



Cooking Skills Workshops A Celebration of Vegetables and Fruit



Goodness in Many Ways.

A campaign to increase access to, and consumption of, fresh, canned, and frozen vegetables and fruit for Nova Scotians and their families.

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Goodness in Many Ways Cooking Skills Workshops

The workshops are part of a larger province wide campaign called Goodness in Many Ways, which is led by the Heart and Stroke Foundation, the Canadian Cancer Society (Nova Scotia Division) and the Nova Scotia Department of Health and Wellness. The campaign focuses on increasing awareness of the benefits of fresh, canned and frozen vegetables and fruit.

About the Workshops

The content and modules used as part of the Goodness in Many Ways Workshops were designed based on pilot testing in 2010. Each workshop covers a specific topic related to fruit and vegetable food preparation, and it is designed to support the development of cooking skills, healthy eating knowledge and habits. The modules are designed to build on each other over four weeks; however they can also be offered on a standalone basis. Be sure to check out all of the workshops at www.freshcannedfrozen.com.

Goodness in Many Ways was funded by the Nova Scotia Department of Health and Wellness and the Public Health Agency of Canada from 2010-2012. **Note:** The Workshop modules are provided for community use and should acknowledge the Goodness in Many Ways campaign when being used. You may not adapt this work without permission.



A Celebration of Vegetables and Fruit

Vegetables and fruit are available in many forms. The Goodness in Many Ways Campaign highlights that:

- Fresh vegetables and fruit are a good choice when in season.
- Frozen vegetables and fruit are a good choice all year round.
 - And now I am able to freeze fresh vegetables and fruit when they are in season or on sale in the grocery stores or farmers market.
- Canned vegetables and fruit are a good choice all year round.
 - ⇒ And now I am able to can fresh fruit and tomatoes with the Boiling Water Bath Canner when they are in season or on sale in the grocery stores or farmers market.





- ✓ The goals of the workshop are to:
- ✓ Learn to plan meals and snacks with fresh, frozen and canned vegetables and fruits.
- ✓ Learn that fresh, frozen and canned vegetables and fruits can fit into a menu as main dishes, side dishes, snacks, salads, vegetables and desserts.
- ✓ Prepare recipes with the frozen vegetables and fruits from workshop #2, **Freezing Vegetables and Fruit** and the canned fruits and tomatoes from workshop #3, **Canning Vegetables and Fruit**
- ✓ Celebrate!



Menu Planning with the *Strive for Five at School!* Cookbook for Families

Planning meals and snacks with fresh, frozen and canned vegetables and fruit will help increase the vegetable and fruit intake for everyone in the family. The *Strive for Five at School!* Cookbook for Families has many recipe ideas to help with menu planning. Many of the recipes are also available electronically on the Goodness in Many Ways website (www.freshcannedfrozen.com) and can be accessed and shared with friends and family.

***Strive for Five at School!* recipes:**

- Are affordable
- Use fresh, frozen and canned vegetables and fruit
- Have lots of variety
- Add colour, texture and flavour to meals

The *Strive for Five at School!* Family Cookbook will help you to plan and prepare more healthy meals at home.

All *Strive for Five at School!* recipes have been organized by where they fit into a menu. Recipes may be:

- Main dishes
- Vegetable dishes
- Muffins or scones
- Salads
- Snacks
- Desserts
- Look at the following chart to see the many menu selections in the *Strive for Five at School!* Recipes for Families Cookbook



Categorization of *Strive for Five at School!* Recipes

Main Meal & Soups	Vegetable	Muffins, Scones, Cookies	Salads	Snacks	Desserts
Shepherd's Pie	Fresh Corn on the Cob	Blueberry Maple Scones	Crispy Vegetable Salad	Strawberry Apple Salsa & Cinnamon Chips	Rhubarb Blueberry Crumble
Spanakopita Triangles	Harvard Beets	Polka Dot Pumpkin Bars	Broccoli & Cauliflower Salad	Fire Cracker Plums	Baked Nova Scotia Apples
Spectacular Garden Squares	Glazed Squash & Cranberries	Pepita Harvest Pumpkin Bread	Apple and Rice Confetti Salad	Saucy Blueberry Topping	Applesauce
Super Zesty Salmon Cakes	Winter Squash Casserole	Three Grain Raspberry Muffins	Rutabaga & Cabbage Salad	Glazed Apple Slices	Macaroon Stuffed Peaches
Roasted Red Peppers Wraps	Stuffy Tuna Mushroom Caps	Hearty Blueberry Muffins	Chinese Cabbage Coleslaw	Onions and Apple Compote	Gingersnap Baked Pears
Spicy Asian Pork	Glazed Turnip	Rhubarb Raspberry Muffins	Sassy Salsa Peaches	Spicy Mexican Triangles	Maple Granola Bartlett Pears
Cheesy Mexican Enchiladas	Scalloped Turnips and Apples	Tex Mex Corn Muffins	Cucumber Yoghurt Maple Salad	Bruschetta	Old Fashioned Peach Melba with Raspberry Sauce
Cranberry Glazed Meatballs	Colourful Mashed Potatoes	Oatmeal Cranberry Cookies	Tangy Cucumber Salad	Slow Good Blueberry Spread	Sautéed Maple Apple Slices
Apple Bean Bake	Spicy Herbed Potatoes		Zesty Mesclun Salad	Sweet as Sunshine Smoothie	Raspberry Fruit Medley
Peas-to-Penne	Roasted Asparagus with Tomatoes		Corny Bean and Rice Salad	Ruby Red Raspberry Smoothie	Honey Baked Pears
Creamy Broccoli and Ham Pasta	Oven Roasted Curried Parsnip & Potato		Apple Chicken Salad	Power Gold Smoothie	Peachy Glazed Pears



Main Meal & Soups	Vegetable	Muffins, Scones, Cookies	Salads	Snacks	Desserts
Chuck wagon Taco Pie	Parsnip and Apple Casserole			Cauliflower & Curried Carrot Spread	Smooth and Simple Strawberry Dessert
Rainbow Pepper Beef Stir Fry	Cranberry Couscous			Hard to Beet Dip	Basic Rhubarb Sauce
Vegetable Pizza				Rhubarb Strawberry Smoothie	Nova Scotia Gingerbread Apple
Nova Scotia Vegetable Hodge Podge				Plum Good Foccacia	Baked in Strawberry Shortcake
Baked Potatoes with Black Bean Spicy Topping				Frozen Grapes with Sunshine Fruit Dip	Rhubarb and Strawberry Compote
Powerful Pea Soup				Great to Go Grapes with Cheese Cubes	
Cauliflower 'n' Cheddar Soup				Crunchy Honey NS Granola	
Celery & Broccoli Soup				Blueberry Salsa	



Menu Planning with the *Strive for Five at School!* Cookbook for Families

Menu planning is fun and easy with the *Strive for Five at School!* Cookbook for Families. Complete the following sample menus with the help of the chart on pages 5 and 6.

Day 1 Menu	Menu Items
Breakfast ⇒ Add a muffin or scone to complete the breakfast menu.	Canned pears Boiled egg
Lunch ⇒ Add a salad to complete the Lunch menu.	Whole wheat tuna sandwich Frozen blueberries
Supper ⇒ Add a vegetable and a fruit to complete the supper menu.	Lean hamburger on a bun

Note: Refer to the Categorization of *Strive for Five at School!* Recipes Chart (pages 5 and 6) Snack column to find many snack ideas that you may choose as healthy snack choices between regular meal times.



Day 2 Menu

Menu Items

Breakfast

⇒ Add a muffin or scone to complete the breakfast menu.

1 Tablespoon (15 mL) peanut butter
Small dish yogurt with canned peaches

Lunch

⇒ Add a fruit to complete the lunch menu.

Spectacular Garden Squares
Whole wheat bread

Supper

⇒ Add a salad and a fruit to complete the supper menu.

Chuck Wagon Taco Pie

Note: Refer to the Categorization of *Strive for Five at School!* Recipes Chart (pages 5 and 6) Snack column to find many snack ideas that you may choose as healthy snack choices between regular meal times.



Workshop Activities

Preparation of *Strive for Five at School!* Recipes

- We will prepare recipes with frozen vegetables and fruit from Workshop # 2, **Freezing vegetables and fruit**
- We will prepare recipes with canned fruits and tomatoes from Workshop # 3, **Canning vegetables and fruit**

Completion of Menu Planning on Page 5 & 6

Please complete the menu planning sheets if you have a few minutes when you are done preparing your recipe. We can talk about the menus when we are eating our lunch.

A Cookbook for Families: Adapted from *Strive for Five at School!*

The Goodness in Many Ways cooking skills workshops use recipes adapted from the *Strive for Five at School!* Cookbook for Families. Many of these recipes are featured on the Goodness in Many Ways website www.freshcannedfrozen.com. **Strive for Five at School!! A Guide to Promoting Fruit and Vegetables** was developed to help support increased fruit and vegetables in schools while highlighting local and in-vegetables and fruit. The recipes highlight vegetables and fruit by month based on seasonality and were developed by a professional dietitian.



