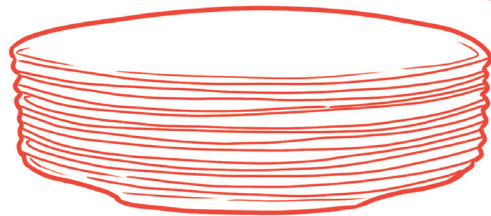


NAITSA FOOD CENTRE

FOOD FOR THOUGHT



 **naitsa**
SERVICE HUB



HUNGER SHOULDN'T BE A BARRIER TO YOUR EDUCATION. THE NAITSA FOOD CENTRE IS HERE TO HELP.

Since we launched The NAITSA Food Centre in 2014, we have handed out over 2800 hampers to NAIT students in need! We have grown exponentially in the last few years! This year, to keep things fresh, we wanted to share with our Food Centre clients some additional food for thought. Please also feel free to visit our website naitsa.ca/food-centre for more resources.

FOOD FOR THOUGHT

TIPS TO MAKE IT A HABIT TO EAT A VARIETY OF HEALTHY FOODS EACH DAY

- Eat plenty of vegetables and fruits, whole grain foods and protein foods.
- Choose protein foods that come from plants more often.
- Choose foods with healthy fats instead of saturated fat.
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks using ingredients that have little-to-no added sodium, sugars or saturated fat.
- Choose healthier menu options when eating out. Restaurants love adding sugar/fats.
- Make water your drink of choice.
- Replace sugary drinks with water.
- Read food labels.
- Be aware that food marketing can influence your choices.
- Serve one green and one orange vegetable each day.
- Offer vegetables and fruits more often than 100% juice.
- Make half of the grain product choices whole grains each day.
- When adding sauces and spreads, use small amounts.
- Serve 2 cups (500 mL) of milk or fortified soy beverage each day.
- Compare labels to choose lower-fat cheese and yogurt.
- Serve meat alternatives often. Trim fat from meats and skin from poultry. Cook with little or no added fat: roast, grill or bake.

WHICH FOODS ARE THE HEALTHIEST CHOICES?

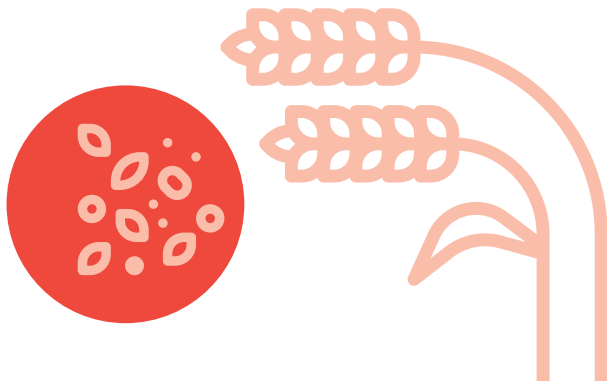
FOODS TO SERVE EVERY DAY

VEGETABLES & FRUITS

- Fresh vegetables and fruit when in season, and frozen or canned at other times
- Dark-green vegetables: broccoli, bok choy, peas, green beans, cabbage, fiddleheads, romaine lettuce, spinach, beet greens, kale, swiss chard
- Orange vegetables and fruit: carrots, squash, pumpkin, yams or sweet potatoes, cantaloupes, apricots, nectarines, oranges, mandarins, peaches
- Unsweetened 100% fruit juice: grape, orange, pineapple, apple
- Homemade frozen fruit-juice bars made with 100% fruit juice
- Homemade vegetable soups: tomato, carrot, butternut squash, cabbage, cauliflower, broccoli

GRAIN PRODUCTS

- Unsweetened whole-grain cereals (such as oatmeal) with 4 grams or more of fibre per serving is best
- Whole-grain or whole-wheat: bread, bannock, tortillas, bagels, pitas, buns, crackers, English muffins, pancakes
- Try homemade muffins made with whole grains (oats)
- Whole-wheat noodles, pasta, brown rice, couscous, wild rice, bulgur, millet, barley, whole-wheat roti, chapati, naan
- Chinese steamed buns
- White bread, white rice, enriched pasta (refined grains can be important sources of folate)



MILK & ALTERNATIVES

- Powdered milk
- Milk: skim, 1%, 2%
- Chocolate milk
- Fortified soy beverage
- Canned milk (evaporated)
- Soups made with milk
- Yogurt
- Smoothies made with milk/yogurt
- Yogurt drinks
- Hard cheeses



MEAT & ALTERNATIVES

- Eggs: regular, omega-3
- Tofu
- Beans, peas, lentils
- Hummus
- Peanut butter, nut butters
- Nuts, seeds (plain, unsalted)
- Fish, seafood
- Canned light tuna, sardines, salmon (in water)
- Frozen fish: smelt, tilapia, salmon, haddock, bluefish, ocean perch
- Chicken, turkey
- Lean beef/pork: stew meat, shoulder pork, chuck/blade, brisket point, cross rib, sirloin tip, outside round or bottom, inside round, lean or extra-lean ground meat, or regular ground meat that is well cooked and rinsed of excess fat



SMART SHOPPING TO SAVE MONEY

Buy meat alternatives more often. Meats can be expensive. Try these less costly and super-nutritious alternatives: eggs, canned fish, beans and tofu.

Buy healthy basics from the store perimeter: vegetables and fruit, grain products, milk or soy beverage, eggs, meats and frozen veggies, fruit, and 100% concentrated juice. Shop the aisles for canned fish, beans, canned veggies and fruits, whole grain cereals and pasta, and brown rice.

Buy foods in their natural state rather than processed convenience foods. Convenience can be costly, and packaged foods are often less nutritious. For example, instead of frozen pizza, make your own whole-wheat pita pizzas.

Buy fresh produce in season, and frozen or canned produce at other times.

Compare bulk, “no name” and store-brand prices.

FOOD SAFETY MATTERS

CLEAN

- For proper handwashing, teach yourself & children how (20 seconds in warm soapy water), when (before cooking, after handling pets, etc.) and why (to avoid spreading germs).
- Get into the habit of washing cutting boards, counters (use 1 tsp. bleach with 3 cups water), utensils, mixing bowls, etc., (use hot soapy water) before using them for other tasks.
- Change tea towels daily and wash them in hot water.

DID YOU KNOW?

Proper handwashing may reduce food borne illnesses by half.

SEPARATE

You can avoid spreading bacteria from raw meat, poultry or seafood with these tips:

- Use two cutting boards- one for fresh produce and one for meats or seafood.
- Wash everything (hands, bowls, etc.) that come into contact with raw meats or seafoods.
- Keep raw meats in well-sealed containers at the bottom of the fridge, where their juices will not touch other foods or surfaces.

CHILL

- Refrigerate or freeze perishables, leftovers and prepared foods quickly within two hours of preparing them. If the weather is hot, chill the food within one hour.
- Cool large batches of hot foods quickly in shallow containers in the fridge.
- Set your fridge temperature to be lower than 4°C.

COOK

- Use a food thermometer. This is the **ONLY** way to tell if your food has reached a high enough internal temperature to destroy harmful bacteria.
- Keep hot food hot: 60° C (140° F) or above. Keep cold food cold: 4°C (40° F) or below.
- When cooking in a microwave, make sure the food is cooking thoroughly. Cover food, stir and rotate for even cooking. Follow suggested standing times.
- Generally, products can be separated into risk categories.
- **Non-perishable Foods (lowest hazard)**
Items that do not require refrigeration, such as pre-packaged food, canned or jarred foods, and dry goods (flour, sugar, pasta).
- **Low Hazard Perishable Foods**
Uncut raw fruits and vegetables.
Breads and pastries (without cream or meat fillings).
- **Setting the table**
Clean dining area.
Pick up cutlery by the handles.
Do not touch the rim of glasses or cups.
Throw out chipped or cracked glassware and dishes.
- **Serving food safely**
Do not touch food or drinks with your fingers.
Use tongs or a scoop to pick up ice. Do not use your hands or a glass.
Throw away food that falls on the floor.
Wash and sanitize cutlery that falls on the floor.
- **Potentially Hazardous Foods**
Some products are more likely to cause a food borne illness, and these products are referred to as Potentially Hazardous Foods. They support the rapid growth of bacteria and other microorganisms. They can be

of plant, animal or synthetic origin and may be raw or processed, and many potentially hazardous foods are ready-to-eat. Some of the culprits include dairy products, eggs and egg products, tofu products, meat, poultry, fish and seafood and their products, tofu and other soy protein foods, sprouts and sprout seeds, melons.

- **High Risk Foods**

Products canned or processed in home environments, or food, from any source, that has been opened and/or partially used.

- **Expiry dates**

Check for supplier code dates. Generally:

Canned goods (low acid): Canned meat, fish, stew, soup, beans, corn, peas, spinach or pasta can be kept for 2-5 years unopened in storage.

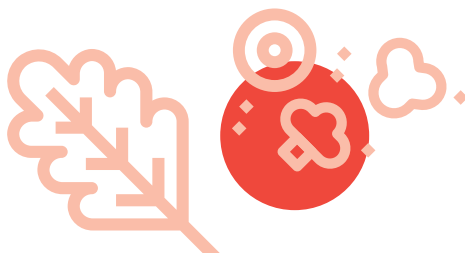
Canned goods (high acid): Juices, fruit, pickles, sauerkraut, tomato soup and foods in vinegar can be kept for 12-18 months in storage.

NOTE

These above storage date guidelines apply as long as the integrity of the can has not been compromised due to damage or corrosion.

SUPERFOODS

- Load up on plant foods. For ultimate health, enjoy mostly unprocessed vegetables, fruits, whole grains, nuts, seeds, beans, peas and lentils. The more variety, the better.
- Eat fatty fish at least twice a week. Try salmon, mackerel or sardines for a good dose of healthy fats.
- Make room for eggs; they are nature's multivitamin! Eggs contain protein plus 14 essential nutrients, including choline, which is important for brain development.
- Add flavour. Cook with turmeric, garlic, onions, leeks, citrus fruit and tomatoes. They have disease-fighting powers.
- Drink 2 cups (500 mL) of milk a day. Milk is loaded with bone-building nutrients. When kids see adults drink milk, they do too! Are you lactose intolerant? Make sure you get enough calcium with a supplement.



MEAL PLANNING

FOUR STEPS TO HELP YOU PLAN YOUR MEALS

1

Decide what to eat. Write down your meal and snack ideas. Get recipe ideas from: websites, cookbooks, magazines, friends and family. Scan grocery flyers for healthy foods on sale. Check your fridge, freezer and cupboards for foods you have. Look to see what foods need to be used up before they go to waste. Make enough dinner one night to have leftovers for lunch the next day.

2

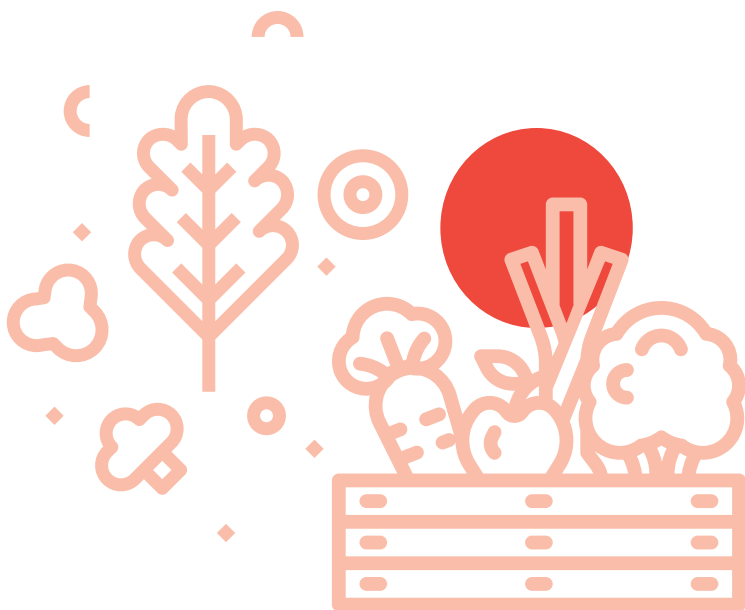
Make your grocery list. Write down the foods you need for your meal plan. Keep a grocery list handy and write down items as you run out of them. Organize your grocery list by headings that match the sections of the store.

3

Go Shopping. Buy the foods on your grocery list. Use your list to navigate the aisles. Stick to your list to reduce food waste, save money and time, and cut down on impulse buys.

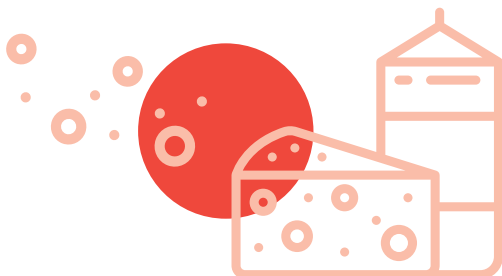
4

Start Cooking. Stick to your plan: Post your meal plan where everyone can see it. Give everyone a job to help with the meal plan.



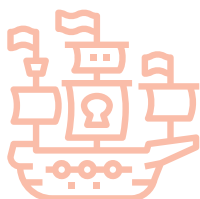
MEAL PLAN EXAMPLE

	Breakfast	Lunch	Dinner	Snacks
Mon	Juice or fruit Coffee or hot choco Milk Cold cereal	Brown beans Buns/butter Fresh vegetable/fruit	KD or pasta/red sauce Fresh vegetable/dip	Tea Nuts
Tues	Juice or fruit Coffee or hot choco Milk Cold cereal	Soup Cheddar cheese Crackers Carrots/cucumber	Pizza kit Pepperoni/ham Canned pineapple Shredded cheese Salad kit	Tea Beef jerky
Wed	Juice or fruit Coffee or hot choco Milk Cold cereal	Tuna salad Crackers Cucumber Pudding cups	Chili Buns/butter Fresh fruit/vegetable Cake in a mug	Tea Cookies
Thurs	Berries Coffee or hot choco Yogurt Granola	Peanut butter Buns/butter Honey Banana	Chicken Rice Buns/butter Canned corn	Tea Popcorn
Fri	Juice or fruit Coffee or hot choco Milk Cold cereal	Soup Cheddar cheese Crackers Carrot/cucumber	Stirfry Rice Stirfry veggies Sweet/sour sauce Cookies	Tea Nuts
Sat	Juice or fruit Coffee or hot choco Syrup Pancakes/bacon	Peanut butter Buns/butter Honey Banana	Hamburger helper Frozen vegetables	Tea Cookies
Sun	Juice or fruit Coffee or hot choco Yogurt Muffins	KD or pasta/red sauce Fresh vegetable/dip	Lean meat stew Buns/butter Dessert	Tea Fruit



MAKE MEALTIMES EASIER AND HAVE SOME FUN
WHEN TIME PERMITS, A SMALL EFFORT CAN MAKE A MEAL SPECIAL

Here are some suggestions:



Pirate night

Serve only foods that you can eat with your hands – no utensils. Arrrgh!



Celebrating food from around the world

Try a new ethnic dish.



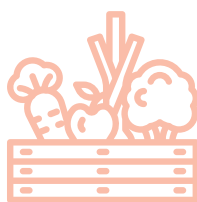
Activity meals

Kebabs, tacos, or other meals that create different prep stations can be fun to get everyone involved.



Eating your meal backwards

Start with dessert!



Taking a trip

Visit a farmers' market, pick-your-own farm, ethnic food store or grocery store to gather ingredients for a meal or snack that your family can cook together.



Mystery Friday

Surprise your taste buds with a new recipe, ingredient or food. Offer hints to the family throughout the week to build up the suspense.

SEASONAL IDEAS

FALL

- Broccoli – Try in quiche, soup, pasta sauce and salad.
- Sweet potatoes – Try baked, mashed, in potato salad and soups, and fresh with dip.
- Blue table grapes – Try in fruit salad, over cereal and as part of a fruit and cheese platter.
- Pears – Try in crisps, muffins, hot or cold cereal, and bread pudding, and with cheese.

WINTER

- Rutabaga (turnip) – Try mashed, raw with dip, and in soups and stews.
- Mushrooms – Try in omelets, vegetable kebabs, fried rice and quesadillas.
- Cabbage – Try in cabbage rolls, stir-fries, sandwiches, vegetable soup and coleslaw.
- Apples – Try baked and in pancakes, muffins, curried soups, applesauce and bread pudding.

SPRING

- Asparagus – Try in casseroles, omelets and couscous, and on pizza.
- Cucumbers – Try with dip or fresh salsa, and in sandwiches and wraps.
- Greenhouse tomatoes – Try stuffed with egg salad, and in pasta sauce and a vegetable panini sandwich.
- Greenhouse rhubarb – Try in muffins, quick breads and rhubarb crisp, and in fruit sauce over French toast and pancakes.

SUMMER

- Berries – Try in French toast, waffles, crepes, cereal, yogurt, frozen fruit pops, fruit kebabs and green salads.
- Snow peas – Try in scrambled eggs, salads and yogurt dip.
- Napa cabbage – Try in coleslaw, tossed salad, stir-fries and chicken soup.
- Apricots – Try in pancake or muffin batter, smoothies and milk pudding, and on cereal.

LOVE YOUR LEFTOVERS

- Leftover rice or grains in soups, fried rice, frittatas or rice pudding.
- Leftover meat, fish or poultry in stir-fries, salads, wraps, soups, quesadillas or pasta sauce.
- Leftover plain spaghetti as a salad base.
- Leftover veggies for quiche, pasta sauce, pizza toppings or omelets.
- Leftover bread as the base for bruschetta or croutons.
- Leftover mashed potatoes as a topping for casseroles or pot pies.
- Ripe fruit in smoothies, fruit crisps or muffins.

TIP

Leftovers are generally safe to eat for another day or two if they have been refrigerated within two hours of cooking and stored properly.



CITED SOURCES

Canada's Food Guide

<https://food-guide.canada.ca/en/>

Healthy Eating Resources

<https://www.albertahealthservices.ca/nutrition/page2929.aspx>

Meal Planning

<https://food-guide.canada.ca/en/tips-for-healthy-eating/meal-planning/>

Recipes

<https://food-guide.canada.ca/en/recipes/>

FOOD CENTRE RESOURCES

211 Resource Lists

<https://edmonton.cmha.ca/211-resource-lists/#.WBOAKBQ1QRk>

Edmonton's Food Bank

<https://www.edmontonsfoodbank.com/need-help/>

WECAN Food Basket Society

<https://wecanfood.com/>

NAIT student creates free 'community pantry' in Oliver

[https://www.techlifetoday.ca/articles/2021/nait-student-community-pantry-oliver-
neighbourhood](https://www.techlifetoday.ca/articles/2021/nait-student-community-pantry-oliver-neighbourhood)





SPAGHETTI

ALL NATURAL

