

Food Fun!



PA Healthy Pantry Initiative
A project of Feeding PA in partnership
with the PA Department of Health

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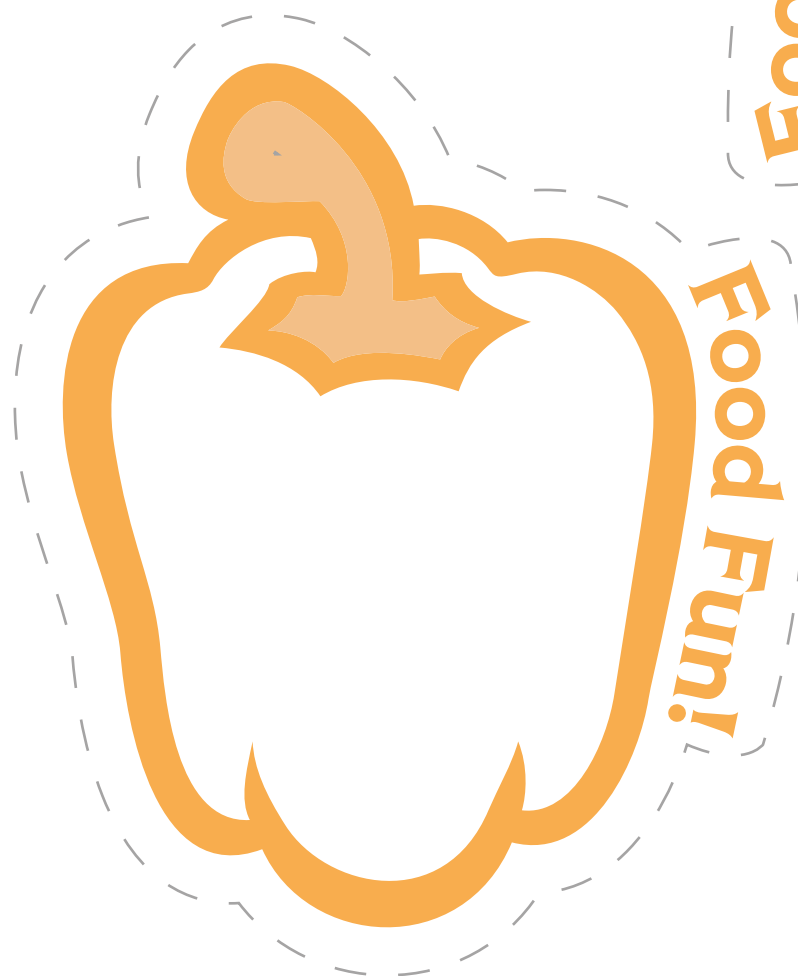
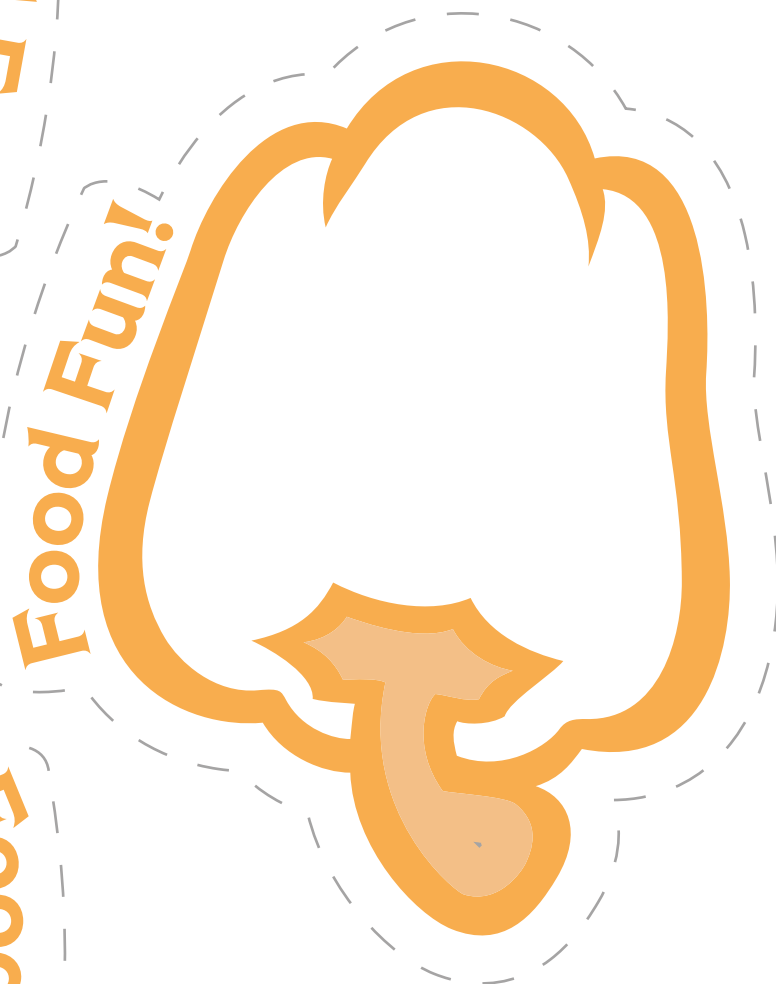
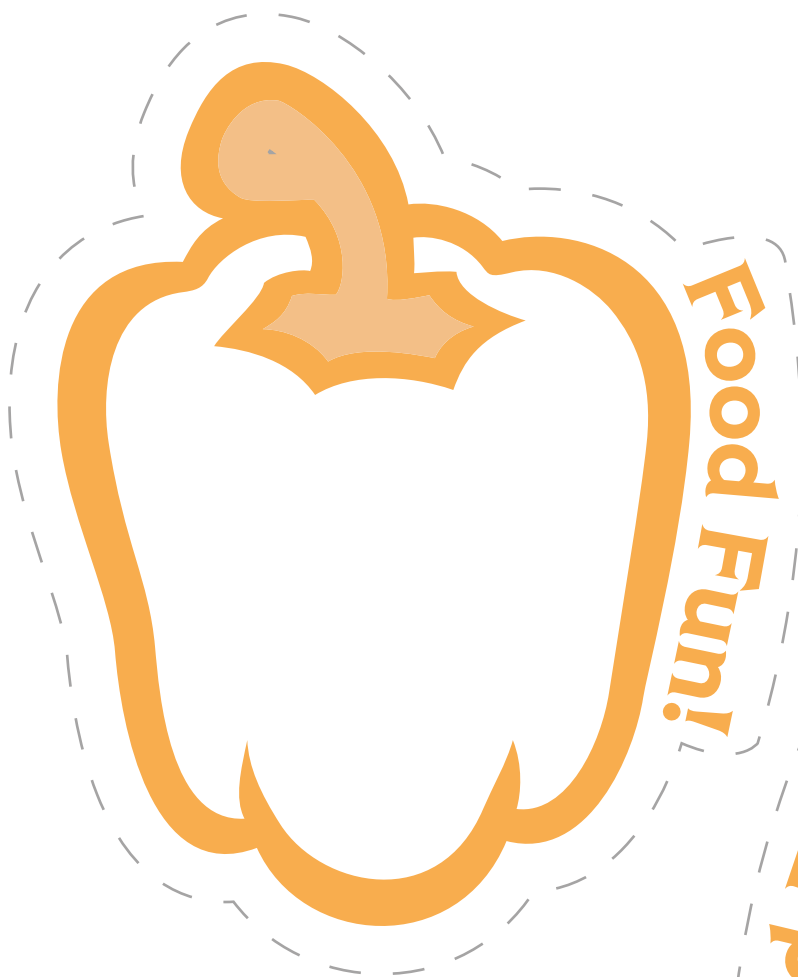
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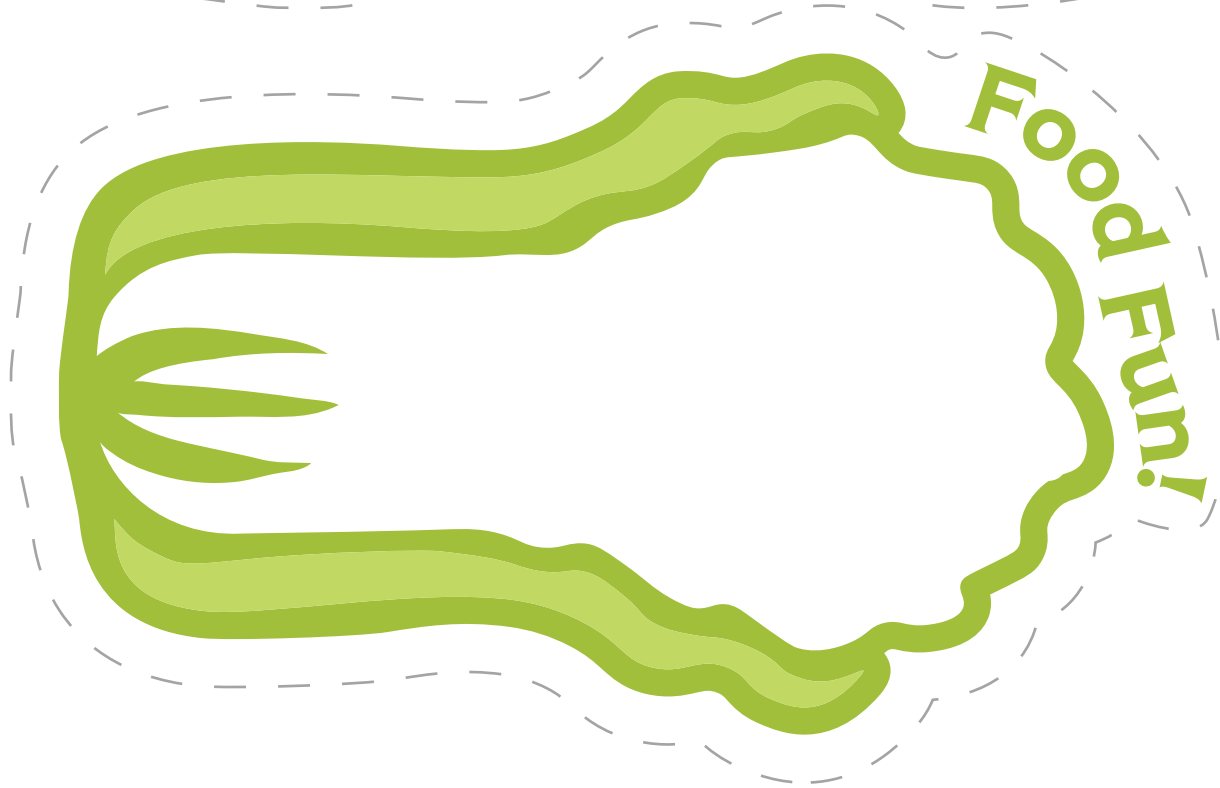
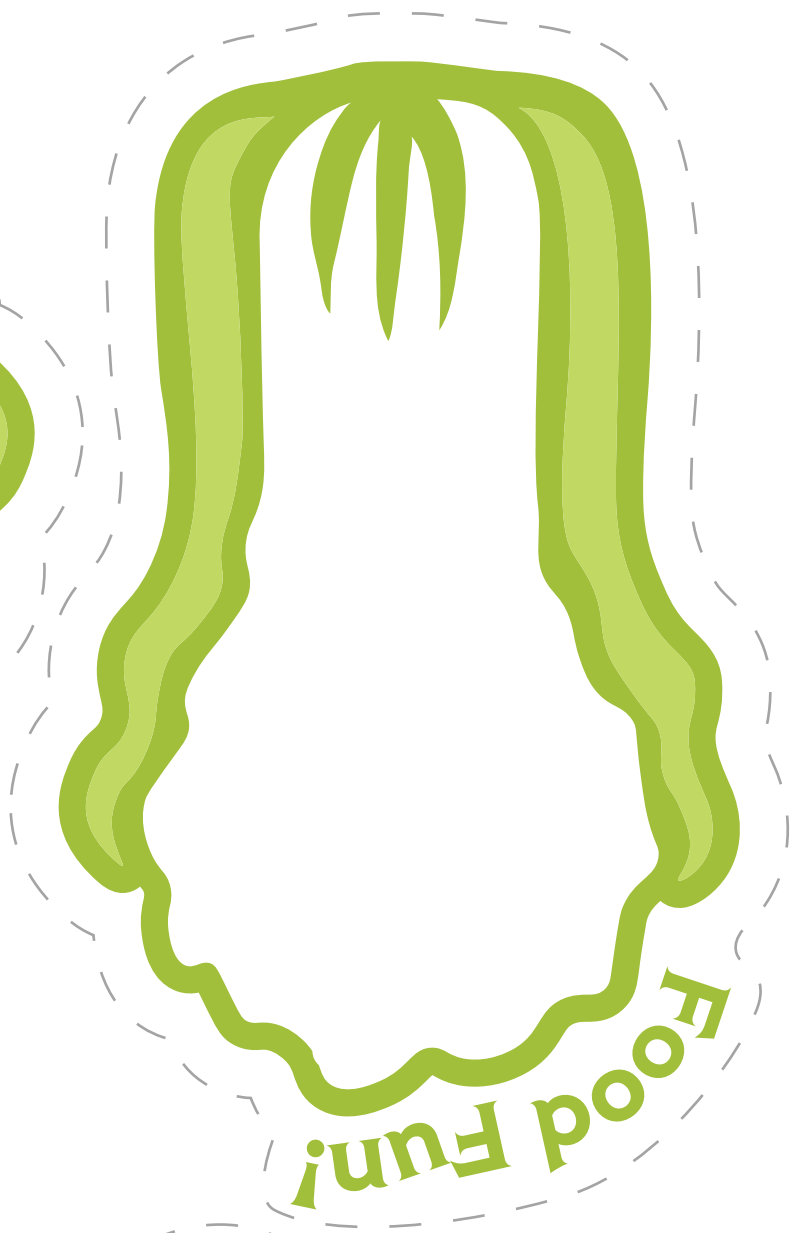
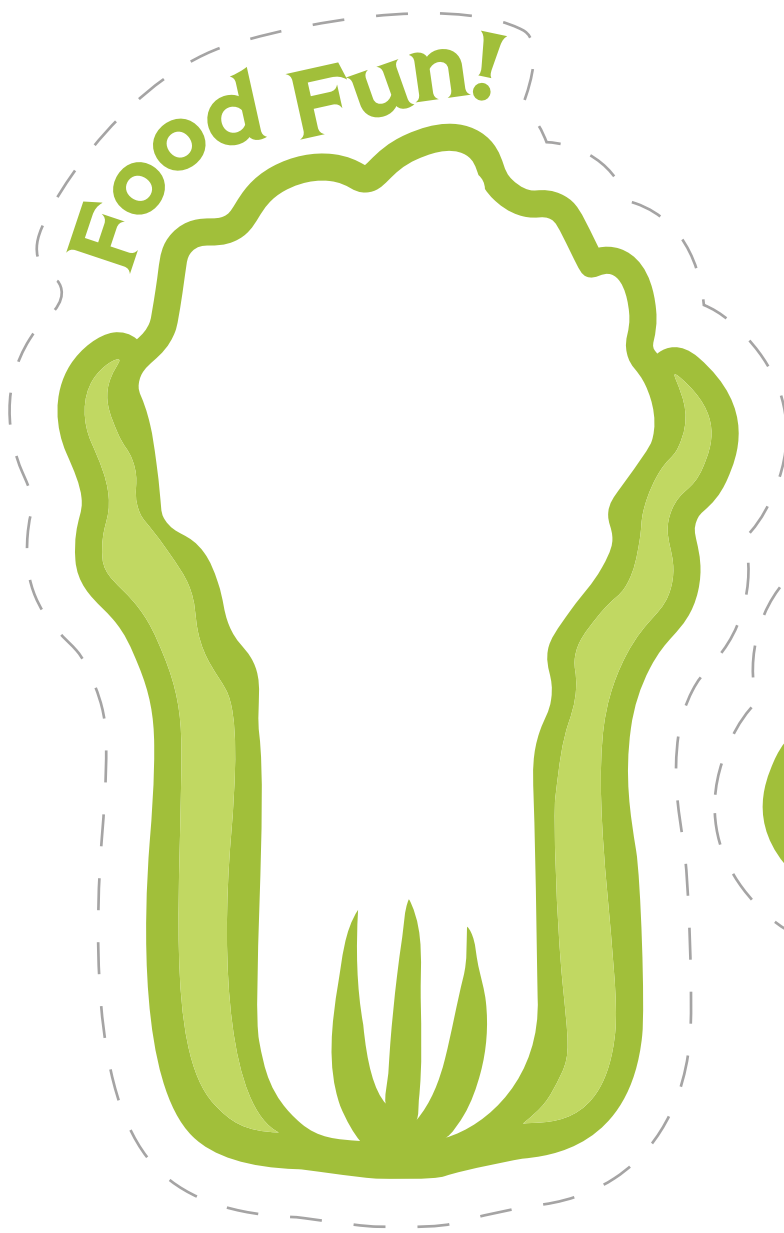
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Food Fun List

Here are some ideas to get you started on what to write on your message boards. Feel free to write other cooking ideas and nutrition tips that you think would be helpful to your clients. We ask that you focus on promoting healthy and nutritious options.

Use with fresh fruits and vegetables:

Apples

- ▶ Add to oatmeal
- ▶ Make your own applesauce

Cabbage

- ▶ Eat cooked or raw
- ▶ Makes great stir fry

Carrots

- ▶ Eat cooked or raw
- ▶ Goes well with cabbage

Cauliflower

- ▶ Make into rice

Citrus

- ▶ Add to water

Corn

- ▶ Use to make salsa
- ▶ Freezes well

Grapes

- ▶ Freeze for a snack
- ▶ Add to tuna or chicken salad

Dark Leafy Greens

- ▶ Add to a smoothie
- ▶ Add to eggs

Summer squash

- ▶ Tastes great roasted

Sweet potatoes

- ▶ Mash like potatoes
- ▶ Cut into fries and bake

Winter squash

- ▶ Stuff with favorite protein and bake
- ▶ Roast and blend into soup

Use with grains:

Grains

- ▶ Look for whole grain

Oatmeal

- ▶ Add fruit, nuts and milk for complete meal
- ▶ Add to muffins or breakfast cookies

Use with canned/ prepared foods:

Canned applesauce

- ▶ Use in place of butter when baking
- ▶ Use as a snack

Canned tuna

- ▶ Add to mac and cheese

Canned salmon

- ▶ High in omega-3 fatty acids
- ▶ Aim to eat seafood at least once a week

Canned black beans

- ▶ Add to tacos
- ▶ Goes well with eggs

Canned beans

- ▶ Goes well in soups
- ▶ Plant based protein

Canned peas

- ▶ Goes well with tuna and pasta

Canned pumpkin

- ▶ Use for pancakes
- ▶ Packed with Vitamin A

Canned veggies (general)

- ▶ Rinse to lower sodium
- ▶ Add to soup

Canned tomatoes

- ▶ Add to pasta sauce
- ▶ Goes well with beans

Canned soups

- ▶ Add more vegetables to boost nutrition

Ramen

- ▶ Add greens
- ▶ Try using ½ the packet to lower sodium

***If you are unsure about the nutrition, remember, when looking at the label:**

- ▶ 5% or less of the % Daily Value (DV) is low
- ▶ 20% or more of the % DV is high
- ▶ 10% of the DV is considered a "good" source for fiber, protein, vitamins and minerals

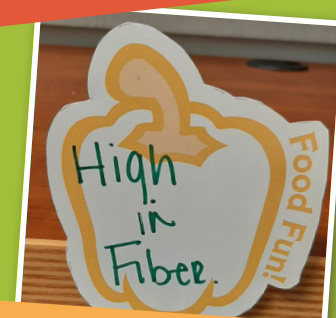
Use your Food Fun! Signs in a variety of ways to encourage clients to choose healthy foods.



Attract attention to an item



Suggest a way to use it



Nutrition Information



Suggest an amount



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**FEEDING
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pennsylvania
DEPARTMENT OF HEALTH

feedingpa.org/hpi

Funding provided by the Preventive Health and Health Services
Block Grant from the Centers for Disease Control and Prevention