



Time	Topics	Workbook Reference
5 min.	SMART Goal Check-in, record on Goal Tracker	
10 min.	Food Journal Make These Meals Healthier My Family's Rainbow of Fruits and Vegetables » Students use journaling to analyze their food choices. » Students improve meals based on MyPlate suggestions.	p. 11 p. 47 p. 35
10 min.	Cooking for One Saving Time When Cooking Healthier Cooking with Limited Space and Money Small Appliances for Small Spaces » Students identify time and money saving ways to cook healthy foods » Students identify challenges and solutions to living in an SRO or other limited circumstances.	p. 26 p. 27 p. 25 p. 28
10 min.	Eating Foods In-Season Tips to Store Your Produce Shelf-Stable Food Extensions » Students learn when certain foods are in season. » Students familiarize themselves with how to choose and store unfamiliar produce. » Students learn about buying foods from local farmer's markets.	p. 43 p. 74-75 p. 72-73
25 min.	Recipe Demonstration or Activity (see EatFresh.org for ideas) Closing Question: <i>What are some ways to get fat and protein without eating meat?</i>	

Notes:

Your Nutrition Goals & Goal Tracker



Your Nutrition Goals

■ Have you ever set a health goal and achieved it? How?
 Try this approach: Dream Big
 First, sit quietly for a moment with your eyes closed. Imagine yourself one year from now, living a healthier life. Let yourself dream big even if you don't know how to achieve your dream! How is your dream life different from your life now? Where are you? Who are you with? What words or pictures come to mind? Make notes here.

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Your Nutrition Goals (CONTINUED)

Then: Start Small
 Now try to think of one small goal for this week to move towards your dream. Your goal should be SMART:

- » **Specific**—Avoid words like “more,” “less” or “better.”
- » **Measurable**—Will you know when you've achieved it?
- » **Action Based**—Not everything is in your control; choose goals that relate to your actions.
- » **Realistic**—Choose goals you're likely to accomplish. Start small.
- » **Time Frame**—Set a goal to achieve this week.

■ **Some examples**

- » I will switch from white rice to brown rice twice this week.
- » I will eat a piece of fruit with my breakfast every morning this week.
- » I will cook a hot dinner three times this week.
- » I will try two new foods this week.

■ How could the following goals be improved?

1. I will lose weight.
2. I will eat less saturated fat and more fiber.
3. I will never eat fast food again.

TRY IT! Fill in the blanks to create two SMART Goals you might set for the coming week. Then choose one to track using the following page.

I will _____ this week.
 (action) (how often)

I will _____ this week.
 (action) (how often)

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Goal Tracker

■ What keeps you motivated?
 Choose a SMART goal from page 10 to work on for a few weeks. Then, each week, reflect on your goal and your progress.

I will _____ this week.
 (action) (how often)

To gauge your progress, ask yourself:

- » Did I achieve my goal this past week? Why or why not?
- » What was challenging about my goal?
- » What was easy?
- » Should I continue working on this goal or create a new one? If so, what is it?

Week (end of)	My Progress
1	
2	
3	
4	
5	
6	

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Materials

- » workbook pages 9-11

Desired Outcomes

- » Students create three SMART goals.
- » Students identify SMART goals, and improve vague goals.

Directions

Have students follow directions to imagine their healthy futures. They can make notes in the workbook. Then:

- » Explain “SMART” goals and work with the class to find some examples.
- » Help each individual create at least one SMART goal they will try to achieve during the course of the workshop. See the back of the goal tracker for examples.
- » Record each student’s goal on the goal tracking worksheet and follow up each week.

Your Nutrition Goals

■ Have you ever set a health goal and achieved it? How?

Try this approach: *Dream Big*

First, sit quietly for a moment with your eyes closed. Imagine yourself one year from now, living a healthier life. Let yourself dream big even if you don't know how to achieve your dream! How is your dream life different from your life now? Where are you? Who are you with? What words or pictures come to mind? Make notes here.

[content continues on next page...]

Your Nutrition Goals (CONTINUED)

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Some examples

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Week (end of)	My Progress
1	
2	
3	
4	
5	
6	

Food Journal

Materials

- » workbook page 15
- » pens

Desired Outcomes

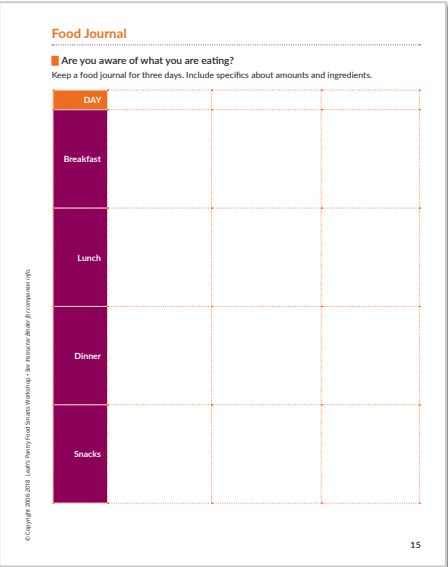
- » Students record and analyze personal eating patterns.

Directions

1. Have students keep a detailed journal of what they eat for a few days. (Alternately you can ask them to do a food recall for previous days, but this will be less accurate.) Emphasize that it's helpful to include information about portion sizes, ingredients, and time of day with each entry.
2. Ask them to examine their journals for a moment as if the info belongs to someone else. Have them identify one "strength" they notice and one item that surprises them.

Discussion Questions

- » What was challenging about keeping the journal? Was it easy, fun, or helpful in any way?
- » What "strengths" did you notice in your eating pattern?
- » What surprised you?
- » How is the eating pattern alike and different from MyPlate?
- » What is one thing you think you could work on, based on the journal?



The image shows a worksheet titled "Food Journal" with a header and instructions. The instructions ask the user to keep a food journal for three days, including specifics about amounts and ingredients. The main part of the worksheet is a grid with four rows labeled "Breakfast", "Lunch", "Dinner", and "Snacks" on the left side. The top row of the grid is labeled "DAY" in a small orange box. The grid is designed for recording eating patterns over three days. There is a copyright notice on the left side of the grid and the page number "15" in the bottom right corner.

Food Journal

■ Are you aware of what you are eating?

Keep a food journal for three days. Include specifics about amounts and ingredients.

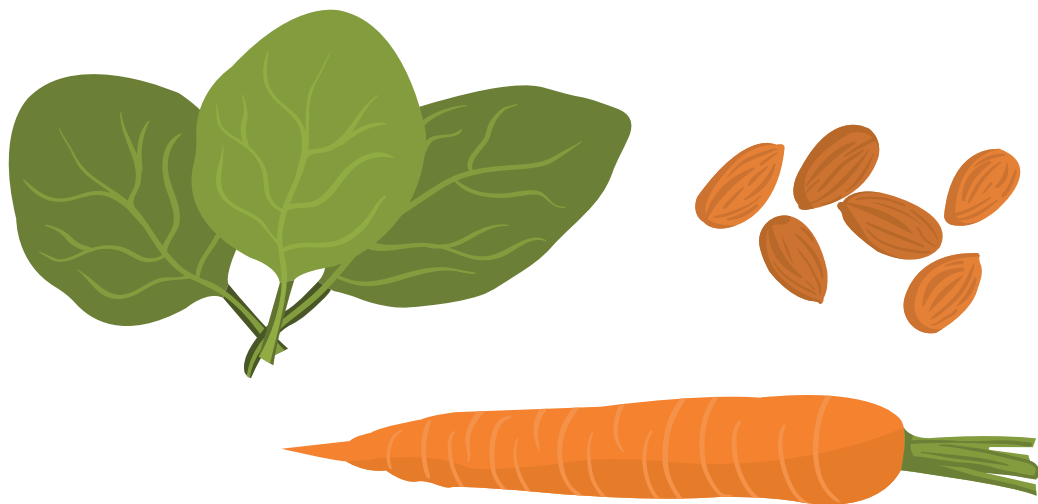
DAY			
Breakfast			
Lunch			
Dinner			
Snacks			

Make These Meals Healthier

How would you make the following meals healthier?

Use the guidelines of MyPlate or the Healthy Eating Plate to help. Include more vegetables, whole grains, legumes, fruits and dairy... and use your imagination!

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Fried chicken White rice Salad with lettuce and cucumbers Whole milk	Hamburger on white bun French fries Milk shake	Pasta Tomato sauce Garlic bread with butter Soda	Instant Ramen Chips Juice	Stir-fry with beef and white rice



Eat the Rainbow!/ My Family's Rainbow of Fruits and Vegetables



Materials

- » workbook pages 35 and 36

Desired Outcomes

- » Students learn to associate colors of fruits and vegetables with different vitamins.
- » Students use the rainbow analogy to determine whether they're getting all their vitamins.

Directions

- Have students fill in the chart with examples of their family's favorites. Which colors are missing? Then share this information:
 - » Orange foods often contain Vitamin A, which keeps our eyesight sharp and our skin healthy (eggs, spinach, and milk also contain this vitamin)
 - » Green foods
 - » Vitamin B: helps release food's energy so our body can use it. It also helps our body make red blood cells, which is crucial to making sure oxygen is carried throughout our bodies. (Whole grains, fish, meat, eggs, citrus fruits and dairy products also contain Vitamin B.)
 - » Vitamin E: maintains our body's tissues in our eyes, skin, and liver. It also protects our lungs from air pollution. (Whole grains, egg yolks and nuts also contain this vitamin.)
 - » Vitamin K: helps our blood clot when we get a cut! (Liver, pork, and dairy products also contain this vitamin.)
 - » Red and orange citrus fruits often contain Vitamin C, which keeps our body's tissues (like our muscles and gums) in good shape. It also works hard to keep our immune system strong and heal us when we get hurt. (Broccoli and cabbage also contain Vitamin C.)
- Explain the difference between fat soluble and water soluble vitamins.
 - » Fat soluble vitamins are stored in the fat tissues of your body and wait until your body needs them (A, D, E, K).
 - » Water soluble vitamins (B, C) travel through your bloodstream and are either used immediately or discarded by your body. Make sure to eat these vitamins every day!

Discussion Questions

- » Based on that information, what kinds of foods do we need to make sure we eat EVERY day?
 - » whole grains
 - » leafy greens
 - » citrus fruits or other fruits containing Vitamin C

My Family's Rainbow of Fruits and Vegetables

How colorful is your plate?
Fill in the chart with the fruits and vegetables you and your family eat the most. What colors are missing?

Green Foods	Red Foods
Yellow/Orange Foods	Blue/Purple Foods
White Foods	Others

35

36

pineapple
papayas

lemons
peaches

carrots

onion
green onion
cauliflower
chives
mushrooms

ginger
garlic
jicama
fennel

36

My Family's Rainbow of Fruits and Vegetables

■ How colorful is your plate?

Fill in the chart with the fruits and vegetables you and your family eat the most. What colors are missing?

Green Foods	Red Foods
Yellow/Orange Foods	Blue/Purple Foods
White Foods	Others

Eat the Rainbow!

Which color do you eat the most?

Different colored fruits and vegetables are full of nutrients. How can you add variety to your day?

Green Foods

- » Lower your chance of getting cancer
- » Keep your eyes healthy
- » Keep your bones & teeth strong

TRY IT!

spinach
celery
green beans
broccoli
cabbage
bok choy
cucumbers
asparagus

kale
artichokes
honeydew
green grapes
green apples
limes
avocados



Red Foods

- » Keep your heart healthy
- » Keep your bladder healthy
- » Keep your memory strong
- » Lower your chance of getting cancer

TRY IT!

tomatoes
red peppers
red cabbage
strawberries
cherries

watermelon
red onion
red apples
beets



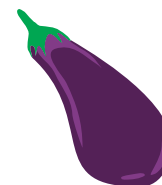
Blue & Purple Foods

- » Stay healthy as you age
- » Keep your memory strong
- » Keep your bladder healthy
- » Lower your chance of getting cancer

TRY IT!

eggplant
purple cabbage
raisins

blueberries
blackberries
purple grapes



Yellow & Orange Foods

- » Keep your heart healthy
- » Keep your eyes healthy
- » Lower your chance of getting cancer
- » Keep you from catching colds

TRY IT!

carrots
sweet potatoes
yellow peppers
pumpkins
pineapple
papayas

cantaloupe
tangerines
mangoes
oranges
lemons
peaches



White Foods

- » Keep your heart healthy
- » Have good cholesterol levels
- » Lower your chance of getting cancer

TRY IT!

onion
green onion
cauliflower
chives
mushrooms

ginger
garlic
jicama
fennel



Cooking for One

■ What tricks do you know for cooking for one?

Cooking at home can be the easiest way to eat healthy foods consistently. Try to:

- » **Plan your meals each week.** Use the same ingredients in many meals but in different ways. For example, buy vegetables that can be eaten both cooked and raw like celery; use in soups, sandwiches, stir-frys and salads.
- » **Cook or prep when you have the most energy.** Cut up fruits and vegetables to store, or prep an entire meal. Dinner doesn't have to be the biggest meal of the day, if you have more energy and time in the middle of the day eat your biggest meal then.
- » **Eat the most perishable produce first** like lettuce, and save heartier produce like broccoli. Even better—stock up on vegetables like winter squash, onions, and potatoes that last for months outside the fridge.
- » **Cook larger batches and freeze.** Cook batches of grains and beans and freeze for easy additions to meals. Soups and casseroles freeze well in single-serving portions.
- » **Buy only what you'll eat.** Even if single servings are more expensive at the grocery store, it will still be cheaper than eating out.
- » **Keep a stocked pantry.** You'll be more likely to cook if you already have long lasting ingredients like dried goods and seasonings.
- » **Buy in bulk.** If you lack storage space, ask a friend to split the bill and the groceries. Choose items that last a long time.
- » **Bring extras to a friend or neighbor.** Hopefully, they will return the favor!

■ Sample Meals

- » Eggs are a great single-serving dish. Add veggies, cheese and whole grain toast to make a satisfying meal.
- » Start with a dried grain like rice or pasta, add veggies (fresh, frozen or canned), a protein like salmon (fresh, frozen, or canned), and a sauce or flavorings like olive oil and garlic, or soy sauce and ginger.
- » Use cooked chicken in a salad with nuts and fruit, or on a sandwich with whole wheat bread.
- » Make a Chinese inspired noodle dish: mixed cooked pasta or soaked rice noodles, and stir-fried veggies with a mixture of soy sauce and peanut butter.
- » Mix cooked couscous with a dressing of vinegar, olive oil, salt and pepper and lots of fresh veggies, black beans and canned corn.

■ What's your favorite meal for one?

Saving Time When Cooking

■ How can you eat well when you're low on time and energy?

Here are some tips.

- » **Learn how to chop vegetables quickly and efficiently.** Most people chop onions slowly. Take a few minutes to learn to do it quickly.

TRY IT! Visit: bit.ly/chop-onion for a chopping demonstration.

- » **Pre-chop vegetables** on the weekend or in the morning to cut down on time spent on evening prep. Or, chop more veggies than you need so you are preparing for the next meal. Put them in a reusable containers or plastic bag to store in the refrigerator.
- » **Use a sharp knife.** Dull knives are dangerous and require much more energy to use. Also, avoid using a small knife for larger foods.
- » **Learn to eyeball common measurements;** know what one cup of chopped veggies looks like on a cutting board or a teaspoon of a spice in the palm of your hand. In most cases, it's not essential to be exact (baking is an exception).
- » **Get a head start.** In the morning, lay out any pots or pans you'll need in the evening. If your veggies are already chopped and your pots laid out, you are more likely to cook.
- » **Enlist helpers.** Have kids in the house? Ask them to wipe and set the table, wash the veggies, or help gather the ingredients.
- » **Try a different tool.** Slow cookers (crock-pots) and rice cookers are great time savers and often available for a few dollars at second-hand stores.
- » **Double the yield.** Cook extra chicken one night that can be made into a few different meals like tacos or soup, or used as a salad topper.
- » **Keep prepped veggies in the freezer.** Always have frozen vegetables in the freezer—no need to wash or chop!



Healthier Cooking with Limited Space and Money

What are the challenges to cooking when you don't have much space or money? What are some other solutions?

CHALLENGE There's not much space for produce in my small fridge.

SOLUTION Only store items in the fridge/freezer that need to be in there. Some fruits and veggies can stay out. See page 63.

CHALLENGE Healthy food can sometimes seem to be the most expensive.

SOLUTION Staying healthy can decrease a person's costs in the long term, so it's important to eat healthy as often as possible.

- » Look for coupons.
- » Only spend money on healthy food. Unhealthy food may be cheap, but it provides no nutrition.
- » Meat is expensive. Try eating vegetarian a few times a week.
- » Buy foods in bulk. If storage is a problem, ask a friend to split the food and the bill.
- » Scour the neighborhood: do you know where free, healthy meals are being served?
- » Use the food from the food bank! It's free and there is often a lot of fresh produce.
- » Avoid corner stores and seek out the closest grocery store with the best deals.

CHALLENGE I only have a microwave.

SOLUTION Check with your building management to see if you can invest in a rice cooker, slow cooker (crock-pot), or toaster oven. Also, microwaves aren't just for reheating. They can be used to cook fresh meals from scrambled eggs to pasta. Check EatFresh.org for ideas! Thrift stores like Goodwill are great places to find very inexpensive kitchen items.

CHALLENGE There are no grocery stores close by and the small stores near me don't sell much produce.

SOLUTION Read ingredient lists and nutrition facts labels to find the healthiest food at corner stores.

- » Avoid foods with sugar as the first ingredient, partially hydrogenated oil (trans fat), and more than 140 mg sodium per serving.
- » Choose whole wheat or whole grain products. Whole wheat or another whole grain should be the first listed in the ingredient list.
- » The fewer the ingredients listed, the better.
- » Some examples: vegetable soup over meat soup, plain potato chips, pretzels or popcorn instead of flavored chips or other bagged snacks, whole grain cereals, breads and crackers, water or milk instead of soft drinks.
- » Sometimes drug stores like Walgreens or CVS have very good deals on canned tuna, canned salmon or other staples. They often have a healthier selection than corner stores.
- » Visit the neighborhood farmers' market at the end of the day—farmers will often make some great deals! Many accept EBT.

CHALLENGE I'm not excited to cook just for me or _____.

SOLUTION What solutions can you think of? _____

Small Appliances for Small Spaces

■ What tricks do you know for using small cooking appliances?

A microwave, pressure cooker, rice cooker, crockpot, or toaster can often be used in place of a larger stove or oven. Search [EatFresh.org](https://www.eatfresh.org) under the “Limited Kitchen” filter for new recipes!

A **slow cooker, or crock-pot**, is an electric pot that uses very low heat to cook food slowly. (Time: 4-10 hours)

- » has no exposed heat source and does not get hot enough to burn food
- » can be left alone for hours
- » uses less energy than many other appliances
- » inexpensive

Great for: soups, stews, tough meat, dried beans

What would you make in a slow cooker?



A **rice cooker** is an electric pot that uses medium heat to steam food. It works faster than a slow cooker. (Time: 20-60 minutes)

- » shuts off automatically
- » safer than stovetop cooking because it has no exposed heat source
- » inexpensive

Great for: grain or bean dishes, soups, stews, curries, steamed foods

What would you make in a rice cooker?



A **toaster oven** is a very small oven. (Time: same as oven)

- » more energy efficient than a stove for cooking small items
- » great for small spaces

Great for: toasted sandwiches, pizza, fruit crisps, reheating small items

What would you make in a toaster?



An **electric skillet** works like a skillet on a stovetop. (Time: same as stove)

- » great for small spaces
- » large skillets can be used to cook big items
- » is safer than a hot plate

Great for: eggs, stir-fries, whole-grain pancakes

What would you make in an electric skillet?



A **microwave** cooks food very quickly and is great for small spaces. (Time: a few minutes)

Great for: thawing frozen foods, ready-to-heat foods, hot beverages, steamed rice or vegetables

A few safety tips:

- » Use microwave-safe dishes only. Avoid metal, soft plastic, or Styrofoam!
- » Do not put tightly wrapped or sealed foods in microwave.
- » Poke holes in wrapped items or food skin to vent steam.
- » Rotate and/or stir food a few times during cooking.
- » Be sure to stir liquids after they've been microwaved.

What would you make in a microwave?



Eating Foods in Season

Materials

- » seasonal foods/pictures of seasonal foods
- » list of seasonal foods
- » workbook page 43

Desired Outcomes

- » Students can learn when certain foods are in season.
- » Students can familiarize themselves with how to choose, clean, and prepare produce that they may never have seen before.

Directions





1. Go over the list of seasonal foods in the workbook.
2. Show examples of foods currently in season.

Discussion Questions

- » Which of these foods are unfamiliar to you?
- » Which of these foods do you not know how to prepare?
- » Which of these foods do you like? Which do you not like?
- » What are some ways you like to cook these foods?

Eating Foods In-Season

What's growing near you now?
Certain fruits and vegetables grow at certain times of the year. Fresh fruits and vegetables eaten while in-season taste better and provide more nutritional benefits. For example, a strawberry eaten in the summer will be sweeter and will contain more vitamin C than a strawberry eaten in December. The chart below outlines what fruits and vegetables you will see at your local food pantry and farmers' market during each season.

Available All Year <ul style="list-style-type: none">» Beets» Cabbage» Carrots» Cauliflower» Mushrooms» Onions» Oranges» Potatoes» Spinach		Summer <ul style="list-style-type: none">» Berries» Corn» Eggplant» Grapes» Pears» Tomatoes» Watermelon» Zucchini» Peaches, plums, apricots, cherries	
Fall <ul style="list-style-type: none">» Apples» Peppers» Sweet potatoes» Winter squash		Winter-Spring <ul style="list-style-type: none">» Asparagus» Hard squashes» Sweet potatoes» Turnips and broccoli	

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Available All Year

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- » Cabbage
- » Carrots
- » Cauliflower
- » Mushrooms
- » Onions
- » Oranges
- » Potatoes
- » Spinach



Summer

- » Berries
- » Corn
- » Eggplant
- » Grapes
- » Pears
- » Tomatoes
- » Watermelon
- » Zucchini
- » Peaches, plums, apricots, cherries



Fall

- » Apples
- » Peppers
- » Sweet potatoes
- » Winter squash



Winter-Spring

- » Asparagus
- » Hard squashes
- » Sweet potatoes
- » Turnips and broccoli





SAVING MONEY: TIPS TO STORE YOUR PRODUCE TO MAKE IT LAST LONGER

1. KEEP YOUR PRODUCE WHOLE

Don't even rip the stem out of an apple until you eat it. As soon as you start pulling fruits and vegetables apart you've broken cells and given a surface for microorganisms to grow. Mold proliferates rapidly and contaminates everything nearby, so toss any spoiled produce immediately.

2. KEEP INCOMPATIBLE FRUITS AND VEGGIES SEPARATE

You might have heard that to speed-ripen a peach, you put it in a closed paper bag with a ripe banana. Some fruits (like bananas) give off high levels of ethylene - an odorless, colorless gas - that speeds up ripening of nearby ethylene-sensitive produce. "Gas releasers" are one of the main causes of premature decay. One bad apple really can spoil the whole bunch. Use our quick reference guide to the right and keep all "gas releasers" (the first two groups) separate from ethylene-sensitive produce (the third group.)

3. KNOW WHAT TO REFRIGERATE AND WHAT TO LEAVE OUT

The main way to lengthen shelf life of produce is by using cold temperatures to slow food's respiration, or 'breathing' process, so less ethylene gas is emitted and the ripening process is slowed. The warmer the temperature, the faster the rate of respiration, which is why refrigeration is critical for most produce. But while you want to slow it down, you don't want to stop the breathing altogether. The worst thing to do is seal fruits and vegetables in an airtight bag, because you'll suffocate them and speed up decay.

A big part of correct storage is knowing what to refrigerate. Cold-sensitive fruits and veggies lose flavor and moisture at low temperatures. Store them on the counter, not in the fridge. Once they're fully ripe, you can refrigerate them to help them last, but for best flavor, return them to room temp. Never refrigerate potatoes, onions, winter squash or garlic. Keep them in a cool, dry, dark place, and they can last up to a month or more. Light and heat will cause them to sprout. But separate them so their flavors and smells don't migrate.

New innovations: Some products you can purchase absorb ethylene and can be dropped into a crisper with vegetables. A variety of produce bags both absorb ethylene and create an atmosphere that inhibits respiration.

QUICK STORAGE TIPS:

REFRIGERATE THESE "GAS RELEASERS":

- Apples
- Apricots
- Canteloupe
- Figs
- Honeydew

DON'T REFRIGERATE THESE "GAS RELEASERS":

- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Pears
- Plums
- Tomatoes

STORE THESE AWAY FROM ALL "GAS RELEASERS":

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Parsley
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

[content continues on next page...]

4. KNOW WHAT TO EAT FIRST

Eat more perishable items first and save the longer-lasting produce for later in the week. Use this quick guide to help you decide what to eat first. The timing suggestions are for ready-to-eat produce, so allow extra days for ripening if you're buying not-quite-ripe fruits or vegetables.

5. STORAGE STARTS WITH THE SHOPPING BAG

Many people don't realize storage starts even before the shopping bag makes it home. Shop for less perishable items like potatoes, onions, and melons first and keep heavier items on the bottom of the bag. Shop for more perishable items berries and broccoli last so they don't get warm while you shop (and emit more ethylene gas, which will ripen them faster). Get the produce home quickly and into dark cool place or into your refrigerator if you have one. The earlier you shop at the farmers market the fresher the produce will be, the less time it has spent outside in warm temperatures, and the longer it will last at home.

6. HAVE A BACKUP PLAN

If you find yourself with more ripe produce than you can eat, have a strategy for how to use it up quickly. Our favorite for the cool San Francisco weather is using a crock pot to make an easy potful of soup with any leftover vegetables. Get creative and try a new recipe, like a big pie for your neighbor or a pot of tomato sauce to freeze in individual packages.

Some fruits and vegetables can be stored in the freezer for using later. Fruits like berries are fine to freeze as-is. Fruits that tend to brown easily, like apples or peaches, should be soaked in an acidic juice before freezing to help them maintain their color.

Most vegetables need to be blanched before freezing, which involves submerging them briefly in boiling water or steaming to destroy the enzymes that cause spoiling. Onions, peppers, and herbs do not need to be blanched. Squash, sweet potatoes, and pumpkin should be fully cooked before freezing. All other vegetables should be blanched.

To blanch by boiling, use at least a gallon of water for a pound of vegetables. Put the vegetables in a wire basket, submerge them completely in the boiling water, cover with a lid, and begin timing. To blanch by steaming, put the vegetables in a steamer basket and suspend it above an inch or two of boiling water. Cover the pot, and begin timing as soon as steam starts to escape from under the lid. With either method, shake the basket a couple of times to ensure that all vegetable surfaces are exposed to the heat. After the allotted time, remove the basket, and plunge the vegetables into a bowl of ice water to stop the cooking. Once cool, remove them, drain thoroughly, and package for freezing. Package all produce tightly to avoid freezer burn.

The amount of time you should leave each variety of vegetable submerged in boiling water varies. Use the internet or a library book to look up specific instructions.

TIME IT RIGHT:

EAT FIRST (WITHIN 1-3 DAYS):

- Artichokes
- Asparagus
- Avocados
- Bananas
- Basil
- Broccoli
- Cherries
- Corn
- Dill
- Green beans
- Mushrooms
- Mustard greens
- Strawberries
- Watercress

EAT SECOND (WITHIN 4-6 DAYS):

- Arugula
- Cucumbers
- Eggplant
- Grapes
- Lettuce
- Lime
- Zucchini

EAT THIRD (WITHIN 6-8 DAYS):

- Apricots
- Bell peppers
- Blueberries
- Brussels sprouts
- Cauliflower
- Grapefruit
- Leeks
- Lemons
- Mint
- Oranges
- Oregano
- Parsley
- Peaches
- Pears
- Plums
- Spinach
- Tomatoes
- Watermelon

EAT LAST (LONGEST LASTING):

- Apples
- Beets
- Cabbage
- Carrots
- Celery
- Garlic
- Onions
- Potatoes
- Winter squash

A big thank you to *Vegetarian Times* for the valuable information.

Shelf-Stable Food Extensions

SF MARIN
FOOD BANK

Code dates on products do not mean that food is unfit for consumption!
Please refer to these handy guidelines for code date extensions.

Product	Storage Life	Fast Code Date
Shelf-Stable Foods Extensions		
Staples		
Beans, Canned (pinto, red, black, etc.)	12 months	
Condensed soups (low acid meats; cream, corn, soup, etc.)	3 years	
High Acid Jarred/paste tomatoes, pickles, etc.	18 months	
Canned fruit and/or vegetable varieties	12 months	
Crackers (hard biscuits)	2 years	
Instant noodle	12 months	
Eggs, hard-boiled, dry	2 weeks	
Rice	White 12 months	
Wheat, whole wheat	1 month	
Pasta (dry spaghetti, macaroni, penne, etc.)	3 years	
Spice	Brown Spice 12 months	
Wheat or wild rice	4 months	
Flour	White, Granulated	2 years
Beverages		
Bottled water (all varieties)	12 months	
Crater Sun	2 months	
Chicken, Canned Meats	1 year/5 years	
Crushed lentils	2 months	
TFF Sparkling Beverage	12 months	
Juice Boxes	6 months	
Prepared Drink mix	6 months	
Snacks	Diet (cookies or crackers) 2 years	
Regular (cookies or crackers)	9 months	
Trail mix	1 year	
Condiments & Spreads		
Butter, salted	12 months	
Cholesterol Spread	3 years	
Condiments (soy sauce, tamari, hot sauce, mayo, mustard, cats, salad dressing, soy, olive/vegetable oil)	12 months	
Cooking Oil (olive, etc.)	3 years	
Condensed Milk	2 years	
Evaporated Milk	12 months	
Maple Syrup	3 years	
Condensed Beans (Navybean, Navy, Vigna, etc.)	12 months	
Chickpeas (garbanzo)	18 months	
Peanut Butter	9 months	
Flour (all varieties)	2 years	
Spice mix	Fresh Spices 18 months	
Spices	Ground or Dried Spices 2-3 years	
Hot Sauce	White Spices 3 years	
Vegetable Oil Spray	2 years	
Vinegar	3 years	

This information is to be used as a guide only. It was developed based on general knowledge, industry practices, and the understanding that best before dates are about sensory quality. All information taken from the Food Marketing Institute: www.fmi.com; LettBrite LLC www.lettbrite.com; Food Safety Canada www.foodsafety.ca; and Fooding America "Date Requirements & Extensions".
[content continues on next page...]

Product	Bakery Items		
	Shelf Storage Fast Code Date	Refrigerator Storage Fast Code Date	Freezer Storage Fast Code Date
Breads	1 day	7 days	2 months
Rolls	1 day	7 days	2 months
French, loaf, etc.	1 day	7 days	2 months
Cakes (dough, baked)	2 days	7 days	2 months
Chiffon, sponge	2 days	7 days	2 months
Chocolate (unfrosted)	2 days	7 days	2 months
Fruit cakes	4 days	7 days	2 months
Cookies	3 weeks	2 months	2 months
Crackers	1 day	7 days	2 months
Doughs	2 days	7 days	2 months
Muffins	2 days	7 days	2 months
Refrigerated Foods Extensions			
Product	Storage Life Fast Code Date		
Beverages			
Alcohol	consume by code date		
Chilled, bottled (orange, grapefruit, etc.)	7 days		
Chilled, bottled (100% juice and smoothies)	consume by code date		
Punches, juice blends	14 days		
Tea/coffee (soy milk, almond milk, or rice milk)	7-10 days		
Dairy Products			
Butter	1-3 months		
Cheese (hard cheese (cheddar, swiss, etc.))	6 months		
Shredded Cheese (american, mozzarella, etc.)	1 month		
Collared Cheese	21 days		
Cottage Cheese	60 days		
Cream (sour cream based)	14 days		
Eggs (hard-boiled)	6 weeks		
Ice Cream (soft-serve)	60 days		
Milk (all varieties)	13 months		
Whipped Cream/Almond Whipped Cream	21 days		
Yogurt	10 days		
Egg Products			
Egg, all	consume by code date		
Egg, hard-boiled	consume/freeze by code date		
Egg, soft-boiled	consume/freeze by code date		
Egg, scrambled	consume/freeze by code date		
Egg, omelette	consume by code date		
Dough Products			
Dough (bread)	consume/freeze by code date		
Pasta (fresh)	7 days		
Pie Crust (ready-to-bake)	consume/freeze by code date		
Pie Crust (store-bought, rolls, pizza dough, etc.)	consume by code date		
Other products			
Desserts (cookies, cakes, etc.)	7 days		
Hot Sauce	7 days		
Instant Noodles	21 days		

Materials

- » products with code dates to serve as examples
- » workbook pages 72-73

Desired Outcomes

- » Students learn how long a food can be stored past the code date.
- » Point out that manufacturers pick the dates and they are not government regulated
- » Students are familiar with the process of code dating foods and the different terminology used.
- » Students gain trust in food provided by the food pantry.

Discussion Questions

- » Have you ever been concerned that a food is unsafe because it is past its code date?
- » Where have you seen code dates?
- » What kind of language have you seen on packaging? (i.e. “best if used by,” “sell by,” etc.)



**Code dates on products do not mean that food is unfit for consumption!
Please refer to these handy guidelines for code date extensions.**

Shelf-Stable Foods Extensions	
Product	Storage Life Past Code Date
Staples	
Beans, Dried (pinto, red, black, etc)	12 months
Canned Goods Low Acid (meats, beans, corn, soup, etc.)	5 years
High Acid (pineapple, tomatoes, pickles, etc.)	18 months
Cereal (hot and cold varieties)	12 months
Coffee, (and Decaf) Ground in Cans	2 years
Instant	12 months
Egg Noodles, Dry	2 years
Flour White	12 months
Whole Wheat	1 month
Pasta, Dry (spaghetti, macaroni, penne, etc.)	2 years
Rice Brown Rice	12 months
White or Wild	2 years
Sugar Brown, Raw	4 months
White, Granulated	2 years
Beverages	
Bottled Water (all varieties)	12 months
Capri Sun	2 months
Cocoa, Cocoa Mixes	indefinitely
Crystal Light	2 months
IZZE Sparkling Beverage	12 months
Juice Boxes	6 months
Powdered Drink Mix	6 months
Sodas Diet (cans or bottles)	3 months
Regular (cans or bottles)	9 months
Tetrapak: Soy Milk, Almond Milk, Rice Milk, or Coconut Milk	1 month
Condiments & Snacks	
Beef Jerky	12 months
Chocolate Syrup	2 years
Condiments (bbq sauce, jam/jelly, ketchup, mayo, mustard, salsa, salad dressing, syrup, olive/vegetable oil)	12 months
Cookies, Packaged	2 months
Crackers (Saltines, Ritz, Triscuits, etc.)	8 months
Evaporated Milk	12 months
Extracts	4-5 years
Granola Bars (Nutrigrain, Nature Valley, etc.)	12 months
Microwave Popcorn	18 months
Peanut Butter	9 months
Popcorn (dry kernels)	2 years
Slim Jims	18 months
Spices Fresh Spices	5-7 days
Ground or Dried Spices	2-3 years
Whole Spices	3-4 years
Vegetable Oil Spray	2 years
Vinegar	2 years

This information is to be used as a guide only. It was developed based on general knowledge, industry practices, and the understanding that best before dates are about sensory quality. All information taken from the Food Marketing Institute www.fightbac.org, EatByDate LLC www.eatbydate.com, Food Banks Canada www.foodbanksbc.com, and Feeding America "Donor Requirements & Restrictions"

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Bakery Items

Product	Shelf Storage Past Code Date	Refrigerator Storage Past Code Date	Freezer Storage Past Code Date
Bagels	1 day	7 days	2 months
Bread Sliced	4 days	14 days	3 months
French, loaf, etc	1 day	14 days	2 months
Cakes Angel food	2 days	7 days	2 months
Chiffon, sponge	2 days	7 days	2 months
Chocolate (unfrosted)	2 days	7 days	4 months
Pound cake	4 days	7 days	6 months
Cookies	3 weeks	2 months	10 months
Croissants	1 day	7 days	2 months
Danish	2 days	7 days	2 months
Muffins	2 days	7 days	2 months

Refrigerated Foods Extensions

Product	Storage Life Past Code Date
Beverages	
Juices	
Citrus juices, pasteurized (orange, grapefruit, etc.)	7 days
Odwalla, Naked Juice (100% juice and smoothies)	consume by code date
Punches, juice blends	14 days
Tetrapak: Soy Milk, Almond Milk, or Rice Milk	7-10 days
Dairy Products	
Butter	1-3 months
Cheeses Hard cheese (cheddar, swiss, etc.)	6 months
Shredded Cheese (parmesan, mozzarella, etc.)	1 month
Cottage Cheese	21 days
Cream Cheese	60 days
Dips (sour cream based)	14 days
Eggs (whole)	5 weeks
EggBeaters (egg substitute)	60 days
Margarine	1-3 months
Milk (all varieties)	7 days
Sour Cream	21 days
Whipping Cream/Aerosol Whipped Cream	30 days
Yogurt	10 days
Deli Products	
Fruit, cut	consume by code date
Hot Dogs, Lunch Meats (bologna, Ham, etc.)	consume/freeze by code date
Lunchables	consume/freeze by code date
Pesto	consume/freeze by code date
Salsa	consume by code date
Dough Products	
Cookie Dough	consume/freeze by code date
Pasta (fresh)	2 days
Pie Crust (ready-to-bake)	consume/freeze by code date
Tube Cans (biscuits, rolls, pizza dough, etc.)	consume by code date
Soy Products	
Dips (soy/tofu based)	7 days
Soy Milk	7 days
Tofu (all varieties)	21 days

Food Demonstration Planning Template

Recipe Title: _____

EQUIPMENT/MATERIALS	INGREDIENTS

Recipe Modifications to Suggest:

Healthy Nutrition Message to Highlight:

Culinary Skill to Demonstrate:

Food Bank-Friendly Items to Show:

Ingredients to Prep Ahead of Time (if any):