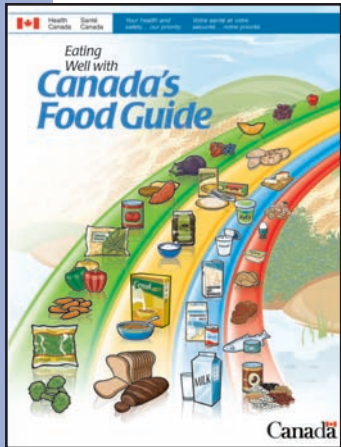


Meal Planning Made Easy



For parents and caregivers looking for easy solutions to help children enjoy
the pleasures of healthy eating

Healthy Eating Just Got Easier!



Meal Planning Made Easy is based on Eating Well with Canada's Food Guide

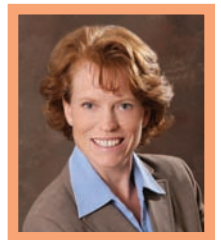
Parents and caregivers, say goodbye to mealtime stress

As a parent or caregiver, you know that healthy eating helps children grow and thrive. You also know that managing mealtimes and helping children develop healthy eating habits have their challenges – and, thankfully, their rewards too!

We all want to enjoy mealtimes together with delicious, healthy food that we can make easily. Now you have the ultimate tool to help you make that happen.

Egg Farmers of Ontario is pleased to bring you **Meal Planning Made Easy**, created in partnership with the Home Child Care Association of Ontario and developed by a Registered Dietitian, Carol Harrison.

Carol has three children of her own. She has worked with parents, educators and caregivers for over 15 years and she knows the everyday challenges of feeding children. She offers trustworthy advice and solutions that work.



*Carol Harrison
BASC., RD*



Home Child Care Association of Ontario
Association Ontarienne de garde d'enfants à domicile

The Information You're Hungry for...

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Everything you need to get started!

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Meal Planning Made Easy gets a “Thumbs up!”

“After reading the resource, I learned how to better plan meals and make mealtimes more enjoyable, and I learned new skills to feed a picky eater.”

Parent, Toronto

“The hardest part about mealtimes is thinking of what to cook. This resource is full of great ideas, so I don’t think I’ll have that problem again!”

Caregiver, Ottawa



Everything You Need to Succeed is Here!

Step by step, we'll show you how to get started or enhance what you do already. Inside, you'll find:

- *Tips for how to plan meals*
- *Meal planning checklists*
- *Seasonal sample meal plans*
- *Tear-out meal planning sheets*
- *Tips for feeding picky eaters*
- *Time- and money-saving advice*
- *Quick and tasty recipes*
- *Dietitian's tips*
- *...and more!*



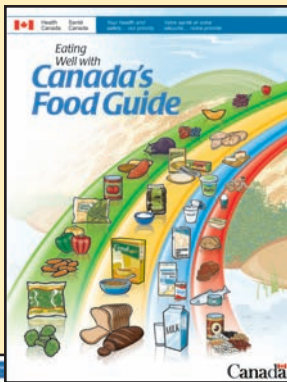
Enjoy mealtimes

Make mealtimes easier and have some fun along the way too! When time permits, a small effort can make a meal special. Try:

1. **Pirate night.** Serve only foods that you can eat with your hands – no utensils. Arrrgh!
2. **Taking a trip.** Visit a farmers' market, pick-your-own farm, ethnic food store or grocery store to gather ingredients for a meal or snack that you'll cook together.
3. **"Mystery Friday."** Surprise the kids with a new recipe, ingredient or food. Offer hints throughout the week to build up the suspense.
4. **Eating your meal backwards.** Start with dessert!
5. **Celebrating food from around the world.** Try a new ethnic dish. Involve the children in the planning, shopping and cooking.

Follow Canada's Food Guide

For good health, the Food Guide recommends what foods and how much to offer a child for an entire day

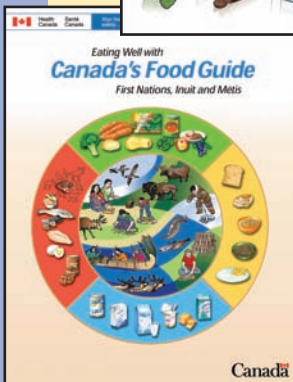


Remember, children eat best when you *let them decide* what and how much to eat from the healthy choices that you serve. Children's appetites naturally go up and down. When they are growing quickly, they eat more, and when their growth slows down, they eat less.

If you have concerns about what or how much a child is eating, caregivers can talk to the child's parents, and parents can talk to their health-care provider.

FIND OUT MORE

Read Canada's Food Guide online at www.healthcanada.gc.ca/foodguide. At this website, you can also order a copy (it is available in 12 languages) and create your own Food Guide.



Did you know? Children who eat well by following Canada's Food Guide...

- Feel good about themselves
- Have a healthy body weight
- Have the energy to be active
- Have stronger bones
- Are less likely to be moody and irritable
- Learn better
- Enjoy overall better health



Smart Tips for Meal Planning

There is no right or wrong way to plan meals. Do whatever works for you. Try these tips:

Before starting:

- Plan to use up what you have on hand first. Check the fridge, cupboards and freezer.
- Plan to include plenty of the foods from the “*Foods to serve every day*” chart (page 5).
- Check grocery flyers for specials.
- List any special dietary requirements (lactose intolerance, vegetarianism, etc.) to consider.
- Ask the children for input. They may be more likely to eat the food served.

Fill in the meal planning form:

- Starting on page 11, there are meal planning forms for you to tear out. The weekly planners do not include weekends. Most people find they benefit from planning during busy weekdays, and like to relax and be more flexible with meal planning on weekends.
- Start filling in the weekly charts with some of the healthy meals and snacks you often serve.
- Plan your meals to suit your activities for the week. If you are new to meal planning, you may find the checklist on pages 3-4 helpful.
- To protect your completed meal planning sheets so you can reuse them, try putting them in a plastic protective sheet and using a clip magnet to post it on your fridge.
- Need more ideas? Use the sample meal plans (pages 7-10) and recipes (pages 32-34) in this resource. Also, check out the cookbooks and websites listed on page 35.

Check your meal plan:

- Review the meal planning checklist (pages 3-4) and make changes as needed.

Make a shopping list:

- To save time, organize your list the way your grocery store is laid out. Keep the list on the fridge and add items as needed. When it's time to shop, you'll be ready to go!

MEAL PLANNING WORKS!

“Meal planning keeps my week sane. I feel in control, and it’s one less thing to worry about. I can really tell the difference in the weeks when I don’t plan ahead.”

Parent, Toronto

“When I plan meals, I tend to serve healthy food that is budget-wise too. I buy few costly processed foods and more healthy basics, like eggs, whole grains, fruits and vegetables, milk and lean meats.”

Caregiver,
Kitchener



Meal Planning Checklist

How do your meal plans measure up?

FOR GOOD NUTRITION, AS OFTEN AS POSSIBLE, TRY TO:

- ☐ Ask parents and children to provide input for the meal plan.
- ☐ Serve mainly (about 80%) foods from the *"Foods to serve every day"* chart (page 5). When serving the "sometimes" or "limit" foods shown on page 6, offer them in small portions alongside more nutritious choices or as part of a meal (for example, a small scoop of ice cream with fruit topping for dessert).
- ☐ Serve foods from three or four Food Groups for breakfast.
- ☐ Serve foods from three or four Food Groups for lunch and dinner.
- ☐ Serve foods from two or three Food Groups for snacks, and try to include choices from Food Groups missed at a previous mealtime.
- ☐ Avoid serving snacks high in sugar, such as dried fruits, which may promote cavities.
- ☐ Avoid (or limit to once a week) processed foods (hot dogs, corn dogs, frozen pizzas, canned soups, breaded meat/fish/poultry, boxed macaroni and cheese, etc.).
- ☐ Avoid repeating the same meal ideas within the week (for example, serving pizza twice a week).



Better beverages

Stick with these tips to serve your child the right drinks at the right time.

- ☐ Offer water when your child is thirsty or active, and when the weather is hot.
- ☐ To avoid spoiling a child's appetite, serve only water between meals and snacks.
- ☐ Limit 100% juice for the entire day to 1/2 cup (125 mL) for 2- to 5-year-olds and 1/2 -1 cup (125 -250 mL) for 6- to 12-year-olds. Children get more nutrients by eating the vegetable or fruit.
- ☐ Give children 2 cups (500 mL) of 1% or 2% milk or fortified soy beverage per day.
- ☐ Avoid serving sugary drinks that offer few or no nutrients, such as: iced tea, fruit cocktails, fruit punches, lemonade, fruit drinks, sports drinks, and soft drinks or pop.

Meal Planning Checklist

How child-friendly are your meal plans and mealtimes?

For child-friendly meals:

- ☐ Ask children to wash their hands before eating.
- ☐ Have children help prepare and serve food often. (They may be more likely to eat it.)
- ☐ Serve meals and snacks at the same times each day. Offer preschoolers food every 2-3 hours and school-agers every 3-4 hours. This provides children enough food, but won't spoil their appetites for the next meal or snack.
- ☐ Sit and eat with children without distractions such as TV or toys. This can lead to overeating and leave less time for socializing.
- ☐ Help children eat successfully by offering child-sized cups, plates and utensils, and make sure they can sit comfortably at the table.
- ☐ Have food ready when children sit down to eat. No waiting means no whining!
- ☐ Let children eat at a relaxed pace. Those who finish first may do a quiet activity or wash their hands and brush their teeth.
- ☐ Provide a variety of well-matched flavours, colours, temperatures and textures (smooth/chunky consistencies, cooked, raw, crunchy, chewy, crispy) and shapes (shredded, strips, cubes, chunks, slices).
- ☐ Serve younger children (ages 3-6) some foods they can eat with their fingers (hard-cooked eggs, veggies and dip).
- ☐ Serve foods separately (meat and veggies) more often and introduce mixed dishes (such as stews) gradually. It takes time to get used to eating foods mixed together.
- ☐ Put food in bowls and platters on the table where children can help themselves. Letting them choose what and how much to eat from the healthy choices offered helps avoid mealtime conflict.
- ☐ Make one meal, not separate meals. Serve at least one food your child will eat (even bread) at every meal so he or she won't go hungry.
- ☐ Offer meals and snacks that respect cultural and religious food habits, vegetarianism and health-related food restrictions.

Reduce risks for choking

Any food can cause choking. Children of any age can choke on food, especially children aged 3-5. That's why it is important to always supervise children when they are eating.

At meals and snack times, have children sit down, and keep kidding around to a minimum. You should also:

- *Cut grapes into quarters.*
- *Grate or steam hard vegetables.*
- *Remove pits and seeds from fruit and cut into pieces.*
- *Spread peanut butter thinly. Never serve it on a spoon.*
- *Cut hot dogs and sausages into long strips, and then into bite-sized pieces. (Note that these foods are not very nutritious.)*
- *Avoid serving popcorn, raisins, nuts and hard, round candies to children under 5.*



What Foods Are Healthier Choices?

The next three charts can help you choose which foods to serve every day or serve sometimes, and which ones to limit. The “*Foods to serve every day*” choices are minimally processed and contain less fat, salt (sodium) and sugar, and provide more vitamins, minerals and fibre. Read labels to choose the better brands. Serve these foods most of the time (about 80%).

TRY THIS: Check off the foods that you serve. Then go back and think – do you serve them as suggested (every day, sometimes or in limited amounts)? Are there any foods from the “*Foods to serve every day*” chart that you could offer more often or add to your meal plans?

FOODS TO SERVE EVERY DAY			
VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES
<div><input type="checkbox"/> Fresh vegetables and fruit when in season, and frozen or canned at other times</div> <div><input type="checkbox"/> Dark-green vegetables: broccoli, bok choy, peas, green beans, cabbage, fiddleheads, romaine lettuce, spinach</div> <div><input type="checkbox"/> Orange vegetables and fruit: carrots, squash, pumpkin, yams or sweet potatoes, cantaloupes, apricots, nectarines</div> <div><input type="checkbox"/> Unsweetened 100% fruit juice: grape, orange, pineapple, apple</div> <div><input type="checkbox"/> Homemade frozen fruit-juice bars made with 100% fruit juice</div> <div><input type="checkbox"/> Homemade vegetable soups: tomato, carrot, butternut squash</div> <div><i>Prepare with little or no added fat, sugar or salt: steam, stir-fry, bake or grill.</i></div> <div><i>Serve one green and one orange vegetable each day.</i></div> <div><i>Offer vegetables and fruits more often than 100% juice.</i></div>	<div><input type="checkbox"/> Unsweetened whole-grain cereals (such as oatmeal) with 4 grams or more of fibre per serving</div> <div><input type="checkbox"/> Whole-grain or whole-wheat: bread, bannock, tortillas, bagels, pitas, buns, crackers, English muffins, pancakes</div> <div><input type="checkbox"/> Homemade muffins made with whole grains (oats)</div> <div><input type="checkbox"/> Whole-wheat noodles, pasta, brown rice, couscous</div> <div><input type="checkbox"/> Wild rice, bulgur, millet, barley</div> <div><input type="checkbox"/> Whole-wheat roti, chapati, naan</div> <div><input type="checkbox"/> Chinese steamed buns</div> <div><input type="checkbox"/> White bread, white rice, enriched pasta (refined grains can be important sources of folate)</div> <div><i>Make half of the grain product choices whole grains each day.</i></div> <div><i>When adding sauces and spreads, use small amounts.</i></div>	<div><input type="checkbox"/> Powdered milk</div> <div><input type="checkbox"/> Milk: skim, 1%, 2%</div> <div><input type="checkbox"/> Chocolate milk</div> <div><input type="checkbox"/> Fortified soy beverage</div> <div><input type="checkbox"/> Canned milk (evaporated)</div> <div><input type="checkbox"/> Soups made with milk</div> <div><input type="checkbox"/> Yogurt</div> <div><input type="checkbox"/> Smoothies made with milk/yogurt</div> <div><input type="checkbox"/> Kefir (yogurt drink)</div> <div><input type="checkbox"/> Hard cheeses</div> <div><i>Serve 2 cups (500 mL) of milk or fortified soy beverage each day.</i></div> <div><i>Compare labels to choose lower-fat cheese and yogurt.</i></div>	<div><input type="checkbox"/> Eggs: regular, omega-3</div> <div><input type="checkbox"/> Tofu</div> <div><input type="checkbox"/> Beans, peas, lentils</div> <div><input type="checkbox"/> Hummus</div> <div><input type="checkbox"/> Peanut butter, nut butters</div> <div><input type="checkbox"/> Nuts, seeds (plain, unsalted)</div> <div><input type="checkbox"/> Fish*, seafood</div> <div><input type="checkbox"/> Canned light tuna, sardines, salmon (in water)*</div> <div><input type="checkbox"/> Frozen fish: smelt, tilapia, salmon, haddock, Boston bluefish, ocean perch*</div> <div><input type="checkbox"/> Chicken, turkey</div> <div><input type="checkbox"/> Lean beef/pork: stew meat, shoulder pork, chuck/blade, brisket point, cross rib, sirloin tip, outside round or bottom, inside round</div> <div><input type="checkbox"/> Lean or extra-lean ground meat, or regular ground meat that is well cooked and rinsed of excess fat</div> <div><i>Serve meat alternatives often.</i></div> <div><i>Trim fat from meats and skin from poultry. Cook with little or no added fat: roast, grill or bake.</i></div>

*Call EatRight Ontario at 1-877-510-510-2 to learn about choosing low-mercury fish.

Foods to Serve Sometimes and Limit

FOODS TO SERVE SOMETIMES

VEGETABLES AND FRUIT

- ☐ Vegetables with sauces or breading
- ☐ Dried fruit: raisins, cranberries, apricots
- ☐ Fruit leather, dried fruit bars
- ☐ Fruit crisps, cobblers

GRAIN PRODUCTS

- ☐ Granola bars (plain)
- ☐ Pretzels (unsalted)
- ☐ Cookies: oatmeal, peanut butter, dried-fruit-filled (such as fig), gingersnaps, graham wafers
- ☐ Biscuits, scones, small store-bought muffins

MILK AND ALTERNATIVES

- ☐ Pudding made with milk
- ☐ Milkshakes
- ☐ Frozen yogurt
- ☐ Custards
- ☐ Processed cheese slices
- ☐ Cheese spreads

MEAT AND ALTERNATIVES

- ☐ Low-fat fish sticks*
- ☐ Low-fat chicken strips or nuggets
- ☐ Canned fish (in oil)*

FOODS TO LIMIT

- ☐ Pastries, Danishes
- ☐ Fried bread
- ☐ Cakes, pies, sticky buns, donuts, tarts
- ☐ Pre-sweetened cereals
- ☐ Granola bars with chocolate
- ☐ Cookies with icing
- ☐ Instant noodle soups
- ☐ Soft drinks, pop, diet pop
- ☐ Fruit drinks (punches, cocktails)

- ☐ Sweetened fruit juices
- ☐ Sports drinks
- ☐ Coffee beverages (such as icy cappuccinos)
- ☐ Syrups, jams
- ☐ Frozen ice treats (Popsicles)
- ☐ Sherbet, ice cream
- ☐ Marshmallows
- ☐ Whipped cream, whipped topping

- ☐ Candy, chocolate
- ☐ Flavoured gelatin
- ☐ Potato chips, nacho chips
- ☐ Cheesies
- ☐ French fries, onion rings
- ☐ Wieners, hot dogs, sausages
- ☐ All deli meats
- ☐ Canned meats (such as corned beef)
- ☐ Bacon and back bacon

- ☐ Dried meat dipped in lard or shortening
- ☐ Dried processed meat strips, such as pepperoni sticks
- ☐ Gravy
- ☐ Ketchup, mustard, relish
- ☐ Butter, hard margarine, lard, shortening
- ☐ Cream cheese
- ☐ Sour cream

*Call EatRight Ontario at 1-877-510-510-2 to learn about choosing low-mercury fish.

Adapted from *Eat Right Be Active – A guide for parents and caregivers of children ages 6-8*, Nutrition Resource Centre, Toronto, Ontario, 2007

Sample Fall Menu

Enjoy Fall!

GREAT SEASONAL IDEAS:

Broccoli

Try in quiche, soup, pasta sauce and salad.

Sweet potatoes

Try baked, mashed, in potato salad and soups, and fresh with dip.

Blue table grapes

Try in fruit salad, over cereal and as part of a fruit and cheese platter.

Pears

Try in crisps, muffins, hot or cold cereal, and bread pudding, and with cheese.

Find out more:

Visit www.foodlandontario.ca to find pick-your-own locations, see what's in season and locally available, and get recipes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Whole-grain waffles Yogurt mixed with canned apricots Milk	Overnight Cheese Strata (recipe, page 32) Melon wedge Milk	Microwaved oatmeal with milk, peanut butter and chopped apples 100% orange juice	Breakfast pizza (whole-grain English muffin, pizza sauce, cheese) Canned peaches Milk	Mexican omelette (Monterey Jack cheese and mild salsa) Orange wedges Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Rice pudding with cranberries Water	Zucchini loaf 100% grape juice	Pumpkin bread Blue table grapes Milk	Cheese fondue with apple wedges (or cheese cubes) Water	Pear slices over whole-grain crackers with thinly spread peanut butter or pea butter Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Veggie, kidney bean and pasta soup Toasted garlic bread Orange and halved grapes Milk	Spaghetti squash with tomato and lean ground meat sauce Small whole-grain roll Coleslaw Milk	Homemade fish nuggets Oven-warmed whole- wheat pita wedges Baked plantain Greek salad Milk	Egg noodle soup Microwaved frozen edamame Kiwi Milk	Curried chicken salad in whole-wheat pita Cantaloupe balls Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Guacamole or salsa with assorted veggies (jicama, carrots, celery) and baked tortilla wedges Apple cider	Yogurt-fruit smoothie	Fruity slaw (cabbage, cut-up fruit, sunflower seeds and Asian vinaigrette) Milk	Bean Quesadillas (recipe, page 33) Watermelon Water	Carrot and raisin salad Bread sticks Water
DINNER	DINNER	DINNER	DINNER	DINNER
Beef stroganoff Whole-wheat noodles Green salad Blueberries over ice cream Water	Spanish rice and lentils Steamed broccoli Fruit cup Water	Zucchini and red pepper frittata Whole-grain bun Tomato soup Yogurt over apple crisp Water	Baked lemon sole Couscous and vegetable salad (frozen vegetables) Green beans Sherbet Water	Chickpea, veggie and pasta soup Toasted whole-grain bagel with melted cheese Homemade chunky applesauce Water

DIETITIAN'S TIP:

Make the switch
to whole grains

Whole grains have 80% more disease-fighting compounds than refined grains (white bread, white rice). Try:

- Adding oatmeal to pancake mix.
- Using whole-grain bread for grilled cheese sandwiches and French toast.

Find out more at
www.healthcanada.gc.ca/foodguide.

Sample Winter Menu

Enjoy Winter!

GREAT SEASONAL IDEAS:

Rutabaga (turnip)

Try mashed, raw with dip, and in soups and stews.

Mushrooms

Try in omelettes, vegetable kebabs, fried rice and quesadillas.

Cabbage

Try in cabbage rolls, stir-fries, sandwiches, vegetable soup and coleslaw.

Apples

Try baked and in pancakes, muffins, curried soups, applesauce and bread pudding.

Find out more:

Visit www.foodlandontario.ca to find pick-your-own locations, see what's in season and locally available, and get recipes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pizza Omelette (recipe, page 34) Clementine Milk	Grilled cheese sandwich made with raisin bread Apple slices Milk	Rolled-up pancakes filled with chopped fresh or canned fruit Milk	Cheese quesadillas made with whole-wheat tortillas Pear slices Milk	Banana Blueberry Muffin (recipe, page 32) Canned apricots Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Carrot Potato Pancakes (recipe, page 33) Salsa Milk	Sweet potato wedges Oven-baked whole-grain pita wedges Salsa Water	Homemade apple-oat bran quick bread Warmed chocolate milk	Mixed berry (frozen) crisp topped with vanilla yogurt Milk	Microwaved frozen edamame Whole-grain crackers Hummus Water
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Beef curry roti Peas (frozen) Milk	Egg and Mushroom Fried Rice (recipe, page 34) Tomato soup made with powdered milk Water	Homemade fish burger on whole-grain bun with lettuce and tomato slices Cabbage and apple coleslaw Milk	Sweet and sour pork Rice vermicelli Stir-fried frozen veggies Milk	Homemade mac and cheese with broccoli Garlic bread Fruit kebab (grapes, bananas, clementines on straws) Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Trail mix (shredded-wheat squares, oat cereal, pretzels, air-popped popcorn) Cheese cubes Water	Winter fruit bowl (orange, tangerine, kiwi, banana and apple mixed with fruit yogurt) Milk	White bean dip Sliced veggies and whole-grain crackers Water	Pita-cheese crisps (toasted whole-wheat pitas, grated Cheddar cheese) 100% cranberry juice/juice blend	Mini quiche Raw turnip sticks Water
DINNER	DINNER	DINNER	DINNER	DINNER
Broccoli soup Shrimp and veggie jambalaya (rice) Water	Chicken and veggie stew with dumplings Baked Rice Pudding (recipe, page 33) Soy beverage	Butternut squash soup Muffin tin meatloaf Green peas Brown rice Water	Broiled salmon Steamed bok choy Whole-wheat couscous Berry (frozen) smoothie	Turkey pot pie Spinach and mandarin orange salad Baked apples Water

DIETITIAN'S TIP: Vegetarianism

Vegetarian meals can be nutritious and easy on the budget. Replace meat with alternatives such as:

- Eggs
- Peanut butter, nuts and seeds
- Legumes (such as lentils, kidney beans and tofu)

To plan meals for vegans (vegetarians who do not eat any foods that come from animals), get advice from a registered dietitian.

Sample Spring Menu

Enjoy Spring!

GREAT SEASONAL IDEAS:

Asparagus

Try in casseroles, omelettes and couscous, and on pizza.

Cucumbers

Try with dip or fresh salsa, and in sandwiches and wraps.

Greenhouse tomatoes

Try stuffed with egg salad, and in pasta sauce and a vegetable panini sandwich.

Greenhouse rhubarb

Try in muffins, quick breads and rhubarb crisp, and in fruit sauce over French toast and pancakes.

Find out more:

Visit www.foodlandontario.ca to find pick-your-own locations, see what's in season and locally available, and get recipes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes (recipe, page 32) with puréed frozen berries mixed with a little maple syrup Milk	Orange-pineapple yogurt smoothie Mini oatmeal muffin Water	Open-faced peanut butter sandwich on cinnamon-raisin toast Pear or apple slices Milk	Whole-wheat toast Scrambled eggs Fruit cup Milk	Banana bread French toast Orange wedges Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Canned water- or juice-packed peach slices Vanilla yogurt Water	Whole-grain bagel with veggie cream cheese (grated carrot, diced red pepper) 100% orange juice	Egg salad dip with fresh veggies (snow peas, daikon, carrots) Water	Hummus with naan wedges, cucumbers and peppers Water	Whole-wheat couscous with sliced apricots and sunflower seeds 100% pineapple juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Baked chicken and sweet potato wedges Brown rice Sliced cold cooked beets Milk	Asparagus and Cheddar soup Hard-cooked egg Whole-grain bread or roll Canned fruit salad with fresh melon Milk	Baked fish fingers Pink rice (made with 1/2 vegetable juice) Carrots Yogurt-granola parfait Milk	Asian beef and broccoli noodle salad (leftover spaghetti) Sesame seed carrots Gingerbread cookie Soy beverage	Turkey and veggie chili Cornbread mini muffins Plum Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Veggies (peppers, snow peas) with yogurt dip 100% cranberry juice or blend	Chicken (leftover) quesadillas made with whole-wheat tortillas plus salsa for dipping Water	Cubed fruit (mango, pineapple, apples) with mild cheese Water	Warm bread pudding Milk	Fruit jelly (jelly powder prepared with 100% apple juice and canned fruit) served with a scoop of fruit yogurt Water
DINNER	DINNER	DINNER	DINNER	DINNER
Egg 'n' Cheese Dog (recipe, page 34) Purple and green cabbage coleslaw Apple and rhubarb crisp Water	Vegetarian lasagna Garlic bread Steamed green beans Chocolate milk	Meatballs (recipe, page 34) and tomato sauce over whole-wheat spaghetti Orange and kiwi salad Soy beverage	Tuna noodle casserole Green salad Yogurt with granola and canned apricots Water	Asparagus strata (egg casserole) Sliced tomatoes and cucumbers Pear crisp Mango (frozen) smoothie

DIETITIAN'S TIP:

Monkey see, monkey do!

Let children see you eat vegetables and/or fruits at most meals and snack times. Here's why: 70% of children do not eat the recommended five servings of vegetables and fruit each day. Those children are more likely to be overweight.

Canadian Community Health Survey, 2004

Sample Summer Menu

Enjoy Summer!

GREAT SEASONAL IDEAS:

Berries

Try in French toast, waffles, crepes, cereal, yogurt, frozen fruit pops, fruit kebabs and green salads.

Snow peas

Try in scrambled eggs, salads and yogurt dip.

Napa cabbage

Try in coleslaw, tossed salad, stir-fries and chicken soup.

Apricots

Try in pancake or muffin batter, smoothies and milk pudding, and on cereal.

Find out more:

Visit www.foodlandontario.ca to find pick-your-own locations, see what's in season and locally available, and get recipes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Granola over sliced plums and plain yogurt Water	Whole-grain cereal Mango and blueberries Milk	Baked Cinnamon French Toast (recipe, page 32) Fresh peach slices Milk	Cinnamon-raisin bagel spread with peanut butter and topped with sliced bananas and raspberries Milk	Egg-filled Tortilla Cups (recipe, page 33) Cherries Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Egg Salad in a Cone (recipe, page 33) Colourful, fresh sliced veggies Milk	Make-your-own fruit smoothie Water	Fresh fruit salsa with baked whole-wheat pita wedges dusted with cinnamon Milk	Whole-grain cereal with milk Apricot halves Water	Make-your-own fresh fruit cup (grapes, berries, cantaloupe) Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Veggie and black bean whole-wheat couscous salad Wedge of watermelon Milk	Teriyaki Tofu Stir-fry (recipe, page 34) Homemade ice cream sandwich Milk	Individual pizzas (leftover meats) Zucchini, carrot and celery sticks with ranch dip Milk	Make-your-own beef tacos (lean ground beef, shredded lettuce, carrots, tomatoes, cucumber) Napa cabbage salad Milk	Baked fish fillets Egg noodles Steamed baby bok choy Sliced red peppers with dip Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Fruit slushy made with seasonal fruit, juice and ice Mini whole-wheat pita stuffed with tuna salad (made with light tuna)	Fresh tomato bruschetta (on whole-grain baguette) Cheese platter Water	Fruit fondue (mango, cantaloupe, strawberries, bananas) with vanilla-honey yogurt dip Water	Sweet potato salmon cakes with honey-mustard dipping sauce Sliced fresh fruit (peach, plum, pear) Water	Frozen yogurt-fruit pops (puréed fruit blended with yogurt and frozen in Popsicle molds)
DINNER	DINNER	DINNER	DINNER	DINNER
Chicken-pasta salad Cut-up cucumbers, peppers and tomatoes Strawberry smoothie	Grilled fish, peppers and eggplant Quinoa pilaf Soy beverage	Make-your-own omelette Whole-grain toast Green salad with berries Water	White bean, parsley and tomato salad Whole-grain roll Cheese cubes Water	Jerk beef and veggies in a pita Corn on the cob Cantaloupe wedges Water

DIETITIAN'S TIP: Overweight children

If a child's doctor has said that the child is overweight, here are some tips that can help:

- Trade screen time (TV, computers, video games) for active playtime.
- Serve vegetables and/or fruits at each meal and snack time.
- Talk to a registered dietitian for personalized advice.

Meal Planner



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Smart shopping to save money

- 1. Buy meat alternatives more often.** Meats can be expensive. Try these less costly and super-nutritious alternatives: eggs, canned fish*, beans and tofu.
- 2. Buy healthy basics from the store perimeter:** vegetables and fruit, grain products, milk or soy beverage, eggs, meats and frozen veggies, fruit, and 100% concentrated juice. Shop the aisles for canned fish*, beans, canned veggies and fruits, whole-grain cereals and pasta, and brown rice.
- 3. Buy foods in their natural state rather than processed convenience foods.** Convenience can be costly, and packaged foods are often less nutritious. For example, instead of frozen pizza, make your own whole-wheat pita pizzas.
- 4. Buy fresh produce in season, and frozen or canned produce at other times.**
- 5. Compare bulk, “no name” and store-brand prices.**

*Call EatRight Ontario at 1-877-510-510-2 to find out about choosing fish wisely.

Wondering what brand of bread to buy? Find tips for label reading on page 14.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Processed foods

Children may love processed foods (hot dogs, French fries, fast food, frozen pizzas), but the reality is that regularly serving these nutritionally poor items can lead to overweight and long-term health problems. Instead, choose easy meals made with healthy basics, such as whole grains, vegetables, eggs, lean meats and milk.



Egg-filled Tortilla Cups
Recipe, page 33

A Dozen Ways to Save!

Check off new tips you would like to try:

- ☐ 1. Pick your own produce at farms or buy it in season. Learn more at www.foodlandontario.ca.
- ☐ 2. Check the price per kilogram (or pound) to compare the cost of whole chickens to chicken pieces, and beef/pork/poultry in family-sized packages to smaller packages.
- ☐ 3. Use unit pricing (found on the shelf) to compare prices on canned and packaged goods.
- ☐ 4. Choose larger containers of food (yogurt, milk, cereals) and pre-bagged buns and produce (apples, oranges) over individual ones.
- ☐ 5. Choose better fish buys: canned light tuna, canned salmon and sardines.*
- ☐ 6. Buy meats, poultry and fish that are not breaded, seasoned or basted/flavoured.
- ☐ 7. Check the Best Before dates on milk, eggs and bread to buy the freshest items.
- ☐ 8. Choose frozen 100% juice concentrate over juice in cartons.
- ☐ 9. Buy milk powder for cooking (muffins, scrambled eggs).

- ☐ 10. Buy breads on sale or “day old.” Freeze extras for up to six weeks. Use in bread pudding or French toast, or press into a muffin tin to make crusts for mini quiches.
- ☐ 11. Choose unsweetened whole-grain cereals (oatmeal in bulk, O-shaped) with 4 or more grams of fibre per serving.
- ☐ 12. Buy extras of sale items that you can store safely for a long time (brown rice).

*Call EatRight Ontario at 1-877-510-510-2 to find out about choosing fish wisely.



Buy alternatives to meat more often and SAVE!

Meats are generally the most expensive items on our grocery list.

The Food Guide recommends eating meat alternatives more often – they are nutritious, less costly and easy to prepare. Try to:

- *Serve meatless meals, such as quiche, vegetarian chili or bean burritos, a few times a week.*
- *Substitute meat alternatives that are always good buys, such as eggs, beans, lentils, canned fish* and tofu, for part or all of the meat in recipes. Two eggs (one serving) cost about 40 cents, and a serving of canned beans is about the same. Now that's great nutritional value!*

Meal Planner



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SUMMER

Choose fast, healthy meals
over processed foods

Instead of costly,
less nutritious...

For better value and
good nutrition, try...

Boxed macaroni
and cheese

Homemade version or
scrambled eggs and toast

Chicken nuggets

Baked chicken thighs
(remove skin)

Frozen pizza

Homemade pizza (whole-
grain pita, dough or
prepared crust)

Boxed waffles

French toast, pancakes
or whole-wheat bagels

Hot dogs, corn
dogs (wieners on
sticks)

Egg 'n' cheese dog (rolled-up
cheese omelette in a whole-
grain hot dog bun), salmon or
egg salad in a hot dog bun

Treats and
desserts (donuts,
cookies, cakes,
pudding cups)

Homemade items: muffins,
bread pudding, date squares,
rice pudding, custard, fruit
crisps, banana loaf

Chips, cheesies,
nachos

Air-popped popcorn,
homemade trail mix

Looking for yummy new
breakfast ideas?
Turn to page 17.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:
Children who
refuse meat

Make meats easier to
chew; serve them in
soups, stews and sauces.
Offer meat alternatives
more often, including:

- Eggs (egg salad,
mini quiches, French
toast, omelettes)
- Beans and lentils (in
soups and dips)
- Fish (salmon burgers,
baked tilapia)

Talk with a registered
dietitian if a child will
not eat any meat.



Egg Salad in a Cone
Recipe, page 33

Shopping for Good Value AND Good Nutrition

Healthy eating starts with shopping for healthy food. Read labels to compare brands for the best nutritional value. Check the Nutrition Facts table. Here's how:

Nutrition Facts Valeur nutritive		
Serving size 3 pieces (20 g) Portion 3 morceaux (20 g)		
Amount Teneur		%Daily Value %valeur quotidienne
Calories / Calories 80		
Total Fat / Lipides 0.5 g		1 %
Saturated / saturés 0 g		0 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 260 mg		11 %
Total Carbohydrate / Glucides 15 g		5 %
Fibre / Fibres 1 g		4 %
Sugars / Sucres 1 g		
Protein / Protéines 2 g		
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		0 %
Iron / Fer		8 %

Look for more:

- Fibre
- Vitamins
- Minerals

Look for less:

- Fat
- Salt (sodium)
- Calories

Look for processed foods with zero or no:

- Trans fat (avoid products with partially hydrogenated fats/oils)

Note: Researchers do not believe that natural trans fat, found in animal foods like beef and cheese, has the same bad health effects as the man-made trans fat often used in baked goods, fried foods and other processed foods.



Community programs can help you save!

Contact your local public health unit to find out if your community has:

- **Community Food Advisor Program:** Learn about shopping on a budget, healthy eating, cooking and food safety from trained people in your community. Visit the Nutrition Resource Centre at www.nutritionrc.ca to find out more.
- **Community gardens:** Grow your own food on shared land.
- **Collective kitchens:** In small groups, plan, shop for and cook meals together, enjoying the company and cost savings of large-volume cooking.
- **Good Food Box Program:** Save more! Buy high-quality vegetables and fruit bought directly from farmers or the Ontario Food Terminal.
- **Farmers' markets:** Buy locally grown produce in season at reasonable prices.
- **Pick-your-own farms:** Go to www.foodlandontario.ca to find out locations and what's in season, and get seasonal recipes.

Meal Planner



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Find a dietitian

Confused by the mixed messages about healthy eating? Registered dietitians are uniquely trained to advise on food, nutrition and health. A registered dietitian can help you to:

1. Eat well on a budget.
2. Feed your family well at all stages.
3. Understand nutrition labels.
4. Lower your risks for chronic disease.
5. Adjust diets for special needs (for example, food allergies, vegetarianism).

To speak to a registered dietitian for free, call EatRight Ontario at 1-877-510-510-2, or visit www.ontario.ca/eatright.

Review the
Ask a Dietitian questions
on the back.

Check out the helpful tips
for making a perfect omelette
on page 18.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

If only ketchup counted as a vegetable serving...

Many children like fruits, but are not as fond of vegetables. Just keep on serving them. Children may need to taste a food 15 times before they like it. Try adding:

- Grated carrot or canned pumpkin to muffin recipes.
- Vegetables to soups, fried rice, omelettes and sandwiches.
- Cooked, puréed vegetables to soups, dips and pasta sauces.



Make Ahead Freezer
Meatballs
Recipe, page 34

Ask a Dietitian



Carol has over 15 years' experience working with child-care providers, daycare cooks and parents, helping to make healthy eating easier.

Carol Harrison, B.A.Sc., RD

QUESTION

In my home child care, I have a few picky eaters. How can I help them to eat right?

ANSWER

While it's common for children to be picky eaters, helping them eat well can seem like a mystery. Give these ideas a try:

1. Eat the same meal together. In time, children will follow your good example.
2. Keep mealtimes pleasant. Avoid making a fuss or pressuring children to eat. An upset child will not eat well.
3. Let children decide what and how much to eat from the healthy foods served. Getting children to eat more than they want to can lead to overweight.
4. Let children help with shopping and cooking. They may be more likely to try new foods.
5. Discuss any concerns with the parent.

QUESTION

I find I make separate meals to please the children. What should I do?

ANSWER

Serve one meal for everyone that includes at least one Food Group food children will eat (for example, bread or rice). Do not make separate meals – the children will start to expect it. They will not learn to eat a variety of foods if you only serve what they want.

QUESTION

I don't want to overdo convenience foods, but let's face it – kids like them, and I struggle to get them to try new foods. Any tips?

ANSWER

Give it some time and try these ideas. Serve new foods when children are hungry. Offer them in small amounts alongside familiar foods.

Let the children see you eating and enjoying new foods often.

Getting children to help grow, pick, shop for and cook food can help too. Remember, children may need to taste a food 15 times before they like it, so keep trying it in different ways.



Give eggs a break!

Eggs are a highly nutritious food. They offer 14 essential nutrients and are an excellent source of protein. The message to limit eggs to a couple a week is nutritional nonsense. Healthy adults and children can enjoy eggs several times a week, or even an egg a day. Serve them for breakfast, lunch, snack or a quick dinner – kids love them!

Try stuffed French toast. Dip a banana-peanut butter sandwich in a beaten-egg mixture and cook just as you would French toast.

Find more delicious ideas at www.getcracking.ca.

Meal Planner



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5 terrific breakfasts

- 1. Jiffy microwaved eggs:** Beat one egg and one tablespoon (15 mL) milk in a microwave-safe mug. Microwave for 45-60 seconds on medium-high (70% power). Stuff the cooked egg into a whole-wheat pita. Serve with canned fruit and milk or soy beverage.
- 2. Peachy porridge:** Make quick-cooking oats with milk. Stir in some cinnamon and diced canned peaches.
- 3. Ready-to-eat banana French toast:** Make French toast with a twist. Blend a ripe banana with the milk and eggs until smooth. Freeze the cooked French toast for up to two months (separate slices with waxed paper). Reheat in the microwave. Serve with orange slices and hot cocoa.
- 4. Cheesy tortilla:** Grate cheese over a tortilla; fold it in half and microwave for 20 seconds on high power. Top with salsa and serve with a small apple and milk.
- 5. Breakfast to go:** Pack a hard-cooked egg, a small chunk of cheese, crackers, grapes and water in a reusable container.

Find more recipes at:
www.getcracking.ca

Got a question about food safety?
Check out page 20.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:
Make time for
breakfast

Teach children that no matter how busy life gets, every day should start with a good breakfast, and that means foods from at least three Food Groups. Include a source of protein, such as cheese, eggs or peanut butter.



Mairlyn's Pancake Mix
Recipe, page 32

Cook Up a Tasty Breakfast

HOW TO MAKE A PERFECT OMELETTE

Children eat food that tastes good to them. You're more likely to have success with eggs and other foods if they're cooked to perfection. Here's how:

BASIC OMELETTE*

(Makes 1 serving)

2 eggs
2 tbsp (30 mL) water
Filling of choice

1. Whisk together eggs and water.
2. Lightly butter, oil or spray an 8-inch (20 cm) skillet and place over medium-high heat.
3. Pour in egg mixture. It should set at the edges almost immediately. With a spatula, gently push cooked portions toward the centre. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
4. When egg is almost set on the surface but still looks moist, cover half with filling.
5. Slip spatula under unfilled side, fold omelette in half and slide onto a plate.



SUPER TIPS:

- Cook omelettes quickly (in about a minute) over medium-high heat. Prepare filling ahead of time.
- Use water for a light, airy omelette. (Milk is great for creamy scrambled eggs).
- Make individual omelettes rather than one large one. Smaller omelettes are lighter, fluffier and easier to handle. An 8-inch (20 cm) skillet works best for a 2-egg omelette.

Egg Farmers of Ontario, www.getcracking.ca

Did you know?

Children who eat breakfast generally have a higher intake of vitamins, minerals and other nutrients that can help fuel active learning and play. Research also shows that children who eat breakfast:

- *Are able to concentrate better in class.*
- *Have fewer behavioural issues at school.*
- *Tend to have healthier diets overall.*
- *Are less likely to be overweight.*

KidsHealth, *Ready, Set, Breakfast*, www.kidshealth.org

Meal Planner



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7 super-healthy snacks

Two or three healthy snacks each day help children grow and stay energized. Offer snacks with foods from two or three Food Groups. Try:

1. Baked beans on half a slice of whole-grain toast, a handful of grapes and water.
2. French toast cut into fingers, canned apricots and water.
3. Colourful raw veggie platter, whole-wheat pita wedges with hummus, and water.
4. Wedge of melon, devilled egg and milk.
5. Small bowl of homemade noodle soup with chicken and vegetables, and water.
6. Fresh or frozen berries over yogurt, topped with high-fibre cereal, and water.
7. Cut-up egg salad sandwich (made with whole-wheat bread), clementine and water.

Find some food safety tips on the back.

Remember to check your meal plans against the checklists on pages 3-4.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Boost the nutritional value of everyday foods

Try adding:

- Cooked, puréed vegetables to dips, and pasta sauces.
- An extra egg to pancakes or French toast.
- Vegetable juice for half the usual amount of water when cooking rice.



Baked Rice Pudding
Recipe, page 33

Food Safety Matters

Keeping your children safe from food poisoning can be easy. It's important to keep these tips in mind:

CLEAN

- For proper handwashing, teach children how (20 seconds in warm, soapy water), when (before cooking, after handling pets, etc.) and why (to avoid spreading germs).
- Get into the habit of washing cutting boards, counters (use 1 tsp/5 mL bleach with 3 cups/750 mL water), utensils, mixing bowls, etc., (use hot soapy water) before using them for other tasks.
- Change tea towels daily and wash them in hot water.

DID YOU KNOW?

Proper handwashing may reduce food-borne illnesses by half!

SEPARATE

You can avoid spreading bacteria from raw meat, poultry or seafood with these tips:

- Use two cutting boards – one for fresh produce and one for raw meats or seafood.
- Wash everything (hands, bowls, etc.) that comes into contact with raw meats or seafood.
- Keep raw meats in well-sealed containers at the bottom of the fridge, where their juices will not touch other foods or surfaces.

CHILL

- Refrigerate or freeze perishables, leftovers and prepared foods quickly – within two hours of preparing them. If the weather is hot, chill the food within one hour.
- Cool large batches of hot foods quickly in shallow containers in the fridge.
- Set your fridge temperature to be lower than 4°C/40°F. Check the temperature with a fridge thermometer.

COOK

- Use a food thermometer. This is the **ONLY** way to tell if your food has reached a high enough internal temperature to destroy harmful bacteria. Visit www.befoodsafe.ca for a complete temperature chart.



Food safety questions and answers

QUESTION Is it safe to store milk and eggs on the inside of the fridge door?

ANSWER Store milk and eggs in the main part of the fridge, where it is colder. Keep eggs in their carton – this helps them stay fresh, and you can check the Best Before date too.

QUESTION How can I keep food safe to eat when packing a picnic?

ANSWER Start by preparing all the food safely. Keep hot foods hot using a Thermos, and keep cold foods cold by using a cooler, ice, cold packs and/or frozen juice containers.



Meal Planner



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Helping children get enough DHA

There is a lot of interest these days in DHA – that’s the omega-3 fat that is important for healthy brain development. While there are more and more food products with added DHA on the market, fatty fish such as salmon, herring and mackerel are some of the best sources.

The next best source is omega-3 eggs. From just one egg, a child aged 1-8 will get over 80% of the DHA he or she needs daily. You can find smaller amounts in specialty milk products, breads and juices.

Get seasonal ideas to jump-start your meal plan. See pages 7-10.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Get the lowdown on fats

Eat small amounts (a total of 2-3 tbsp, or 30-45 mL, per day) of unsaturated fat.

That includes cooking oils, salad dressing, margarine and mayonnaise. Canola, olive and soybean oils are good choices, as are soft margarines that are low in trans and saturated fats. Limit butter, hard margarines, lard and shortening.



Baked Cinnamon French Toast
Recipe, page 32

Eating Foods From Different Cultures

Go Global!

- **Try a new recipe.** Find a multicultural cookbook at the library or go online.
- **Visit an ethnic food market.** Ask the staff for tips on preparing the foods.
- **Plan a world food tour.** Each month, try a new cuisine. Invite the children to rate each item served.
- **Ask others.** Ask the parents of children in your care for ideas and recipes from their culture or faith, and find out what food traditions (if any) they practise.

COMMON QUESTIONS ABOUT CULTURAL AND RELIGIOUS FOOD TRADITIONS

QUESTION

How can I plan meals for children from a culture different than my own?

ANSWER

You should plan menus with the needs of the child in mind, and that includes respecting his or her food traditions as much as possible. Start by talking with the parents about the foods eaten at home. The child may or may not eat traditional foods. Review your meal plans with the parents to find out if any changes are needed.

QUESTION

I am new to Canada. Is it okay to serve my traditional foods to the children in my home child care?

ANSWER

Yes, absolutely. Include the healthiest choices from your own culture to add variety to the meal plan and teach the children about foods from around the world.

Surprising facts about hard-cooked (boiled) eggs

- Choose eggs that have been in the fridge for at least five days for hard-cooking. They will be easier to peel. It also helps to crack the shell all over, roll the egg between your hands to loosen the shell, then begin peeling at the wide end of the egg.
- Prevent the greenish ring that sometimes forms around the yolk by not overcooking the eggs. (The green colour may turn off some kids.) Find a recommended technique for hard-cooking at www.getcracking.ca.
- You can refrigerate hard-cooked eggs for a week.



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7 easy and yummy lunch ideas

Aim to include foods from three or four Food Groups. Try:

1. Falafel in a pita with shredded lettuce, chopped tomatoes and tahini sauce, fruit salad and soy beverage.
2. Egg burritos, raw broccoli and dip, fruit cup and chocolate milk.
3. Muffin tin meatloaf, mashed turnip, apple-spice loaf and milk.
4. Peachy whole-wheat couscous with chickpeas and frozen peas, yogurt and water.
5. Steamed meat buns, broth and vegetable soup, plum and soy beverage.
6. Curried lentils with brown rice and frozen mixed vegetables, and kefir (yogurt drink).
7. Veggie and egg fried rice, watermelon and milk.

Find out about budget-wise, nutritious buys on pages 11-12.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Eat together as often as possible

Not only do children tend to eat better when families eat together, but their grades seem to be higher as well.

Families who eat right and are active together build strong family ties too!

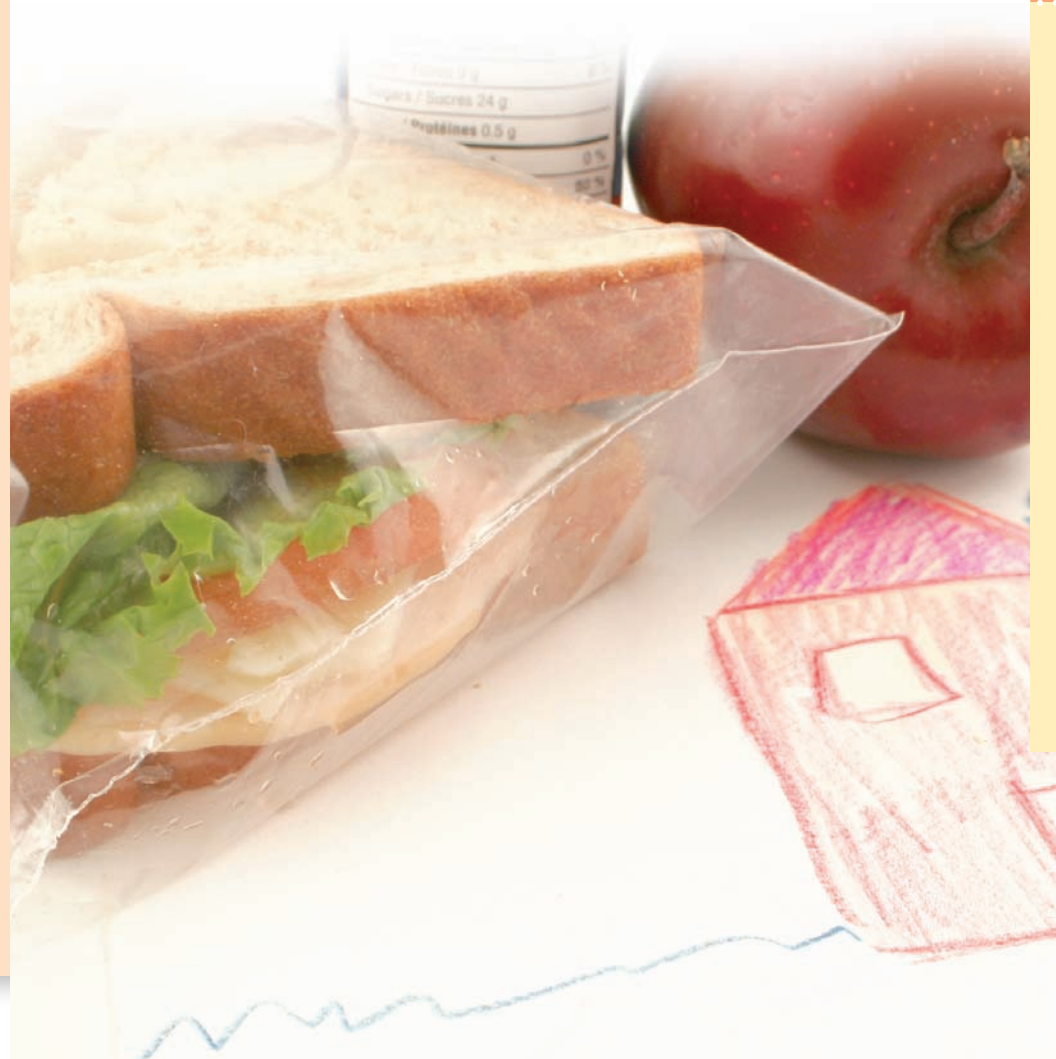


Bean Quesadillas
Recipe, page 33

A Helping Hand with Lunches

EASY, TIME-SAVING TIPS

- Make extra dinner and reinvent the leftovers for lunch, or freeze them for lunch another day.
- Hard-cook (boil) a dozen eggs and they'll keep for a week in the fridge. Use for egg salad, slice over a green salad, make devilled eggs, or enjoy as part of a snack.
- Involve your children. They can wash fruit, crack and beat eggs, wrap sandwiches, clean lunch bags and brainstorm lunch ideas. You may find less food is wasted.
- Keep all "lunch stuff" – insulated bags, reusable containers, Thermoses, etc. – in one spot so it's easy for children to help pack lunch.
- Make lunches the night before or start a slow-cooker lunch early in the morning.
- Bake French toast in the oven – you can cook 6-8 slices at a time and freeze extras for up to two months.
- Cook meatloaf in muffin tins to cut the cooking time in half.



Tasty lunch twists

1. Give tuna salad (made with canned light tuna) some zip. Add chopped pears, apples, kiwi, canned pineapple, peaches or halved grapes.
2. Add colour and crunch to a whole-wheat pita stuffed with egg salad. Try red leaf lettuce, shredded carrots or purple cabbage, snow peas, pepper rings or halved grape tomatoes.
3. Add well-mashed sweet potatoes or puréed roasted red peppers to hummus. Use as a dip or sandwich spread.
4. Top French toast fingers with fresh or frozen berries. Dust with icing sugar.

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Time savers

Having trouble getting meals and snacks to the table on time and hassle-free?

- Plan ahead to avoid extra shopping trips.
- Choose simple, reliable recipes with healthy ingredients.
- For a change, try breakfast for dinner: French toast, canned fruit and milk.
- Stock up on time-saving foods such as eggs, canned beans, pasta, whole-grain couscous, hummus, whole-wheat pizza crusts, and frozen vegetables and fruit.
- Share the tasks (shopping, cooking, setting the table and cleaning up).
- Get ahead. Hard-cook (boil) eggs for devilled eggs or egg salad. They keep for a week in the fridge.
- Cook once, eat twice. Use leftovers (for example, vegetables) as ingredients for a different dish (for example, omelette filling, soups). Cook two batches of a meal and freeze one.

Stuck for snack ideas?
Turn to page 19.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Eating right and being active go hand in hand

Health Canada recommends that children get at least 90 minutes of physical activity each day. Remember, even 10 minutes at a time counts!

Review Canada's Physical Activity Guide for Children at www.paguide.com.



Big-Batch Banana Blueberry Muffins
Recipe, page 32

Time-Saving Ideas

Top six time-saving appliances

Everyone loves a great-tasting, healthy meal. Make it easy by using these terrific time savers:

1. LARGE ELECTRIC SKILLET

It's great for cooking several grilled cheese sandwiches, slices of French toast, pancakes and eggs at one time.

2. RICE COOKER

There is no cooking here – just put the rice and water into the cooker, hit the button and forget about it!

3. MICROWAVE OVEN

Cook and serve food in the same dish for faster cleanup. Also try cooking oatmeal, eggs and sweet potatoes, and steaming vegetables. Remember to use microwave-safe cookware.

4. PRESSURE COOKER

This looks like a regular pot but has a tight-fitting lid that locks shut. The heat and pressure rise, cooking food such as less-tender meats in half the time. Be sure to read the manual for proper handling.

5. SLOW COOKER

The night before, add ingredients to the removable ceramic pot and refrigerate. In the morning, you'll be all set to go. Use the removable pot as your serving dish for easy cleanup. Try stews, soups, chili, beans and more.

6. TOASTER OVEN

Not only is it great for toasting bread and bagels, but it bakes small amounts of foods such as meatloaf, mini quiches, fish, muffins and stratas. Bonus: It won't heat up the kitchen in the summer, and it uses less energy than a regular oven.



Love those leftovers!

Prepare extra food and plan to have leftovers. Try:

- Leftover rice or grains in soups, fried rice, frittatas or rice pudding.
- Leftover meat, fish or poultry in stir-fries, salads, wraps, soups, quesadillas or pasta sauce.
- Leftover plain spaghetti as a salad base.
- Leftover veggies for quiche, pasta sauce, pizza toppings or omelettes.
- Leftover bread as the base for bruschetta or croutons.
- Leftover mashed potatoes as a topping for casseroles or pot pies.
- Ripe fruit in smoothies, fruit crisps or muffins.

TIP:

Leftovers are generally safe to eat for another day or two if they have been refrigerated within two hours of cooking and stored properly.

FREEZING TIP

Find out what foods freeze well and for how long at www.canfightbac.org (go to "Mrs. Cookwell," then "Handy charts").

Meal Planner



FALL



WINTER



SPRING



SUMMER

Cook together

Cooking is fun, teaches math, and is a great way to encourage children to try new foods. Children can:

1. Read and follow a recipe with your help.
2. Gather ingredients, measuring cups and utensils.
3. Pour liquids and stir ingredients.
4. Crack and beat eggs, and peel shells from hard-cooked eggs.
5. Learn how to be safe in the kitchen by following your good example.

EASY-TO-MAKE EGG-IN-A-HOLE

Cut a hole in a slice of whole-grain bread with a glass. Place bread in a non-stick skillet over medium heat. Crack an egg into the hole. When egg is set, flip bread and cook until done.

Wondering what foods are the healthier choices to serve more often? Check out pages 5-6.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP: Handling “treats”

“Empty calorie” treats, such as pop, candy, chips, French fries, donuts and fruit drinks, make up one-fifth of children’s calories.*

Help children cut back. Offer treats as part of a meal, in small amounts (one or two cookies) and no more than once a week. Don’t make treats taboo. Children will only crave them more.

*Canadian Community Health Survey, 2006



Teriyaki Tofu Stir-fry
Recipe, page 34

Food Allergies

Allergic reactions can be mild (for example, itching, runny nose, rash), severe (wheezing, diarrhea) or life-threatening (rapid heartbeat, unconsciousness). Children may react after exposure to even a small amount of food. There is no cure. Children with allergies must avoid foods they are allergic to.

QUESTIONS AND ANSWERS ABOUT FOOD ALLERGIES

QUESTION

I'm nervous about feeding children in my care foods to which they may be allergic. What should I do?

ANSWER

True food allergies are rare. When you take a child into your care, find out if he or she has any food allergies and always follow the written instructions from the parents. If you suspect a food allergy, talk to the child's parents. They can have the child tested.

Do not limit highly nutritious foods such as milk, eggs, peanut butter and seafood in a child's diet because you fear that he or she may be allergic to them. If the parents have introduced these foods at home without any concerns, you are not likely to run into problems.

QUESTION

At what age should children try foods that are linked to allergies?

ANSWER

As long as there is no family history of food allergies, parents can follow this chart:

Food	Age to introduce
Egg yolks (yellow)	6 months
Egg, whole (yellow and white)	12 months
Fish (without bones)	6-9 months
Homogenized (whole) milk	9-12 months



FACT:

About 6% of young children have food allergies. While some allergies are for life, children often outgrow egg and milk allergies. Parents should reintroduce eggs or milk under the guidance of a doctor, preferably an allergist.

Caring for a child with a food allergy

Many people care for children with food allergies. Find out as much as you can and:

- Follow the written instructions from the parents.
- Find out the names of all the food ingredients to avoid. Keep the list with you when shopping.
- Read labels every time you shop – ingredients can change, and different sizes of the same brand may have different ingredients.
- Avoid buying foods from bulk bins, restaurants and import shops, and any foods without an ingredient list.
- Teach children not to share food.
- Tell others who have contact with the child the foods to which he or she is allergic.
- Learn how to recognize and respond to an allergic reaction.
- Visit the Allergy/Asthma Information Centre at www.aaia.ca.

Meal Planner



FALL



WINTER



SPRING



SUMMER

Making time for breakfast

Getting organized can make all the difference for parents and caregivers alike. Try to:

- Set reasonable bedtimes so everyone can wake up on time.
- Lay out clothes for the next day. Take turns setting the table the night before.
- Pack up everything needed for school, work or child care and have it ready at the door the night before.
- Prepare lunches the night before. At least one night a week, double up on dinner so there are leftovers for lunch, or use up leftovers as part of lunch. For example, you can use leftover rice in bean burritos or fried rice.
- Make extra French toast, pancakes or quiche on weekends. Reheat and eat!

Looking for ideas to use leftovers?
See page 26.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Keep those children energized!

Protein helps children (and adults too!) make it to dinner without being overly hungry. Pack a little protein in their afternoon or after-school snacks. Try half an egg salad sandwich, a cheese cube, bean dip, peanut butter or a hard-cooked egg.



Egg and Mushroom Fried Rice
Recipe, page 34

10 Child-Pleasing Ways to Serve Vegetables and Fruits

Ask the children which one of these ideas they want to try:

1. **Frozen right out of the bag.** Some kids just like frozen fruit and veggies better.
2. **Banana split treat.** Place banana halves on either side of a dollop of yogurt served in a cereal bowl. Sprinkle with cut-up fruit and crunchy whole-grain cereal.
3. **Make-your-own omelette.** Children can help wash and cut up the veggie fillings (choose veggies in season), as well as crack and beat the eggs.
4. **Stir-fry wraps.** Serve with a tasty dipping sauce for a great hand-held meal.
5. **Fruit salsa and cinnamon chips.** Dice two types of fruit to make about 1 cup (250 mL) and mix in 1 tbsp (15 mL) honey. Brush several large whole-wheat tortillas with water, then sprinkle with cinnamon and brown sugar. Cut into wedges and bake until crisp. Serve with fruit salsa.
6. **Potato pizzas.** Microwave thin slices of regular or sweet potatoes until just tender. Top each slice with a small amount of tomato sauce and mozzarella cheese.
7. **Fruit dip delight.** Purée frozen fruits and combine with vanilla yogurt.
8. **Cheese fondue.** Serve apple or pear slices, broccoli or cauliflower florets, and microwaved potato wedges with a cheese- and milk-based fondue.
9. **Sneaky soup.** For children who don't like chunks of veggies, purée soft-cooked vegetables with an immersion blender or in a blender. Top with grated cheese or croutons.
10. **Add crunch and colour to sandwiches and wraps.** Try red leaf lettuce with shredded carrots in an egg salad sandwich, dried cranberries in a turkey wrap, and diced peaches in tuna salad.



Watch the veggies go!

Serve a plate of fresh, colourful veggies with this easy-to-make egg salad dip: Stir 3/4 cup (175 mL) plain yogurt with 4 hard-cooked eggs, peeled and finely chopped. Stir in 1/2 tsp (2 mL) each of dried dill, dried basil and Dijon mustard.



Meal Planner



FALL



WINTER



SPRING



SUMMER

Super foods

1. Load up on plant foods. For ultimate health, enjoy mostly unprocessed vegetables, fruits, whole grains, nuts, seeds, beans, peas and lentils. The more variety, the better.
2. Eat fatty fish at least twice a week. Try salmon, mackerel or sardines for a good dose of healthy fats.*
3. Make room for eggs. They are nature's multivitamin. Eggs contain protein plus 14 essential nutrients, including choline, which is important for brain development.
4. Add flavour. Cook with turmeric, garlic, onions, leeks, citrus fruit and tomatoes. They have disease-fighting powers.
5. Drink 2 cups (500 mL) of milk a day. Milk is loaded with bone-building nutrients. When kids see adults drink milk, they do too!

*Call EatRight Ontario at 1-877-510-510-2 to find out about choosing fish wisely.

Hungry for more information?
Find a great list of websites
and more on page 35.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER

DIETITIAN'S TIP:

Peanut-free lunches

Try:

- Chickpeas, beans and lentils in soups and salads.
- Eggs, hard-cooked or in egg salad, or in soups and fried rice.
- Canned salmon or light tuna in quiches and casseroles.
- Hummus as a spread or dip.
- Tofu, chicken or beef in wraps and cold noodle salads.



Pizza Omelette
Recipe, page 34

Breakfast Recipes

Big-Batch Banana Blueberry Muffins

INGREDIENTS:

3 cups (750 mL)	whole-wheat flour
3 cups (750 mL)	ground flaxseed
2 cups (500 mL)	lightly packed brown sugar
1 tbsp (15 mL)	baking powder
1 tbsp (15 mL)	baking soda
Pinch	salt
3	eggs
3	ripe bananas, mashed (about 1 1/3 cups/325 mL)
1	jar (4 1/2 oz/128 mL) baby food prunes or unsweetened applesauce
2/3 cup (150 mL)	vegetable oil
2 tsp (10 mL)	vanilla
2 cups (500 mL)	fresh or frozen blueberries

DIRECTIONS:

Preheat oven to 350°F (180°C). Lightly grease, or line with paper cups, two 12-cup muffin tins.

In a large bowl, combine flour, flaxseed, brown sugar, baking powder, baking soda and salt.

In a very large bowl, combine eggs, bananas, prunes, oil and vanilla. Fold in flour mixture until just combined. Fold in blueberries.

Divide batter evenly among prepared muffin cups. Bake in preheated oven for 20 minutes, rotating tins halfway through, or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tins for 10 minutes, then remove to a wire rack to cool completely.

MAKES: 24 muffins

Nutrients per serving: 226 calories, 10 g fat, 31 g carbohydrate, 5 g fibre, 5 g protein

Source: *Simply Great Food* © 2007. Published by Robert Rose. Reprinted by permission of Dietitians of Canada (DC). All rights reserved. For more recipes, visit the DC website at www.dietitians.ca/eatwell.

DIETITIAN'S TIP: Serve with a hard-cooked egg, water and a piece of fresh fruit for breakfast on the go. These muffins are also great for lunch, at picnics, or as snacks during sports practices or after school.

Baked Cinnamon French Toast



INGREDIENTS:

6	slices bread (whole-grain or raisin)
1 tsp (5 mL)	ground cinnamon
3	eggs
1/2 cup (125 mL)	milk
1/2 cup (125 mL)	maple syrup, table syrup or orange juice
2 tbsp (30 mL)	butter or margarine, melted
1 tsp (5 mL)	vanilla
	Fresh, frozen or canned fruit

DIRECTIONS:

Spray a 13 x 9-inch (3.5 L) baking dish with cooking spray. Arrange bread slices in a single layer in dish. Sprinkle with cinnamon.

In a bowl, beat eggs with milk, syrup, butter and vanilla until blended. Pour evenly over bread. Bake immediately or cover and refrigerate several hours or overnight.

Bake uncovered in a preheated 350°F (180°C) oven until firm to the touch, about 30 minutes. Serve hot with fruit and additional syrup.

SERVES: 6

Nutrients per serving: 220 calories, 8 g fat, 34 g carbohydrate, 2 g fibre, 7 g protein

Source: Egg Farmers of Ontario, www.getcracking.ca

DIETITIAN'S TIP: Make extra and freeze for the week ahead. Just reheat and eat! Cut into fingers for snack time.

Overnight Cheese Strata

INGREDIENTS:

4	slices whole-grain bread (preferably stale), cubed
2 cups (500 mL)	shredded Swiss or Cheddar cheese
1 tbsp (15 mL)	chopped fresh parsley
4	eggs
2 cups (500 mL)	milk
1/2 tsp (2 mL)	each salt and dry mustard to taste (optional)
	Salsa (optional)

DIRECTIONS:

Divide bread cubes, cheese and parsley evenly in four greased 1 1/2 to 2 cups (375 to 500 mL) microwaveable containers.

Beat together eggs, milk, salt and dry mustard. Pour over bread and cheese mixture, pressing on top with a spoon.

Cover and refrigerate at least 2 hours or overnight.

Cover with plastic wrap, venting one corner. Microwave at medium (50% power), one serving at a time, until the centre of the custard is set but soft, 6 to 7 minutes, rotating dish twice. Let stand 2 minutes. Serve plain or with salsa.

SERVES: 4

Nutrients per serving: 440 calories, 27 g fat, 21 g carbohydrate, 2 g fibre, 28 g protein

Source: Egg Farmers of Ontario, www.getcracking.ca

DIETITIAN'S TIP: Serve for brunch with mini muffins, fruit and yogurt.

Mairlyn's Pancake Mix

INGREDIENTS:

3 1/2 cups (875 mL)	whole-wheat flour
2 1/2 cups (625 mL)	ground flaxseed
1 1/2 cups (375 mL)	quick-cooking oats
1 cup (250 mL)	skim milk powder
1/2 cup (125 mL)	ground cinnamon
2 tbsp (30 mL)	baking powder
1 tsp (5 mL)	baking soda

DIRECTIONS:

In a large bowl, using a wire whisk or a fork, mix together all the ingredients until well combined. Store in the fridge or freezer in a 12-cup (3 L) covered container, or in a resealable plastic bag. Keeps up to 1 month in the fridge and up to 3 months in the freezer.

MAKES: 9 cups, enough for 6 pancake recipes

To make pancakes, beat together 1 egg, 1 cup (250 mL) milk, 1 tbsp (15 mL) canola oil, and 1 mashed banana, or 1 cup (250 mL) blueberries or grated apples. Stir well into 1 1/2 cups (375 mL) prepared pancake mix. Be sure to shake up the dry mix before measuring.

Source: *Ultimate Foods for Ultimate Health... And Don't Forget the Chocolate!*, by Liz Pearson, R.D., and Mairlyn Smith, PHEc., (Whitecap Books, 2007)

DIETITIAN'S TIP: Microwave some frozen berries with a little maple syrup to top these ultra-healthy pancakes. Serve with milk. Make extra pancakes on the weekend and freeze for the week ahead.



Snack Recipes

Egg-filled Tortilla Cups



INGREDIENTS:

4 eggs
1/2 cup (125 mL) creamy fat-free cottage cheese
1/2 tsp (2 mL) each dry mustard and chili powder (optional)
2 tbsp (30 mL) Freshly ground pepper, to taste
each chopped green onions, celery and red pepper (optional)
4 small whole-wheat flour tortillas
Cooking spray

DIRECTIONS:

Beat eggs with cottage cheese, dry mustard, chili powder and pepper. Stir in green onions, celery and red pepper. Set aside. Spray 4 ramekins (1/2 cup/125 mL) with cooking spray. Place one tortilla in each ramekin, pressing to fit. Divide egg mixture among cups.

Bake in a preheated 375°F (190°C) oven until eggs are set, about 20 to 25 minutes. Let stand for 5 minutes before serving.

SERVES: 4

Nutrients per serving: 150 calories, 6 g fat, 12 g carbohydrate, 2 g fibre, 13 g protein

Source: Egg Farmers of Ontario, www.getcracking.ca

DIETITIAN'S TIP: For a snack, serve with 100% juice. Make it a meal by baking sweet potato wedges at the same time. Serve with raw broccoli, and cranberry juice mixed with soda water for a fun, bubbly drink.

Bean Quesadillas

INGREDIENTS:

1 tbsp (15 mL) vegetable oil
1 tbsp (15 mL) melted butter
8 large flour tortillas
1 can (14 oz/398 mL) beans in tomato sauce
1 cup (250 mL) chunky salsa
2 cups (500 mL) grated Monterey Jack or Cheddar cheese

DIRECTIONS:

Combine oil and butter in a small dish. Lightly brush one side of 4 tortillas with oil/butter mixture.

In a medium bowl, combine beans and salsa.

Place a tortilla, oiled side down, on a work surface. Spread 1/4 of bean mixture over surface. Sprinkle evenly with 1/2 cup (125 mL) cheese. Place another tortilla (one without oil) on top. Repeat with remaining tortillas, bean mixture and cheese.

Brush tops of quesadillas with oil/butter mixture.

Heat a large, non-stick skillet over medium-high heat. Cook quesadillas one at a time until golden brown, about 3 minutes per side.

Cut quesadillas into wedges.

SERVES: 8

Nutrients per serving: 227 calories, 12 g fat, 23 g carbohydrate, 4.5 g fibre, 11 g protein

Source: Ontario Bean Producers Marketing Board, www.ontariobeans.on.ca

DIETITIAN'S TIP: Serve with salsa, guacamole and Mexican hot chocolate (add a pinch of cinnamon to hot chocolate made with milk).

Egg Salad in a Cone

Ask the kids to help! In a bowl, chop four peeled, hard-cooked eggs and stir in 2 tbsp (30 mL) mayonnaise. Scoop into two cones and top with a cherry tomato or grated carrots.



Baked Rice Pudding



INGREDIENTS:

2 cups (500 mL) 2% or whole milk
2 eggs
1 1/2 cups (375 mL) cooked rice
1/2 cup (125 mL) packed brown sugar
1/2 cup (125 mL) raisins
Pinch of nutmeg

DIRECTIONS:

Preheat oven to 300°F (150°C).

In an 8-cup (2 L) casserole dish, combine milk and eggs. Blend in rice, brown sugar and raisins. Sprinkle nutmeg overtop.

Place casserole dish in a pan of hot water. Bake until top has set, about 75 minutes, stirring once after the first 30 minutes.

SERVES: 6

Nutrients per serving: 241 calories, 4 g fat, 47 g carbohydrate, 1 g fibre, 7 g protein

Source: *Suppertime Survival* by Lynn Roblin and Bev Callaghan, 2005, www.suppertimesurvival.com

DIETITIAN'S TIP: Serve warmed or cold with fresh fruit for snack. It's a great way to use up leftover rice.

Carrot Potato Pancakes

INGREDIENTS:

3 cups (750 mL) shredded Ontario carrot
1 1/2 cups (375 mL) peeled and shredded Ontario potato
1/3 cup (75 mL) finely chopped Ontario onion
4 eggs, lightly beaten
1/3 cup (75 mL) all-purpose flour
2 tbsp (30 mL) chopped fresh parsley
1 tbsp (15 mL) chopped fresh dill
1/2 tsp (2 mL) salt
Pepper, to taste
Vegetable oil

DIRECTIONS:

In a large bowl, mix carrot, potato, onion and eggs until well combined. Stir in flour, parsley, dill, salt and pepper.

Heat 1 tbsp (15 mL) vegetable oil in a large, non-stick skillet over medium-high heat.

Spoon about 2 tbsp (30 mL) of carrot mixture per pancake into skillet; flatten slightly. Fry on both sides until golden brown. Remove from skillet and drain on a paper towel. Keep pancakes warm in the oven until you have finished cooking. Add oil to skillet as needed. Serve pancakes with salsa.

MAKES: 12 (4 1/2 inch/11 cm) pancakes

Nutrients per serving (2 pancakes): 148 calories, 11 g fat, 14 g carbohydrate, 2 g fibre, 2 g protein

Source: Foodland Ontario, www.foodlandontario.ca



DIETITIAN'S TIP: For a meal, serve with muffin tin meatloaf, brown rice, green salad and milk in a fancy glass.

Lunch and Dinner Recipes

Egg and Mushroom Fried Rice

INGREDIENTS:

4	eggs
2 tsp (10 mL)	vegetable oil
1 cup (250 mL)	sliced mushrooms
1 tsp (5 mL)	minced garlic
1 tsp (5 mL)	minced gingerroot
	(or 1/2 tsp/2 mL ground ginger)
3 cups (750 mL)	cooked rice
1/2 cup (125 mL)	frozen peas
1/2 cup (125 mL)	chopped green onions
1/3 cup (75 mL)	reduced-sodium soy sauce
1/2 to 1 tsp (2 to 5 mL)	sesame oil
1/8 tsp (0.5 mL)	black pepper

DIRECTIONS:

In a small bowl, whisk eggs until well blended. Pour into a large, non-stick skillet. Cook over low heat without disturbing until bottom is lightly browned and mixture is almost set, about 4 to 6 minutes. Flip over eggs and cook for 1 to 2 more minutes. Remove from pan; cool slightly. Cut into 1/4-inch (5 mm) strips. Set aside.

In the same skillet, heat oil over medium-high heat. Add mushrooms, cook until lightly browned, about 4 to 5 minutes. Add garlic and ginger; cook for 1 minute. Stir in rice, peas and green onions until combined. Stir in soy sauce, sesame oil and pepper. Add egg strips. Cook until piping hot, about 2 minutes.

SERVES: 4

Nutrients per serving: 284 calories, 8 g fat, 39 g carbohydrate, 2 g fibre, 12 g protein

Source: *Great Food Fast* © 2000. Published by Robert Rose. Reprinted by permission of Dietitians of Canada (DC). All rights reserved. For more recipes, visit the DC website at www.dietitians.ca/eatwell.

DIETITIAN'S TIP: Just add a glass of milk for a balanced meal. For dessert, flavour plain yogurt with a little maple syrup and top with crunchy apple slices and any nuts (almonds, pecans) on hand.

Teriyaki Tofu Stir-fry

INGREDIENTS:

1 1/3 cups (325 mL)	diced firm tofu
1/2 cup (125 mL)	teriyaki sauce
1 tsp (5 mL)	brown sugar
1 tsp (5 mL)	cornstarch
1 tbsp (15 mL)	water
2 tsp (10 mL)	olive oil
1/2 cup (125 mL)	diced onion
1 cup (250 mL)	diced green peppers
1 cup (250 mL)	diced red peppers
1 tsp (5 mL)	minced garlic
1 tsp (5 mL)	grated gingerroot
2 cups (500 mL)	roughly chopped vegetables such as broccoli, cabbage, cauliflower, snow peas, green beans, mushrooms, carrots
3 cups (750 mL)	cooked rice
1 to 2 tbsp (15 to 30 mL)	chopped fresh cilantro or parsley (optional)

DIRECTIONS:

In a medium bowl, gently toss tofu with teriyaki sauce and brown sugar until well coated. Cover and refrigerate for 10 minutes or up to several hours.

In a small bowl, whisk together cornstarch and water. Set aside.

Heat oil in a large, non-stick skillet over medium-high heat. Add onion, green peppers, red peppers, garlic and ginger. Stir-fry for 3 minutes. Stir in chopped vegetables and stir-fry for 3 to 4 more minutes, or until vegetables are tender-crisp.

Add tofu mixture and cornstarch mixture. Cook, stirring often, for 3 to 4 minutes, or until thickened and heated through. Serve over rice, sprinkled with cilantro.

SERVES: 4

Nutrients per serving: 287 calories, 5 g fat, 49 g carbohydrate, 3 g fibre, 12 g protein

Source: *Cook Great Food* © 2001. Published by Robert Rose. Reprinted by permission of Dietitians of Canada (DC). All rights reserved. For more recipes, visit the DC website at www.dietitians.ca/eatwell.

DIETITIAN'S TIP: Make this a four Food Group meal with a glass of milk.

Make Ahead Freezer Meatballs



INGREDIENTS:

3/4 cup (175 mL)	milk
2	eggs
1 cup (250 mL)	quick-cooking rolled oats
1/4 cup (50 mL)	Worcestershire sauce
1 tbsp (15 mL)	dry mustard
1 tsp (5 mL)	salt
	Pepper
3 lbs (1.5 kg)	lean ground beef

DIRECTIONS:

Line 2 large or 3 small baking sheets with parchment paper. Set aside.

In a large bowl, mix together all ingredients except beef. Let stand 1 to 2 minutes, until oats are softened. Mix in ground meat until mixture is well combined. (Be careful not to overmix, as this will cause meatballs to be tough.)

Roll mixture into 1-inch (2.5 cm) balls. Place on baking sheets. Bake at 400°F (200°C) until meatballs are no longer pink in centre, about 12 to 15 minutes. You can refrigerate meatballs for up to 3 days, or freeze and store in airtight plastic bags for up to 3 months.

MAKES: 8 dozen meatballs

Nutrients per serving (6 meatballs): 173 calories, 9 g fat, 5 g carbohydrate, 1 g fibre, 18 g protein

Source: *Suppertime Survival* by Lynn Roblin and Bev Callaghan, 2005, www.suppertimesurvival.com

DIETITIAN'S TIP: Add meatballs to soups and pasta dishes, or make meatball pizza subs.

Pizza Omelette

INGREDIENTS:

2	eggs
2 tbsp (30 mL)	water
1/2 tsp (2 mL)	Italian seasoning
	Salt and pepper
1 tsp (5 mL)	vegetable oil
3 tbsp (45 mL)	pizza or tomato sauce
1/4 cup (50 mL)	pizza toppings (e.g., sliced vegetables)
1/4 cup (50 mL)	shredded mozzarella or Cheddar cheese or cheese blend

DIRECTIONS:

In a medium bowl, whisk together eggs, water, Italian seasoning, salt and pepper.

In an 8-inch (20 cm) non-stick skillet, heat oil over medium-high heat. Pour egg mixture into skillet. As mixture begins to set, use a spatula to gently push cooked portions toward the centre. Tilt skillet to allow uncooked portions to flow into empty spaces. When egg is almost set on surface but still looks moist, spread sauce overtop. Sprinkle toppings and cheese over sauce. Place lid on skillet and cook for 1 to 2 minutes to melt cheese. Slide omelette onto serving plate.

SERVES: 1

Nutrients per serving: 230 calories, 15 g fat, 8 g carbohydrate, 1 g fibre, 20 g protein

Source: Egg Farmers of Ontario, www.getcracking.ca

DIETITIAN'S TIP: Serve with some colourful raw veggies and dip. Drink chocolate milk served in a wine glass or other fancy cup.

Egg 'n' Cheese Dog



Easy to make and kids love it! Roll up a cheese omelette and place in a whole-grain hot dog bun. Serve with raw turnip sticks, steamed green beans and milk. For dessert, try a slice of lemon meringue pie. It's good to indulge once in a while!

Find Out More

Health and nutrition

- EatRight Ontario: www.ontario.ca/eatright
- Dietitians of Canada: www.dietitians.ca
- KidsHealth: www.kidshealth.org
- Nutrition Resource Centre: www.nutritionrc.ca
- Association of Local Public Health Agencies: www.alphaweb.org
- Canada's Food Guide to Healthy Eating: www.healthcanada.gc.ca/foodguide
- Canadian Public Health Association: www.cpha.ca
- Allergy/Asthma Information Association: www.aaia.ca
- Anaphylaxis Canada: www.gosafe.ca
- Eat Smart! Ontario's Healthy Restaurant Program: www.eatsmart.web.net
- Canadian Partnership for Consumer Food Safety Education: www.canfightbac.org
- Be Food Safe: www.befoodsafe.ca

Multicultural resources

- Read "Guide to Understanding Halal Foods," 2004, a resource from Toronto Public Health. Go to www.toronto.ca (search for "Halal").
- Read "Healthier Choices for Multicultural Cuisines" at www.ontario.ca/eatright (search for "multicultural").
- Check local libraries for multicultural cookbooks and storybooks about cultural food habits, or search for recipes online.
- Call the local public health unit and ask to speak with a registered dietitian about the resources and services offered. Locate your local public health unit at www.alphaweb.org (click on "health units").
- Canada's Food Guide is available online in 12 languages at www.healthcanada.gc.ca/foodguide.
- Look up cultural calendars online to find out about festivals and celebrations.
- To learn about Aboriginal food traditions, contact the Ontario Federation of Indian Friendship Centres at 1-800-772-9291, or visit www.ofifc.org.

Physical activity

- Canada's Physical Activity Guide for Children: www.paguide.com
- Active Healthy Kids Canada: www.activehealthykids.ca

Books

- *Child of Mine: Feeding with Love and Good Sense* by Ellyn Satter (Kelcy Press, 2000)
- *Secrets to Feeding a Healthy Family* by Ellyn Satter (Kelcy Press, 2008)

Recipes

- Egg Farmers of Ontario: www.getcracking.ca
- Egg Farmers of Canada: www.eggs.ca
- Dietitians of Canada: www.dietitians.ca
- Foodland Ontario: www.foodlandontario.ca
- Chatelaine Magazine: www.chatelaine.com
- Canadian Living Magazine: www.canadianliving.com
- Epicurious: www.epicurious.com

Cookbooks

- *Simply Great Food* by Dietitians of Canada (Robert Rose, 2006)
- *Supertime Survival* by Lynn Roblin and Bev Callaghan, 2005, www.suppertimesurvival.com
- *The Basic Shelf Cookbook: Updated & Revised* by City of York Health Unit, 2004. All the recipes are prepared from one list of low-cost, nutritious ingredients. To order it online, go to www.cpha.ca and search for "Basic Shelf Cookbook."
- *Ultimate Foods for Ultimate Health... And Don't Forget the Chocolate!* by Liz Pearson, R.D., and Mairlyn Smith, PHEC., (Whitecap Books, 2007)

Here's to you and your commitment to healthy mealtimes!

Enjoying wholesome, tasty food together nourishes a child's mind and spirit, as well as his or her health.

Egg Farmers of Ontario is pleased to bring you **Meal Planning Made Easy** and wishes you the greatest success for wonderful mealtimes ahead.

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AUTHOR

Carol Harrison, BAsC., RD
Nutrition Consultant

REVIEWERS

Denise Zaborowski
Healthy Eating
Foodland Ontario

Joan Fraser
Public Relations
Foodland Ontario

Elizabeth Hawley
Education and Resource Coordinator
Child Development Resource Connection
Peel

Teresa Makarewicz
Professional Home Economist

Zannat Reza, MHSc., RD
Principal Consultant
LEVERAGE

Elizabeth Smith, RD
Program Coordinator
Community Food Advisor Program
Nutrition Resource Centre

Brenda Watson, BAsC., P.Ag.
Executive Director
Canadian Partnership for Consumer Food
Safety Education

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