

Recipe Ideas for Canned Food donations:

3 bean salad (1/2 cup serving has 8 grams of protein)

- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 1/3 cup apple cider vinegar
- 1/4 cup olive oil
- 2 *celery stalks, chopped fine*
- 1/2 *red onion, chopped fine*
- 1 *cup fresh, finely chopped flat-leaf parsley*

Tuna Salad (tuna and beans = PROTEIN)

- 1 15- to 19-ounce can chickpeas, rinsed
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked
- 1/2 cup lemon juice
- 4 tablespoons extra-virgin olive oil
- 1 *large red bell pepper, finely diced*
- 1/2 *cup finely chopped red onion*
- 1/2 *cup chopped fresh parsley*
- 8 *cups mixed salad greens*

Chicken Casserole

- 1 tablespoon extra-virgin olive oil
- 2 *cups thinly sliced onion*
- 1 *cup thinly sliced celery*
- 4 *cups chopped kale, chard or spinach*
- 1 28-ounce can diced tomatoes
- 1 *cup cottage cheese*
- 1 cup instant or quick-cooking brown rice
- 6 ounces canned chicken
- 1 *cup shredded extra-sharp Cheddar cheese*

Easy Summer Salsa

- 1 can corn, drained
- 1 can black beans, rinsed and drained
- 1 can tomatoes, chopped
- 1 *finely chopped red onion*
- 2 *avocados*
- 1 *package Good Seasonings Italian dressing, made according to package*

Community Impact Project- Hunger and Nutrition

Girls on the Run Spring 2013

Amendments to Lessons 19/20/21 in your curriculum

Lesson 19:

While Processing the Warm-Up....Mention that hunger is a problem all over the world and even right here in Colorado.

During the Wrap-Up.....Rather than saying that you will chose a project next week together, let the girls know that you will be letting them know about the community service project the following week.

Lesson 20: We encourage you to watch A Place at the Table, the new documentary about hunger in America prior to this lesson. The information you garner as an adult from the movie will be helpful to you in teaching the girls the severity of the hunger problem.

During Today's Activity...Share with the girls that our community service project for this season will center around hunger. Share with them some of these statistics:

25% of households with children in Colorado do not have enough food.

16 million children in the United States live in households that lack the ability to have NUTRITIOUS food for all members of their family.

Hunger and Obesity often go hand in hand. Fat/Salt/Sweet calories are often less expensive than healthy choices. Even people who appear to be overweight can be hungry.

EAT REAL FOOD. 80% of the food in the grocery store did not exist 100 years ago..think pop-tarts, gushers, cheese puffs, etc.

There is a critical relationship between health/nutrition/academic performance.

Go to the website www.choosemyplate.gov for a terrific list of printable handouts and information geared at health choices for kids to make.

FEE SITES: Explain that you will be doing a canned food drive and then have the girls get in groups to discuss how they can help and what they think is a good goal.

After their discussions add to the conversation the concept of canned food and how you can supplement a canned food meal. Discuss foods that are “real” and nutritious...banana, eggs, dried fruit, celery, and tuna. Discuss with the girls what a healthier canned food looks like, less sodium, no sugar, and no additives. Suggest the writing of recipes and the idea of making a zip loc bag with all the cans necessary to make a certain recipe. Share the recipes and decide who will bring which cans to the next meeting.

SCHOLARSHIP SITES: Explain that you will be creating a project that you can share with family and friends and potentially the whole school about the importance of the nutritional value of what you eat. Discuss foods that are “real” and nutritious...banana, eggs, dried fruit, celery, tuna. Discuss with the girls what a healthier canned food looks like, less sodium, no sugar, no additives. Give them the guideline that they will be making plates of information and have them brainstorm what could go on those plates. At the end let them know that they will be making the plates at your next meeting.

Lesson 21:

Fee Sites: Girls will make recipe cards and assemble the zip loc bags to include the cans needed for that recipe. Perhaps you can organize the delivery of these packages to a local food bank.

Scholarship Sites: The girls will make their plates with markers and whatever else you choose, glitter and glue sticks would be very fun. Perhaps bring a nutritious snack to supplement the lesson.

