



Stuffed ‘Tato

Stuff a baked potato for a quick meal or snack – delicious any time of the day!

- 1 medium potato
- ¼ cup chopped veggies (green pepper, cooked carrots or broccoli, corn, tomato, or any others you like)
- 2 tablespoons salsa
- 2 tablespoons shredded cheese

1. Microwave the potato on HIGH for 3 to 4 minutes
2. Top your potato with veggies, salsa, and cheese.

Makes 1 stuffed baked potato

Go for plastic! Use plastic cutting boards. Clean them with hot soapy water or in a dishwasher.

More ideas: Top your ‘tato with chili, baked beans, spaghetti sauce-even scrambled eggs with chopped ham.

Your turn: A sweet potato makes an awesome stuffed ‘tato. What seems interesting to you to try as a sweet potato topper?

Nutrition Facts	
Serving Size 1 item (253 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 280	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	7 %
Saturated Fat 3g	15 %
Cholesterol 15mg	5 %
Sodium 180mg	7 %
Total Carbohydrates 53g	18 %
Dietary Fiber 6g	23 %
Sugars 4g	
Protein 9g	
Vitamin A 10 %	Vitamin C 80 %
Calcium 15 %	Iron 20 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Confetti Bean Salsa

Scoop salsa with raw veggies or baked tortilla chips-or spoon it over!

- 1 can (15 ounces) red or black
- 1 can (11 ounces) corn
- 1 cup salsa

1. Drain and rinse the beans and the corn.
2. Combine beans, corn and salsa in bowl.
3. Mix

Makes 3 cups salsa or 6 (½ cup) servings.

Wipe Them Off! Clean the lids of canned foods before you open them. That keeps debris from getting into your food.

More ideas: Like it hot? Add a few drops of hot sauce or chopped green chiles. Try chopped cilantro, parsley, or green pepper in your salsa, too.

Your turn: Check out the grocery shelves for other canned beans. You’ll see many types to try. Experiment with different ones to enjoy new flavors and have several ways to make Confetti Bean Salsa

Nutrition Facts	
Serving Size 1 serving (108 g)	
Servings Per Container 6	
Amounts Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1 g	1 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 110mg	5 %
Total Carbohydrates 22g	7 %
Dietary Fiber 6g	23 %
Sugars 1g	
Protein 6g	
Vitamin A 4 %	Vitamin C 8 %
Calcium 2 %	Iron 8 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Stuffed Pockets

Make these sandwiches in pocket bread, or “wrap and roll” them in soft tortillas.

- 2 ounces lean deli meat, cut into thin strips
- ½ cup chopped veggies (tomato, pepper, carrot, cucumber, or any others you like)
- ¼ cup (1 ounce) cheese shreds
- 1 pocket bread, cut in half
- 2 tablespoons low-fat salad dressing

1. Stuff meat, vegetables, and cheese into pocket bread.
2. Drizzle salad dressing on top.

Makes 1 pocket sandwich (2 halves).

Be a Label Reader! Meat and poultry packages tell how to store these foods properly at home, so they’re safe to eat. Follow the tips on the label

More ideas: Pocket bread is a handy, edible container for leftovers: rice and beans, tuna salad, pasta salad, tossed salad, and cooked vegetables.

Your turn: Stuffed Pockets make great finger foods. What else might you stuff inside for a quick snack or meal that goes wherever you go?

Nutrition Facts	
Serving Size 1 sandwich (226 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 420	Calories from Fat 160
% Daily Value*	
Total Fat 18 g	28%
Saturated Fat 8g	41 %
Cholesterol 65mg	22 %
Sodium 158mg	66 %
Total Carbohydrates 37g	12 %
Dietary Fiber 2g	7 %
Sugars 6g	
Protein 26g	
Vitamin A 8 %	Vitamin C 4 %
Calcium 25 %	Iron 15 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Frozen Fruit Pops

Nothing to do? Freeze fruit pops to have on hand later-whenver you’re hungry!

- 1 can (8 ounces) crushed pineapple
- 1 cup (8 ounces) low-fat fruit yogurt
- 1 can (6 ounces) orange juice concentrate, thawed

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy-about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Makes 4 frozen fruit pops.

Keep Counters Clean! Put your backpack on the floor not on the counter or table where you put food.

More ideas: Mix ingredients for fruit pops, and freeze in ice cube tray instead of cups. They make great “ice cubes” in fruit juice.

Your turn: Make Frozen Fruit Pops with any fruit or juice concentrate in your kitchen. What’s your favorite fruit combo?

Nutrition Facts	
Serving Size 1 fruit pop (162g)	
Servings Per Container 4	
Amounts Per Serving	
Calories 80	
% Daily Value*	
Total Fat 0 g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrates 18g	6 %
Dietary Fiber <1g	0 %
Sugars 14g	
Protein 2g	
Vitamin A 0 %	Vitamin C 45 %
Calcium 8 %	Iron 0 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Peanut Butter 'N Fruit-Wich

Chase down this snack with milk!

- 1 slice whole-wheat bread
- 2 tablespoons peanut butter
- ¼ apple or banana, sliced thinly (Optional)
- 2 tablespoons sliced or grated carrot

1. Spread 2 tablespoons peanut butter on bread
2. Place fruit slices on top.
3. (Optional) Top with grated carrot.

Makes 1 open-faced sandwich.

Carry Food Safely! Use an unused paper or plastic bag or a clean insulated lunch bag. Wash reusable bags each time you use them.

More ideas: Make a Peanut Butter 'N Fruit-Wich on crunchy graham crackers, or roll up the filling in a soft tortilla.

Your turn: Instead of fresh fruit use canned pineapple on a fruit-wich. Just drain it first! What other canned fruits might be yummy to try?

Nutrition Facts	
Serving Size 1 fruit-wich (112 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 340	Calories from Fat 170
% Daily Value*	
Total Fat 19 g	29 %
Saturated Fat 3.5g	18 %
Cholesterol 0mg	0 %
Sodium 160mg	7 %
Total Carbohydrates 35g	12 %
Dietary Fiber 6g	22 %
Sugars 8g	
Protein 12g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 2 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Veggie Pizza

For great taste and more fiber, make this pizza on whole-wheat pocket bread.

- 2 tablespoons pizza or spaghetti sauce
- 1 pocket bread (or bread slice)
- ½ cup chopped vegetables (broccoli, bell pepper, mushroom, zucchini, carrot, or any others you like)
- 2 tablespoons (½ ounce) grated cheese

1. Spread pizza sauce on pocket bread.
2. Sprinkle vegetables and cheese on top.
3. Place on a baking pan, and bake at 375°F until cheese melts-about 10 minutes.

Makes 1 veggie pizza.

Clean Up! Always wash cutting board with hot, soapy water if you use it to cut meat, poultry, or fish before you cut vegetables and fruits.

More ideas: Try leftover cooked chicken or meat on your pizza if you have any in your refrigerator.

Your turn: All types of veggies taste great on pizza. Whether they're canned, frozen, or fresh, use what you have: What other veggies might you try on pizza?

Nutrition Facts	
Serving Size 1 pizza (177 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 260	Calories from Fat 40
% Daily Value*	
Total Fat 4.5 g	7 %
Saturated Fat 2g	11 %
Cholesterol 10mg	3 %
Sodium 600mg	25 %
Total Carbohydrates 43g	14 %
Dietary Fiber 4g	16 %
Sugars 4g	
Protein 13g	
Vitamin A 25 %	Vitamin C 100 %
Calcium 25 %	Iron 15 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Cool Smoothie

Chill out when you're thirsty with a sweet, refreshing cool smoothie.

1 cup milk or yogurt*
 ½ cup sliced fruit (canned or fresh) or fruit juice**

1. Put the ingredients in a blender or food processor.
2. Swirl in the blender until smooth.

Makes 1 serving.

Taste "Wise!" Always use a clean tasting spoon, so you don't spread bacteria from your mouth to the food or drink.

Try this! *

Fat free milk
 1% low-fat milk
 1% low-fat chocolate milk
 2% reduced-fat milk
 Frozen-fruit yogurt

** Choose any fruit or fruit juice:

Banana Cantaloupe
 Mango Peaches, canned
 Strawberries
 Apple juice concentrated
 Orange juice concentrated
 Grape juice concentrate

Nutrition Facts	
Serving Size 1 smoothie (493 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 250	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	4 %
Saturated Fat 1.5g	8 %
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 51g	17 %
Dietary Fiber 2g	8 %
Sugars 47g	
Protein 9g	
Vitamin A 10 %	Vitamin C 45 %
Calcium 35 %	Iron 4 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Shake-a-Pudding

Turn up the music, and dance while you shake the pudding!

2 cups fat-free or low-fat milk*
 1 small box instant vanilla pudding mix
 1 cup sliced fruit (canned or fresh)**

1. Pour milk into a quart jar with a tight-fitting lid.
2. Add the pudding mix; screw lid on jar. Shake until the mixture is smooth.
3. Divide fruit into 4 paper cups, or put in a serving bowl. Pour pudding over the fruit. Chill.

Makes 4 servings.

Chill Out! For food safety, keep cold foods cold (at or below 40°F) to keep bacteria from multiplying too fast. For take-along foods, pack frozen, bottled water to help keep other foods cold.

*Try any milk flavor:

Cherry
 Chocolate
 Grape
 Orange
 Raspberry
 Strawberry
 Unflavored

** Try any fruit:

Apple Melon
 Banana Orange
 Berries Papaya
 Kiwi Peach
 Mango Pear
 Melon Pineapple

Nutrition Facts	
Serving Size 1 item (197 g)	
Servings Per Container 4	
Amounts Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1.5 g	2 %
Saturated Fat 1g	4 %
Cholesterol <5mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 28g	9 %
Dietary Fiber 1g	4 %
Sugars 23g	
Protein 4g	
Vitamin A 6 %	Vitamin C 2 %
Calcium 15 %	Iron 0 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Snacks-Mix'em UP!

Mix up a batch to take with you.

- 1 cup popped popcorn
- ½ cup bite-size pretzels
- ¼ cup raisins
- ¼ cup peanuts

1. Put the ingredients in a medium-size bowl.
2. Toss gently

Makes 2 cups or 4 (½cup) servings

Wash Up! Always wash your hands carefully in warm, soapy water before and after you make or eat a snack or meal. Wash for 20 seconds for the best chance of washing away bacteria on your skin.

Try this! Look for a variety of dried fruits in your store: apples, cranberries, peaches, apricots, pineapples, pears, bananas.

Your turn: What other dried fruits or nuts might you mix up for a tasty snack mix?

Nutrition Facts	
Serving Size 1 serving (96 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 430	Calories from Fat 200
% Daily Value*	
Total Fat 22 g	33 %
Saturated Fat 3g	15 %
Cholesterol 0mg	0 %
Sodium 600mg	25 %
Total Carbohydrates 53g	18 %
Dietary Fiber 6g	24 %
Sugars 25g	
Protein 12g	
Vitamin A 0 %	Vitamin C 2 %
Calcium 4 %	Iron 15 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Cinnamon Fruit Toast

Enjoy fruit toast for a quick snack or an easy breakfast!

- 1 slice bread
- 1 teaspoon margarine
- ½ apple, sliced thinly
- 1 slice American cheese
- ¼ teaspoon cinnamon
- 1 teaspoon sugar

1. Spread one side of bread with margarine. Put bread on a baking pan with margarine side facing down.
2. Arrange apple and cheese slices on the bread. Combine cinnamon and sugar; sprinkle on top.
3. Bake at 375°F until bread turns light brown on bottom- about 10 minutes.

Makes 1 serving.

Try this! Instead of fresh apples use canned, drained peaches or pears.

Your turn: Ask your family to buy whole-grained bread (whole wheat, oatmeal, multigrain). Which one will you try first for delicious Cinnamon Fruit Toast?

Use Clean Towels! Clean up with paper towels or a clean towel. With paper towels, bacteria go into the garbage can!

Nutrition Facts	
Serving Size 1 item (141 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 300	Calories from Fat 120
% Daily Value*	
Total Fat 13 g	20 %
Saturated Fat 5g	27 %
Cholesterol 20mg	7 %
Sodium 180mg	7 %
Total Carbohydrates 39g	13 %
Dietary Fiber 5g	20 %
Sugars 15g	
Protein 9g	
Vitamin A 10 %	Vitamin C 6 %
Calcium 15 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Fruit Dippers

Sweeten your life with this fruity finger food!

½ cup low-fat vanilla yogurt
2 tablespoons chopped peanuts
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt-peanut mixture.

Makes 4 servings.

Scrub ‘Em! Rinse fresh fruits and veggies under running water before eating them. Use a vegetable brush on foods with firm surfaces. Cut out the bruised or damaged spots where bacteria often grow.

More ideas: Like chocolate? Mix non-fat hot fudge sauce into the yogurt-peanut mixture.

Your turn: Mango, kiwi, pineapple, and cantaloupe chunks taste great with a dip. What other way might you enjoy a yogurt-peanut dip?

Nutrition Facts	
Serving Size 1 serving (427 g)	
Servings Per Container 1	
Amounts Per Serving	
Calories 320	Calories from Fat 100
% Daily Value*	
Total Fat 11 g	17 %
Saturated Fat 2.5g	12 %
Cholesterol 5mg	2 %
Sodium 160mg	7 %
Total Carbohydrates 46g	15 %
Dietary Fiber 8g	33 %
Sugars 36g	
Protein 12g	
Vitamin A 4 %	Vitamin C 27%
Calcium 25 %	Iron 8 %
* Percent Daily Values are based on a 2,000 calorie diet.	

Veggie Noodles

Have fun with pasta shapes: spirals, bowties, or tubes.

1 pound uncooked pasta
2 cups canned, drained vegetables
1 cup spaghetti sauce
½ cup (2 ounces) shredded cheese

1. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain.
2. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat just until the vegetables are hot.
3. Sprinkle with cheese just before serving.

Makes 4 servings

More ideas: If you have leftover cooked pasta or veggies in your refrigerator, heat them up for quick Veggie Noodles!

Your turn: No canned veggies on hand? Use frozen or fresh ones. Just cook them before tossing with pasta. Which veggies might you use?

In Doubt? Throw Out! If you’re not sure if food is safe to eat, toss it without tasting it.

Nutrition Facts	
Serving Size 1 bowl (268 g)	
Servings Per Container 4	
Amounts Per Serving	
Calories 630	Calories from Fat 90
% Daily Value*	
Total Fat 10 g	15 %
Saturated Fat 3.5g	19 %
Cholesterol 15mg	4 %
Sodium 540mg	23 %
Total Carbohydrates 116g	39 %
Dietary Fiber 5g	21 %
Sugars 14g	
Protein 21g	
Vitamin A 15 %	Vitamin C 15 %
Calcium 10 %	Iron 25 %
* Percent Daily Values are based on a 2,000 calorie diet.	