

"Cooking With What's on Hand" - Teacher's Guide

Objective: To provide information on making meals with what's on hand in your kitchen.

Sample statement: ***"Sometimes it is difficult to prepare meals because there is a shortage of food in the house or you may lack one or two basic ingredients needed to make a particular meal or you are tired after work and want to cook something simple."***

Sample **ANCHOR** questions for participants:

- ***"Name three foods (meat, dairy, vegetable, fruit, grain food, condiments, etc) that you always have on hand in your kitchen."*** (You may want to write their answers down to use in an activity later.)
- ***"What are some of the reasons you may take your family out to eat instead of cooking the meal at home?"***

Background Information - Choose the appropriate information below to **ADD** to your lesson.

Basic Foods To Keep On Hand

Share with participants that having certain foods always available in their kitchen will make it easier for preparing quick, simple and healthful meals.

REMEMBER: Different families and different cultures will have a different list of "Basic Foods To Keep On Hand" that will reflect **their** food preferences.

Examples of canned foods:

- ◆ tomatoes
- ◆ fruits
- ◆ tomato sauces
- ◆ beans
- ◆ canned fish or meats
- ◆ vegetables (corn)

Examples of cupboard foods:

- pasta
- rice
- noodles
- dry beans
- potatoes
- onions
- herbs & spices

Examples of refrigerator Foods:

- eggs
- basic fresh vegetables (carrots)
- milk
- margarine
- low fat salad dressing
- condiments (ketchup, mustard, etc.)

Examples of freezer foods:

- ❖ meats (ground beef, etc.)
- ❖ breads
- ❖ vegetables
- ❖ cheeses

Sample statement to share with participants: ***“Planning meals is still important even if you are cooking with what foods you have on hand.”***

Healthful Eating Can Be Made Easier

1. Plan your meals for the entire week.
2. Purchase foods that can be stored for long periods of time.
3. Make enough food for 2 meals and freeze one.
4. Make meals and snacks from what you have on hand.

Sample statement to share with participants: ***“For whatever the reason you may need to cook a meal with the food you have on hand, there are some tips that may help you prepare easy and healthful meals.”***

Wise Food Choices are the Key to Planning Quick and Convenient Meals

1. Keep the refrigerator stocked with a **variety** of foods.
2. Balance your high-fat food choices with **low-fat** food choices.
3. Prepare and freeze one-dish casseroles for later use.
4. Purchase large cuts of meat that may be used for several meals. Freeze some of the meat for later meals. Example - whole chickens (cut-up and use for several meals like soups, salads, dumplings, etc.)
5. Vary your methods of cooking (baking, broiling, etc.). However, when you use the oven, bake several foods at one time to save energy costs and time.

Share with participants, ***“Use leftovers with the other foods you have on hand to make quick, healthful meals. Leftovers should always be stored safely in the refrigerator for only one or two days or freeze for longer storage time. Mix and match food with your leftovers.”***

Possible Foods For "Mixing and Matching" Leftovers

Cheese: Topping for leftover casseroles, vegetables or soups.

Vegetables: Add cooked vegetables to soups, casseroles, scrambles eggs, or toss on a cold salad.

Eggs: Serve hard-cooked eggs on salads or use in sandwiches.

Meat, Poultry & Fish: Use leftover cooked meats to make soups, casseroles or sandwiches (hot or cold).

Rice & Pasta: Season and serve as a side dish or mix with other foods like casseroles, soups or cold salads.

Activities: (APPLY)

Meal planning

- Use the handout “Basic Foods to Keep on Hand”- worksheet to help participants come up with their personalized staple food list they could keep on hand for cooking.
- Use the handout “Planning Meals with What’s on Hand” – worksheet to help participants plan meals using their staple food list and their family’s food budget and food preferences.

Handouts (AWAY):

“Basic Foods to Keep on Hand”

“Basic Foods to Keep on Hand” - worksheet

“Planning Meals with What’s on Hand” - worksheet

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