

INSPIRATION AND TIPS FOR EATING WELL AT HOME



Hey Families, what creative dishes can you make with the food you have at home?

Use this booklet to help guide you to make delicious, nutritious dishes with simple ingredients. Instead of specific recipes you'll find recipe guidelines so that you can continue to create healthy dishes in the future.

Explore what's inside your pantry, refrigerator and cabinets and dream up a creative dish!

Need to run to the store?

You'll find an easy to use guide on how to shop smart—from safety in the store to buying hearty vegetables that will last longer.

Kids, now dream up your dish and share!

Design your dish with colorful veggies, fruits, whole grains, and protein to represent as many colors of the rainbow as you can. The more colors we eat, the more nutrients we are consuming that support our bodies and immune systems.

To see how others are doing it:

Visit Eat REAL's Instagram

@eatrealcertified and check out our

cooking challenges!

And share your creations too! Tag @eatrealcertified and #EatREAL.

Rainbow Tacos

Get creative with each part of the taco:

Wrapper: Think beyond the tortilla. Do you have something else that is flat?

Filling: Sweet or savory? Are there global flavors that inspire you?

Toppings: Think of these as 'bonus' ingredients - something that adds crunch, color or a little extra flavor.

Sauce: Will you cook the filling in a sauce, put it on top or use it as a dip?

HAVE YOUR INGREDIENTS CHOPPED OR MEASURED BEFORE YOU START COOKING - CALLED "MISE EN PLACE", "EVERYTHING IN ITS PLACE" IN FRENCH.

Recipe Name

Brainstorm ideas for this dish

Draw/write what ingredients you have on hand

Which ingredients will you use?

Draw your creation!

Rate the recipe



COLOR IN THE NUMBER OF STARS OUT OF FIVE



Snack Platter

Create a colorful platter of finger foods!

Think about foods that go well together, like fruit and cheese, or crackers and peanut butter.

Can you play with combining sweet, salty and sour? From dried fruit to pickles!

What different textures can you use – crunchy, smooth, creamy, crispy?



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Meal in a Bowl

Arrange a rainbow of ingredients in a beautiful bowl - think about these five parts:

Base: Put this in the bottom of your bowl - anything from beans to brown rice, or a combination of grains!

Veggies: Will you use raw, cooked or a combination of both?

Protein: Are there leftovers that can be incorporated?

Sauce or spread: Homemade is better, but store bought also works. Look for options without added sugar.

Crunchy topping: Can you add some extra texture with nuts or seeds?

SALT ACTUALLY ENHANCES THE FLAVOR OF FOODS. TRY TASTING A PORTION OF YOUR DISH WITH AND WITHOUT SALT - NOTICE A DIFFERENCE?

Recipe Name

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Draw/write what ingredients you have on hand

Which ingredients will you use?

Draw your creation!

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COLOR IN THE NUMBER OF STARS OUT OF FIVE

More Ideas!

Lunch Box

Even though we're staying home, how would you fill a lunch box?

How many different shapes can you make? How many different colors?

Splashy Salad

How many different food groups can you include? (Think about fruits, vegetables, grains, protein and dairy)

What can you use as a crunchy topping?

Breakfast in Bed

Think outside the box for a colorful way to start the day!

Will it be sweet or savory or both?

How can you add veggies or fruit?

Can you include something from each food group?

Smoothie Smackdown

If the ingredients make a rainbow before they are blended, what color do you think it will be at the end?

Can you "sneak" in any extra nutritious foods like oats or turmeric?

Nutritious Nachos

What can be used instead of a chip?
Will your nachos be sweet or savory?
Do you have a creamy or gooey element?

Sandwich Magic

Most sandwiches have 2 pieces of bread — but what else could you use?

Can you roll it up like a wrap or burrito?

Is it warm or cold?

How can you add veggies or fruit?

Healthy Hydration

Complete your meal with a delicious drink! Instead of a sugary drink, what fruits or herbs can you add to your water to add flavor?

Shopping Guide

How to use this guide

The key to shopping and cooking during this time of COVID-19 is flexibility. Don't try to buy everything on this list—instead, pick the foods that sound the best to you and work with those. This grocery guide focuses on foods that are healthy, affordable, and hardy. In each section you'll find recommendations for substitutes, tips on choosing which fresh foods will last longest, and ideas for how to use all-the-parts.

Safety First!

We want to make sure you get nutritious food safely. Here are a few tips for your grocery shopping trip:

Before you go to the store:

- Designate one person to go to the store and try to pick a time that is less busy
- Wash your hands with soap and water before going out

At the store:

- Wear a face covering
- Use disinfectant wipes on cart and basket handles
- Try to stay 6 feet away from other shoppers
- Pay with a debit, credit or mobile payment instead of cash when possible

When you get home:

- As soon as you get home, wash your hands and wipe surfaces after putting everything away
- Wash produce under running water before eating it

Basics

Olive oil Salt Black Pepper

Tip: store oil in a cool place, away from a hot stove to keep it from going rancid quickly.

Fresh Fruits and Vegetables

Staples:

It's handy to have these at all times, as they can be used in many different dishes.

Onions or Shallots Scallions Garlic

Lemons Limes

Tip: Sautéed onions and garlic can turn almost anything into a meal. Add it to rice and beans, veggies or protein

Produce that lasts:

Try to have more hearty vegetables than delicate ones, as they will help you stretch your potential meals for longer.

Broccoli Carrots Cauliflower
Celery Potatoes Sweet Potatoes

Squash Beets Cabbage
Brussels Sprouts Radishes Kale

Tip: you don't have to get fancy with radishes. Thinly slice them and use to top salads, sandwiches or tacos for a crisp bite

Ginger Apples

Tip: To preserve ginger, use a vegetable peeler to remove the exterior and transfer to the freezer

Herbs (Rosemary, Thyme)

Produce that won't last as long:

These are still good to have on-hand, but try to use them up first.

Salad Greens (Arugula, Lettuce, Spinach)

Chard

Cherry Tomatoes

Cucumber

Summer Squash

Avocado

Mushrooms

Zucchini

Tip: squash and zucchini are one of the few vegetables that don't need to be blanched before freezing. Simply pre-cut them, put them in a bag and try to push out as much air as possible.

Tender Herbs (Cilantro, Parsley, Mint, Dill, Basil, Chives)

Tip: many herbs can be used interchangeably - they all add a bright, fresh flavor. Try combining them with frozen or canned vegetables.

Bananas

Tip: when bananas start to turn brown, put them in the freezer. They'll be mushy when you take them out but you can use them in baking, smoothies or "nice cream"

Canned and frozen produce:

Canned and frozen produce are no less healthy than fresh! There are many varieties of frozen vegetables available now, and almost all of them can be revived into something delicious. Look for canned items with no salt added.

Edamame (frozen) Green Beans (frozen) Peas (frozen)

Fruit: Berries, Pineapple, Mango, Peaches (frozen)

Whole or Diced Tomatoes (canned)

Tip: fresh tomatoes have a very short season. Canned are much more versatile and can be worked into sauces, stews, and soups

Corn (canned or frozen)

Tip: corn and peas don't need to be cooked, simply defrost and add to salad or tacos

Spinach (frozen)

Tip: be sure to squeeze out the excess water before using. Try adding to beans, pasta, pizza or a frittata

Broccoli (frozen)

Tip: frozen broccoli and many other frozen vegetables can be cooked the same way as fresh - roasted or sautéed with oil and spices

Pantry

Nuts Nut Butter

Tip: keep nuts (especially walnuts, pecans and cashews) in the freezer, they tend to go rancid quickly.

Canned Tuna Coconut Milk Tomato Paste
Bread Crumbs Beef, Chicken *or* Vegetable Stock

Tip: Better Than Bouillon lasts a long time and takes up less space than liquid broth. You can also make your own stock from leftover bones, onion, celery and carrot

Ground Spices

Grains and Legumes

Think of these as all interchangeable. If you are making a pasta dish but pasta is sold out, you can easily substitute quinoa or white beans instead.

Lentils Chickpeas Quinoa
Brown Rice Beans (any variety) Pasta

Vinegars and sauces

These sauces can be used to make quick and delicious seasoning

Soy Sauce

Dijon Mustard

Mayo

Vinegar: Apple Cider, White or Red Wine, Rice vinegar

Bakery

Whole Grain Bread Whole Grain Tortillas

Tip: if you're buying bread in bulk, store it in a freezer, not the refrigerator. Refrigeration actually causes bread to stale faster.

Dairy

Milk Parmesan Cheese

Plain Yogurt Butter

Tip: plain yogurt is versatile. You can use it instead of sour cream or as a base for dips and dressings

Melting cheese (cheddar, mozzarella, monterey jack, or your favorite)

Protein

Eggs Tofu Frozen Shrimp
Pre-Cooked Sausage Ground Meat (Beef, Poultry, Pork)

Tip: ground meat freezes well. The fastest way to defrost is with the "defrost" setting in the microwave - but it's very important to use this setting!

Whole Roasts (Whole Chicken, Pork Shoulder/Butt/Loin, Pot Roast, Brisket, Beef Round)

Tip: Make a whole roast in the beginning of the week, whichever day you have the most time. You can continue to use leftovers in new ways throughout the week.

Ideas: Roast a whole chicken and use leftovers in chicken salad and make stock from the bones, Slow cook a pork shoulder and eat the leftovers in a veggie hash or roll into a taco.

Descargue la versión en español de esta guía desde nuestra página web:

EATREAL.ORG/RESOURCES

Eat Well. Eat REAL. Stay Healthy. Stay Safe.

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