

# Foodies @ the Food Bank

## Children's Healthy Living Program



Vitamin K

Vitamin C

Iron

Vitamin A

Manganese

Anti-Inflammatory

Folate

Antioxidants

High  
Fiber

### Kids Can Cook Berries!

Cooking with kids makes them more willing to try new foods, gives them a lifelong skill, and brings families together.

#### Littlest Helpers (~2 years) can:

- Wash tables and counters
- Pick out stems, leaves, and bugs

#### ~2-3 year olds can:

- Mix batter and stir sauces
- Pour ingredients into bowls
- Tear greens for smoothie
- Wash fruit

#### ~4-5 year olds can:

- Cut soft fruits and vegetables with a plastic knife
- Beat eggs with a whisk
- Measure dry and liquid ingredients
- Help decorate cakes and cupcakes

#### ~6-8 year olds can:

- Measure dry and liquid ingredients using a spoon and leveling method
- Chop and dice vegetables and fruits with supervision
- Grate cheese and crack eggs

### What are berries good for?



Brain and memory

Eyes

Skin

Reduce risk of heart  
disease and cancer

Healthy weight



# Healthy Kid Berry Recipes

## Buckwheat Blueberry Muffins

### Ingredients

- 1/2 cup flour
  - 1 cup buckwheat flour
  - 1/2 teaspoon salt
  - 1 tablespoon baking powder
  - 1/2 teaspoon baking soda
  - 1/2 cup cornmeal
  - 2 eggs
  - 1 1/2 cups buttermilk
  - 3 tablespoons mild honey or 4 tablespoons packed brown sugar
  - 1/4 cup canola
  - 1 3/4 cups blueberries
- Optional: zest lemon peel (~1/2 tsp) into the batter or sprinkle shredded coconut on top before you throw them in the oven



12 servings  
\$.26 per muffin

### Directions:

Preheat oven to 375 degrees. Grease muffin tins. Mix together flour, buckwheat flour, cornmeal, salt, baking powder and baking soda into a medium bowl. In a separate large bowl whisk eggs with buttermilk, honey, and oil. Quickly stir in flour mixture until just mixed. Fold in berries. Using a spoon, fill muffin cups to the top. Bake 25 minutes, or until lightly browned and well risen. Cool on a rack.

## Try an easy smoothie recipe to sneak in the greens for picky eaters!

- 1 cup almond milk or other low fat milk
- 2 to 3 cups washed greens (use mild greens like kale or spinach)
- Small amount of sweetener, if desired (sugar, agave nectar, honey, stevia)
- 1 slice of fresh ginger
- Small package of frozen berries
- Ice cubes, if desired for added thickness.

Blend and enjoy!

## Nutrition Facts

Serving Size 1 muffin

### Amount Per Serving

Calories 172      Calories from fat 60

%Daily Value\*

Total Fat 7g      10%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 34mg      10%

Sodium 319mg      13%

Total Carbohydrate 24g      8%

Dietary Fiber 2g      8%

Added Sugars 3g

Protein 5g

Iron 7%

Vitamin C 7%

Calcium 13%

Folate 10%

Vitamin K 10%

Manganese 34%

# Green Bean Raspberry Hazelnut Toss

## Ingredients:

1 pound green beans fresh or frozen  
2 tablespoons butter, divided  
1/2 cups chopped hazelnuts or slivered almonds  
1 clove garlic, chopped  
1/2 teaspoons salt  
1/4 teaspoons pepper  
1 1/3 cup raspberries fresh or frozen

5 servings

\$1.35 per serving

## Directions:

Cook green beans in a covered pan with a 1/2 inch of water for 4 minutes; drain and set aside. Toast hazelnuts or almonds, when golden brown, add butter and garlic to skillet; cook over medium heat 1 minute, stirring constantly. Stir in nuts, salt and pepper; cook 30 seconds. Add green beans and cook 2 minutes. Stir in raspberries until evenly coated.

What's so special  
about Alaskan  
berries anyway?

Our berries are  
flavorful, a fun family  
activity to gather  
together AND they  
have more nutrients  
than the store bought  
varieties!



## Nutrition Facts

Serving Size 1 cup

### Amount Per Serving

Calories 194      Calories from fat 108

%Daily Value\*

**Total Fat** 12g      **20%**

Saturated Fat 2.5g      **12%**

Trans Fat 0g

**Cholesterol** 8mg      **3%**

**Sodium** 322mg      **13%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 11g      **44%**

Added Sugars 0g

### Protein 6g

Potassium 16%

Vitamin C 50%

Calcium 11%

Folate 13%

Vitamin A 14%

Iron 10%

Vitamin K 25%

Manganese 60%



**Berry Season:** Interior Alaska berry picking season begins in August with blueberries and ends in September with low bush cranberries. Other varieties like raspberries, salmonberries and crowberries are also available but a little trickier to find. Lowbush cranberries (also known as lingonberries) are hardy and perfect for picking after a good freeze.

*Blueberries for Sal* by Robert McCloskey (image left)

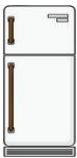


**Eating:** Berries of all kinds make excellent nutrient dense snacks for kids. In late summer and early fall eat them fresh. During the winter frozen berries are a great addition to smoothies, muffins, and gently boiled they make a delicious sauce for pancakes (no sugar needed!). Cranberries can be used easily in sweet and/or savory recipes because of their versatile tartness.



**Selecting:** Choose berries that are firm and bright in color. Avoid moldy or mushy berries.

**Washing and Preparing:** Carefully wash the berries when you are ready to eat them. Berries keep longer when you don't wash them.



**Storage:** Store in fridge for up to a week.

**Preserving:** Because berries are a high acid food, they are easily and safely canned into jams, jellies and sauces. Berries also freeze well for 6months to a year.



Children's Healthy Living Program: 907 474 7084

