

GOOD FOODS TO HAVE ON HAND

LESSON 9 OF MONEY FOR FOOD

Learner Objectives

- Participant will name foods that could be kept on-hand and used to prepare a one-dish meal for the family when less of other food is available.

Teaching materials needed

- “The Well Stocked Kitchen” handout
- “What’s in the Cupboard?” handout
- Flip chart paper or whiteboard

Teaching Lesson 9

1. Ask participants to think about the last meal they were able to put together just by using staple items often kept on hand and discuss in pairs. Ask a few to share what they discuss making with the entire group
2. Introduce today’s session as creating one-dish meals for end of the month meals. Ask participants what they would like to get out of the session. Record responses on flipchart or whiteboard. Use this to introduce the following:

3. Planning for an End-of-the-Month Meal

Sometimes, families run out of food money before the end of the month, or before more food money is available. Families who plan for this will not have to go hungry or go to a food pantry as often as families who are unprepared.

One way to prepare for the possibility of running out of food money is to keep an “end-of-the-month” meal in your cupboard, just in case you need it. Some families put the basic ingredients for a meal together in a bag and keep the bag in the cupboard.

An example of an end-of-the-month meal in a bag might be: a box of macaroni and cheese mix, a can of tuna, a can of peas. Ask participants to think of other ideas and record on flip chart.

4. Staple Foods to Keep On-Hand

Distribute a blank “The Well Stocked Kitchen” handout to participants. Ask them to work in small groups and use this handout to create a list of “staple” foods that could be kept on-hand in a home kitchen. “Staple” foods are those that are basic to many meals or recipes. Many people find that keeping these types of foods on-hand make it easier to put meals together.

Use food packages or pictures of common staple items to help participants visualize items they could add to their list. (*Have a variety of items representing foods from various cultures and ethnicities*)

Ask participants to add foods to the list that would be basic staple foods for their families. Remember, staple foods will vary with participant’s background and ethnic group.

5. Planning Meals from Foods On-Hand

Distribute “What’s in the Cupboard?” handout and/or set up a display of empty cans and boxes representing the foods listed on the handout. The foods on the handout represent foods that might be found in the kitchen cupboard of a typical home at the end of the month, when little or no money is left for food.

Ask participants (individually or in pairs) to see how many meals they can create using the foods on hand (in the “Cupboard”).

After 3 to 5 minutes ask individuals or groups to describe 1 or 2 of the meals they were able to plan. Record the meals on a flip chart or board.

6. Ask participants to write down on the back of their handout a meal in a bag or box that they plan to keep on-hand to use when little other food is available.

Concluding Lesson 9

Before asking the end of session evaluation questions, say the following to the learners:

“I am going to ask you a couple questions that will help us see what you have heard today. You do not have to answer the questions if you don’t want to. All of your answers will be private.”

End of session questions for Lesson 9:

- Did you decide on a meal (and the foods you will need) that you could keep on hand when other food is not available?

Record participant responses and other information about the lesson on the Educator Notes form.

Do not record individual learner’s names on evaluation forms or questions. Do not share individual answers or comments made by the learners with other teachers or staff.

THE WELL-STOCKED KITCHEN

In the cupboard:



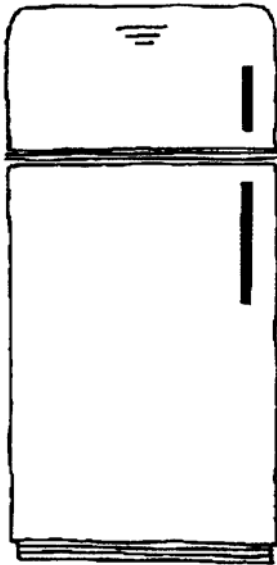
Macaroni and Cheese Mix	Potatoes
Canned fruits	Powdered milk
Canned or dry beans	Rice, noodles or pasta
Canned vegetables	Salt, pepper, spices
Cereals (hot and cold)	Spaghetti sauce
Condensed soups	Sugar
Crackers	Tortillas
Flour	Tuna
Onions	Vegetable oil
Peanut butter	Vinegar

In the freezer:

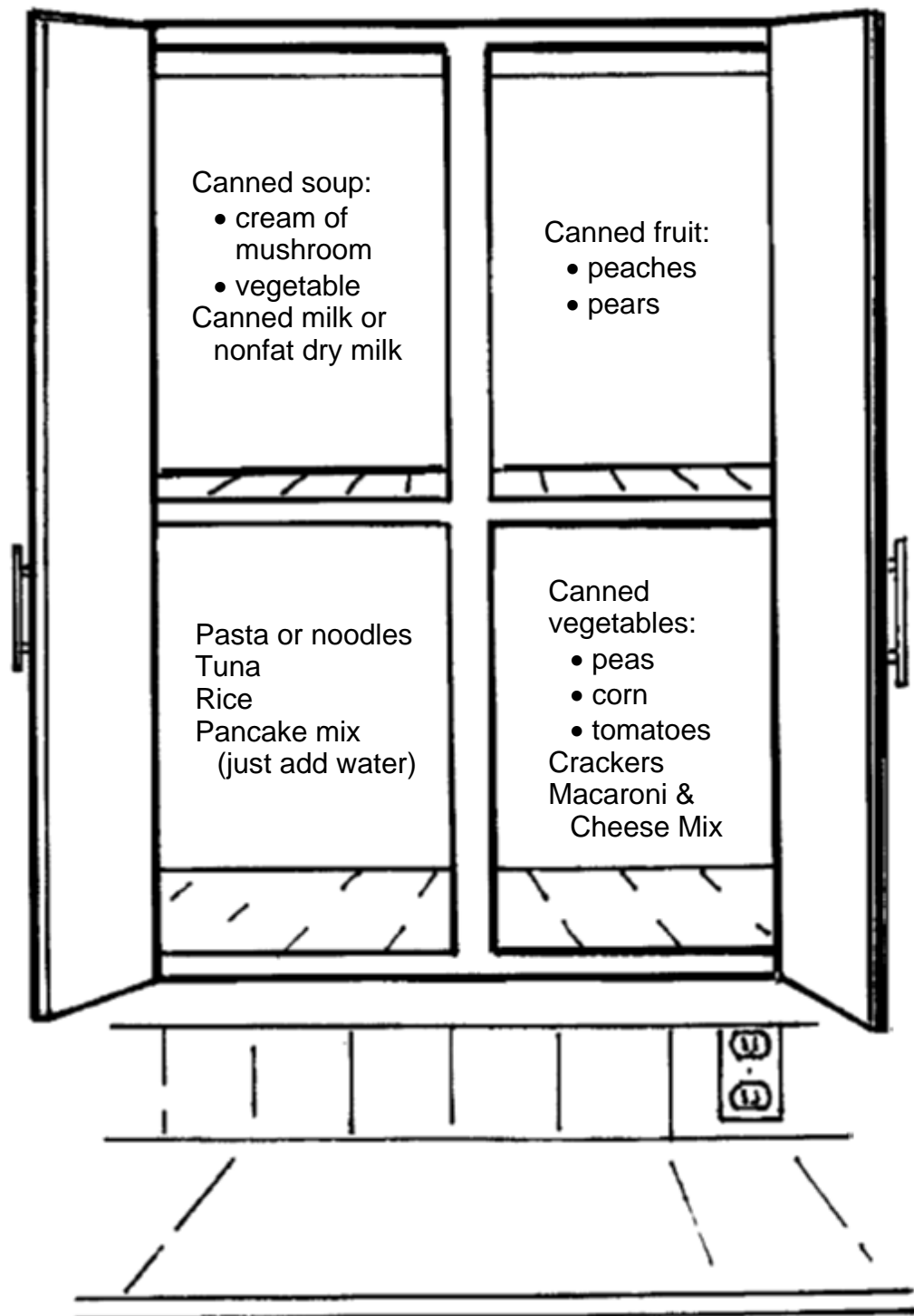
Bread
 Juice concentrates
 Meats, fish and chicken
 Frozen Pizza

In the refrigerator:

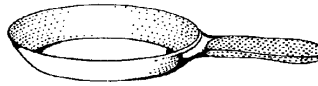
Milk
 Cheese
 Eggs
 Margarine or butter
 Carrots
 Flour tortillas



WHAT'S IN THE CUPBOARD?



CREATE A ONE-DISH MEAL



Prepare a one-dish meal by following these steps:

- ◆ Choose one or more ingredient(s) from each list below.
- ◆ Add other optional ingredients you like for flavor: onion, spices, herbs.
- ◆ Mix ingredients together.
- ◆ Cook using one of these methods:

Oven: Place ingredients in a covered casserole dish. Add optional toppings: bread crumbs, cracker crumbs, Parmesan cheese. Bake at 350° for 45 minutes. Uncover last 15 minutes to brown topping. Serve hot.

Stove-top: Place ingredients in a large skillet. Simmer on top of stove until bubbly. Serve hot. Add optional topping to each serving: Parmesan cheese, croutons.

Vegetables	Chicken, fish, meat, eggs, dried beans or peas	Liquid ingredients	Bread, rice or noodles
about 1½ cups	1½ to 2 cups	1 to 1½ cups	1 to 1½ cups
mixed vegetables tomatoes corn green beans cooked and cubed: acorn squash zucchini potatoes broccoli peas cabbage	tuna fish canned meat cooked meat: chicken hamburger lean sausage pork turkey hard cooked eggs cooked lentils cooked split peas cooked navy or pinto beans	cheese sauce white sauce cream soups: broccoli celery chicken mushroom cheese soup tomato soup tomato sauce shredded cheese plus milk evaporated milk	bread, cubed cooked rice cooked macaroni cooked spaghetti cooked noodles cooked barley cooked bulgur

COMMENT FORM

Today's topic was "Good Foods to Have On-Hand"

We are very interested in your comments about today's lesson. Your completion of this form is voluntary and implies your consent to participate. All answers will be confidential to the extent allowed by law. Summary reports or other uses of the information will not identify you in any way. We may use your comments to help us describe the work that we do and to make future lessons better. If you have any questions, please contact Shelley King-Curry, (608) 265-5069
Thank you!

How helpful was the lesson today?

- very helpful
- helpful
- somewhat helpful
- not helpful

Write one thing that you heard today that you will try to do at home:

Please share if there was something you wanted to get out of this session that was not covered that would have met your needs?

