal, eaten as a snack, dessert, etc.).

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants what high fiber foods they plan to add to their meals this week.
- Wrap up by sharing the following statements:
 - *There are many health benefits of eating foods that are high in fiber. Find high-fiber foods that work for you..*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 14: Benefits of Eating Fiber

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Name two benefits of a fiber-rich diet • Identify two high fiber foods 	Duration of Workshop	25 Minutes
Suggested JSY Recipes	Corn <i>Alternatives: Melons or Blueberries</i>	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
Handout	<i>Easy Ways to Eat Enough Fiber</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What is fiber?*
 - *Just like our bones give our bodies structure, fiber gives plants their structure.*
 - *Fiber passes through our digestive system, which is actually very beneficial for our bodies.*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of eating fiber? Fiber may:*
 - *Help with digestion.*
 - *Contribute to heart health.*
 - *Help control your blood sugar.*
 - *Some types of fiber may also help you feel fuller longer.*
 - *How can you add fiber to each meal of the day?*
 - *Veggies to an omelet at breakfast.*

- *A side of beans at lunch.*
- *Roasted vegetables and/or brown rice to a casserole at dinner.*
- *Two fruits as snacks throughout the day.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *The benefits of fiber apply to children, too.*
 - *Serve your family whole grain versions of their favorite bread, cereal or pasta. It's a simple way to help them eat more whole grains.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about which ingredients in the recipe contain fiber.
 - Talk about how the recipe can be included in a meal plan (e.g., part of a specific meal, eaten as a snack, dessert, etc.).

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe and highlighting the cost per serving.

Closing

- Ask participants what high fiber foods they plan to eat this week.
- Wrap up by sharing the following statements:
 - *There are many health benefits of eating foods that are high in fiber. Find high-fiber foods that work for you.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 15: Healthy Beverages

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> • Understand why sugary drinks are a problem • Name two types of healthy beverage choices 	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
	Suggested JSY Recipes		
Handout	<i>How Much Sugar Is in Your Drink?</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What healthy beverages do you enjoy?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are examples of sugary drinks?*
 - *Sodas and soft drinks, sweetened teas, sports drinks, energy drinks, juice drinks, vitamin-supplemented drinks and lemonades.*
 - *100 percent fruit juice, though not a sugary drink, is high in calories and low in fiber. Children should drink no more than 4 to 6 ounces of 100 percent fruit juice a day. (If asked, artificial sweetener is not recommended for children.) Whole fruit is always a better choice.*
 - *Sugary drinks are linked to weight gain, type 2 diabetes, cavities and heart disease.*
 - *What are some healthy beverages you can drink instead of sugary drinks?*
 - *Water is best for thirst—it’s free and a convenient beverage on the go. Carry a water bottle in your bag!*

- *Unsweetened milk is a good choice for bone health. Serve unsweetened, fat free or low-fat milk at meals.*
- *Other great choices are seltzer, unsweetened iced tea and fruit infused water.*
- *Where on a drink label can you find out how much sugar is in your drink?*
 - *The amount of sugar is available on the Nutrition Facts label.*
 - *If the drink has added sugar it will be listed on the Nutrition Facts label and in the ingredients list.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *For both adults and children, water is best for thirst – and it’s free. Unsweetened milk is a good choice for bone health. Serve unsweetened, fat free or low fat milk at meals.*
- Ask participants to share the ways they get their children to drink more water and less juice. Enhance their ideas with the following suggestions:
 - *Water down juice.*
 - *Use a smaller cup when serving juice.*
 - *Add ice cubes to water to make it more fun and interesting for children to drink.*
 - *Drink water yourself and your children will drink it, too.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *Why do you think we made Fruit Water today?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants which no-sugar and low-sugar drinks they will try this week.
- Wrap up by sharing the following statements:
 - *Sugary drinks are linked to weight gain, type 2 diabetes, cavities and heart disease.*
 - *There are healthy and delicious non-sugar beverage options available. Water is the best choice for health.*
 - *Help your children grow strong. Serve fat-free or low-fat (1 percent) milk at meals.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 16: Every Sip Adds Up

Objectives	Participants will be able to:	Duration of workshop	25 Minutes
	<ul style="list-style-type: none"> • Understand why sugary drinks are a problem • Name two types of healthy beverage choices 	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
Suggested JSY Recipes	Fruit-Infused Water		
Handout	<i>Every Sip Adds Up</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What healthy beverages do you enjoy?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *The Dietary Guidelines for Americans recommend less than 10 percent of total daily calories should come from added sugars (sugars not naturally occurring in a food).*
 - *For an adult, this is about 12.5 teaspoons of added sugars daily*
 - *For a child, this is about 10 teaspoons of added sugars daily*
 - *Sugary drinks, such as soda, sweetened iced tea, and energy, sports and juice drinks are the largest source of added sugar in our diets. Consuming too much sugar can lead to type 2 diabetes, cavities, heart disease and weight gain.*
 - *A 20-ounce soda has about 16 teaspoons of sugar*
 - *A 16-ounce energy drink has about 14 teaspoons of sugar*
 - *Consuming just one of these drinks in a day could easily put a child or an adult over the daily limit.*

- *What are some healthy beverages you can drink instead of sugary drinks?*
 - *Water is best for thirst –it’s free and a convenient beverage on the go. Carry a water bottle in your bag!*
 - *Unsweetened milk is a good choice for bone health. Serve unsweetened, fat free or low-fat milk at meals.*
 - *Other great choices are seltzer, unsweetened iced tea and fruit infused water.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *For both adults and children, water is best for thirst – and it’s free. Unsweetened milk is a good choice for bone health. Serve unsweetened, fat-free or low-fat milk at meals.*
- Ask participants to share the ways they get their children to drink more water and less juice. Enhance their ideas with the following suggestions:
 - *Water down juice.*
 - *Use a smaller cup when serving juice.*
 - *Add ice cubes to water to make it more fun and interesting for children to drink.*
 - *Drink water yourself and your children will drink it, too.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *Why do you think we made fruit-Infused water today?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants which sugary drink they will swap with a healthy alternative this week.
- Wrap up by sharing the following statements:
 - *Sugary drinks contribute to increased risk for diseases such as obesity, heart disease, tooth decay and diabetes.*
 - *There are healthy and delicious alternatives to sugary drinks. Water is the best choice for health.*
 - *Help your children grow strong. Serve fat free or low fat (1 percent) milk at meals.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 17: Plant Proteins

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Name two kinds of plant proteins • Name two benefits of plant proteins 	Duration of Workshop	25 Minutes
Suggested JSY Recipes	Chickpeas <i>Alternatives:</i> Black Beans or Sweet Potatoes	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart, markers • SNAP brochure • Image of MyPlate for display
Handout	<i>Easy Ways to Eat a Variety of Proteins</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What are some plant proteins that you like to eat?*
Plant proteins include all beans and legumes, nuts and seeds and soy products.

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - Draw or display an image of MyPlate large enough for participants to see. Check out choosemyplate.gov for more information. *What are some non-meat foods that fit into the protein section of MyPlate?*
 - *Beans, lentils and soy (including tofu)*
 - *Nuts and seeds*
 - *Grains also contain some protein, especially whole grains*
 - *What are the benefits of eating plant proteins?*
 - *Good source of protein, vitamins, minerals and fiber*
 - *Can be delicious, inexpensive and last a long time in your pantry.*
 - *Better for the planet than animal protein by producing less greenhouse-gas*

emissions.

- *What are some meals that you can make at home with plant proteins?*
 - *Hummus and pita bread*
 - *Tofu and rice*
 - *Black-eyed peas and collard greens*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *The health benefits of beans apply to children as well as adults.*
 - *Children are still growing. The protein in beans supports their growth.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
- How does this recipes fit into the MyPlate?

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants what type of plant proteins they would like to try at home this week.
- Wrap up by sharing the following statements:
 - *There are many benefits to eating beans: they are high in fiber, lower in cost than most animal protein and have many health benefits.*
 - *There are lots of easy and delicious ways to include beans in your meals.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 18: Benefits of Beans

Objectives	Participants will be able to: <ul style="list-style-type: none"> Name two benefits of eating beans Describe one new way to use beans in a meal 	Duration of Workshop	25 Minutes
	Suggested JSY Recipes	Watermelon <i>Alternatives: Melon or Eggplant</i>	Workshop Materials
Handout	<i>Easy Ways to Cook with Beans</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What are some ways that you serve beans at home?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of beans?*
 - *Good source of protein, vitamins, minerals and fiber. Fiber is good for digestion and some types may make you feel full longer.*
 - *Delicious, can be inexpensive and last a long time in your pantry.*
 - *How can replacing some of the meat you eat with beans help you?*
 - *Beans are lower in saturated fat and higher in fiber than meat.*
 - *Beans are a less expensive than meat.*
 - *Processed meats, such as hot dogs, bacon and deli meats, are linked to cancer.*

- *What are some ways to eat more beans during meals?*
 - *Cook one big pot of beans and use for multiple meals.*
 - *Toss cooked or canned beans into sautéed vegetables of any kind.*
 - *Add beans to soups, salads and pasta dishes.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *The health benefits of beans apply to children as well as adults.*
 - *Children are still growing. The protein in beans supports children's growth.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
- How does this recipe fit into the MyPlate? What could we add to make it a complete meal?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants what type of beans they would like to try at home this week.
- Wrap up by sharing the following statements:
 - *Eating beans offers many benefits to the whole family: they are high in fiber, lower in cost than most animal protein and have many health benefits.*
 - *There are lots of easy and delicious ways to include beans in your meals.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 19: Meal Planning

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name two benefits of planning meals Identify two healthy meal planning strategies 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure Image of MyPlate for display
Suggested JSY Recipes	Peppers <i>Alternatives: Green Beans or Broccoli</i>		
Handout	<i>Easy Ways to Make a Shopping List</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What steps do you take to plan meals?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *How does meal planning benefit you?*
 - *Saves money and time.*
 - *Helps you plan healthier meals.*
 - *Helps you stay organized.*
 - *Encourages family meal time.*
 - *Reduces waste.*
 - *What are some ways to make meal planning easier?*
 - *Plan ahead.*
 - *Create a shopping list.*
 - *Check for foods you already have.*

- *Think about your week and the time you have to cook.*
- *Brainstorm fast meals using quick cooking methods and some convenient foods such as canned beans, frozen veggies, canned fish, eggs, etc.*
- *Plan meals around what is in season at the farmers market.*
 - *Buying and eating in season is a great way to spend less money on produce and eat delicious food.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Involve children with menu planning. Let them choose what produce to include in the meal. They may be more likely to eat what they choose.*
 - *Never force your children to eat. Let them serve themselves. Children are more likely to eat when they have served themselves.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about how the recipe can fit into a balanced meal using MyPlate.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants how they will plan meals this week.
- Wrap up by sharing the following statements:
 - *Meal planning can save you time, money, reduce waste and improve nutrition for the whole family.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 20: A Well-Stocked Kitchen

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Name one meal planning strategy Describe how staple foods can be used to plan healthy meals 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure Image of MyPlate for display
	Suggested JSY Recipes Sweet Potatoes <i>Alternatives: Pumpkin or Apples</i>		
Handout	<i>Stock Up with Staple Foods</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What foods do you try to always have in your kitchen?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are staple foods?*
 - *Staple foods are foods that you often or always have in your pantry.*
 - *Many of you keep staple foods in your kitchen, which is great.*
 - *One way to make meal planning easier is to have staple foods on hand.*
 - *Examples of staple foods include grains, tortillas, root vegetables, canned soups, canned or dried beans, frozen produce, herbs and spices, oil and vinegar, eggs, canned fish and peanut butter.*
- Draw or display image of MyPlate large enough for participants to see. Check out

choosemyplate.gov for more information. *Where do the staple foods you named earlier fit on the MyPlate?*

- *Having basic staple items on hand makes it easy to make complete, balanced MyPlate meals by simply adding a few more food groups, such as fresh farmers market produce.*
- *All forms of fruits and vegetables count: frozen, canned and fresh.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Children do best with scheduled meals and snacks. Set your child up for success at mealtime by not allowing them to “graze” all day long. This will help ensure that they are hungry when mealtime arrives. Provide one or two snacks throughout the day, one-and-a-half hours before a meal.*
 - *Involving children and loved ones in planning healthy and easy snacks is a great way to encourage them to eat healthy foods.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *What recipe ingredients do you already have at home?*
 - *What do you have at home that could be used in place of any of the recipe ingredients?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants: *What staple items do you plan to keep in your pantry for easy meals?*
- Wrap up by sharing the following statements:
 - *Keeping your pantry stocked is a great way to save time and money and help support you in making healthy meals.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 21: Reading Nutrition Facts Labels

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Describe what information is found on the Nutrition Facts label Identify one benefit of reading the Nutrition Facts label 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Incentive, such as Health Bucks Flip chart, markers SNAP brochure Sample Nutrition Facts label for display
Suggested JSY Recipes	Summer Squash <i>Alternatives: Corn or Tomatoes</i>		
Handout	<i>Easy Ways to Use a Nutrition Facts Label</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *When choosing foods, what information do you look for on the food package?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of knowing how to read a food label? It can help you:*
 - *Avoid unwanted ingredients, such as sodium and unhealthy fats.*
 - *Find out which foods are good sources of vitamins, minerals and fiber.*
 - *Compare similar foods to pick the better option.*
 - *Today we will talk about reading the Nutrition Facts label to help us make healthier choices. The Nutrition Facts label provides information about what and how much of each nutrient is found in a packaged food.*
 - *What should you look at first on a Nutrition Facts label?*
 - *Look at “serving size” first, because all information on the Nutrition Facts label is based on one serving.*
 - Show the group where to find calories on the label and point out that calories are now in a large and bold font.
 - *Calories are the “energy” supplied in food and beverages.*

- Everyone needs calories, but eating too many leads to weight gain.
- Show where to find milligrams of sodium, and grams of saturated and trans fat, added sugars and fiber.
- Show the group were to find percent Daily Value (DV) on the label. The percent Daily Value indicates how much each nutrient contributes to an average daily diet if you eat one serving of food. For each nutrient:
 - 5 percent DV or less is considered low (sodium, saturated fat, trans fat and added sugars are what you should limit).
 - 20 percent DV or more is considered high (fiber, vitamins and minerals are what you should get more of)
- *Remember, if you are eating more than the serving size, you must multiply calories or nutrients by the number of servings you are eating.*
- *Fresh fruits and vegetables don't have a Nutrition Facts label and are naturally very high in fiber and vitamins.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Be careful to check the Nutrition Facts label of foods designed for and marketed to children. They may have added salt, sugar and fat that are not necessary for children's diets. Provide your children with the same foods that you eat but expect that they will eat smaller portions.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *Which ingredients in this recipe would have a Nutrition Facts label? What should you look for on the label about these ingredients?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants how they will use Nutrition Facts labels this week.
- Wrap up by sharing the following statements:
 - *Understanding how to read a Nutrition Facts label on packaged foods will help you to choose healthier options for the whole family.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 22: Reading Ingredients Lists

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Describe what information is found on the ingredients list • Identify one benefit of reading ingredients lists on packaged foods 	Duration of Workshop	25 Minutes
	Suggested JSY Recipes	Brussels Sprouts <i>Alternatives: Potatoes or Braising Greens</i>	Workshop Materials
Handout	<i>Easy Ways to Read an Ingredients List</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *What do you look for and what do you avoid on an ingredients list?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of knowing how to read a food label?*
 - *Avoid unwanted ingredients, such as sodium and unhealthy fats.*
 - *Find out which foods are good sources of vitamins, minerals and fiber.*
 - *Compare similar foods to pick the better option.*
 - *When choosing foods, there are two important places to look on a food package: the Nutrition Facts Label (which shows the amount of certain nutrients found) and the ingredients list.*
 - Display an ingredients list (draw on a flip chart or enlarge and print a sample you find). *The ingredients list is a great place to start when trying to figure out what is in a packaged food.*
 - *It states exactly what is inside of a packaged food. Ingredients are listed from greatest amount to smallest amount, by weight. The first two or three ingredients*

are the ones that matter most. This means that foods with sugar as the first or second ingredient are usually high in sugar.

- Choose foods that have a short ingredients list and are simple and easy to understand.
 - Explain that the word “whole” should appear as the first or second ingredient if the product is a whole grain food.
 - Avoid foods that have very long lists, partially hydrogenated oils (trans fats which increase your risk of heart disease) and lots of sugars (which adds calories without increasing nutritional value).
- Fresh fruits and vegetables are single-ingredient foods and are not required to have an ingredients list. Frozen fruits and vegetables should only have one ingredient in the ingredients list and are a good choice.
 - Read the ingredients lists on frozen and canned produce to make sure there are no hidden ingredients such as salt or sugar.

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - Be careful to check the ingredients list of foods designed and marketed to children. They may have added salt, sugar and fat that are not necessary for children’s diets. Provide your children with the same foods that you eat but expect that they will eat smaller portions.
 - Each meal with your child is a chance to help them grow and learn to make some decisions on their own. Offer healthy foods and let your children choose from them.
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - What would you look for in the ingredients list for the items in this recipe?

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants how they will use ingredients lists this week.
- Wrap up by sharing the following statements:
 - *Understanding how to read ingredients lists on packaged foods will help you to choose healthier options for the whole family.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 23: Reduce Food Waste

Objectives	Participants will be able to: <ul style="list-style-type: none"> • Identify two benefits of reducing food waste • Identify one method of reducing food waste 	Duration of Workshop	25 Minutes
Suggested JSY Recipes	Pumpkins <i>Alternatives: Apples or Potatoes</i>	Workshop Materials	<ul style="list-style-type: none"> • Ingredients and cooking equipment for selected recipe • Recipes and handouts • Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) • Flip chart and markers • SNAP brochure
Handout	<i>Easy Ways to Eat the Whole Plant</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How often does food go to waste in your home? Why do you think this happens?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the benefits of reducing food waste?*
 - *May save money and provide more food for your family.*
 - *Conserves natural resources. Producing, processing, transporting, preparing, storing and disposing of discarded food uses resources such as land, water, labor and energy that could be available for other purposes.*
 - *Roughly 30 to 40 percent of the food supply is wasted in the United States. How can you reduce food waste at home?*
 - *Meal plan so that you buy just what you need for your meal(s), eat or freeze leftovers and store food properly.*
 - *Use the whole plant. Many edible parts of the plant are usually thrown away but*

don't need to be. Eating more of the plant is a great way to eat more fruits and vegetables. Examples include: eating the skin of cucumbers, seeds of pumpkins, and greens of radishes or beets.

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Involve children in cooking and talk with them about the different parts of the plant (i.e., right now we are chopping the stalk of the celery and the root of the carrot plant to be part of our soup).*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *Which parts of the plant did we use in this recipe?*
 - *Which parts of the featured fruit or vegetable could we add that we didn't already use?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share one way they will reduce food waste at home.
- Wrap up by sharing the following statements:
 - *Reducing food waste may save you money, is good for the environment, and provides you and your family with more fruits and vegetables.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 24: Easy Ways to Freeze Produce

Objectives	Participants will be able to: <ul style="list-style-type: none"> Identify one method of reducing food waste Identify two benefits of freezing produce 	Duration of Workshop	25 Minutes
	Suggested JSY Recipes	Eggplant <i>Alternatives: Lettuce or Peppers</i>	Workshop Materials
Handout	<i>Easy Ways to Freeze Fruits and Vegetables</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - *How often does food go to waste in your home? Why do you think this happens?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *One way to reduce waste is to freeze produce that you are not going to use right away. What are some other benefits of freezing your produce?*
 - *Helps food last longer.*
 - *Provides in-season produce, which may be more affordable and fresher than out of season produce.*
 - *Adds convenience to meal preparation.*
 - *Today, we’ll review three freezing methods that preserve the texture and flavor of fruits and vegetables. Some fruits and vegetables are better frozen fresh, while others need to be cooked. Freeze fruits and vegetables in one of three following states to best preserve the texture, flavor and nutrients of the produce. Freeze:*
 - *Raw: wash and freeze fresh produce that is delicate or doesn’t need much or any cooking time (e.g., berries, corn off the cob, grapes, peaches and plums). Chop larger fruits into pieces and remove pits before freezing.*

- *Blanched: quick boil for 1 to 5 minutes and freeze produce that has short cooking times (e.g., broccoli, cabbage, green beans, leafy greens and summer squash).*
- *Cooked: fully cook and freeze produce that would need a lot of cooking before eating (e.g., beans, eggplant, potatoes and pumpkin).*
- *You can also freeze any fruit or vegetable that's fully cooked in a recipe, like apples in applesauce, eggplant in a stew, or tomatoes in a sauce. Be sure to freeze in small batches.*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *To reduce waste, be creative with extra vegetables you have in your fridge or freezer. Put greens in a smoothie for your family and call it a green power machine!*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - *Which ingredients in this recipe could you freeze and use later to make the recipe?*
 - *How would you freeze the different ingredients in the recipe?*

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants to share what fruit or vegetable they plan to freeze this season.
- Wrap up by sharing the following statements:
 - *Reducing food waste may save you money, is good for the environment, and provides you and your family with more fruits and vegetables.*
 - *Freezing produce can be a smart and tasty way to extend the season.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 25: Cook at Home to Cut the Salt

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Identify two sources of high sodium foods Name two tips on how to reduce sodium 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Tomatoes <i>Alternatives: Melons or Summer Squash</i>		
Handout	<i>Easy Ways to Cut the Salt</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.

What steps could you or do you take to eat less salt/sodium?

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the health risks of eating foods that are high in sodium?*
 - *Eating a lot of sodium can increase blood pressure and the risk of heart disease and stroke. Heart disease is the leading cause of death in the United States and New York City (NYC).*
 - *Where does most of the sodium in our diet come from?*
 - *Most of the sodium we eat comes from salt added to packaged, processed and restaurant/fast foods. Only a small amount of sodium comes from salt added in home cooking or at the table.*
 - *The top three sources of sodium in the U.S. are breads/rolls, cold cuts and pizza.*
 - *When eating at a chain restaurant, look for the sodium warning icon (in NYC only). This icon tells you that a dish has 2,300 mg or more of sodium. Choose dishes without the sodium warning icon.*

- *Other high sodium foods include:*
 - *Processed or cured meats like bacon, ham and hot dogs*
 - *Quick-cooking rice mixes and noodles*
 - *Snacks like chips, crackers, pretzels and salted nuts*
- *What are some ways you keep salt low in your foods?*
 - *Cook at home using fresh ingredients.*
 - *Slowly cut back on the amount of salt added when cooking until you are using very little salt or none at all.*
 - *Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.*
 - *Rinse all canned beans and vegetables to reduce the amount of sodium.*
 - *Read the Nutrition Facts label and look for foods with less sodium, ideally no more than 5 percent of sodium per serving.*
- *Unlike processed and restaurant foods, fresh fruits and vegetables are naturally low in sodium and do not come in a package. Fresh, local produce is already so flavorful that it needs little or no added salt to taste delicious!*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Choose low-salt foods for your family. Children, just like adults, can develop a preference for less salty foods.*
 - *Children, as well as adults, who eat too much sodium can develop high blood pressure.*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about how this recipe can be part of a low-sodium meal.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants one action they will take to reduce the salt in their diet this week.
- Wrap up by sharing the following statements:
 - *Cooking at home using fresh fruits and vegetables will help you to decrease the salt in your diet.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets

Lesson 26: Season with Herbs and Spices (and More!)

Objectives	Participants will be able to:	Duration of Workshop	25 Minutes
	<ul style="list-style-type: none"> Identify one health risk associated with salt in the diet Identify one method to reduce sodium in the diet 	Workshop Materials	<ul style="list-style-type: none"> Ingredients and cooking equipment for selected recipe Recipes and handouts Nutrition reinforcement item (e.g., kitchen tool or financial incentive, such as Health Bucks coupon) Flip chart and markers SNAP brochure
Suggested JSY Recipes	Butternut Squash <i>Alternatives: Braising Greens or Pears</i>		
Handout	<i>Easy Ways to Flavor Food without Salt</i>		

Welcome

- Greet participants, distribute the selected recipe and handout, and introduce yourself and your program.
- Explain what the workshop will be about, how long it will take and the recipe you will make.
- Define workshop ground rules:
 - *We practice “voice by choice,” which means that no one will be called on and participants are welcome to share their thoughts and ask questions.*
 - *Our Bilingual Educator provides interpretation for the entire workshop so that everyone in the community feels welcome. Please allow our Bilingual Educator time to interpret before speaking (if applicable).*
 - *Please stay until the end, complete a survey and get a \$2 Health Bucks coupon.*
- Briefly explain SNAP Electronic Benefit Transfer (EBT) and Health Bucks use at farmers markets.
 - *For every \$5 you spend at a farmers market using SNAP EBT, you will get a \$2 Health Bucks coupon. Health Bucks can be used to purchase fruits and vegetables at any farmers market or food box site.*

Opening Discussion

- Have the group discuss the following question in pairs or all together. If in pairs, invite participants to share what they discussed with the whole group. Validate all answers, as appropriate.
 - What steps can someone take to eat less salt/sodium?*

Nutrition Facts

- Discuss with the group the following nutrition statements/questions:
 - *What are the health risks of eating foods that are high in sodium?*
 - *Eating a lot of sodium can increase blood pressure and the risk of heart disease and stroke. Heart disease is the leading cause of death in the United States and New York City (NYC).*
 - *What are some ways to season your food without salt?*
 - *There are five different types of tastes that your taste buds can detect including salty. Instead of using a lot of salt, we can enhance the taste of our food by choosing salt-free seasonings that appeal to the four other tastes.*
 - * *Bitter: parsley and dark leafy greens*
 - * *Sour: lemon juice and fermented foods*
 - * *Savory: mushrooms, tomatoes, seaweed, low-sodium soy sauce*

- * *Sweet: cinnamon*
 - *Use different herbs and spices at the table (similar to using a salt shaker) and in recipes is a tasty alternative to adding salt.*
- *Watch out for seasonings like adobo, garlic salt and lemon pepper as they often already contain salt.*
- *Fresh fruits and vegetables are naturally low in sodium. Fresh, local produce is so flavorful that it needs little to no added salt to taste delicious!*

Culinary Demo

- State or demonstrate that hands and produce were washed properly.
- Show the whole version of each ingredient. Discuss where the ingredients were purchased.
- Explain how to select and store the featured fruit or vegetable.
- Discuss all steps in preparation.
- Demonstrate at least one knife skill.
- Share one fun fact about the featured fruit or vegetable. Refer to the *Culinary Demo Tips*.
- If working with families, discuss ways children can get involved in making the recipe. Share the following information:
 - *Meal time is an important time for children to develop their taste buds. Encourage children to identify the flavors in their food. Ask, "Does this recipe taste savory, salty, sour, sweet or bitter?"*
- Ask participants how they cook and serve the featured fruit or vegetable at home.
- Discuss the recipe:
 - Talk about whether the recipe has all five flavors, and if not, what could be added to balance the flavors.

Tasting

- Announce the allergy disclaimer: *Avoid the sample if you are allergic to any of the ingredients.*
- Taste the recipe, react positively and distribute samples. Ask participants to try the recipe and share their thoughts. Ask what changes they would make to the recipe at home.
- Share how many minutes it took you to make the recipe and that you made it with no fancy equipment. Review the cost of the recipe, highlighting the cost per serving.

Closing

- Ask participants one action they will take to reduce salt in their diets this week.
- Wrap up by sharing the following statements:
 - *Cooking at home using fresh fruits and vegetables will help you to decrease the salt in your diet.*
- Ask participants: *What are your questions?*
- Distribute surveys, if applicable. Assist participants with completion, if needed.
- Give a \$2 Health Bucks coupon to each participant.
- Thank participants.

Cook Fresh at Farmers Markets Sources

Lesson 1: Eat the Rainbow and Lesson 2: Make Half Your Plate Fruits and Vegetables

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Lesson 5: MyPlate Menu and Lesson 6: Meal Makeover

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Lesson 9: Buying in Season and Lesson 10: Money Saving Tips

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Lesson 11: MyPlate for Healthy Eating and Lesson 12: Understanding Hunger and Fullness Signs to Avoid Overeating

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Lesson 13: Fiber-Rich Food and Lesson 14: Benefits of Eating Fiber

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Lesson 15: Healthy Beverages and Lesson 16: Every Sip Adds Up

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Lesson 21: Reading Nutrition Facts Labels and Lesson 22: Reading Ingredients Lists

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Lesson 25: Cook at Home to Cut the Salt and Lesson 26 Season with Herbs and Spices (and More!)

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