More and more, food shelves and other community members are working to ensure that people have access to nutritious food through the emergency food relief network. Food shelves can choose from many simple steps to support healthy eating. This guide contains ideas for what you can do today; tips for success, ideas in action, and ways we can all support each other to create a healthier community.

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Why Donate Health

We all need to contribute to the cause and eliminate barriers to healthy food so that there’s always a compassionate solution when anyone in our community is facing hunger. With all the chaos in our busy lives, nutrition or food safety isn’t always high on the list of considerations when donating. While the generous efforts of donating are appreciated, sometimes the food from pantry shelves is past the expiration date, which causes them to have to be tossed out instead of being able to benefit those that need it. Many of the typical non-perishable choices picked up at grocery stores tend to be high in sodium, sugar, or calories, which do not provide maximum nutrition for those that really need to make every bite count.

One in six Americans does not have access to enough food to sustain a healthy life. Thirty-six percent of the individuals served by the Feeding America network have at least one working adult in the family. The USDA reports that more than 17 million children are living in food-insecure households. Inadequate nutrition for families not only affects children’s physical growth, but also their cognitive and behavioral development as well and everyone in the home is more susceptible to experiencing irritability, fatigue, and difficulty concentrating on tasks.\(^1\) If your family is blessed with the ability to live without the worry of food insecurity, consider helping others through food donation so these families can receive the same blessing.

Obesity is a risk for all groups of Americans, but what is often left unsaid is the special vulnerability of the most disadvantaged groups. Obesity is especially rampant among Americans with the lowest levels of education and the highest poverty rates. Given the increasing economic insecurity facing many in our nation today, it is important to understand why, and how poverty heightens the rise of obesity among youth. Only if we understand the causes at work can we effectively design strategies to reduce this major health risk to already vulnerable people.\(^2\)

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**Poor families have limited food budgets and choices,** and must often stretch supplies toward the end of the month, before another check or allocation of Food Stamps arrives. This leads to unhealthy behaviors in several ways:

Families choose high-fat foods dense with energy – foods such as sugars, cereals, potatoes and processed meat products – because these foods are more affordable and last longer than fresh vegetables and fruits and lean meats and fish.

Poor families often live in disadvantaged neighborhoods where healthy foods are hard to find. Instead of large supermarkets, poor neighborhoods have a disproportionate number of fast food chains and small food stores providing cheap, high-fat foods.

- Economic insecurity – such as trouble paying bills or rent – leads to stress, and people often cope by

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\(^1\) FRAC \n\(^2\) Scholar Strategy Network
Southeast MN Channel One Food Shelf Fact Sheet

History of Channel One Food Shelf

- The Rochester site was founded in 1979 through grant money from Prudential Life Insurance, and also the National Institute on Drug Abuse. This was a local group of teen and adult volunteers who concentrated on starting a food shelf for senior citizens.
- Channel One opened a food bank in 1983; this was the first in Minnesota outside of the Twin Cities region.
- Channel One is a Certified member of Feeding America, Hunger Solutions Minnesota, and a partner of the United Way of Olmsted County.

Channel One Today

- Serves 3 million pounds of food to people in Olmsted County alone.
- People up to 200% of poverty level are able to utilize the service.
- A community kitchen where nutritional cooking classes are going to be taught is currently being built and has an expected completion date in the of summer 2015.
- Families can come once a month to get food and are free to pick out their own items.
- Channel One is currently supplying food to 3,700 families a month.

Who and Where are the Services Provided to

- Today, Channel One Regional Food Bank serves seniors, individuals with physical or mental-health disabilities, working families and individuals, people in times of crisis due to job loss, medical problems or personal disaster, and food shelves, programs and agencies in 14 counties.
- These counties include: Faribault, Waseca, Rice, Goodhue, Wabasha, Steele, Dodge, Olmsted, Freeborn, Mower, Fillmore, Winona, Houston, and La Crosse County in Wisconsin.

Thoughts Before Donating

- Cash donations are highly recommended.
- The food shelf accepts toiletries and baby items, such as diapers and baby food. Although due to the breakdown of the seals on the jars, baby food in jars is not accepted, items in plastic containers and bags are accepted.
- Personal care products are accepted.
The Channel One Regional Food Bank’s Backpack Program began during the 2010-11 school year after Channel One was approached by a church that was working with two schools and wanted to help feed elementary age school children.

- That partnership grew into the Backpack Program that served 10 elementary schools and 729 students during the first year of the program.
- The Backpack Program has rapidly grown to serving 20 schools – 17 elementary schools and 3 middle schools—and nearly 1,500 students.
- In Rochester Public Schools alone, 32% of the students receive free or reduced price lunch, so we know there are a large number of children in our communities who need our help to fight hunger in their homes.

Cash donations would be the most beneficial way to impact this amazing program. **It takes just $72 a year to feed one child in the program.** All food distributed through the backpack program is purchased by Channel One directly-and distributed to those in need.\(^3\)

\(^3\) Channel One
Food Insecurity and Obesity Paradox

Food insecurity is defined as being without reliable access to a sufficient amount of affordable, nutritious food.

- In Olmsted County alone, there are 12,600 food insecure people, and 1 in 6 children are food insecure.\

- Due to the additional risk factors associated with poverty, food insecure and low-income people are especially vulnerable to obesity. Low-income families, including children, may face high levels of stress due to the financial and emotional pressures of food insecurity, low-wage work, lack of access to health care, poor housing, neighborhood violence, and other factors.\

- The “feast or famine” situation is especially a problem for low-income parents, particularly mothers, who often restrict their food intake and sacrifice their own nutrition in order to protect their children from hunger.\

- With this in mind, the community needs to pull together and help those with food insecurity, not contribute to the problem. Healthy donations can make all the difference to these families.\

- With more people turning to food banks and for longer periods of time, food shelves need to see people give the kind of healthy and nutritious items they would serve to their own families.

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4 Channel one
There are many factors that lead up to families, and individuals' alike, becoming food insecure. Usually from the beginning, the deck is stacked against these individuals. If you look at rates of obesity, diabetes, poor access to grocery stores, poverty rates, and unemployment rates; you are seeing a social justice issue.

- Social justice issues occur globally, nationally, locally, and within groups. These issues are a result of unequal wealth and resource distribution, unfair treatment of individuals with differing traits (race, culture, sexual orientation, religion, etc), and laws that support segregation.
- What you eat depends on who you are. A person's place within modern society generally dictates the quality of food to which they are given access to on a regular basis. This is why food shelves are coming together to bring healthy options to the ones that really need it.
- With the rising rates of obesity and type 2 diabetes, we all have a responsibility to make nutritious foods available to everyone. There were 21 million Americans diagnosed with type 2 diabetes, and 8.1 million Americans who are living with it unknowingly in 2013.
- More than two-thirds of U.S. adults are overweight or obese.\textsuperscript{5}
- There are people from many different walks of life, whether they just graduated from college, or they are a veteran, many people feel the economic hardships.
- Donating items of nutritional value not only helps the clients' health, but it helps the community. Those eating healthy donated food will not need as many visits to the doctor's office and they can be productive citizens with a clear brain and healthy lifestyle.

\textsuperscript{5} American Diabetes Association
Did You Know?

**KEY**
- Red: 10 Richest States
- Purple: 10 Poorest States
- Orange: 10 Slimmest States
- Black: 10 Fattest States

**Rich State**
**Poor State**
**Slim State**
**Fat State?**

The face of U.S. poverty isn’t gaunt cheeks, but wide hips. Obesity is highest in the poorest states.

SOURCE: U.S. Census Bureau and stateofobesity.org/adult-obesity
1. Malnutrition
The most common effect of poverty is malnutrition. This is especially seen in children of poor families. People living in poverty rarely have access to highly nutritious foods. Even if they have access to these foods, it is unlikely that they are able to purchase them. The healthiest foods are usually the most expensive; therefore, a family on a very small budget is much more likely to purchase food that is less nutritious, simply because that is all they can afford.

2. Health
One of the most severe effects of poverty is the health effects that are almost always present. This includes things from diseases to life expectancy to medicine. Diseases are very common in people living in poverty because they lack the resources to maintain a healthy living environment. They are almost always lacking in nutritious foods, which decreases their bodies’ ability to fight off diseases.

3. Education
Many people living in poverty are unable to attend school from a very early age. Obtaining a basic education could bring 171 million people out of poverty. A bad cycle is created; poverty prevents people from gaining a good education, and not obtaining an education prevents people from escaping poverty.

4. Economy
Mainly, the number of people living in poverty influences employment rates heavily. Without an education, people are unlikely to find a paying job. Unemployment hinders a country from developing into a strong economic system. A high unemployment rate can impede a country from progressing in all aspects.

5. Society
There also seems to be a connection between poverty and crime. When people are unemployed and homeless, social unrest may take over and lead to increases in crime. When people have nothing and no money to buy necessities, they may be forced to turn to theft in order to survive.\(^6\)

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\(^6\) Borgen Project
Tools for the Church

Content:

Cash Donations
Giving Gardens
Community Garden
How to Talk about Hunger
Healthy Food Placement
Screen Time
Super Food Drive
Food Day
News letter/Social Media Snip-its

Appendix A
Cash Donations

Don’t feel guilty about writing a check instead of organizing a food drive. Food banks can do wonders with your money. Any and all donations are extremely kind and generous, but cash is by far the most far reaching.

- Channel One can turn $1 into enough food for at least 5 meals that feed people in need! Food banks have the ability to turn your cash into food at a rate you can’t match.
- It is estimated that food banks pay about 10 cents a pound for the same food that costs shoppers $2 per pound retail.
- The food that can be bought by the food bank with cash donations not only costs less, it’s easier for food banks to manage.
- Find well managed charities in your community and trust them to know how to do their job. They have access to food at a fraction of the price and they know their clients well. And from a donator’s perspective, it is much easier to document a monetary donation for tax purposes. Good intentions are lovely, but particularly in hard times it’s more important to make sure your charitable dollars go as far as possible.

STRETCH your donation

Your $10.00  Your food shelf’s $10.00

Food shelves can stretch donations of cash further than donations of food, because of their access to discount products and programs.

Feed more Minnesota families. Donate cash to your local food shelf today.

A program of the greater minneapolis/council of churches

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Npr.org
What is a giving garden?

In 2007, a trio of employees at Blue Cross and Blue Shield of Minnesota requested permission to dig up a section of lawn at the headquarters to start a “Community Giving Garden.” They recruited volunteers to help grow the garden and donate fresh fruits and vegetables to a local food shelf. It is a great way to engage employees to help meet community needs in a healthy and rewarding way.

Giving gardens come in all shapes and sizes – backyard gardens, an extra row in an individual plot, or an entire plot dedicated solely to growing for the food bank or community members – but the mission remains the same: to engage volunteers in growing fresh food for families and individuals living on limited incomes.8

Why should I start one?

- Not only is creating a giving garden extremely generous, it has a few other positive aspects as well. This could be an amazing opportunity to bridge generation gaps and link the youth and seniors together with a common cause. We all know the senior generation has a lot of wisdom that can be bestowed upon our youth; this can be the way to make that happen. Link up with senior citizen homes outside the church and even pull your Sunday school class outside to soak up the sunshine!

- This is a great way to keep everyone in your community active, but it also has a lot of social benefits as well.

- If you do have room, why not offer up a space to a family or two to create a community garden next to your giving garden? This can bring others into your church family that doesn’t have the space to have a garden of their own. The benefits a garden can bring to your church community are vast.

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8 BlueCrossBlueShield
How can I start one?

Step 1

Come up with a realistic plan. For some, there might not be much space or time to commit to a garden. Figure out what is realistic for your church with the space and resources you have. Biting off more than you can chew, especially the first try, can end a wonderful idea before it even gets a chance to thrive. Perhaps the first year just plant an apple tree, or dig up one section to garden and see how it works out.

Step 2

Seek permission. Talk to your local church about the vast benefits that can be achieved by creating a giving garden of your own.

Step 3

Find a space. Like stated above, it doesn't have to be big to be beneficial. Any amount of land that can be used for the garden will be helpful to all of those who would benefit from a little extra food. If you have no space around your church, perhaps garden pots can be utilized. If there is already landscape around you such as bushes, you could dig out that section and use it for a garden. Whatever works best for you organization can be beneficial to those in need.

Step 4

Recruit volunteers. We all know people who want to help others in some way, but may not have the time, or know what there is to do out in their community to help. A giving garden is a great way to not only keep you active, but it can be fun for those who enjoy the outdoors social benefits of working with others who share your passion in giving back.

Step 5

Find out what you need. Whether you are growing food for other church members, friends, or the local food shelf, it could be helpful to find out what people want. The giving garden has the greatest benefits when people actually want what is being grown for them.

Step 6

Gather materials. You will need a varying amount of materials depending on where you choose to do the garden. All of the basic gardening tools will be needed including a tiller, shovels, and fencing. After the tools have been gathered, go out and buy some seeds!

Step 7

Share with your community what you have achieved. Include pictures, and write up newsletters in your church bulletin to get more people involved in this amazing project. Enjoy your generosity 😊
For more information on Community Gardens, see Appendix A for full toolkit!
How to Talk About Hunger

Talking about hunger can be an uncomfortable topic, or just a difficult topic to transition into. It doesn’t need to be uncomfortable, the more we talk about it, the better off everyone will be. Here are a few talking points to begin the conversation:

- There’s something wrong with a world in which a billion people can’t get enough to eat for normal health, while a different billion people threaten their health by overeating. World Food Day is day for thinking hard about how to see the problem of access to nutritious food, as a shared global responsibility for us all. (See insert)

- Every 10 seconds worldwide we lose a child to hunger, this is more than HIV, TB and Malaria combined. People don’t see food insecurity as a huge issue that we need to worry about, but it is one of the leading killers in the world.

- It is not the production of food; it is about access to food. It is a basic human right for everyone to have fair access to affordable nutritious food for themselves and their family.

- In the first two and a half years of life, if a child does not have enough food, the damage is not reversible. Neurons and synapses do not form correctly and brain volumes can be up to 40% less than what they would normally be if they had adequate nutrition. This creates a huge impact on economies in the long run. These children have a higher likelihood of not graduating high school, thus bringing the child’s future earning potential down by 50%.

- Hungers costs in many ways. We have children going to school that are looking off into space because they are hungry and not able to pay attention. We have senior citizens who are taking their life saving medications on an empty stomach because they had to choose between their medicines or buying food for the week. We have kids who get the common cold but their immune system is compromised so they need to be taken to the hospital and remain sick for weeks. We have the working class that is dealing with the same thing. It is billions of dollars we are losing to hunger. We all have to be part of the movement for change.

- The face of hunger not just the unemployed or homeless; it is people that work full time, but make so little they can’t afford food. The face of hunger is your neighbors, possibly even your friends and family. Everyone knows someone who is affected.

- Among the evolved economies, America is dead last on food insecurity. We have the highest amount of population that lives with food insecurity. We are part of the issue; hunger and obesity are next door neighbors.
Healthy Food Placement

There are subtle shifts you can do to catch your customer’s eye, and direct them to the healthiest products available to them. Whether you have a big space or a small space, small adjustments can help you get your healthy produce flying off the shelves.

1. Simply moving fresh vegetables and fruits up to the front of the store, before customers even reach the pre-packaged foods, will increase the amount of fresh produce a customer will choose.

2. Highlight your healthy products. Light up your produce and make it more visually appealing. If you can direct some natural sunlight onto your fresh produce, more people will choose that over other products that are under harsh fluorescent lights.

3. Where products are placed will make a big difference in what people choose. Place any healthy items at eye level, and put the less desirable items towards the bottom to help direct people to choose the healthier options.

4. Some customers may not know what they could use certain vegetables for in their dishes at home. Leave out recipes for healthy ideas to introduce new healthy foods into your customer’s lives.

5. Increase the number of “facings” of healthier products. Many products are placed as a single stack of products, but this can be increased to improve exposure to the product.9

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9 DSM
Screen Time

Many of us don’t think of the U.S. as the land of the underfed. In this era of the expanding waistlines, we hear far more concern about obesity than we do about hunger; but the two are more closely connected than many of us realize. What better way to get your church groups mingling than to host a screening?

- A new documentary, *A Place at the Table*, peels back the curtain on the problem of food insecurity, weaving together the stories of low-income Americans who struggle to put healthy food on the table, despite the fact that they have jobs. Ultimately, *A Place at the Table* shows us how hunger poses serious economic, social and cultural implications for our nation, and that it could be solved once and for all, if the American public decides — as they have in the past — that making healthy food available and affordable is in the best interest of us all.

- At the website provided [here](#) you can find resources to help you plan a screening party, as well as a discussion guide so you can all discuss the movie after watching it.

- The next documentary, *The Weight of the Nation*, dives full force into the issues at hand today in our obesity crisis. People today work harder and take better care of their health than any previous generation. So how could two-thirds of us fail to measure up when it comes to eating right and exercising? HBO and the Institute of Medicine of the National Academy of Sciences have joined together to bring you the nation’s leading experts and top research on weight and weight loss. *The Weight of the Nation* explains how we got to this unhealthy place and how we can get to a healthy weight by overcoming the forces that drive us to eat too much and move too little. You can watch the four part series [here](#).

"A film that should make you furious." - Marshall Fine, Huffington Post

"The documentary proves its worth most by how it treats the moral and political issues around the hunger crisis." - Tomas Hachard, Slant

"POWERFUL. More than an eye-opening portrayal of hunger in America, it’s also a call to action." - Boston Globe

"Makes a strong case that hunger for one is a problem for all." - Billy Tatum, Paste

"An ambitious multiplatform project that takes the full measure of our girth, its genesis, and its toll." – New York Times

“Encourages viewers to feel responsible for their own lives and to make informed choices.” – Cynthia Fuchs

“This is preventable. This is not one of those unfortunate acts of nature that we just have to accept as reality. This is not the product of a tsunami.” – Jack Shonkoff, Harvard
Getting the conversation started:

1. According to the film, one in six Americans says they don’t always have enough to eat. Were you aware that hunger was such a big problem in the US?

2. Was there a character whose story you found particularly moving? How so?

3. Have you or someone close to you ever struggled to put food on the table? How do/did you deal with that? Where did you turn for help?

4. What did you learn from the film that you didn’t already know? Has it changed your perspective in any way? If so, how?  

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“One in six people in the United States is struggling with food insecurity. One out of every two kids in the United States at some point in their childhood will be on food assistance.”

-Bill Shore, Executive Director, Share our Strength

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10 A Place at the Table
Food Drives

Turn your food drives into opportunities to collect healthy food for the people you serve.

In America today, we are seeing record levels of hunger (food insecurity) and obesity. Unfortunately, the prevalence of diet-related chronic health conditions (such as hypertension, heart disease, diabetes and obesity) are higher among people who visit food pantries.

1. **Choose a location to host the drive.**
   It could be hosted at your place of workshop, workplace, home, school, club, or co-hosted at your local grocery store.

2. **Set a time frame.**
   It could last several weeks or just one day at an event.

3. **Contact your local food pantry.**
   The healthy non-perishables you collect can be donated to your local pantry. To find a food bank or pantry near you, visit: www.feedingamerica.org/foodbank-results.aspx
   The food pantry can deliver barrels for you to collect food and they will pick up the food you collect once the food drive is complete.

4. **Spread the word.**
   Pass out educational fliers about the importance of donating healthy food so individuals can identify with the cause they are donating to. Advertise the donation site and duration of the drive.
GIVE THE GIFT OF HEALTH
BY DONATING HEALTHY FOOD TODAY
We are nourishing our neighbors by hosting healthy food drives to collect nutritious food for our neighbors in need.

THE OPPOSITE OF HUNGRY ISN’T FULL - IT’S HEALTHY!

OUR HEALTHY FOOD DRIVE BEGINS: ________________________________

OUR HEALTHY FOOD DRIVE ENDS: ________________________________

HEALTHY FOOD DRIVE COORDINATOR: ________________________________

Give your donation to your Food Drive Coordinator or make checks payable to:

____________________________________

____________________________________

Your contribution will provide nutritious food to those who need it the most!

PLEASE DONATE THESE NUTRITIOUS NON-PERISHABLE FOODS:

- Peanut Butter (Non-hydrogenated oil)
- Whole Grain Pasta
- Low Sodium Pasta Sauce
- Brown Rice
- Canned Tuna & Chicken (in water)
- Whole Grain Oats and Cereal
- Canned Fruits (in natural juice)
- Canned Soup (low sodium)
- Beans & Lentils
- Nuts, seeds and dried fruit

*Please do not donate glass items. Thank you.

For more information visit: www.superfooddrive.org
Real Food, Just Food

What is Food Day?

Food Day inspires Americans to change their diets and our food policies. Created by the nonprofit Center for Science in the Public Interest and driven by a diverse coalition of food movement leaders and citizens, Food Day aims to bring us closer to a food system with real and healthy just food that is produced with care for the environment, animals, and the women and men who grow, harvest, and serve it. Food Day 2014, the 4th annual celebration, featured more than 8,000 events in all 50 states!

Why should I get involved?

Food Day is a chance to celebrate what our food system does right and take action to address the pressing food issues we face:

- Poor diets cause widespread obesity, diabetes, and other diet-related diseases.
- Millions of Americans struggle with food insecurity and hunger.
- Vital food safety and anti-hunger programs are constantly under attack in Washington.
- Many food and farm workers still labor in unfair, unsafe conditions, and animal welfare is often ignored.

The good news? By collaborating on events like Food Day, we can build the momentum needed to change the American food system.

Visit www.FoodDay.org to become a host or coordinator, email us at foodday@cspinet.org, or call 202-777-8392.

Some benefits of participation in Food Day:

- Connection to other food activists through the Food Day network.
- Presence on the national map at FoodDay.org or on the blog.
- Access to Food Day online resources and print materials.

Who is partnering with Food Day?

Food Day’s national partners (100+) include the American Public Health Association, Jamie Oliver Food Foundation (USA), Share Our Strength, and many others. Notable food movement leaders such as Morgan Spurlock and Michael Pollan serve on our Advisory Board. Find a list of our partners and advisors at FoodDay.org.

How can I participate?

In 2015, Food Day seeks to inspire community action in every city and state in the country, with individuals and organizations coming together on and around October 24 to learn, debate, and mobilize to create a just food system, improve the American diet, and raise awareness about the critical importance of food education in schools. Here are some ways you can get involved:

- Become a volunteer community coordinator or connect with a coordinator in your area.
- Host an event, whether it is a private healthy potluck dinner using Food Day recipes, a film screening, rally, or other activity, and post it on the map.
- Check out Food Day resources for more ideas. The Food Day team is here to support your organizing with informational webinars and guides for schools, campuses, media, and more.
- Sign up for email updates through FoodDay.org, follow @FoodDay2015 on Twitter, and “Like” Food Day on Facebook!
Recommended Nutrition Guidelines for Food Day

Food Day inspires Americans to change their diets and our food policies.

Food Day is an opportunity to improve the health and well-being of your community by making healthy food more accessible to everyone. So when planning your Food Day events, activities, and celebrations, be sure to offer healthy food and beverage options for everyone to enjoy! Here are suggested guidelines to follow when planning your meal and snack options:

General Recommendations:
- Support healthier choices, provide leadership and role modeling, and help to create a social norm around healthier choices and behaviors.
- Place healthier foods and beverages in prominent positions, where they are most likely to be seen and more likely to be chosen.
- Ensure healthier options are attractively presented, appealing, and taste good.

Nutrition Recommendations:
- Offer reasonable portion sizes.
- In buffet lines or self-service, support sensible portions by offering reasonably-sized entrées and appropriately-sized serving utensils and plates.
- Do not offer full-calorie sugar-sweetened beverages. Serve water, 100% juice, 100% juice diluted with water, low-fat or non-fat milk, or calcium and vitamin-D fortified soy beverages with 40 calories or less per container.
- Offer fruits and/or vegetables every time food is served.
- Use whole grains whenever possible (100% whole grain or whole grain as the first ingredient).
- Make the majority of the meat options poultry, fish, shellfish, or lean (unprocessed) meat. Seek alternatives to red and processed meat.
- Provide a vegetarian option.
- Replace all desserts and pastries with fruit or other healthful foods.
- Whenever possible, offer foods prepared in a healthy way (grilled, baked, poached, roasted, braised, or broiled). Avoid fried foods.
- Serve healthier condiments and dressings and offer them on the side.
- Look for and try to offer lower-sodium options.
- Make water the default beverage.
Children’s Diets—a Prescription for Ill health

More than one-third of American children and adolescents ages 6 to 19 are overweight or obese. The prevalence of childhood obesity in 2009–2010 was about 17 percent,1 three times as high as in 1976-80.2

Obesity has immediate effects on a child’s health, including increasing the risk of fatty liver disease, causing breathing or joint problems, and possible social discrimination. In the long-term, obese children are more likely to be obese as adults, which can increase the risk of diabetes, heart disease, some cancers, and other chronic diseases.3

Small, but promising, drops in obesity rates have occurred among young children and adolescents in New York City and Los Angeles.4,5

Up to 1 in 3 new cases of diabetes diagnosed in youths under age 18 are obesity-related type 2 diabetes (formerly called adult-onset diabetes).6 The prevalence of type 2 diabetes in Americans under 20 years old increased by 21 percent from 2001 to 2009.7

More than 80 percent of adolescents aged 12 to 18 do not eat the recommended five or more servings of fruits or vegetables each day.8

The top sources of calories for children aged 2 to 18 are grain desserts (cakes, cookies, donuts, etc.), pizza, and sugar drinks (regular soda, sports drinks, fruit drinks, etc.).9

Boys (9-18) consume an average of 27 teaspoons of added sugar per day and girls (9-18) consume an average of 21 teaspoons (2003-2006).10

About 17 percent of boys and 20 percent of girls aged 14 to 18 consume more than a quarter of their daily calories from added sugars. For children and adults, age 4 and older, who consume more than a quarter of their calories from added sugars, about 60 percent of the added sugars comes from regular soft drinks and fruit ades.11

Boys and girls aged 12 to 19 consume an average of 273 and 171 calories, respectively, per day from sugary drinks. That is more than any other age group.12

Among low-income children aged 2 to 11, the average number of cavities increased from about 4 in 1988–1994 to about 6 in 1999–2004.13 That increase may be partially explained by poor nutrition.14

Children aged 8 to 18 consume nearly 3,400 milligrams of sodium per day; twice the recommended amount. High sodium intake is associated with the risk of high blood pressure in children and adolescents.15 High-sodium diets may raise blood pressure even in infants.16

Artificial food dyes increase hyperactivity in children with Attention Deficit Hyperactivity Disorder (ADHD) and other problem behaviors.17

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11 Ibid.
17 Food Advisory Committee. Certified Color Additives In Food and Possible Association with Attention Deficit Hyperactivity Disorder in Children, March 30-31, 2011.
Minorities are at Greater Risk of Diet-related Diseases

- About 80 percent of African American and Mexican adult women are overweight or obese, compared to 60 percent of white women. About 82 percent of Mexican men are overweight or obese, the highest rate among all races and sexes. The rates among black and white men are about 72 percent.¹

- The rate of obesity among African American adult women is 70 percent higher, and Hispanic women 40 percent higher, than among white women. (Obesity rates in black and Hispanic men are just 10 percent higher than among non-Hispanic white men.)²

- The rate of obesity among black high-school girls is almost two-and-one-half times higher than among white girls.³

- Obesity is 50 percent more common in American Indian/Alaskan Native adults than in white adults.⁴ American Indian/Alaskan Natives are also over twice as likely as white adults to have diabetes.⁵

- Compared to white adults, the percentage of adults with diabetes is 18 percent higher among Asian Americans, 66 percent higher among Hispanics, and 77 percent higher among blacks.⁶ About 12.6 percent of black adults and 11.8 percent of Hispanic adults have diabetes, compared to only 7.1 percent of non-Hispanic white adults.⁶

- Blacks are more than twice as likely to die from diabetes as whites.⁸ Hispanics are 40 percent more likely to die from diabetes due to diabetes.⁷

- Black adults consume 8.6 percent, and Mexican American adults 8.2 percent, of their total calories from sugar drinks (soda, sports drinks, and energy drinks). That’s much more than non-Hispanic white adults, who consume 5.3 percent of their calories from sugar drinks.⁹ Sugar drinks beverages are the top source of added sugars in Americans’ diets and a significant cause of obesity.¹⁰

- Among adults aged 20 to 39, blacks consume about 45 percent more of their daily calories from fast food than whites and Hispanics. Frequent fast-food intake has been linked to weight gain.¹¹

- About 33.5 percent of adults have hypertension, a cause of heart attacks and strokes, caused in part by obesity and by consuming too much sodium from packaged and restaurant foods and too little potassium from fruits and vegetables.¹² 44 percent of African-American adults have hypertension, the highest rate in the world¹³ and the rate of hypertension among blacks is 40 percent higher than the national average in the United States.¹⁴

- High total cholesterol and low HDL cholesterol (the “good” cholesterol) are risk factors for coronary heart disease. Hispanic adults have the highest rate of unhealthy cholesterol levels, while non-Hispanic blacks have the lowest rate.¹⁶

- Untreated dental caries are about twice as common in Mexican-American and black children and adolescents (23 percent) as in whites (13 percent).¹⁷ That increase may be partially explained by poor nutrition.¹⁸

² Ibid.
⁵ Ibid.
¹⁴ Ibid.
5 Ways to Eat Real on a Budget

Food Day, on October 24 every year, is a nationwide celebration of healthy, affordable, and sustainably produced food, and a grassroots campaign for better food policies. It aims to help people Eat Real, which means cutting back on sugar drinks, overly salted packaged foods, fatty, factory-farmed meats, and junky restaurant foods in favor of vegetables, fruits, whole grains, and sustainably raised protein.

How can you Eat Real without breaking your bank? Here, Food Day uncovers how what’s good for your health and the environment can also be the best thing for your wallet.

1. **Know your options**: While you may be in the habit of dropping into the nearest grocery store, checking out the options and comparing prices of local farmers markets, community supported agriculture (CSA), and co-ops can save you money while giving you more bang for your buck. If your grocery store proves to be the best option, choosing house brand over name brand packaged foods can save you money.

2. **Compare your options**: Look at unit prices (typically per-pound or per-quart) instead of just the price tag. For example, though the price tag on a bag of pre-packaged spinach might read $2.99, the unit price could be much more expensive than even loose-leaf organic spinach.

3. **Buy in bulk**: You’ll create savings just by cutting down on packaging. Look for a bulk goods section the next time you go shopping (big self-fill containers often carry goods like rice, legumes, beans, and dried fruits).

4. **Buy seasonally**: Not only is it less expensive, but eating seasonally can make it easier to buy locally grown and sometimes more nutritious produce. In the winter, canned, frozen, and dried fruits and veggies are great options too.

5. **Cook your own meals**: Buying prepared food is expensive, while cooking your own meals can be an enjoyable experience that connects you to your food and gives you more control over sodium and sugar intake. No time? Prepare a big meal over the weekend, then store it in the refrigerator or freezer to eat as the week goes on. Looking for recipes? Click here for some Food Day favorites: [http://www.foodeyday.org/recipes](http://www.foodeyday.org/recipes). Or check out the Capital Area Food Bank’s Healthy Recipe Database.

If you count up the dollars you spend every week on food, including fast food meals, morning cups of coffee, muffins, bagels, doughnuts, and vending machine snacks, you might be surprised how easy it is to change your eating habits and Eat Real on a budget.
Cash Donations

- Don’t feel guilty about writing a check instead of organizing a food drive. Food banks can do wonders with your money. **It is estimated that food banks pay about 10 cents a pound for the same food that costs shoppers $2 per pound retail!**
- **Channel One can turn $1 into enough food for at least 5 meals that feed people in need! Food banks have the ability to turn your cash into food at a rate you can’t match.**
- Find well managed charities in your community and trust them to know how to do their job. They have access to food at a fraction of the price and they know their clients well. **From a donator’s perspective, it is much easier to document a monetary donation for tax purposes.**

Healthy Donations

- Inadequate nutrition for families not only affects children’s physical growth, but also their cognitive and behavioral development as well, and everyone in the home is more susceptible to experiencing irritability, fatigue, and difficulty concentrating on tasks. **If your family is blessed with the ability to live without the worry of food insecurity, consider helping others through food donation so these families can receive the same blessing.**
- Obesity is a risk for all groups of Americans, but what is often left unsaid is the special vulnerability of the most disadvantaged groups. Obesity is especially rampant among Americans with the lowest levels of education and the highest poverty rates. Given the increasing economic insecurity facing many in our nation today, it is important to understand why, and how poverty heightens the rise of obesity among youth and why adequate nutrition needs to be supplied so this disadvantaged group can thrive.

Donate Fresh Produce

- **You don’t need to go out and buy extra produce to donate; you can take directly from your garden. Even adding just one extra row to your garden at home can help many families out in need.**
- **Not only is creating a giving garden at your church extremely generous, it has a few other positive aspects as well. This could be an amazing opportunity to bridge generation gaps and link the youth and seniors together with a common cause for bettering your community.**
  If you do have room, why not offer up a space to a family or two to create a community garden next to your giving garden? This can bring others into your church family that doesn’t have the space to have a garden of their own. The benefits a garden can bring to your church community are vast.

*Use the highlighted sections above for a way to keep your social media up to date on the continuing fight to stop hunger!*
Tools for Individuals

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Healthy vs. Unhealthy

There is a common misconception that eating healthy is much more expensive than eating common, or unhealthy foods. The chart below shows that buying healthy food does not necessarily mean that you are going to be spending much more on food.

<table>
<thead>
<tr>
<th>Standard Food Items</th>
<th>Healthy Food Items</th>
</tr>
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<tbody>
<tr>
<td>Regular Pasta (8 servings)</td>
<td>Whole Wheat Pasta (7 servings)</td>
</tr>
<tr>
<td>$1.00</td>
<td>$1.28</td>
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<tr>
<td>Buttered Microwave Popcorn (17 servings)</td>
<td>Natural Yellow Popping Corn (27 servings)</td>
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<tr>
<td>$3.49</td>
<td>Green Tea (40 servings)</td>
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<tr>
<td>$3.49</td>
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<tr>
<td>Canned Potatoes (3.5 servings)</td>
<td>3lbs Red Potatoes (12 servings)</td>
</tr>
<tr>
<td>$0.76</td>
<td>$2.27</td>
</tr>
<tr>
<td>Fruit Snacks (6 servings)</td>
<td>Natural Dried Raisins (14 servings)</td>
</tr>
<tr>
<td>$2.29</td>
<td>$3.48</td>
</tr>
<tr>
<td>Pear Slices in Heavy Syrup (3.5 servings)</td>
<td>Natural Applesauce (5 servings)</td>
</tr>
<tr>
<td>$0.99</td>
<td>$1.48</td>
</tr>
<tr>
<td>Pre-Made Pasta Mix (2.5 servings)</td>
<td>Red Quinoa (11 servings)</td>
</tr>
<tr>
<td>$1.00</td>
<td>$4.78</td>
</tr>
<tr>
<td>Mixed Veggies (3.5 servings)</td>
<td>Mixed Canned Unsalted Veggies (3.5 servings)</td>
</tr>
<tr>
<td>$0.68</td>
<td>$0.98</td>
</tr>
<tr>
<td>Flavored Ready Rice Mix (2.5 servings)</td>
<td>Brown Rice (20 servings)</td>
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<td>$1.59</td>
<td>$1.48</td>
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<tr>
<td>Instant Oatmeal with Fruit &amp; Cream (10 servings)</td>
<td>Rolled Oats (30 servings)</td>
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<tr>
<td>$2.99</td>
<td>$3.29</td>
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<tr>
<td>Cocoa Crunchies Cereal (11 servings)</td>
<td>Toasted Oats Cereal (12 servings)</td>
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<tr>
<td>$1.99</td>
<td>$1.99</td>
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<tr>
<td>Chunk Light Tuna in Oil (2 servings)</td>
<td>Chunk Light Tuna in Water (4 servings)</td>
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<tr>
<td>$0.88</td>
<td>$3.28</td>
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<tr>
<td>Chocolate Chip Cookies (13 servings)</td>
<td>KIND Granola Bars (5 servings)</td>
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<tr>
<td>$3.39</td>
<td>$2.98</td>
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<tr>
<td>Pop Tarts (16 servings)</td>
<td>Chia (9 servings)</td>
</tr>
<tr>
<td>$3.69</td>
<td>$4.48</td>
</tr>
</tbody>
</table>

Servings: **118.5**  Total Cost: $28.23  Servings: **199.5**  Total Cost: $36.23

Things to watch out for on food labels:

- When reading the food ingredient list usually the shorter list the better.
- Make sure the foods do not contain high amounts of sodium, monosodium glutamate, or partially hydrogenated oils.
- Claims of product being made with “real fruit,” this usually means fruit concentrate which is sugar.
- “0 Trans Fat,” does not mean that the product necessarily has low levels of fat.
Shopping List

**Grains**

Donate whole grains as often as you can. Look for **100% whole grain** on the package or look for a whole grain as the **first** ingredient on the ingredient list.

- Brown or Wild Rice
- Quinoa or Cous-cous
- Wheat Berries
- Oatmeal
- Whole Wheat or Brown Rice Pastas
- Whole Grain Bread
- Whole Grain Crackers
- Whole Grain Tortillas
- Whole Grain Cereals
- Infant Cereal/ Snack Foods

**Proteins**

Donate canned beans, seafood, and lean meats as a good source of lean protein. Look for **“no salt added,” low-sodium, and canned in water** (instead of oil) varieties.

- Canned Tuna/ Salmon/ Chicken
- Canned Beans & Legumes
- Peanut Butter

**Herbs/Spices/Fats/Oil**

- Herbs & Spices: (to flavor beans and grains) Oregano, Basil, Black Pepper, Garlic Powder, Rosemary, Thyme, Dill
- Olive Oil, Canola Oil, Sesame Oil, Vegetable
- Non-stick Cooking Spray

**Fruits & Vegetables**

Donate fruits and vegetables in a variety of colors. Look for fruit canned in its own juice or with **“no sugar added.”** Look for canned vegetables that say **“low sodium”** or **“no salt added.”** Look for 100% fruit and vegetable juices.

- Canned Fruit & Vegetables
- Dried Fruits
- Fruit/ Vegetable Juice
- Canned Soups
- Tomato Sauce

**Dairy**

Donate shelf-stable **low-fat (1%) or non-fat dairy** products.

- Boxed shelf-stable milk
- Dry or evaporated milk
- Instant breakfast drinks
- Canned and boxed pudding

**Other Helpful Donations**

- Diapers
- Personal Care Products (Shampoo, Toothbrush, Toothpaste, Shaving Cream, Razors, Deodorant, Feminine Hygiene Products)
- Aluminum Foil
- Ziploc Bags
- Soap Products (Hand soap, Laundry and Dish Detergent, Cleaning Products)
- Paper Products (Toilet Paper, Paper Towels, Tissues, Napkins)

**Allergy friendly foods are strongly encouraged! Gluten free, peanut free, tree nut free etc. are all accepted.** **
Foods to Avoid Donating

Although it is generous of you to contribute in donating food to your local food pantry, not all donations can be accepted due to nutritional guidelines. We need our community to come together as a whole, and help those in need fill their bellies with quality food to keep themselves, and their family healthy.

Please avoid donating the following:

- Foods high in sodium, fat, oils or sugar
- Chips
- Candy
- Cookies
- Sugary beverages
- Items in glass bottles
- Items that are expired, opened, or in damaged packaging

If you have any questions about the food you want to donate, just call your local food shelf!
Low Cost, Healthy Breakfast Recipes
Banana Berry Pancakes

**Serves:** 2 (2 pancakes per person)

**Ingredients:**

1. 1 large peeled and sliced banana
2. 1 cup complete pancake mix
3. ½ cup water
4. Non-stick cooking spray
5. 1 cup fresh unsweetened, sliced strawberries
6. 2 tablespoons orange juice

**Preparation:** 10 minutes  
**Cook Time:** 10 minutes

1. Place banana slices into bowl and mash with fork
2. Add pancake mix and water, stir until completely mixed
3. Spray large skillet with cooking spray, heat pan over medium temperature
4. Pour 1/4th cup of pancake batter per pancake onto skillet and cook until golden brown (high heat will cause outer pancake to burn)
5. Place pancakes onto plate and cover while fruit topping is made
6. Re-spray the pan with cooking spray, maintain the medium heat level
7. Pour orange juice and fruit into pan and cook for three minutes or until fruit is hot
8. Pour fruit mixture over pancakes and serve

Scrambled Egg and Veggie Breakfast Wraps

**Ingredients:**

1. Non-stick cooking spray
2. 1 cup chopped fresh or frozen vegetables  
   (broccoli, onions, bell or green peppers, and mushrooms)
3. 1 cup egg substitute or 4-5 whole eggs (cracked and beaten)
4. 2 six-inch flour tortilla shells
5. ½ cup grated cheese

**Serves:** 2  
**Preparation:** 5 minutes  
**Cook Time:** 10 minutes

1. Spray medium skillet with cooking spray
2. Cook vegetables until tender, about 5 minutes
3. Add egg substitute or eggs to the mix and cook for additional 5 minutes
4. Warm tortillas on separate skillet or in microwave for 10 seconds
5. Add half of mix to one tortilla and half to another, sprinkle cheese on top
6. Roll tortillas up with egg, vegetable, and cheese mix inside

Fruit Smoothies

11 Champions for Change
Serves: 2

Ingredients:

1. 1-½ cups of fresh or frozen fruit (diced bananas, strawberries, blueberries, raspberries, etc.) Try a combination of your favorite fruits!
2. ½ cup of low-fat yogurt/milk
3. ½ cup of orange juice concentrate

Preparation: 5 minutes

1. Wash and prepare fruit
2. Place ingredients into blender, make sure lid is secure
3. Blend until smooth
4. Serve in +12 oz. glasses

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**Apple Oatmeal**

Serves: 3

Ingredients:

1. 1¾ cup of 100% apple juice
2. 1 cup quick cook oats
3. 1 large apple, core removed, and cut into bite sized pieces
4. ½ teaspoon ground cinnamon

Preparation: 10 minutes

1. Combine all ingredients into microwave safe bowl
2. Cook uncovered for 2 minutes at high
3. Stir and let cool for 1 minute before consumption

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Red and Yellow Bell

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12 Champions for Change
Pepper Omelets

Serves: 2

Ingredients:

1. 1 teaspoon of vegetable or olive oil
2. 1 large red bell pepper, seeds removed and thinly sliced
3. 1 large yellow bell pepper, seeds removed and thinly sliced
4. 4 egg whites
5. ½ teaspoon of dried basil
6. ¼ teaspoon of ground black pepper
7. Nonstick cooking spray
8. 2 teaspoons of grated Parmesan cheese

Preparation: 10 minutes  Cook time: 15 minutes

1. Place a large nonstick pan over medium heat, add oil along with peppers and cook for 4-5 minutes stirring regularly
2. Turn the heat down to low and keep vegetables warm over it
3. In another bowl whisk together egg whites, basil, and the ground black pepper
4. Apply the nonstick cooking spray to another pan while warming over medium heat for 1 minute
5. While swirling the pan add half of the egg mixture so that the eggs evenly coat the bottom; cook for 30 seconds or until eggs are set
6. Carefully loosen and flip the egg mixture and cook opposite side for 1 minute
7. Sprinkle half of the red and yellow peppers on one side of the eggs, apply one teaspoon of Parmesan cheese, and then fold in half
8. Repeat with remaining egg mixture, peppers, and cheese
9. Serve the dish hot

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13 Champions for Change
Vegetable Brunch Quiche

Serves: 8

Ingredients:

1. Nonstick cooking spray
2. 2 ¼ cups of chopped cauliflower florets
3. 1 tablespoon of vegetable oil
4. 1 medium onion, chopped
5. 1 (8 oz.) package of sliced mushrooms
6. 4 ½ cups (about 6 oz.) of beet, mustard, or collard greens, finely chopped
7. ½ teaspoon garlic powder
8. ½ teaspoon onion powder
9. 1 teaspoon brown sugar
10. ½ teaspoon ground cayenne pepper
11. ¾ cup of shredded low-fat Cheddar cheese
12. 1 cup of low-fat milk
13. ¾ cup of egg substitute (or 3 eggs)
14. ¾ cup of baking mix

Preparation: 15 minutes Cook time: 50 minutes

1. Preheat oven to 375° F
2. Spray a 10-inch pie dish with nonstick cooking spray
3. In a different, microwave safe bow, microwave cauliflower on high for 3 minutes, or steam cauliflower on stovetop
4. Pour vegetable oil into a large skillet and place over medium heat
5. Sauté onion and mushrooms until tender, around 5 minutes
6. Add the greens, garlic and onion powder, brown sugar, salt and cayenne pepper
7. Sauté for 3 minutes
8. Stir the cooked cauliflower into the greens mixture and place in the pie dish from earlier, then cover lightly in cheese
9. In another bowl combine the milk, egg substitute (or eggs), and baking mix; whisk until blended and pour over greens
10. Place in the center of the oven and cook 30-35 min, or until golden brown, and dish is ready to be served

Champions for Change
Low Cost, Healthy Lunch Recipes
Macaroni and Cheese with Glazed Vegetables

Serves: 5

Ingredients:

1. 2 cups of uncooked macaroni noodles
2. Nonstick cooking spray
3. ½ cup of chopped onions
4. ¾ cup evaporated skim milk
5. 1 egg, cracked and beaten
6. ½ teaspoon ground black pepper
7. 1 ¾ cups of shredded low-fat Cheddar cheese
8. 4 cups of frozen mixed vegetables (corn, carrots, misc. beans and peas)
9. 1 teaspoon grated orange peel
10. ½ cup 100% orange juice
11. 1 tablespoon Dijon mustard
12. 1 teaspoon low-sodium soy sauce

Preparation: 15 minutes  Cook time: 30 minutes

1. Cook the macaroni noodles according to instructions on package
2. Drain the pasta and set aside for later
3. Preheat the oven to 350°F
4. Spray a skillet with nonstick cooking spray and place it over medium heat
5. Add onions to the skillet and sauté for 3 minutes or until tender
6. Add the evaporated milk, egg, black pepper, and 1 ½ cups of cheese, mix until smooth
7. Add cooked macaroni noodles to the cheese sauce and stir until all are coated
8. Spray a casserole dish with the nonstick cooking spray
9. Pour the mixture into the casserole dish and then sprinkle the top with the remaining ¼ cup of cheese
10. Bake for 25 minutes, top will begin to bubble and brown
11. While the macaroni and cheese is baking, cook the mixed vegetables in the microwave according to package directions
12. Combine all of the remaining ingredients into a bowl and stir well
13. Drain vegetables and toss with the orange juice mixture
14. Serve 1 cup of macaroni and cheese along with ¾ cup of glazed vegetables

Champions for Change
Creole Green Beans

Serves: 8

Ingredients:

1. 2 teaspoons vegetable or olive oil
2. 2 small cloves of garlic, chopped
3. 1 (16 oz.) package of frozen cut green beans
4. 1 cut and chopped bell pepper
5. 1 cup of chopped fresh tomatoes
6. ½ cup of chopped celery
7. ½ teaspoon of salt
8. ¼ teaspoon of cayenne pepper

Preparation: 10 minutes    Cook time: 15 minutes

1. Heat the oil in a large skillet over low heat
2. Sauté the chopped garlic in the oil for 1 minute
3. Add the green beans and bell peppers; then increase heat to medium and cook for 7 minutes
4. Stir in tomatoes, celery, and seasonings; cook for an additional 7 minutes and dish is ready to be served

Herbed Potato Salad

Serves: 6

Ingredients:

1. 1 ½ lbs. of red potatoes, cut into cubes
2. ½ cup of light Italian dressing
3. ½ tablespoon spicy brown mustard
4. 1 tablespoon of chopped fresh parsley
5. 1 teaspoon garlic salt
6. ¼ teaspoon ground black pepper
7. ½ cup of chopped red bell pepper
8. ½ cup of chopped green bell pepper
9. ½ cup of chopped green onions

Preparation: 10 minutes    Cook time: 10 minutes

1. Boil water in a large pot
2. Place cubed potatoes into boiling water and cook for 10 minutes
3. Drain the potatoes and let them cool
4. Cut the potatoes into smaller places and place them in a bowl
5. In separate bowl combine the Italian dressing, spicy mustard, parsley, and seasonings; then pour contents over potatoes
6. Stir in the bell peppers and green onions
7. Cover, cool, and eat later; or serve it hot

16 Champions for Change
**Tuna Apple Salad**

**Ingredients:**

1. 2 (6 oz. cans) water packed tuna, drained
2. 2 tablespoons of finely chopped red onion
3. 1 medium apple, core removed and chopped in small pieces
4. 1 cup chopped celery
5. ¼ cup golden raisins
6. 3 tablespoons fat free Italian dressing
7. 2 cups salad greens
8. 2 medium whole wheat pitas

**Serves:** 4

**Preparation:** 15 minutes

1. Combine and stir tuna, celery, onion, apple, raisins, and 2 tablespoons of the dressing into small bowl
2. In another bowl combine the salad greens with the remaining dressing
3. Cut pitas in half to create 4 pockets
4. Put equal parts salad greens and tuna salad mixtures into pita pockets and serve

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**Black Bean and Corn Pitas**

**Ingredients:**

1. 1 (15 oz. can) low sodium black beans
2. 1 can of corn
3. 1 cup of fresh or canned (or no salt added) tomatoes
4. 1 chopped avocado
5. 1 finely chopped clove of garlic
6. 1 teaspoon chopped fresh parsley
7. 1/8 teaspoon of cayenne pepper (or other spice for flavor)
8. 2 teaspoons of lemon juice
9. ½ teaspoon of chili powder
10. 2 medium whole wheat pitas
11. 1/3 cup of part-skim shredded cheese

**Serves:** 4

**Preparation:** 15 minutes

1. Drain and rinse the beans
2. In medium bowl, combine the beans, corn, tomatoes, avocado, and garlic
3. Then sprinkle on the parsley, cayenne pepper, lemon juice, and chili powder and stir up mixture
4. Cut the pitas in half to make 4 pockets
5. Spoon equal amounts of mixture into the pitas, top with cheese and they are ready to serve

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17 Champions for Change
Roasted Vegetables

**Ingredients:**  
Serves: 4

1. Non-stick cooking spray  
2. 1 cup of chopped baby carrots  
3. 1 cup of chopped eggplant  
4. 1 cup of chopped asparagus  
5. 1 teaspoon vegetable or olive oil  
6. 2 chopped cloves of garlic  
7. 4 teaspoons dried basil  
8. 1 cup of chopped mushrooms  
9. 1 small diced zucchini

**Preparation:** 15 min  
**Cook time:** 35 min

1. Move oven rack to the bottom of the oven, preheat to 450 degrees  
2. Spray a cooking pan with the non-stick cooking spray  
3. Add eggplant, asparagus, and carrots to the pan; then drizzle them with the vegetable/olive oil  
4. Bake for 20 minutes  
5. Take a skillet, coat with non-stick spray  
6. With medium heat sauté the basil and garlic for 2 minutes  
7. Then add the mushrooms and zucchini to the pan, sauté for 5 minutes  
8. Add vegetables from oven to the pan, sauté for 5 minutes and the dish is ready to serve

Mexican Rice

**Ingredients:**  
Serves: 6

1. 1 tablespoon vegetable or olive oil  
2. 1 cup of chopped onion  
3. 1 (14 ½ - oz.) can of low-sodium chicken broth  
4. 1 cup white rice  
5. ¼ cup of chopped tomatoes  
6. ½ teaspoon of chili powder  
7. ¼ teaspoon salt  
8. 1 cup of thawed frozen corn  
9. 1 cup frozen pea/carrot blend

**Preparation:** 5 minutes  
**Cook time:** 30 minutes

1. Heat vegetable/olive oil in medium skillet, add chopped onion and cook for 5 minutes  
2. Stir in broth, rice, half of the tomatoes, chili powder, and salt then bring mixture to a boil  
3. Decrease heat and let simmer while covered for 25 minutes  
4. Stir in vegetables and let stand for 5 minutes  
5. Spoon remaining tomatoes on top and serve  

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18 Champions for Change
Hearty Bean and Vegetable Soup

Serves: 8

Ingredients:

1. 1 cup of each: dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas (will be soaked)
2. 8 cups of water
3. 1 smoked ham hock (½ lb.)
4. 1 teaspoon of each: dried basil, dried rosemary, dried marjoram, and crushed red chilies
5. ½ teaspoon of each salt and ground black pepper
6. 1 bay leaf
7. 1 cup of chopped onion
8. ½ cup of chopped carrots
9. ½ cup of chopped celery
10. 2 (14 ½ oz.) cans of no salt added diced, and drained tomatoes
11. 1 (8 oz.) can of tomato sauce

Preparation: 20 minutes  
Cook time: 3 hours

1. Rinse the pink, black, and kidney beans, with the lentils and yellow and blackeye peas under cold water
2. Place all beans, lentils, and peas into a large bowl, fill with water 2 inches over mixture then cover and let sit for 8 hours
3. After 8 hours, drain the mixture
4. Add bean, lentil, and pea mixture along with water, and ham hock to large pot and bring to a boil
5. Add spices, onion, carrots, celery, tomatoes, and tomato sauce then reduce heat to simmer and let sit for two hours
6. Uncover mixture and let cook for one hour more
7. Remove bay leaf, and ham hock from soup
8. Remove the meat off of the ham hock with forks and then add meat back to soup and ready the meal is ready to serve

19 Champions for Change
Low Cost, Healthy Dinner Recipes
**Potato Sauté with Onions and Bell Peppers**

**Ingredients:**  
1. 2 cups of water  
2. 2 large russet potatoes, washed and cut in half  
3. 1 tablespoon of vegetable or olive oil  
4. ½ cup of chopped onion  
5. ½ cup of chopped green bell pepper  
6. ½ cup of chopped red bell pepper  
7. ½ cup no salt added canned corn, or a frozen bag (thawed)  
8. ½ cup of chopped tomato  
9. ½ teaspoon oregano  
10. ¼ teaspoon salt  
11. ¼ teaspoon of black pepper  
12. ¼ cup of crumbled Queso Fresco or Monterey Jack cheese  

**Preparation:** 15 minutes  
**Cook time:** 30 minutes

1. Pour water into a large pan, bring to boil  
2. Add potatoes and cook until tender, about 15 minutes  
3. Drain the potatoes and cut them into bite sized pieces  
4. Heat the oil in a large skillet and then sauté the onion until it is golden brown  
5. Add the potatoes and peppers to the skillet at medium heat, and cook contents until they are golden brown  
6. Stir in corn, tomato, oregano, salt, and black pepper  
7. Top the mixture with cheese and the dish is ready to be served

**Oven Wedge Fries**

**Ingredients:**  
1. Nonstick cooking spray  
2. 2 large russet potatoes and cut them into wedges  
3. 2 cloves garlic, finely chopped  
4. 1 teaspoon Italian herb seasoning mix  
5. 1 teaspoon chili powder and/or paprika  
6. (if you do not have seasonings listed above, create your own)  

**Preparation:** 10 minutes  
**Cook time:** 15 minutes

1. Preheat oven to 400°F  
2. Spray a cooking sheet with the nonstick cooking spray, then place wedges on the sheet  
3. In a bow, combine the garlic with the seasonings and sprinkle half mixture over top of potatoes  
4. Bake the wedges until they begin to brown, around 7 minutes20

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20 Champions for Change
**Chicken Taquitos**

*Serves:* 4

**Ingredients:**

1. 2 cups of Pico de Gallo  
2. ½ cup of cooked and finely chopped chicken  
3. ½ cup of no salt added canned corn, or a frozen bag of corn, thawed  
4. ¼ cup of chopped green bell pepper  
5. ¼ cup of chopped green onion  
6. ½ cup shredded reduced fat Cheddar cheese, or cheese of your choosing  
7. 12 corn tortillas  
8. 12 toothpicks  
9. 2 teaspoons of olive or vegetable oil

**Preparation:** 15 minutes  
**Cook time:** 10-15 min

1. Heat the oven to 425°F  
2. In a bowl combine 1 cup of Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese  
3. Soften the tortillas on a skillet or in the microwave  
4. Take a spoonful of the mixture from the bowl and place it on the center of the tortilla  
5. Roll the tortilla into cylinder and secure with a toothpick  
6. Place the tortillas with their seam side down onto a baking sheet and brush each with the oil  
7. Bake for 10-15 minutes, when the tortillas have reached your desired texture  
8. Serve 3 Taquitos per plate, with the remaining Pico de Gallo on the side

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Champions for Change
Spaghetti with Turkey Meat Sauce

Serves: 8

Ingredients:

1. Nonstick cooking spray
2. ¾ lb. lean ground turkey
3. 2 (14 ½ oz.) cans of diced tomatoes (juice reserved)
4. 1 green bell pepper, chopped finely
5. 1 cup finely chopped onion
6. 2 cloves of garlic, finely chopped
7. 1 teaspoon crushed and dried oregano
8. 1 teaspoon ground black pepper
9. 1 lb. spaghetti noodles (whole wheat if possible)

Preparation: 10 minutes  
Cook time: 30 minutes

1. Spray a large skillet with nonstick cooking spray and place over medium heat
2. Add turkey and cook while occasionally stirring for 5-10 minutes until cooked
3. Drain fat
4. Stir in tomatoes and their juice, bell pepper, onion, garlic, oregano, and ground black pepper
5. Cover skillet and let simmer for 15 minutes while occasionally stirring
6. Boil water according to spaghetti package instructions and cook noodles
7. Drain the noodles
8. Serve the vegetables over the top of the spaghetti noodles

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22 Champions for Change
Chicken and Rice

Serves: 6

Ingredients:

1. 2 lbs. boneless, skinless chicken breaks sliced into strips
2. 1 medium onion, peeled and chopped
3. 2 green bell pepper, chopped
4. 2 jalapeno peppers, seeded and finely chopped
5. 3 cloves garlic, finely chopped
6. 2 cups low sodium chicken broth
7. 2 (14 ½ oz.) cans no salt added tomatoes, drained
8. ½ cup fresh or frozen pea and carrot blend
9. 1 teaspoon cumin powder
10. 1 teaspoon chili powder
11. ¾ cup of brown rice

Preparation: 15 minutes  Cook time: 40 minutes

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked completely, about 10 minutes
2. Remove the chicken from skillet and keep warm separately
3. Put remaining ingredients into skillet and bring to a boil
4. Cover skillet and let simmer for 30 min or until rice has absorbed liquid
5. Remove rice from heat and uncover, let sit for 3-5 min
6. Plate the rice mixture, place chicken on top, ready to serve

23 Champions for Change
Fish Tacos

Serves: 6

Ingredients:

1. 1lb of cod or white fish, cut into bite size chunks
2. 1 tablespoon of olive oil
3. 2 tablespoons of lemon juice
4. ½ package taco seasoning
5. 12 (6-inch) corn tortillas
6. 1 cup of both shredded red and green cabbage
7. 2 cups chopped tomatoes
8. ½ cup nonfat sour cream, taco sauce, or lime wedges (optional for taste)

Preparation: 20 minutes  
Cook time: 5 minutes

1. Combine the fish, olive oil, lemon juice, and taco seasoning into bowl and mix contents
2. Dump the contents into a skillet and place over medium heat
3. Stir constantly for around 5 minutes or until the fish is beginning to flake
4. Warm tortillas up
5. Place fish into tortillas and then top with tomato, cabbage, and other toppings if desired

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24 Champions for Change
**BBQ Turkey in Pepper Shells**

Serves: 6

**Ingredients:**

1. ¾ pound of lean ground turkey  
2. 1 large onion, peeled and chopped  
3. 1 medium green bell pepper  
4. 1 (14 ½ oz.) can, of no salt added tomatoes  
5. 1 cup of low sodium canned black beans, drained and rinsed  
6. ½ cup of BBQ sauce (your choosing)  
7. 1 teaspoon garlic powder  
8. 1 teaspoon liquid smoke  
9. 3 bell peppers of any color

**Preparation**:

1. Brown the turkey in a skillet over medium heat until it is no longer pink  
2. Drain the excess fat from the meat  
3. Add onion and cook until tender, about 5 minutes  
4. Add all the remaining ingredients except the whole bell peppers to the mixture and let simmer for 10 minutes over medium heat  
5. Meanwhile, cut the whole bell peppers into halves lengthwise and remove seeds  
6. Place the peppers in a dish with a little water, cover, and microwave on high for 5 minutes or until they are tender  
7. Place peppers onto plate and spoon mixture into them  
8. Serve while hot

**Rainbow Coleslaw**

Serves: 12

**Ingredients:**

1. 2 cups of thinly sliced red cabbage  
2. 2 cups of green sliced cabbage  
3. ½ cup of chopped yellow or red bell pepper  
4. ½ cup of shredded carrots  
5. 1/3 cup of chopped red onion  
6. ½ cup of low-fat mayonnaise  
7. 1 tablespoon of red wine vinegar  
8. ½ cup of cheese of your choice, cut into cubes

**Preparation**:

1. Combine all of the vegetables and cheese into a bowl  
2. In separate bowl combine the mayo, vinegar, and possibly celery seed to make dressing  
3. Drizzle the dressing over the vegetables and cheese and stir until all are coated evenly  

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25 Champions for Change
Blue Zones

In 2004, Dan Buettner teamed up with National Geographic and the world’s best longevity researchers to identify pockets around the world where people live measurably longer better. In these “Blue Zones” they found that people reach age 100 at rates 10 times greater than in the United States. They found that the lifestyles of all Blue Zones residents shared nine specific characteristics. Adopt some of these in your daily routines and you can be on your way to better health today.

1. Move Naturally - The world’s longest-lived people don’t pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don’t have mechanical conveniences for house and yard work.

2. Purpose - Knowing your sense of purpose is worth up to seven years of extra life.

3. Down Shift - Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world’s longest-lived people have that we don’t are routines to shed that stress; such as taking a nap or praying.

4. 80% Rule - The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don’t eat any more the rest of the day.

5. Plant Slant - Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of deck or cards.

6. Wine @ 5 - People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day with friends and/or with food.

7. Belong - All but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn’t seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

8. Loved Ones First - Successful centenarians in the Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in the home. They commit to a life partner and invest in their children with time and love.

9. Right Tribe - The world’s longest lived people chose—or were born into—social circles that supported healthy behaviors. Unhealthy habits are contagious, so choosing the right people to live your life with can influence your health in the long run.

Find out more about Blue Zones [here](#), or check out this video on how to live to be 100+ [here](#).
add more vegetables to your day

10 tips to help you eat more vegetables

It’s easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1. discover fast ways to cook
   Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. be ahead of the game
   Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. choose vegetables rich in color
   Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. check the freezer aisle
   Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. stock up on veggies
   Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6. make your garden salad glow with color
   Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.

7. sip on some vegetable soup
   Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8. while you’re out
   If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. savor the flavor of seasonal vegetables
   Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer’s market.

10. try something new
    You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Go to www.ChooseMyPlate.gov for more information.
Bibliography


