



Cooking Skills Workshops Introduction



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.

freshcannedfrozen.com



HEART &
STROKE
FOUNDATION
OF CANADA

NOVA SCOTIA



Canadian
Cancer
Society

Société
canadienne
du cancer

With financial support from the
Public Health Agency of Canada.

Introduction

Welcome to the Goodness in Many Ways Cooking Skills Workshops! The workshops are designed in a four-part series to help support skill building related to the use of vegetables and fruit as part of menu and snack planning for families. 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 workshop modules 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.





- ✓ Goodness in Many Ways workshops provide an opportunity to:
- ✓ Learn how canned and frozen vegetables and fruits contribute to increased vegetable and fruit consumption.
- ✓ Learn about in-season availability and preparation of fresh vegetables and fruit in Nova Scotia.
- ✓ Learn to freeze fresh vegetables and fruits when they are in season or on sale in the grocery stores or farmers market.
- ✓ Learn to can vegetables and fruits when they are in season or on sale in the grocery stores or farmers market.
- ✓ Learn about the *Strive for Five at School!* Cookbook for Families.
- ✓ Learn more about healthy eating resources such as the Goodness in Many Ways website (www.freshcannedfrozen.com).

The Goodness in Many Ways website (www.freshcannedfrozen.com) provides tips on everything from preparing meals and snacks using fresh, frozen or canned produce to freezing and canning vegetables and fruit when they are in season or on sale in the grocery store or farmers market.



Workshop Schedule

We would like you to attend all workshops. Each workshop will

- build on the skills used in previous workshops
- provide hands on experience with *Strive for Five at School!* recipes.



Goodness in Many Ways

Workshop Schedule

Workshops

Workshop # 1 Fresh, In-Season Vegetables and Fruit

DATE: _____

Workshop # 2 Freezing Vegetables and Fruit

DATE: _____



What you will learn

- ✓ About in-season vegetable and fruits in Nova Scotia.
- ✓ Vegetable and fruit food safety.
- ✓ Preparation and storage of fresh vegetables and fruit.
- ✓ How to use the *Strive for Five at School!* Cookbook for Families.
- ✓ That frozen vegetables and fruit are affordable and can fit into many recipes.
- ✓ How to freeze fresh vegetables and fruit when they are in season or on sale in the grocery stores or farmers market.
- ✓ To select *Strive for Five at School!* recipes that use frozen vegetables and fruit and to substitute frozen vegetables for fresh in recipes where appropriate.



Workshop Schedule (continued)

Workshops

Workshop # 3 Canning Vegetables and Fruit

DATE: _____

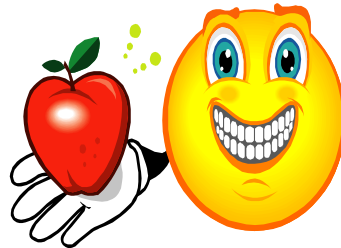


What you will learn

- ✓ That canned vegetables and fruit are affordable and can fit into many recipes.
- ✓ How to can fresh fruit and tomatoes with the Boiling Water Bath Canning Method when they are in season or on sale in the grocery stores or farmers market.
- ✓ To select *Strive for Five at School!* recipes that use canned vegetables and fruit and to substitute canned vegetables for fresh in recipes where appropriate.
- ✓ Meal planning with the *Strive for Five at School!* Cookbook for Families.
- ✓ Meal planning with all forms of vegetables and fruit.
- ✓ How fresh, frozen and canned vegetables and fruit can fit into snacks, main dishes, side dishes and desserts.

Workshop # 4 Celebrate with Vegetables and Fruit!

DATE: _____



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-season vegetables and fruit. The recipes highlight vegetables and fruit by month based on seasonality and were developed by a professional dietitian.

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

- Provide ideas to increase vegetable and fruit consumption for you and your family during meals and snack times.
- Use fresh, in-season Nova Scotia vegetables and fruit.
- Use frozen and canned vegetables and fruit as ingredients in healthy recipes.
- Are quick to prepare with simple equipment.

