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## **About the Author**

Robert Grubbs has worked in the childcare field for over twenty years, starting in 1980.

He wrote his ebook to emphasize the importance of good nutrition and why we should select a variety of foods to supply all the nutrients children need each day.

"Nothing can be more important than ensuring the health and safety of our kids. As parents, we must do everything that we possibly can to help our children grow into strong and healthy adults".

Robert Grubbs has done extensive research on the subject and consulted with friends and family for their input and ideas.

"Cooking For Kids" was written as a guide to assist parents in meal preparation and to better understand the importance of good nutrition.

Robert Grubbs is also a published songwriter. He lives in Forrest City, Arkansas with his wife and two kids.

## 1. Introduction

Experts agree that we cannot teach much about nutrition to small children, but we can, however:

- ✓ Teach them that there are many kinds of foods
- ✓ Introduce them to new foods, and
- ✓ Encourage them to choose healthy foods over less nutritious ones.

If a child does not receive the proper nutrition for the first three years of life, there is a grave danger of retarded growth and mental development.

In order to make children enthusiastic about discovering new foods, you must first be able to understand the kinds and amounts of food that your child needs for a balanced diet.

My ebook will show you how to plan more nutritious meals and also how to determine if your child is getting all the vitamins and iron they need to grow on.

The resource section at the end of this book contains material and information that will assist you in planning your meals. You will also find a variety of recipes for soups, salads, desserts, sandwiches and delicious drinks to choose from.

I suggest that you read the entire guide and then dip into it again for good recipes to use or adapt with your own family's meals when you are planning them.

I hope that your entire family choose some of them as their favorites like so many others already have.

***Robert Grubbs***

## **The Importance of having Breakfast every day**

For many kids, breakfast is not by choice but by chance, and unfortunately breakfast at school is their only opportunity for a morning meal.

The benefits of eating a good breakfast include improved academic performance, lengthened attention span and better behavior.

Research indicates that poor nutrition during early childhood has an affect not only on physical growth, but on the mental functioning of the child. Therefore, it is of vital importance that your child not only receives the proper amount of food but the right kind of food as well.

In spite of all these proven benefits, many parents don't emphasize to their kids the importance of eating breakfast, or they simply are not being fed a good breakfast at home.

For some parents it is a lack of resources.

For others, it is a lack of knowledge.

Do your breakfast menus suffer from the ho-hums? From time to time, offer new items so that mealtime is something your child can look forward to.

Get your juices flowing!

The key to increased breakfast participation is creative merchandising. You should consider the following tips:

**A.** Serve potato breakfast boats – a baked potato wedge piled high with scrambled eggs or chopped turkey or ham and topped with cheddar cheese sauce.

**B.** When warm weather hits, offer a refreshing orange yogurt freeze. Blend juice and yogurt, then freeze it in 6-ounce cups with a wooden stick. To serve, just pop them out for a lip-smacking breakfast treat on a stick.

**C.** As with lunchtime, today's kids enjoy do-it-yourself breakfasts. Offer a French toast bar where they can add their sweet toppings, sliced peaches, apple sauce or oranges.

**D.** For youngsters who prefer to eat and run, serve breakfasts that they can

munch in their hands. Perhaps serve waffle cheese triangles – a toasted waffle cut square in half diagonally and filled with cheese and ham.



It is best for children to be offered three meals a day at reasonably scheduled times.

Breakfast is especially important for children before going to school.

If your child has been playing hard before lunch or dinner, a brief period of quiet activity before the meal will improve their appetite.

Some children eat less and are finished sooner than others. Others may need more time. We suggest that children be allowed to leave or stay as long at the table as necessary.

Children who eat well at mealtime also can be offered healthy snacks. These may include:

- ✓ Natural fruit juices, including orange, pineapple, grapefruit and grape.
- ✓ Skim milk, low-fat regular or frozen yogurt.
- ✓ Mini-pizzas, starting with a toasted whole wheat English muffin and adding pizza sauce and melted low-fat margarine or cheese.
- ✓ Bran muffins with raisins.
- ✓ Rice cakes, plain or with peanut butter.

## The 4 Food Groups

Everyone, young and old, needs properly prepared, nourishing food for health and energy. The way we look and feel is influenced by the food we eat. The **Menu Planning Guide** in the resource section of this book can help you choose the kinds and amounts of food necessary for your family’s good health.

You can choose the foods your family likes from each of the four food groups. The four basic food groups in the food guide, as a team, give us the food we need for good health. You need foods from these four groups every day.

The meals and snacks below are made up of food from the four food groups recommended in the Daily Food Guide.

### *Breakfast*

Fruit or juice (orange, grapefruit or tomato). Cereal or whole wheat or enriched bread with margarine or butter milk.

### *Lunch*

Egg, bread with margarine or butter, carrot sticks or cole slaw, fruit, milk.

### *Dinner*

Hamburger, mashed potatoes, green vegetables, bread and margarine or butter pudding, milk.

### *Snacks*

Apple, banana or other fruit or peanut butter sandwich and milk, or milk and raw vegetables.

The **Four Food Groups** (milk, meat, vegetables, fruit, and bread/cereal) are important because, together, they will supply the nutrients that our bodies need:

- 1) Protein for growth and repair of the body.
- 2) Minerals and Vitamins – for growth and to keep the body functioning properly.
- 3) Fat, Starches and Sugar – for energy.

Most foods contain more than one nutrient, but no food contains all the nutrients in the amounts that we need. Therefore, we need to consume a variety of foods for good health.

Small children need the same foods as all the other members of the family. The only difference is that they need smaller amounts. Small children also like small servings, with the assurance that they can have more.

Large servings discourage small appetites. Bread and sandwiches can be cut into quarters, meat and vegetables into bite-size pieces, and milk and juice can be served in small glasses.

Sometimes, a child can be encouraged to drink more milk by giving him or her a small pitcher and letting them pour their own.

Examples of suitable size servings are a ½ cup of milk, a small piece of meat, 1 or 2 tablespoons of vegetables or fruit, and a ½ to 1 slice of bread.

Little children usually do not like foods mixed together. They like to eat raw vegetables and fruits as “finger” foods. They like cookies with raisin faces or interesting shapes, and surprises like a piece of fruit in the bottom of their custard.

How foods look, taste and feels in their mouth is very important to little children. They like the color, flavor and texture of these foods: chewy toasted cheese sandwiches, soup with crisp toast strips, banana and tangy orange slices, smooth pudding.

Appetites of children, like those of adults, can vary from day to day. An active child will usually eat more than a smaller or less active one.

A happy child will eat better than an anxious or worried one.

A tired, excited child cannot enjoy his food. He should relax and wash his hands and face before eating.

Choose a quiet time and place to feed the child.

### ***Points to Remember***

A. Offer food so that it is attractive to children.

- B. Have a happy, relaxed atmosphere at mealtime.
- C. Help your child to learn how to like the foods their bodies need to grow on.
- D. Never use food as a form of punishment or punish your child at the dinner table.
- E. Never withhold desserts as punishment or give as a reward. They are part of the meal.
- F. Help your child to learn how to like a variety of different foods.
- G. Serve all their foods in a form that is easy for your child to eat.
- H. Accept some spills as part of the process as the child learns to feed himself.
- I. Never insist that a child eat a certain food if he or she refuses it. Allow the child time to learn how to like the food instead.
- J. Serve meals according to a regular schedule.
- K. Insist that all members of the family sit down and eat together at the same time each day.
- L. Coffee, tea, and soft drinks are not good for small children. They also prevent the child from drinking the milk needed to build strong bones and teeth.
- M. Candy and cookies between meals fill the child up but do not provide the vitamins and minerals they must have for growth and development.

## **Giving Your Child Quality Food**

Your goal as a parent should be to provide healthy and nutritious meals for your kids and to help them develop good eating habits.

No two kids are alike. You should not compare one child's eating habits with those of another.

Don't push your child based upon the progress of another sibling, cousin, or the advice of a friend or a relative.

Because infants (birth to 1 year) are so vulnerable nutritionally, you should gear their feeding to the needs of each child and base it on sound medical advice.

During the first few months of a baby's life, breast milk or formula provides all of the nutrients and calories your child will need.

In addition to breast milk or formula, you should provide other foods during the first year, but not until the infant is at least 4 to 6 months old.

Do not introduce cereal or any other type of baby foods too early in your child's life. It is not necessary and may even increase the risk of your baby developing a reaction to the food later on.

When your baby is ready to begin solid foods, start with small servings of 1 to 2 teaspoonfuls and gradually increase the serving size to 3 to 4 tablespoons per feeding.

Introduce infant cereal first, and then strained fruits, strained vegetables, and finally, strained meats.

You should also introduce juices (orange or apple) one at a time, preferably from a cup.

You should only introduce new foods to your child one at a time over a period of 4 or 5 days. This will allow you time to determine if an allergic reaction will develop and to which food your child may be



allergic.

### **How can you tell if your child has a reaction?**

If your baby develops any of the following symptoms there is a good possibility it is food related:

- A.** A skin rash
- B.** Hives
- C.** Vomiting
- D.** Diarrhea
- E.** Nasal congestion
- F.** Wheezing in the chest

It is recommended that you should take your child to the doctor immediately if any of these symptoms persist so that the proper medical attention can be administered.

Most doctors advise never to feed a baby solid foods until the child is between the ages of 4 and 6 months. By then, the child has better control over eating and can move the food safely from the front of the mouth and down its throat without choking.

The first two years of your child’s life should be a fun and happy time for both you and your child. These early eating experiences should serve as the foundation for the development of a positive mental attitude towards such things as health, nutrition and foods in general.

As babies become acquainted with their environment, including their food, they will want to explore it, handle it and try to feed themselves. Encourage this as much as possible.

With the proper care and attention to your child’s development, you can make meal time one of the most enjoyable experiences in a child’s life.

## Improving Your Child’s Appetite

To understand your child’s food habits, you have to understand everything there is about him. His food habits are dictated by the emotional, social and physical phases of his young life.

Mealtime should be a happy, relaxed occasion. Be sure to provide a quiet time just before every meal.

Give the child an opportunity to rest or relax before a meal. Overly excited children find it difficult to settle down to eating.

You should tell your child, “it will be time to eat soon.” about 5 or 10 minutes before a meal so that he can finish whatever it is he is doing.



Allow plenty of time for eating. Children vary in their eating habits. One child may eat rapidly, while another may take his or her time finishing their meal for no apparent reason.

Some are heavy eaters while others are more neat and precise.

According to a study made at Ohio University, a child’s attitude towards meal time may be demonstrated by the amount of time he spends eating his food, provided the food is in a form he can easily handle.

Allow some freedom of choice to the child in selecting the food being served to him. Young children like to choose not only the food they are about to eat, but the color of gelatin that is laid upon their plate.

A child needs frequent praise for his successes during mealtime. Remember, good habits are “caught rather than taught” and children will follow the examples of others at the breakfast or dinner table.

This is a hard process for them to learn. A small child can become easily discouraged when confronted by a plate overflowing with food. It is important for praise to be given whenever your child does something he might consider being good.

Planning meals to better your child’s appetite or eating habits is no easy task but it can be accomplished with the right information and execution.

It’s kind of like planning a wardrobe. We wear clothing for a variety of different occasions and much of it depends on how we feel at any given time.

### **Eating Patterns**

Certain patterns of eating can be expected depending on the child’s age. After the first birthday, a child’s appetite may be considered very poor, but it will improve dramatically by the time he turns three years old.

A four-year-old may show a definite preference for certain kinds of food and, by the time the child has turned six, he will have developed a more hearty appetite.

A seven year old may tend to procrastinate with his food, but an eight year old will have established a pattern for a more normal, healthy appetite.

One of the best ways to get a child started with good eating habits is to practice them yourself. Children learn from observing the attitudes of others and, if they see everyone at the table enjoying their food, they will more than likely follow the same pattern.

It is a natural reaction for a child or adults to rebel against something they don’t feel comfortable doing. Attempting to force-feed a child has the same consequences.

You are not just feeding a child food – you are feeding his or her attitudes towards those foods!

Children enjoy foods that are interesting in color and offer a variety in taste and texture. It is a good plan to include one crisp, one chewy, and one soft food in each meal.

Small children often reject sticky or stringy foods.

Remember to always serve food in bite-size pieces so that it is easy for them to handle.

## Fix Feeding Problems

Planning meals for small children sometimes can be a monumental task. Equally as intimidating is a child’s resistance to trying new foods or their lack of co-operation at the dinner table.

The following “tips” should help you identify a particular problem you may be facing with a finicky eater or a child that refuses to eat.

Remember, you want your child to become acquainted with a variety of new foods as soon as possible.

### The Common Feeding Problems

#### *Introducing Your Child to New Foods.*



**Solution:** Your child may be curious about what it is and how it tastes but he’s basically shy about trying something that is unknown to him.

I suggest that you try only one new food at mealtime. Give him a very small amount to try.

Don’t try to introduce any new foods when a child is sick, angry or otherwise in a grumpy mood. Unless you are very good at persuading your child, he will

more than likely turn you down.

Don’t get upset; just wait a few days and try again.

#### *He doesn’t Like Certain Foods*

**Solution:** Whether your child is just trying to show you who’s the boss or he doesn’t like how it tastes, you must get your child to overcome the problem.

Don’t try to make a big issue out of the situation. Children are entitled to a few dislikes.

Try combining the food that he dislikes with some that he does.

You should also see if the child would like the food if it was prepared in a different way.

### *Refusal to Eat*

**Solution:** He may or may not be hungry, or he just may not feel like eating. If this only happens occasionally and the child appears to feel all right, simply remove the child from the table and allow him to wait for the next meal.

No punishment or bribes should be used.

A skipped meal will do no harm to a healthy child.

If it turns out that your child is actually ill, you should take him to a doctor at once.

### *Playing with Food*

**Solution:** Whenever your child does this, he’s either not hungry or just



trying to get attention.

I know this can be very irritating to you, but you should allow a reasonable amount of time and not make a scene. Your child is probably just trying your patience.

Make it clear to him that you will remove the food shortly and there will be no more until the next meal.

### *Food Jags*

**Solution:** Food jags are a certain food or combination that your child likes and which he wants all the time.

It’s not unusual for a child to have a preference for certain foods. Try to tolerate this particular behavior for as long as you can.

Usually, it won’t last long.

## Changes in Eating Habits

The following is a time line of eating behavior in children from the ages of 1-year-old to 9 years' of age.

You can use this as a guide to know where your child is at in relation to other ages and if your child needs to do some catching up.

### 1 Year Old

**Appetite:** May be a poor eater for breakfast, but usually good for other meals.

**Refusals and Preferences:** May refuse milk from a bottle, especially if the nipple-style is different or some other change has been made.

His favorite bottle is usually the evening one.

If weaned, he may refuse milk from a cup.

Food preferences are becoming well defined to certain cereals and vegetables.

**Self-Help:** May finger-feed part of meal.

He may insist on standing to eat.

He may need a toy or two to hold if being fed.

### 18 Months

**Appetite:** May be decreasing. Is usually less than that of a vigorous infant.

May want milk more from a bottle than a cup.

Appetite is usually best for noon meal.

**Refusals and Preferences:** Changes a lot.

**Self Help:** Enjoys feeding self. He may do so for all meals with some help in filling the spoon.

Gives up empty dish when finished.

## 2 Years

**Appetite:** Fair to moderately good. Noon meal is usually the best.

**Refusals and Preferences:** Many are fussy and hard to please. They go on food jags or refuse meals.

He can name foods and voices likes and dislikes.

He likes whole pieces. Doesn't like strained foods or foods mixed together.

He may like certain tastes, shapes, feels, colors, especially red or yellow.

**Self-Help:** Some can feed themselves without help. He may want no one nearby while he is eating.

Some may need help.

Two extreme groups of eaters; messy and neat.

## 2 ½ Years

**Appetite:** Often varies between very good and very poor.

Usually eats one good meal; noon or evening.

May eat better between meals.

**Refusals and Preferences:** More defined than at age two.

Food jags continue.

May favor meat, fruit or butter.

Feeds preferred foods to self.

Eats other foods if he is fed them.

Totally refuses to eat disliked foods, especially green vegetables.

**Self-Help:** May feed self the entire meal or want to eat some first and ask for help with the rest.

Likes routines. Demands same foods, dishes or arrangement of dishes.

### 3 Years

**Appetite:** Fairly good. Less changeable than before.

Milk intake increasing.

**Refusals and Preferences:** Less defined than earlier.

Meat, fruit, milk, dessert and sweets favored. Eats vegetables.

Likes foods that needs to be chewed.

May ask for special foods when meal is being prepared.

**Self-Help:** Demands for attention while eating may be excessive.

### 4 Years

**Appetite:** Fair. Drinks milk rapidly and well.

**Refusals and Preferences:** Food jags show definite likes and dislikes.

**Self-Help:** Starts to help plan meals. Helps set table.

May be a slow eater.

### 5 Years

**Appetite:** Usually good, but can vary greatly.

**Refusals and Preferences:** Definite dislikes: cooked root vegetables, gravies, casseroles, and puddings.

Likes meats, potatoes, raw vegetables, milk and fruit.

**Self-Help:** Feeds self slowly but steadily and fairly well. Beginning to spread foods with knife.

### 6 Years

**Appetite:** Usually large. Eyes bigger than stomach.

Favors snacks more than meals, especially at bedtime.

Breakfast is often still the poorest meal.

**Refusals and Preferences:** Food jags.



Dislikes some foods because of how they feel.

Tries new foods.

Doesn't like cooked desserts, cooked vegetables.

Likes meat, potatoes, milk, raw vegetables, peanut butter, ice cream and candy.

**Self-Help:** May finger feed.

May still have trouble with a knife for spreading.

### 7 Years

**Appetite:** Moderate. Extremes of appetite in different children.

**Refusals and Preferences:** May eat disliked food, but still dislikes strongly flavored cooked vegetables or cheeses.

Likes milk, meat, ice cream and peanut butter sandwiches.

**Self-Help:** Very little difficulty handling knife, fork and spoon.

Still uses fingers to push food on to fork or spoon.

### 8 Years

**Appetite:** Excellent.

Poor eater's appetites improve. Some need food amounts limited.

**Refusals and Preferences:** Preferences similar to seven-year-old.

Tries new foods.

Smell of food important.

Loves certain foods.

**Self-Help:** Less use of fingers.

Starts to use knife to cut meat, but not skillfully.

### 9 Years

**Appetite:** Eats about as much as adults.

Even poor eaters settle into adequate amounts for needs.

**Refusals and Preferences:** Refuses certain foods, especially if cooked in unfamiliar way.

Likes sweet desserts.

**Self-Help:** Good coordination with implements.

Tends to saw meat with knife.

Cuts pieces too large.

May need help.

## The Importance of Vegetables in the Diet

Most of the disinterest and lack of enthusiasm felt by most kids towards eating vegetables is the result of dull, repetitive meal combinations and uninspired preparation.



Vegetables are an appetizing and easily available source of many important nutrients that are

necessary for health and beauty. No matter how hard you try, you won't look pretty if you're not healthy.

To look and feel your best, you need the right amount of sleep and exercise and a proper diet. Eating the right foods every day will make your hair shine, your skin glow, your teeth strong, your eyes bright and your energy seem endless.

And it's easy to eat properly. All you have to do is include in your diet the required number of servings from each of the four basic food groups.

Vegetables are an important source of vitamins and minerals. Some vegetables supply vitamin C, vitamin A and iron. Others are supplementary sources of B vitamins such as Niacin, Riboflavin and Thiamin.

The dark and green leafy vegetables, such as Kale, Spinach and Collard Greens are good sources of vitamin C. The body needs vitamin C to help bind cells together, to help build strong teeth, to keep gums healthy, to help the body resist infection and to promote the healing of wounds and cuts.

Dark-green leafy vegetables and deep-yellow or orange vegetables, such as carrots, winter squash and sweet potatoes, are good sources of Carotene, which promotes growth and development, protects us from not being able to see well at night and helps the body build resistance to infections.

Iron, another important nutrient, is found in the dark green leafy vegetables such as Kale, Spinach, Broccoli and Collard Greens, and also dried peas and

beans.

Iron combines with protein to make hemoglobin, the red substance in the blood that carries oxygen from the lungs to the cells. A lack of iron can cause iron deficiency anemia.

These all-important vegetables can easily be incorporated into the diet in a variety of ways:

- A.** They combine palatably with many sauces and protein foods to make well- balanced one-dish meals.
- B.** They can be dressed up with quick-to-prepare sauces from mixes or condensed soups.
- C.** The use of garnishes will add contrast in texture or color.
- D.** Serve them cooked and chilled with a tangy dressing or a simple lemon and oil marinade as a salad course.
- E.** Add them to a favorite salad or sandwich filling for a new flavor treat.

Or, try the following recipes. They will show you how to make the most of the delicious taste, versatility, and nutritional value of vegetables.

Vegetables are a good source of water in the diet. They also provide necessary bulk, which aids in digestion and elimination.

One important plus is that vegetables are low in calories while providing needed fiber.

Eating different vegetables is an easy way to add variety to the diet. While some cannot be singled out as important sources of one particular nutrient, they all help build the day’s quota of vitamins and iron.

The tremendous variety of recipes found in magazines, plus the dozens of new ones we are giving you in this guide, leave little excuse for poorly planned, uninteresting meals.

One of the most important goals of menu planning is variety. When meals become dull and monotonous, this is reflected in your child’s attitude towards mealtimes and food in general.

Variety stimulates the appetite as well as an interest in foods!

When planning for variety, consider the kinds of foods, color, size and shape, texture, flavor and methods of preparation.

Although it may look like a very complicated subject to the beginning cook, following the basic guidelines eventually develop a common-sense approach for what foods make good combinations.

Advance menu planning can save money, too. The advertised food specials are a good starting point for planning the week’s menus. Planning ahead also allows for preparing foods for more than one meal at a time.

The following list of ideas should help you plan a balanced meal with vegetables:

- A.** Balance heavy with light. Heavy foods usually contain large amounts of fat and/or sugar.
- B.** Avoid repetition of a food as much as possible. Don’t, for example, serve ambrosia, ham with sliced pineapple and pineapple-upside-down cake all in the same meal.
- C.** Serve foods from all, or as many of the Basic Four Food groups as possible. This automatically helps provided variety in flavor and texture.
- D.** Avoid serving several slow-digesting foods in the same meal.
- E.** Colorful, attractive meals are more appetizing. Think about how the food colors will go together. Avoid combinations based on only one or two colors.
- F.** Select garnishes to add color and appeal.
- G.** Avoid serving foods together that are all very small, such as peas, beans and corn or foods with the same general shape, such as fish sticks, French fried potatoes and bread sticks.
- H.** Strive for balance between soft and more solid foods. Also consider

smooth versus crisp, chewy versus crunchy and dry versus moist.

- I.** Avoid having more than one chopped, mashed or creamed dish in one meal.
- J.** Plan for a harmony of flavors. Generally the main dish should be selected first and then the accompanying foods chosen to enhance it.
- K.** Avoid serving more than one strongly flavored food in one meal (e.g., onions, cabbage, and turnips).
- L.** Choose a balance of sweet and acidic foods. Generally acidic foods should start a meal because they stimulate the appetite, while sweet foods have a dulling effect and are therefore usually served at the end. If a meal is relatively “heavy” (high in fat/sugar), a tart dessert would probably be the most pleasing.
- M.** Avoid repeating the same kind of food or flavor in the same meal.
- N.** You should compile a list of the many different ways to prepare foods. The list might include fried, baked, broiled, braised, barbecued, stuffed and mashed.

## Children and Snacks

Nearly everyone snacks at some time or another. Snacks are fun and they can give you energy (if you need it).

Snacks should be selected to keep your child healthy.

You should choose foods from all 4 foods group every day. Meals and snacks should contribute to your child’s total food needs.



The calories in all foods selected should meet daily requirements – not more – not less. The nutritional needs should be satisfied, AND the calories should be enough to maintain your child’s health.

Whatever foods you serve your child, make sure it adds up to the nutritional requirements for the day. Basically, the

foods that one child needs are the same as those of other age groups – only the amount will vary.

Merely to count the customary “three meals a day” is not enough.

What’s missing is the intake of food between meal breaks.

For nutritional planning, therefore, you should include in each day’s food plan all the food totals, whenever the food is consumed.

No single food supplies all the nutrients necessary to maintain good health. That’s why children must eat something from each of the four basic food groups each day.

Snacks alone don’t come anywhere close to supplying the nutrients that your child needs.

Each six ounces of carbonated beverage contains as many calories as an eight-ounce glass of skim milk or buttermilk.

The carbonated beverage contains nothing but calories for food energy, whereas skim milk and buttermilk provide the valuable calcium, riboflavin and protein that every child needs.

Since snacking is a part of your child’s life, try to select snacks from the four food groups and according to his or her need for energy (calories).

### **Vegetable Snacks**

Raw vegetables; carrots, celery, cucumber, green peppers, raisins, applesauce, tomato juice.

### **Fruit Snacks**

Apples; oranges, pears, bananas.

Fresh squeezed fruit juice.

Peanuts.

### **Meat Group Snacks**

Luncheon meat slices.

### **Milk Snacks**

Cheese wedges.

Milk shakes.

Ice cream.

Chunks of cheese.

Pudding (made with milk).

Cream soups.

### **Bread/Cereal Snacks**

Cookies (made with peanut butter, applesauce, or oats).

Toast with honey or jelly.

Rice pudding with milk.



Hot or cold cereal.

Graham crackers.

### **Other Great Snacks**

Peanut butter on crackers.

Sliced hard-boiled eggs.

## Low Calorie Snacks.

### **Less than 25 calories:**

Carrots

Celery.

Cucumber.

Green pepper strips.

Tomato wedges.

Radishes.

### **25 – 50 Calories**

½ grapefruit.

½ cantaloupe.

1 plum, tangerine, or peach.

6 ounces – tomato juice, vegetable juice.

1 cup plain popcorn.

### **50 – 100 calories:**

1 cup strawberries, grapes, or cubed watermelon.

1 orange, apple, pear, or banana.

1 hard cooked egg sprinkled with pepper.

1 cup skim milk or buttermilk.

1 cup soup.

1 slice whole wheat toast (no butter).

6 ounces orange juice.

### *Higher Calorie Snacks*

### **100 – 200 calories:**

6 crackers and peanut butter (1 tablespoon).

1/8 – inch segment of a 14 – inch pizza.

2 cookies.

¼ cup peanuts.

**200 – 300 calories:**

1 cup ice cream.

1 cheese sandwich.

**300 – 400 calories:**

1 piece of frosted cake.

4 pieces of candy.

25 potato chips.

Hamburger on a bun.

**Sugar Free Snacks**

***Milk Group***

All types

Cheese – all varieties

**Meat Group**

Nuts

One egg, hard cooked or deviled

Cold of turkey, chicken, ham or frankfurters cut into strips.

**Fruit and Vegetable Group**

“Fruitsicles” – freeze unsweetened fruit juices in ice cube trays.

Tomato juice.

Fresh vegetables in cubes or on sticks.

Fresh fruits in cubes or on sticks.

## **Bread and Cereal Group**

Whole wheat breads, rolls, crackers.

Dry, unsweetened cereals.

## **Others**

Pizza, Poor Boy Sandwiches

Cream cheese balls rolled in chopped nuts or wrapped in strips of dried beef.

Celery stuffed with cheese.

Vegetables and dip.

## **Snack Suggestions**

Serve foods in season and vary from day to day to acquaint your child with new foods.

For variety, crackers, serve whole wheat bread and butter and vegetable juice with raw vegetables.

Graham crackers may be served with fruit juices or raw fruit.

Cheese cubes or slices make excellent snacks for children.

Save the juices from fruit and use in preparing Jell-O or combined with fruit juices for drinking.

Place one marshmallow on a graham cracker and broil the graham cracker long enough for the marshmallow to melt.

There should be at least 1 ½ hours between snacks and the main meal. Give small servings at first, let child have seconds.

## Meal Preparation Suggestions

Creative menu planning calls for originality, imagination and a spirit for adventure. You should plan menus that are appealing, economical and suited to the particular age groups of the children you are about to serve.

Variety is the key to appetizing meals for both children and adults alike. The food you serve should have variety in form, size and shape.

Remember to serve food to small children in sizes they can easily handle, such as bite-sized pieces.



Try to include foods with contrasting colors. Fruits and vegetables with natural red, green and orange coloring have eye appeal and should be used in combination with those which have little color.

In a hot meal, try to include at least one cold food. In a cold meal, try to include at least one that is hot.

Use crisp, firm foods in combination with soft, creamy ones. Use a combination of mild flavors with strong ones.

Strong-flavored vegetables, such as broccoli, cabbage, and Kale, may not be popular with young children. Serve these vegetables only occasionally and in small amounts.

To reduce sugar intake, decrease the amount of sugar called for in a recipe. You can usually decrease a recipe by up to  $\frac{1}{4}$  cup of sugar without affecting the recipe.

Sometimes, adding extra vanilla flavoring will compensate for lessening the stated amount of sugar.

Bake your own cookies, substituting whole-wheat flour for half of the white flour, or use all whole-wheat. By substituting whole-wheat flour, you are increasing the nutrients.

If you cut fresh fruit before it was time to serve, dip the cut part of the fruit

in any type of citrus juice, such as lemon, orange, or grapefruit. This prevents the fruit from turning brown.

Dipping fruit in salted water or vinegar will also prevent the fruit from turning brown.

Balance heavy with light. Heavy foods usually contain large amounts of fats and/or sugar.

Avoid repetition of a food. Don't, for example, serve Ambrosia, ham slices with pineapple and pineapple upside down cake all in the same meal.

Serve foods from all or as many of the basic four food groups as possible. Avoid serving several slow-digesting foods all in the same meal.

Colorful attractive meals are more appetizing.

Avoid serving foods together that are all very small, such as peas, beans and corn (except for mixtures like succotash served as a single vegetable) or foods with the same general shape, such as fish sticks, French fried potatoes and breadsticks.

Strive for a balance between soft and more solid foods. Also, consider smooth versus crisp, chewy versus crunchy, dry versus moist.

Avoid having more than one chopped, mashed or creamed dish in one meal.

Plan for a harmony of flavors. Generally, the main dish should be selected first and then the accompanying foods chosen to enhance it.

Choose a balance of sweet and acidic foods. Generally, acidic foods could start a meal because they stimulate the appetite, while sweet foods have a dulling effect and are therefore usually served at the end.

If a meal is relatively heavy (high in fat/sugar), a tart dessert would probably be the most desirable.

Generally, when the main dish is served with a sauce, the vegetables should be served relatively plain.

One creamed or creamy dish per meal is the guideline.

Serve cooked, mashed peas with meat loaf, meatballs, etc. This adds

nutrition and does not impair the flavor or texture of the finished product. The mild flavor of the peas is completely hidden by the stronger seasoning. Do not force a child to eat all of the food that is on his or her plate in order to have additional foods, but insist that the child try all the foods instead. This will cultivate a taste for un-liked or unfamiliar foods.

Cut oranges in half. Cut halves into wedges almost through, so small children can pull the wedges apart and eat more easily.

## **Tips for Buying Food**

Buying food has always been a major problem for all families, no matter how much money they have to spend. Food prices are usually lowest at a large supermarket because you can find several brands of the same item at different prices on their shelves.

It pays to compare prices of different brands and you will find that the store brand is often just as good or better than the nationally advertised one and less expensive.

Most meat graded in retail markets will be U.S. Choice or U.S. Good Grade. Either grade, when properly prepared, will be tender and of good flavor.

It is important to buy meat that is “U.S. Inspected”. The round inspection stamp means that the meat was safe to eat at the time of inspection.

The less tender cuts, such as plate, chuck, brisket and bottom round, are just as nourishing and tasty as the more expensive cuts.

They should be cooked slowly and in moist heat. A good method is to cook slowly in a covered pan, with some liquid – water, vegetable juice, or canned tomatoes.

Supermarkets usually carry three kinds of ground beef. Hamburger is the least expensive; ground chuck costs more; and ground round is the most expensive.

Hamburger will often contain more fat than chuck or round, but it may be an economical choice for preparing meatloaf, stuffed peppers, spaghetti and meatballs or other meat dishes.

Pork is not usually graded by the government. You should choose a piece with as much lean meat as possible. Fresh pork should always be cooked thoroughly before eating.



Liver, kidney, and heart (pork, beef or lamb) are all good buys. They are very nutritious, have little waste, and are reasonably priced.

Fish and poultry are high in food value and often very economical.

Eggs, cheese, dried beans and peas and peanut butter can be used in place of meat. When serving dried beans and peas, include some other protein food such as eggs, milk or cheese in the meal.

A small piece of leftover meat can be combined with other foods into a main dish such as chop suey, chili or stew.

Potatoes, rice, spaghetti, macaroni and many other vegetables combine well with meat.

A 1-dish meal might include:

- 1 or 2 cups diced cooked or canned meat.
- 1 or 2 cups drained cooked or canned vegetables.
- 1 or 2 cups potatoes, rice, spaghetti or macaroni.
- 1 or 2 cups gravy or canned, condensed cream soup, seasoned to the taste.

The group can suggest various flavorful mixtures. This one dish meal can be cooked slowly in a covered pan on top of the stove or baked in a moderate oven (350 degrees F).

Some prepared and partially-prepared foods costs more than the same dish made from scratch. You should compare the costs of some of these “convenience foods” with the cost of the same dish prepared at home.

Some of the commercially prepared foods have less nutritional value than those prepared at home.

Compare the costs of fresh, canned and frozen orange juice. The different forms( fresh, frozen, canned) are similar in nutritional value.

All are rich in vitamin C.

Orange drink should not be substituted for orange juice.

Orange drink, whether diluted orange juice or artificial orange-flavored juice or orange soda (even with added vitamin C) is not as nutritious as orange juice.

Nonfat dry milk can be used several ways. Instant dry milk dissolves quickly. When using the fine milk powder, sift it into the water to hasten the dissolving action.

Vegetables and most fresh fruits are plentiful and least expensive when in season.

Kitchen gardens and the use of homegrown fresh vegetables should be encouraged wherever feasible.

When prices of fresh vegetables are high, canned ones are usually less expensive. Fresh vegetables, frozen or canned have similar food values.

Some of the food value in canned vegetables is in the liquid and it may be added to soup.

Potatoes are high in food value, combine well with other foods, and are generally favorably priced.

As many as ten or more different forms of potatoes can be found at the store. The average price per pound varies widely.

To keep vegetables' colors bright, flavors fresh, and food values high, vegetables should be covered and cooked quickly in as little water as possible.

## Healthy Storage and Processing

Food must be stored properly to keep fresh and wholesome.

Proper storage starts at the store.

Good shoppers unpack and put away their groceries as soon as they get back home.

They buy only foods that can be stored satisfactorily. Otherwise, foods may spoil and be a waste of money.

Vegetables, like potatoes, carrots and onions need a cool, dry place. If such storage is limited, buy in small quantities, perhaps enough for a week.

If refrigerator space is limited, it's important to decide what to store there.

Nonfat dry milk will keep well in a tightly covered container.

Unopened cans of evaporated milk can be stored without refrigeration.

All cans of food that have been opened should be stored in the refrigerator.

Orderly shelves make it easy to know what food is on hand.

Foods that are alike should be stored together; for example, canned foods in one place and cereals in another.

Foods are best protected by storing in tightly covered jars.

Wiping up spills right away will discourage roaches and ants.

Scraping and stacking dishes beforehand saves time and space.

Line garbage cans with a tightly covered trash bag. Empty garbage cans daily and wash them often. Wash dishes in a dishpan of hot, sudsy water. Rinse them well with hot water and air-dry them.

Launder all cloths and towels frequently

## Food Freezing Tips

Having a home freezer can pay off handsomely when it comes to buying and/or preserving food.

Benefits of a freezer include the ability to buy food in bulk which saves money on the amount bought each time and for gas because you drive back and forth to the grocery store less often.

Frozen foods can be enjoyed all year round.

If you raise a garden, the benefits become obvious. A home freezer allows you to store all of the food you grow in one central location.

One thing that you must remember about a home freezer is to never put more food in it than normally will freeze solid in a twenty-four hour time period. This is because the more you pack in the freezer, the longer it will take for your food to become solid.

Generally speaking, you should use about one pound of food for each fifty-one cubic inches of freezer space (about thirty to thirty-five pounds per cubic foot (1728 cubic inches)). This is only a rule of thumb, of course

If you want to be certain, I would suggest contacting the manufacturer and what the company recommends for your model of their freezer.

Fresh fruits and vegetables can be enjoyed the whole year round when preserved by freezing. The quality of the food may vary a little depending on the kind of fruit or vegetable frozen, but you will find that any product will freeze satisfactorily under the proper conditions with due care.

In order to prepare fruit for freezing, you must follow the following procedure:

- 1.** You should only work with two or three quarts at a time.
- 2.** Wash the fruit carefully in cold water.
- 3.** Do not leave any fruit in water for long periods of time.
- 4.** Drain small fruits and berries in a colander.
- 5.** Peel, trim and remove cores and large seeds from any fruits that have

these.

- 6.** Small fruits and berries may be frozen whole, sliced, crushed or pureed.
- 7.** Larger fruits will freeze better if you slice or crush them.
- 8.** Fruits may be packed and stored in sugar syrup.
- 9.** Fruits may also be packed unsweetened.

Some varieties of vegetables freeze better than others. If you are gathering vegetables from the garden, it is best to pick them as early in the morning as possible. The fresher the vegetable, the better the results will be when it comes to freezing.

The following tips must be adhered to when it time for freezing:

- 1.** Vegetables must be scalded in boiling hot water before freezing to prevent any enzymes in them affecting the flavor while they are frozen.
- 2.** Scalding time will vary according to the vegetables and size of the pieces.
- 3.** Use a "blancher" that has a fine wire basket or colander when scalding vegetables.
- 4.** Sweet potatoes, winter squash and pumpkins may be heated in a pressure cooker before freezing.
- 5.** Scalded vegetables must be cooled quickly and thoroughly before freezing.
- 6.** Drain to remove any excess water.
- 7.** Pack vegetables into containers or plastic bags.
- 8.** Label the containers with the date that packet was frozen and the name of the vegetable inside.

## More Suggestions

The information in this section is about the food requirements for children from three to six years of age.

Bear in mind that the following suggestions for meal patterns to feed young children are suggestions only and it is up to you, as the parent, to decide what is best to feed to your child.

### Suggested Menus for Young Children

#### *Monday*

##### **Monday Breakfast**

Orange juice – ½ cup

Toast – ½ slice

Milk – ¾ cup

Baked scrambled egg – 2 tbsp.

##### **Monday Lunch**

Cinnamon toast – ½ slice

Milk – ½ cup

##### **Monday – Supper**

Meat loaf – 1 slice (1-1/2 oz. meat)

Green beans – ¼ cup

Pineapple cubes – ¼ cup

Bread – ½ slice

Milk – ¾ cup

#### *Tuesday*

##### **Tuesday – Breakfast**

Sliced banana – ½ cup

Cornflakes – 1/3 cup

Milk –  $\frac{3}{4}$  cup

**Tuesday – Lunch**

Tomato juice –  $\frac{1}{2}$  cup

Cheese stick –  $\frac{1}{2}$  oz.

**Tuesday – Supper**

Baked chicken (1  $\frac{1}{2}$  oz. meat)

Mashed potatoes –  $\frac{1}{4}$  cup

Peas –  $\frac{1}{4}$  cup

Carrot sticks

Roll – small

Milk –  $\frac{3}{4}$  cup

*Wednesday*

**Wednesday – Breakfast**

Apricot halves –  $\frac{1}{2}$  cup

Whole wheat toast –  $\frac{1}{2}$  slice

Cocoa –  $\frac{3}{4}$  cup

**Wednesday - Lunch**

Milk –  $\frac{1}{2}$  cup

Dry cereal –  $\frac{1}{3}$  cup

**Wednesday - Supper**

Chicken vegetable soup –  $\frac{1}{2}$  cup (1 oz. meat,  $\frac{1}{4}$  cup vegetable)

Peanut butter and jelly sandwich –  $\frac{1}{4}$  (1 tbsp. peanut butter)

Green pepper stick

Sliced peaches –  $\frac{1}{4}$  cup

Milk –  $\frac{3}{4}$  cup

***Thursday***

**Thursday – Breakfast**

Fruit cup – ½ cup

Hard cooked egg – half

Toast – ½ slice

Milk – ¾ cup

**Thursday – Lunch**

Pineapple juice – ½ cup

Toasted raisin bread – ½ slice

Milk – ½ cup

**Thursday – Supper**

Lean beef patty 1 – ½ oz.

Carrots 3/8 cup

Apple wedge 1/8 cup

Whole wheat bread ½ slice

Milk ¾ cup

Chocolate pudding - 2 tbsp.

***Friday***

**Friday – Breakfast**

Grapefruit sections – ½ cup

Rolled oats - ¼ cup

Milk - ¾ cup

**Friday – Lunch**

Grape juice – ½ cup

Enriched soda crackers – 2 peanut butter



**Friday – Supper**

Fish sticks – 3 (1 ½ oz. fish)

Spinach - ¼ cup

Fresh pear half – ¼ cup

Corn bread – 1 square

Milk – ¾ cup

*Saturday*

**Saturday – Breakfast**

Apple juice – ½ cup

Cheese toast – ½ slice

Milk – ¾ cup

**Saturday – Lunch**

Pineapple juice – 3/8 cup

Carrot sticks – 3

Whole grain rye wafers – 2

**Saturday – Supper**

Swiss steak cubes – ¼ cup (1 ½ oz. meat)

Mixed vegetables – ¼ cup

Orange sections – ¼ cup

Rice – ¾ cup

Milk – ¾ cup

*Sunday*

**Sunday – Breakfast**

Orange juice – ½ cup

Enriched English Muffin – ½

Milk –  $\frac{3}{4}$  cup

**Sunday – Lunch**

Dry cereal –  $\frac{1}{3}$  cup w/banana slices

Milk –  $\frac{1}{2}$  cup

**Sunday - Supper**

Macaroni, cheese and ham casserole –  $\frac{1}{3}$  cup (1  $\frac{1}{2}$  oz meat and cheese)

Cabbage –  $\frac{1}{4}$  cup

Fresh fruit cup –  $\frac{1}{4}$  cup

Bread –  $\frac{1}{2}$  slice

Milk –  $\frac{3}{4}$  cup

## **Food Alternates**

These food alternates may be used as substitutes for any of the items listed in the above menus.

### ***Bread and Bread Alternates***

Bagels, Bread Sticks, Biscuits, Graham crackers, Boston brown bread, Melba toast, Breads (sliced, all types), Rye wafers, Cornbread, Saltine crackers, Croissants, Soda Crackers, Doughnuts, Taco shells, English Muffins, Hush puppies, French, Vienna, or Italian bread, Pancakes, Muffins, Waffles, Pretzels, Rolls and buns, Sweet rolls.

### ***Meat and Meat Alternates***

Cheese (cheddar, cottage, Swiss), Variety meats, Dry beans, Bologna, Dry peas, Frankfurters, Eggs, Liver, Fish and shell fish, Peanut Butter, Meat (canned, dried, fresh, and frozen), Poultry, Beef, Turkey, Lamb, Pork, Veal.

### ***Vegetables and Fruits***

Broccoli, Cantaloupe, Carrots, Papayas, Collard Greens, Purple plums, Dandelion greens, Asparagus, Mangoes, Cherries, Mixed vegetables, Chili peppers, Mustard greens, Nectarines, Peas and carrots, Peaches, Peppers, Prunes, Pumpkin, Tomatoes, Spinach, Tomato juice, Squash, Brussel sprouts, Sweet Potatoes, Guavas, Turnip greens, Bananas  
Apricots, Beans (green or wax, Lima, string), Oranges, Beets, Grapefruit juice, Berries, Pineapple juice, Celery, Strawberries, Corn, Tangerines, Chinese cabbage, Cabbage, Cucumbers, Honeydew melons, Dates, Okra, Egg plant, Potatoes, figs, Raspberries, Fruit cocktail, Rutabagas, Lettuce, Sauerkraut, Olives, Spinach Apples, Parsley, Avocados, Pimientos, Plums, Radishes, Watercress, Watermelon.

## Weights and Measures

Being able to convert weights and measures saves money by reducing wastage once you know how to figure out how much of a certain ingredient is actually needed for a particular recipe.

1 ounce butter = 2 tablespoons

¼ lb. butter (1 stick) = ½ cup

1 lb. granulated sugar = 2 ¼ cups

1 lb. brown sugar, packed = 2 ¼ cups

1 lb. powdered sugar, sifted = 3 ½ cups

1 lb. All purpose flour, sifted = 4 cups

1 lb. Cake flour, sifted = 4 ½ cups

1 lb. Graham flour = 3 ¾ cups

1 lb. Corn meal = 3 cups

1 lb. Uncooked rice = 2 1/8 cups

1 ounce chocolate = 1 square

15 ounces packaged seedless raisins = 2 ½ cups

¼ lb. Nut meats, chopped = 1 cup

1 lb. Unshelled pecans = 2 ¼ cups nut meat

1 lb. Large marshmallows = 15

¼ lb. Cheddar cheese, grated = 4 cups

3 ounce packaged cream cheese = 6 2/3 tablespoons

11 crumbled graham crackers = 1 cup

20-30 crumbled vanilla wafers = 1 cup

## **Foods which are High in Iron**

Apricots, dried = 5 halves

Beans, dried = ½ cup (cooked)

Beef, cooked = 2 ounces

Beef, greens, cooked = ½ cup

Brazil nuts = 6 medium

Cereals = 1 ounce

Chicken, cooked = 3 ounces

Cider, sweet = 10 ounces

Clams = 1 ounce

Corn syrup = 2 tablespoons

Dried beef = 1 ounce

Egg, whole = 2

Ham, cooked = 2 ounces

Heart, cooked = 2 ounces

Instant breakfast = 1 serving

Kidney, cooked = 1 ounce

Lamb, cooked = 1 ounce

Liver, cooked = 1 ounce

Maple syrup = 3 tablespoons

Molasses = 2 tablespoons

Oysters = 1 ounce

Peaches, dried = 3 halves

Peas, dried = ½ cup (cooked)

Pork, cooked = 2 ounces

Prunes, dried = 4 medium

Prune, juice =  $\frac{1}{4}$  cup

Raisins, dried = 1 small box (1  $\frac{1}{2}$  oz.)

Sweet potatoes = 1 cup

Sardines = 2 ounces

Scallops = 2 ounces

Shrimp = 2 ounces

Spinach, cooked =  $\frac{1}{2}$  cup

Strawberries = 1 cup

Tomato juice =  $\frac{3}{4}$  cup

Tuna =  $\frac{1}{2}$  cup

Turkey, cooked = 1 ounce

Veal, cooked = 1 ounce

Watermelon = 6" x 1  $\frac{1}{2}$ "

Wheat germ = 2 tablespoons

## Glossary of Cooking Terms

**Bake:** Cook in oven.

**Baste:** Moisten food while it is cooking (such as meat while roasting it) by spooning liquid or fat over it.

**Batter:** Mixture of flour and liquid, sometimes in combination with other ingredients, thin enough to pour. Used to coat foods for frying.

**Beat:** Mix vigorously over and over with a spoon or fork, or with a beater.

**Blanch:** Dip in and out of boiling water to loosen the skins of fruits or nuts.

**Blend:** Mix thoroughly two or more ingredients until smooth.

**Boil:** Cook in steaming liquid in which bubbles break on surface.

**Bread:** Coat with flour, eggs and crumbs.

**Broil:** Cook directly under heating unit in range or over hot coals.

**Chill:** Allow to become thoroughly cold.

**Chop:** Cut into pieces with knife or chopper.

**Coat:** Cover with thin film of flour, fine crumbs, icing, sugar or crushed nuts.

**Cool:** Let stand at room temperature until no longer warm.

**Cream:** Combine two or more ingredients by rubbing or beating them until they have lost their individual appearance.

**Cube:** Cut into  $\frac{1}{4}$  to  $\frac{1}{2}$  inch squares.

**Cut In:** Mix fat into flour mixture with a pastry blender, a fork or two knives.

**Dice:** Cut into very small  $\frac{1}{4}$  inch squares.

**Dot:** Drop bits of butter or cheese here and there over food.

**Dough:** Mixture of flour and water in combination with other ingredients, thick enough to roll, knead, or drop off a spoon.

**Drain:** Pour off liquid.

**Dredge:** Coat with flour or crumbs.

**Drizzle:** Pour gently from a spoon.

**Dust:** Sprinkle lightly with flour or sugar.

**Flake:** Break lightly into small pieces.

**Flour:** Dust greased pans with flour until well coated on bottom and sides. Shake out extra flour.

**Fold:** Mix gently, bringing rubber scraper down through mixture, across bottom, up and over top until blended.

**Frost:** Cover with icing.

**Garnish:** Decorate with pieces of colorful food such as parsley, pimento, cherries or lemon.

**Grate:** Rub against grater to cut into small pieces.

**Grease:** Spread bottom and sides of pan with shortening.

**Grind:** Cut or crush in a food grinder.

**Knead:** Work dough with your hands by repeating a folding-back, pressing-forward and turning motion.

**Marinate:** Cover beans or meat with a well-seasoned sauce and let stand to enhance the flavor.

**Melt:** Heat a solid substance, such as chocolate, until it becomes liquid.

**Mince:** Chop or cut into tiny pieces.

**Mix:** Combine ingredients by stirring them together.

**Pan-Fry:** Cook in small amount of fat in skillet.

**Pare:** Cut off outside skin, as from apple or potato.

**Peel:** Pull off outer skin, as from orange or banana.

**Pit:** Remove pits or seeds from fruit.

**Roast:** Cook by dry heat.

**Roll-out:** Flatten and spread with a rolling pin.

**Scallop:** Bake in a sauce with crumbs and/or grated cheese on top.



## Recipes

You can't prepare healthy and nutritious meals without the proper recipes. Use these as guides when preparing your menus and deciding what foods you want to feed to your kids and your family.

### Soups

#### *ABC Soup*

##### **Ingredients**

Alphabet macaroni

1 can peas

1 can cooked potatoes

1 can of tomatoes

1 can mixed vegetables

Stewing steak

##### **How to Make It**

Brown stewing meat in skillet. Collect flavor bits from bottom of pan, drain and put to side.

Mix all other ingredients in another pan.

Cook over medium to high heat until macaroni is tender.

#### *Asian Soup*

##### **Ingredients**

24 fl oz/750 ml clear chicken broth or beef bouillon soup

1 fl oz/30 ml. cold water

1 tbsp. cornstarch

1 egg

Chopped parsley if desired

### **How to Make It**

Boil broth in metal saucepan.

Mix water and cornstarch in small covered glass container.

Add mixture to the broth.

Stir until smooth.

Beat an egg in small bowl.

Dribble beaten egg into broth.

Stir well while it cooks.

Serve.

### ***Peas, Poppy seed and Noodles***

#### **Ingredients**

3 tablespoons butter or margarine

½ cup cottage cheese

2 Tbsp Parmesan cheese

Two cups noodles

½ cup chopped onion

Dash pepper

1 Tbsp poppy seeds

1/2 teaspoon salt

1 cup sour cream

Small can sweet peas, discard liquid

#### **How to Make It**

Cook noodles, then rinse and pour off liquid.

Sauté onion well in butter/margarine in saucepan.

Mix other ingredients noodles, peas and Parmesan cheese

Add the mixture and onion to pan

Add noodles and peas and mix, then heat it.

Add sprinkle of Parmesan cheese.

### ***Navy Bean & Onion Chowder***

#### **Ingredients**

$\frac{3}{4}$  cup Navy beans

1  $\frac{1}{2}$  tsp. Flour, enriched

1 tbsp. margarine

1  $\frac{1}{2}$  cup/343 ml milk

$\frac{1}{2}$  cup chopped onion

Green pepper, chopped fine

$\frac{3}{4}$  cup potato flakes

1  $\frac{1}{2}$  tsp. Salt

$\frac{1}{2}$  can tomatoes

4 cups/1L water

#### **How to make it**

Let beans soak in water, then add salt

Put lid over pot and boil until done.

Stir in onion and potatoes. Cook everything for half an hour.

Blend margarine and flour and add to beans.

Put in green pepper and tomatoes.

Cook on low while stirring until mixture thickens. Continue stirring so it doesn't scorch pot.

Add milk.

### ***Louisiana Gumbo***

#### **Ingredients**

$\frac{2}{3}$  Cup oil

4 pounds fresh okra

1 large chopped onion

Pepper

Salt

3 pounds/1Kg/357gm peeled shrimp

1 large can spiced tomatoes

Water

### **How to Make It**

Wash okra

Cut in thin strips.

Add okra and oil, tomatoes (conserve juice of tomatoes), onion and 1 Tbsp of salt to large pot

Cook at medium until okra thickens.

Season shrimp with salt and pepper.

Add water (5.77 L) and tomatoes juice to okra.

Simmer for one hour.

Mix in shrimp.

Boil mixture, then drop heat and simmer for up to 20 minutes.

Add seasoning to taste.

### ***Ham'n'Veggies Soup***

#### **Ingredients**

1 can split pea soup

Dice small onion

½ Gallon/1.89 L water

Diced carrots and celery, 1 cup each

1 cooked ham bone with meat attached

2 cups diced potatoes

#### **How to Make It**

Cook bone until meat is tender. Remove with sharp knife or grinder.

Cover peas with water.

Let soak for half an hour.

Boil gently in enough water to cover peas in large pan, until fully cooked.

Add ham, split peas and vegetables to ham stock.

Simmer and add seasoning if desired.

## **Salads**

### ***Apple Bonus***

¼ apple, cut to small pieces

Handful of raisins

¼ celery stalk, chopped fine

½ Tbsp mayonnaise

For variety, add your choice of: (optional)

- 1 large spoonful shredded cabbage
- 1 Tbsp shredded pineapple
- 1 Tbsp shaved carrot

Just mix well before serving.

### ***Carrot Pineapple Salad***

2 cup shaved carrot

Small pkt raisins

1 can unsweetened shredded pineapple

¼ cup mayonnaise

Mix the pineapple juice, mayonnaise and raisins.

Stir in carrots and pineapple.

Serves 4 to 6 people.

### ***Vege Salad with V O Dressing***

#### **Dressing**

1 Tbsp catsup

1 tsp shredded onion

¼ Tsp salt

2 Tbsp sugar

2 Tbsp each vegetable oil and vinegar

Mix all ingredients thoroughly in a tightly sealed small jar.

### **Salad**

Catsup to taste

1 head cabbage

1 bunch carrots

1 cauliflower

bunch celery

2 cucumbers

1 lettuce

2 small onions

2 green peppers

bunch radishes

Salt

bunch spinach

sugar

2 tomatoes

2 turnips

Vegetable oil

Vinegar

Mix thoroughly and add dressing before serving.

### ***Pine 'n' Lime Salad***

Dissolve pkg. Lime gelatin in  $\frac{3}{4}$  cup boiling water.

Let cool

Mix in 1 cup Evaporated Milk.

Chill until thick but fluid.

#### **Fold following into mixture**

$\frac{1}{2}$  cup shredded celery

cup creamed cottage cheese

Tablespoon lemon juice

$\frac{1}{2}$  cup mayonnaise

$\frac{1}{2}$  cup diced nuts

can crushed pineapple with juice.

#### **Directions**

Fill square pan or large cup mold.

Chill until solid.

Cut into serves.

Put on bed of lettuce.

### ***Tuna'n'Apple Salad***

#### **Ingredients**

1 Can tuna

Dice 1 unpeeled apple

1 stalk celery, finely cut

2 Tbsp mayonnaise

1 Tablespoon lemon juice

Lettuce if required, or wholegrain bread for sandwich

#### **How to Make it**

Drain tuna and combine it with everything except lettuce (if used).

Use immediately or refrigerate and use within a few hours.

Serve on lettuce leaves or in a sandwich.

**Note:** Oil-packed or water-packed tuna may be used.

### ***Maca Yogu Salad***

Carrot slices

Celery

Small Cheese blocks

Black olives

2 cups cooked elbow macaroni

Tomato wedges

Plain Yogurt

#### **How to Make it**

Wash the vegetables.

Cook elbow macaroni

Cut vegetables and cheese finely.

Add to macaroni.

Mix yogurt in well.

### **Vegetables**

#### ***Southern-Fried Carrots***

1 cup butter/ margarine

1 carrot per person

Salt and pepper to taste

Scrub carrots in water.

Cut into 1-inch pieces

Put butter in frying pan.

Add carrots when butter has melted.

Add salt and pepper, then stir on low heat until carrots are tender.



### *Tastee Cabbage Slaw*

#### **Ingredients**

1 small red apple, cut fine  
2 cups shredded cabbage  
1 medium shaved carrot  
Lemon juice or vinegar to suit  
3 Tblespoons mayonnaise  
1 teaspoon sugar

#### **How to Make it**

Mix mayonnaise, sugar, and lemon juice or vinegar in a large bowl.  
Mix in the cabbage, carrot, and apple.  
Cover and chill several hours.

### *Stir Fried Rice*

Small pkt frozen peas and carrots  
½ cup shredded celery  
¼ Tsp garlic powder  
2 teaspoons oil  
¼ cup shredded onion  
2 cups salt-free rice  
Salt and pepper to taste  
1 Tbsp Worcestershire sauce

#### **How to Make it**

Heat oil.  
Stir-fry celery and onion for 2 minutes.  
Mix in peas and carrots.  
Stir-fry again, stirring continuously until they are tender (4 minutes).  
Add rice and spices.

Stir-fry to warm rice.

### ***Glazed Carrots Surprise***

Tbsp margarine or butter

6 cooked carrots

2 Tbsp margarine or butter

½ cup raisins

2 Tbsp sugar

½ cup water

#### **How to Make it**

Slice carrots

Mix water, fat, sugar and raisins in a pan.

Heat until it boils.

Add carrots.

Reduce heat.

Gently stir to warm carrots, about 10 minutes.

### ***VegeBean Salad***

1 cup green beans, canned okay if drained

1 cup drained canned corn or cooked frozen corn

1 cup kidney beans

1 stalk celery, (optional)

½ green pepper, if desired

Salad dressing or oil and vinegar

Lettuce

Drain and mix green beans, corn and kidney beans in bowl.

Chop celery and green pepper. Add to vegetables.

Mix in salad or oil and vinegar.

Serve on lettuce leaves or in whole meal sandwich.

## **pudding**

### ***Banana and Peanut Butter Pudding***

Blend together ½ cup applesauce, 2 Tblespoons peanut butter, 1 Tblespoon honey and 2 chopped bananas.

Serve in individual cups.

### ***Pineapple (or Vanilla) Pudding***

2 Tsp powdered milk

Pineapple or vanilla instant pudding

Crushed pineapple without juice

Vanilla wafers

½ cup water

#### **Directions**

Mix dry milk and water.

Add chosen instant pudding.

Mix in crushed pineapple.

Blend 1 Tbsp of non-dairy toppings.

Line vanilla wafers around edge of cup.

Cool.

### ***Little Puddin's***

Small package instant pudding, any flavor

1 ½ cup milk

1 cup whipped topping

Small ice cream cones

#### **How to Make it**

Make up pudding mix with milk as directed

Mix in topping.

Chill.

Spoon pudding mix in to cones when you are about to serve them.

### ***Pudding Wafers***

1 ½ cups cold milk

1cup creamy peanut butter

1 small package Jell-O® instant pudding (a gelatin dessert produced by Kraft Foods), any flavor.

24 cracker wafers

#### **How to Make it**

Blend milk and peanut butter

Mix in pudding mix.

Beat slowly until thoroughly mixed. About 2 minutes.

Set aside for few minutes.

Spread filling thickly onto half the crackers.

Put other crackers on top.

Freeze before serving.

## **Desserts**

### ***Easy Cherry Cobbler***

Use a pan or baking dish about 13” x 9” and 2” deep.

Melt butter or margarine in pan.

Add 1 ½ cups of cherries.

Heat on stove until fruit is hot.

#### **Make a batter with:**

- 1 cup flour
- 1 ½ teaspoon baking powder
- 1 cup sugar
- ½ cup sweetened milk

Mix batter well and pour onto hot berries.

Bake at 375 degrees Fahrenheit until nicely browned.

Add sugar if needed.

### *Ezy Apple Cupcakes*

2 cups sugar

3 apples

2 beaten eggs

3 cups flour

1 cup nuts

1 ½ cup cooking oil

½ teaspoon salt

1 ½ teaspoon soda

1 teaspoon vanilla

Mix sugar, oil, eggs and vanilla in a bowl.

Add chopped apples to mixture, then add chopped nuts.

Sift flour, soda and salt.

Mix in bowl.

Drop batter into cupcake pan.

Bake at 275 degrees for 45 minutes or until done.

### *Carrot Cake*

¾ cup salad oil

3 cups sugar

6 eggs

Cream sugar & eggs.

Add salad oil.

**Mix:**

- 3 cups flour
- 4 1 ½ teaspoon salt
- 1. 1 ½ teaspoon soda

Mix 4 teaspoons cinnamon in egg and sugar mixture

Add (slowly):

- ½ cups grated carrots
- 3 teaspoons of vanilla

Bake in a 350 degree Fahrenheit oven for about 45 minutes until done.

***Old Fashioned Ice Cream***

You will need spatula, tray, waxed paper, and rug to cover freezer during hardening.

Prepare ice cream mix.

Chill.

Set out rock salt (or crushed ice to give the ice cream finer texture) and measuring cups.

Chip or crush block of ice or cubes and put small chips in strong bag.

**To make ice cream:** pour chilled mix into freezer can to 2/3 full to allow for expansion.

Insert dasher, put top on tightly.

Be certain assembled can fits in indentation.

Adjust top assembly so it turns.

Place layer of rock salt on 3 inch layer of crushed ice. (Large pieces may block rotation).

Layer ice and salt: 1 cup salt to 2 quarts ice, until tub is tightly packed.

**Note:** If too much rock salt is used, the ice cream will freeze too rapidly and produce a coarse textured ice cream, or a crust may freeze around the edge of the can, stopping rotation.

Turn hand crank until turning becomes labored or, if you are using an electric freezer, the motor labors.

**To harden ice cream:** Carefully remove the cover, brushing away any salt or ice.

Lift out the dasher and scrape the ice cream back into the can.

Cork or plug the cover.

Place waxed paper across top of can. Replace the cover.

Pour off brine and pack container with more salt and crushed ice in the same proportion.

Cover with towel, rug or newspaper to insulate.

Let stand until hardened.

### ***Creamy Rich Peach Ice Cream***

1 tablespoon unflavored gelatin

2 cups light cream or half whole milk and half, or slightly less, light cream.

2 cups whipping cream

2 tablespoons vanilla

2 eggs, beaten

2 cups mashed potatoes

¼ teaspoon salt

¼ cup sugar

#### **How to Make it**

Combine gelatin and sugar in a strong 2 quart saucepan

Stir in whipping cream.

Heat over low heat, stirring constantly until gelatin dissolves.

Stir steadily and slowly add hot mixture to eggs.

Stir in salt, light cream and vanilla.

Chill thoroughly.

Combine mashed peaches and ¼ cup sugar.

Freeze in usual way.

When ice cream is half frozen, stir in sweetened fruit and continue freezing.

### ***Buttermilk Smoothie***

1 cup sugar

¼ cup cold water

Little salt

¾ cup hot water

2 cups buttermilk

1 cup crushed pineapple

1 Tbsp plain gelatin

2 tsp shaved lemon peel

2 Tbsp lemon juice

### **How to Make it**

Mix sugar, salt and buttermilk in a bowl.

Soften gelatin in ¼ cup cold water.

Dissolve in ¾ cup hot water.

Add to buttermilk mixture.

Dissolve by stirring thoroughly.

Stir in pineapple, lemon peel and juice.

Freeze according to directions.

### ***U.S.A. Cherry Cobbler***

6 Tbsp butter

1 jar cherry pie filling

1 cup milk

¾ cup sugar



### **How to Make it**

Melt butter in a square baking dish in a toaster oven.

Mix all other ingredients in a mixing bowl.

Pour mixture into baking dish with melted butter.

Bake at 350 degrees Fahrenheit for 30 –40 minutes.

## **Main Dishes**

### ***Arroz Con Pollo***

2 ½ pounds diced chicken

¼ pound fresh mushrooms, sliced

½ cup sliced onion

1 envelope Seasoned Coating Mix for Chicken

¼ cup sliced green pepper

7 oz "Minute Drumstick Rice Mix" (may contain preservatives)

1 ¾ cups water

### **How to Make it**

Coat chicken pieces and lay in single layer in ungreased shallow pan.

Bake at 400 degrees Fahrenheit for 40 to 45 minutes or until tender.

Sauté mushrooms in butter until tender.

Add onions, pepper, and rice mixture.

Cook while stirring until rice is coated.

Add seasoning and water.

Mix thoroughly.

Bring to a boil, cover, and simmer about 3 minutes or until liquid is absorbed.

Mound rice mixture in center of serving platter.

Arrange baked chicken around rice.

Garnish with parsley, if desired.

### ***Packed Green Peppers***

1 pound lean ground beef  
15-ounce beef bouillon granules  
Grated Parmesan cheese  
1 lightly beaten egg  
¼ teaspoon garlic powder  
1 Tsp onion powder  
6 halves of large green peppers  
2 cups cooked rice  
½ teaspoon salt  
1 Tsp ground thyme

#### **How to Make it**

Put pepper halves in shallow microwavable baking dish.

Cover and microwave on high for 4 minutes.

Mix beef, rice seasoning, egg and ½ cup tomato sauce in a large mixing bowl.

Mound beef mixture in peppers halves. Cover and microwave on high for 10 minutes, rotating once.

Mix rest of tomato sauce and bouillon granules. Pour on filled peppers.

Microwave uncovered on high for 5 minutes.

Stand for 5 minutes.

Sprinkle with Parmesan cheese.

### ***Deep South Ham 'n' Yams***

¾ cup fruit preserves  
1 ham steak, 1 ½ inches thick  
2 Tsp Prepared mustard  
Can whole yams, drained

2 Tsp vinegar

### **How to Make it**

Put ham and yams in baking pan.

Mix rest of ingredients with beater

Dribble on ham and yams.

Bake 30 minutes at 350 degrees Fahrenheit.

### ***Peanut Butter Brekky Delight***

4 cups peanut butter

5 cups dried fruit (your choice)

1 ¼ cup honey

Mix peanut butter and honey, then stir in fruit.

Serve on hot butter toast. Makes 2 ½ quarts.

### ***Quesadillas***

12 flour tortillas

½ cup sugar (optional)

1 lb. grated or thin-sliced cheese, either cheddar or Monterey Jack (a semi-hard cheese made in the U.S.A. from cows' milk)

**To make:** Warm tortillas on a griddle or grill to soften. Place cheese on half of the tortilla and fold over and return to grill. Let it toast a little on one side long enough to melt the cheese.

When cheese is melted remove from grill and cut into halves or fourths to serve.

Quesadillas may be sprinkled with a little sugar if a sweet taste is desired.

### ***Corn Muffins***

2 ½ teaspoons baking powder

½ cup whole kernel corn

1 egg beaten

2 cups flour

1 cup milk

1 teaspoon salt

¼ cup shortening melted

¼ cup sugar

### **How to Make it**

Sift flour, salt, baking powder and sugar together.

Add beaten egg to milk and mix well.

Form a hole in the dry ingredients. Pour milk and egg mixture into this hole.

Start to stir and add melted shortening and the corn.

Mix only enough to dampen dry ingredients. Do not beat.

Fill greased muffin tins 2/3 full and bake at 400 degrees Fahrenheit for 20 minutes or until done.

### ***Brekky Skillet***

8 eggs, slightly beaten

¾ cup shredded mild processed cheese

2 tablespoons butter or margarine

2 tablespoons finely chopped onion

Heavy dash pepper

Can Cream of Potato Soup

### **How to Make it**

Mix soup in bowl.

Gradually mix in eggs, cheese, and pepper.

cook onion in butter in 10-inch skillet till tender.

Pour in egg mixture.

Cook over low heat; do not stir!

As mixture begins to set around edges, gently lift cooked portions with large

flat scoop so that thin, un-cooked portion can flow to the bottom.  
Keep gently lifting cooked pieces until eggs are set but still moist.

### ***Blender Applesauce***

3 tart apples

¼ cup honey

Peel apples. Cut each apple into quarters.

Remove seeds.

Blend the apples with honey and a small amount of water till smooth.

### ***Simple Strawberry Preserve***

1 cup strawberries

1 teaspoon Sure-jell® ("a dry pectin product that can be used to make either cooked jams and jellies or quick-and-easy freezer jams and jellies" by Kraft Foods)

¾ cup sugar

Mix Sure-jell® with berries in a saucepan.

Bring mixtures to a boil, stirring constantly.

Cool and serve on slices of bread.

### ***Dill Dip***

½ pt. Mayonnaise

1 tsp seasoned salt

1 pt. sour cream

3 tsp dill weed

3 tsp chopped onion

Blend all ingredients.

Serve with raw vegetables.

### ***Mr. French's Pancakes***

1 slice bread (whole-wheat)

1 Tbsp milk

1 egg

¼ Tsp vanilla extract

Mix all ingredients in blender until mixture is smooth.

Cook as for pancakes.

### ***Hawaii Ham and Rice***

1 cup shredded cooked ham

Dash of ground black pepper

1-tsp butter or margarine

1 tsp soy sauce

8 oz. fruit cocktail. Keep syrup

½ cup chicken broth, divided

1/3 cup diced green pepper

1 ½ tablespoon brown sugar

1 cup hot cooked rice

1 teaspoon prepared mustard

1/8 teaspoon ground ginger

1 tablespoon sherry, optional

2 teaspoons cornstarch

Sauté ham in butter until lightly browned.

Add 2 ½ tablespoon broth, sugar, mustard, seasoning and soy sauce.

Cook over low heat about 5 minutes.

Blend rest of broth and wine and cornstarch.

Stir into ham mixture.

Add fruit and green pepper.

Cook for 5 minutes.

Serve on fluffy rice.

### ***Vege Yogu Dip***

$\frac{3}{4}$  cup yogurt

$\frac{1}{8}$  teaspoon garlic powder

3 tablespoons mayonnaise

Broccoli, carrots, cauliflower, Celery or green peppers

1 teaspoon chopped celery tops

$\frac{1}{4}$  tsp dill and salt.

Mix well.

### ***Cheesy Meat Loaf***

2 slices bread

$\frac{3}{4}$  pound ground beef

$\frac{1}{3}$  cup milk

$\frac{1}{2}$  cup diced cheese

$\frac{1}{2}$  onion

1 teaspoon salt

2 eggs

Soak bread in milk, chop onion, beat eggs.

Mix bread, milk, onion, eggs, beef, cheese, and salt.

Shape into loaf and put into greased pan.

Bake at 375 degrees (moderate oven) for 1 hour.

### ***Mr. B's Pancakes***

1 cup sifted unbleached flour

1-cup dairy sour cream

1 teaspoon honey

1 cup small curd cottage cream

$\frac{1}{2}$  teaspoon salt

4 beaten eggs

### **How to Make it**

Sift dry ingredients into bowl.

Fold in other items until just moistened.

Bake on hot griddle.

Serve with unsweetened fruits.

Makes 16 pancakes.

### ***Ezy Bake Pizza***

2 cans of biscuits

1 teaspoon of oregano

2 cans of tomato sauce

1 teaspoon of sweet basil

1 cup of shredded mozzarella cheese

1 can of black olives

1 can of mushrooms

2 smoked link sausages

½ onion

### **How to Make it**

Mix oregano, tomato sauce, onion and basil together in a small to medium sized bowl.

Spread biscuit with mixture and choose ingredients to sprinkle on top.

Bake at about 425 degrees for fifteen minutes.

Sprinkle with grated cheese and bake until the cheese melts.

### ***Spiced Le Eggo***

6 hard boiled eggs

¼ teaspoon salt

¼ cup mayonnaise or salad dressing

Pepper as you like



1 Tsp prepared mustard

Paprika if you like

½ teaspoon vinegar

**How to Make it**

Peel eggs and cut them in half lengthwise, removing the yolks.

Mash yolks with mustard, vinegar, salt and pepper until smooth.

Fill egg whites with yolk mixture.

Sprinkle with paprika.

***Orange Cranberry Relish***

1 pkg fresh cranberries

4 orange quarter no seeds

4 cored apple quarters

1 small package Raspberry gelatin

**How to Make it**

Grind cranberries, orange and apple quarters.

Add gelatin and stir well.

Chill and serve.

***Italian Chicken***

2 tablespoons flour

4 chicken pieces

3 tablespoons sour cream

1-cup hot cooked rice

½ tablespoon garlic salt or celery salt

Dash of ground pepper

1/3 cup chicken broth

1 ½ tablespoons vegetable oil

2/3 cup canned tomatoes chopped

½ small bay leaf

### **How to Make it**

Cover chicken with mix of flour, garlic salt and pepper.

Brown in oil.

Blend rest of flour with broth, sour cream and tomatoes.

Cover and simmer till chicken is tender.

### ***Barbecued Stuffed Frankfurters***



1 lb frankfurters

10 bacon slices

1 <sup>1</sup>/<sub>3</sub> cups chive or vegetable mix

1 cup barbecue sauce, any flavor

Cottage cheese

Slit frankfurters lengthwise to ½ inch from each end

Stuff about 2 Tbsp cottage cheese in each.

Wrap with a slice of bacon

Secure each end with a wooden tooth pick

Place in a foil pan

Lay on a grill and cook about 15 minutes

Turn until bacon is cooked on all sides.

Brush with barbecue sauce

Cook about 5 minutes longer, or until glazed.

Makes: 5 servings.

## **Rice**

### ***Cheesy Rice***

½ cup grated cheese

1 can cream of mushroom soup

1 cup rice

**How to Make it**

Cook rice. When the water is nearly absorbed, add cheese and soup.

Cook over low heat, stirring until cheese is melted.

***Cinnamon Rice***

Equal amounts of rice and water

While the rice cooks, mix the sugar and cinnamon together.

When the rice is tender, serve covered with sugar and cinnamon mixture and milk.

***Berry Rice Coconut Delight***

3 cups cooked rice

½ cup chopped nuts

8 ounce cream cheese, room temperature

21 ounce strawberry pie filling

1 cup confectioners' sugar

13 ounce whipped topping

6 ounce coconut instant pudding

3 cups milk

1 cup coconut flakes, toasted

**How to Make it**

Cook the rice

Add chopped nuts and one-third of the cream cheese

Stir with fork until blended.

Spread in 9 x 13 inch pan.

Refrigerate until chilled,

Spread strawberry pie filling over this. Chill.

Blend rest of the cream cheese with the sugar.

When smooth, blend with ½ of the whipped topping

Spread over strawberries and rice.

Refrigerate.

Mix the instant pudding with milk

Beat until thick.

Spread this over the last layer.

Refrigerate for another 30 minutes.

Spread remaining ½ of the whipped topping over the pudding

Sprinkle on the coconut.

### ***Easy Asian Fried Rice***

2 eggs (beaten)

2 teaspoon soy sauce

4 teaspoon cooking oil

1/3 cup cooked ham, diced

¼ cup green onions cut into ¼" pieces

4 cups cold cooked rice

#### **How to Make it**

Scramble eggs slightly in 1-tablespoon oil.

Do not add milk or water

Heat remaining oil over high heat

Add green onions and stir.

Add cold cooked rice

Stir quickly.

Ensure rice is coated with oil.

Add soy sauce and a little sugar.

Mix well.

Add ham and scrambled eggs;

Mix eggs into small pieces.

Serve hot.

## **Sandwiches**

### ***Pita and Egg Salad Sandwiches***

Jars, rubber band, paper and glue or tape

Hard cooked eggs

Low fat plain yogurt

Barley

Beans)

Oats

Water

Wheat

#### **How to Make it**

Peel and chop 3 hard boiled eggs.

Add 2 Tbsp yogurt.

Mix everything in large bowl. Cut pita bread and fill with egg salad.

### ***Pudding Sandwiches***

1 cup milk

1 pkg instant pudding

½ cup peanut butter

36 graham crackers

#### **How to Make it**

Mix the milk and peanut butter.

Add the pudding.

Stir and spread on 2 crackers each to make sandwiches.

### ***Jungle Sandwiches***

6 medium bananas sliced in half

½ cup of raisins

1 cup of peanut butter

½ cup crushed pineapple, well drained

#### **How to Make it**

Spread peanut butter on bananas.

Sprinkle raisins and pineapple on top.

Press bananas back together

Slice into bite size pieces.

### ***Fish-on-a-Hook Sandwiches***

7oz. can of tuna, drained

8 slices of bread

1/3 cup mayonnaise

¼ cup relish,

lettuce.

#### **How to Make it**

Mash tuna in a bowl

Add mayonnaise and relish. Stir.

Spread filling on 1 slice of bread.

Put lettuce on filling.

Cover with another slice of bread.

Cut sandwich in half

### ***Eggy Burger***

5 ml. (1 tsp.) butter or margarine

1 slice of cheese (optional)

1 egg

1 hot toasted bun

salt and pepper

Melt butter or margarine in frying pan over medium heat.

Break egg and yolk into pan and mix well.

Add salt and pepper.

When egg is set, turn and cook other side.

Place cheese slice on warm bun

Top with cooked egg.

Cover with the top of the bun.

Add your favorite toppings.

### ***Egg Combo Sandwich***

1 hard cooked egg

Bread

Salt and pepper

1 Tbsp. mayonnaise

### **How to Make it**

Remove the shell from the egg.

Chop the egg with a fork.

Add mayonnaise.

Season with salt and pepper.

Spread on a slice of bread

Cover the sandwich with the other slice of bread.

## **Snacks**

### ***Apple Corn***

2 qts. (popped) Popcorn

½ cup brown sugar

½ cup margarine

1 teaspoon cinnamon

1 cup chopped dried apples

**How to Make it**

Melt margarine in a small pan.

Mix sugar, apples and cinnamon with margarine.

Cook over low heat 3-5 minutes or until sugar dissolves.

Pour mixture over popcorn.

Toss to coat evenly.

***Monlach (A Poppy Seed Candy)***

1 <sup>1/3</sup> cup of poppy seeds

½ teaspoon powdered ginger

1 cup honey

Cooking oil

1 cup sliced blanched almonds

**How to Make it**

Grease a cookie sheet with the oil.

Measure the poppy seeds into a sieve.

Cover the seeds with boiling water.

Drain and repeat one more time.

Put the honey in a saucepan.

Stirring constantly, bring the honey to a boil.

Add the poppy seeds and almonds.

Continue to stir until thick.

Drop a spoonful on the greased pan.



If the mixture holds its shape, stir in the ginger.

Pour the mixture onto the greased sheet.

Pat the mixture into a square about ½ inch thick.

Wait a few minutes, then cut into small squares.

### ***Muesli***

***(You may substitute or add any dried fruits or nuts which are available. Any flaked grain may be used, such as bran, rye, etc.)***

3 cups quick oats

2 cups raisins

1 ½ cups raw or toasted wheat germ

1-cup brown sugar (optional)

8 oz. cut up dried apricots

1 cup chopped nuts

3 cups rolled wheat or wheat flakes

### **How to Make it**

Mix everything together and store in jars in the refrigerator.

This "Familia" is to be eaten raw with milk and honey.

### ***Huck Finn Crunch***

1 lb. oatmeal

12 oz. wheat germ

3 oz. coconut

¼ cup sesame seeds

1 tsp. Salt

1 tsp. Cinnamon

½ cup nuts (chopped)

¼ cup sunflower seeds (shelled)

12 oz. Jar of honey

1/3 cup vegetable oil

1 Tbsp. vanilla.

### **How to Make it**

Turn oven on to 350 degrees.

Mix all ingredients in the large bowl.

Spread mixture on the two cookie sheets.

Place in oven and bake for 45 minutes.

Take from oven and cool for 10 minutes.

Stir.

When cool, store mixture in jars.

Eat like a snack.

### ***Snazzy Cheese Squares***

1 cup graham cracker crumbs

1/8 teaspoon salt

3 tablespoons sugar

1/2 cup milk

1/4 cup softened butter or margarine

1 teaspoon lemon juice

8 oz. cream cheese

1 teaspoon vanilla

1/2 cup sugar

1 1/2 cups thawed cool whip

### **How to Make it**

Combine crumbs and 3 tablespoons sugar.

Add butter, mix well.

Press firmly with back of spoon over bottom and sides of 8-inch square pan.

Bake at 375 degrees for 8 minutes.

Cool.

Beat cheese until smooth and fluffy.

Add ½ cup sugar gradually, beating constantly.

Add salt.

Blend in milk, lemon juice, and vanilla.

Then, blend in Cool Whip.

Spoon into crumb-lined pan.

Chill until set (at least 3 hours).

Cut into squares.

Top with lemon twist or mint leaf.

### ***Peanut Butter Balls***

½ cup peanut butter

¾ to 1 cup non-instant powdered milk

½ cup honey

#### **How to Make it**

Mix honey and peanut butter in bowl.

Add powdered milk and stir thoroughly.

Roll into little balls.

Balls may be rolled in coconut and/or chopped nuts or seeds.

### ***Cherry Delite***

Mix package of cherry Jell-O with 1 cup boiling water.

Refrigerate until firm.

Mix Jell-O in blender with one small carton of plain yogurt.

(Use different flavors for variety).

### ***Cherry Crunch***

Mix 1 ¾ cup rolled oats, 1 ¼ cup flour and ½ cup brown sugar by hand.

Mix in ½ cup of margarine until crumbly.

Place half of this mixture on a baking sheet (with sides).

Cover with cherry pie filling. (If your children don't like biting into whole cherries, crush the cherries in a blender first).

Add rest of oat mixture and press down well.

Bake 45 minutes at 350 degrees until brown and crusty.

Cut into squares.

Serve cold.

### ***Banana Sprinkle***

½ banana

½ teaspoon cinnamon

1 tablespoon coconut

1 tablespoon honey

2 tablespoon milk

#### **How to Make it**

Slice banana into a dish

Sprinkle on coconut,

Pour on milk and then honey,

Sprinkle with cinnamon.

### ***Toasty Graham Crackers***

1 honey graham cracker

1 slice cheese

Place graham cracker on baking sheet.

Cut a shape out of the cheese.

Place the cheese shape on the cracker.

Place in oven and broil until cheese melts.

### ***Haystacks***

6 oz. butterscotch bits

can peanuts

3 oz. chow-mien noodles

**How to Make it**

Melt butterscotch bits.

Stir in noodles and peanuts.

Drop from teaspoon onto wax paper.

Cool and eat.

***Jell-O® Popcorn Balls***

2 cups marshmallows

4 qts. popped corn

1 stick butter

3 oz. Package Jell-O

**How to Make it**

Melt butter and marshmallows over low heat.

Pour over popcorn and stir to coat evenly.

Form into balls with buttered hands.

***Banana Freeze Pops***

$\frac{3}{4}$  cup chocolate chips

3 tablespoons margarine

$\frac{1}{4}$  banana for each child

Put each  $\frac{1}{4}$  banana on a Popsicle® stick.

Place on a flat pan and freeze.

Melt chocolate chips and margarine over low heat.

Dip frozen bananas in chocolate mixture.

Cover the flat pan with waxed paper and lay bananas on it.

Put back in freezer.

Eat when frozen.

### ***Coconut Orange Balls***

Small can concentrated orange juice

14 oz. vanilla wafers

16 oz. powdered sugar

1/2 c coconut flakes

1 piece melted butter

#### **How to Make it**

Crush the wafers.

Mix the concentrated orange juice, sugar, butter and vanilla wafers.

Form the dough into balls and roll them in flaked coconut.

### ***Cheesy Roll Ups***

1 slice of cheese

1 slice of ham

Lay the slices of cheese and ham on the table.

Put the cheese on top of the ham and roll them together.

Serve with a toothpick through the middle.

### ***Granola<sup>®</sup> Fruit Crunchy***

1 1/3 cup dry Granola<sup>®</sup> cereal

2 cups pineapple, strawberry and apple pieces

1 cup plain low-fat yogurt

#### **How to Make it**

Spoon Granola<sup>®</sup>, fruit and yogurt into four bowls.

### ***Tasty Balls***

1/2 cup peanut butter

1/2 cup honey

1/2 cup carob powder

1 cup toasted wheat germ

1-cup peanuts or other nuts

½ cup sunflower seeds

**How to Make it**

Combine all ingredients.

Roll into balls.

***Rice Crispy Flowers***

¼ cup butter

40 large marshmallows

5 cups Rice Krispies<sup>®</sup> (Toasted cereal from Kelloggs made from rice and sugar paste - Rice Bubbles<sup>®</sup> in New Zealand and Australia)).

**How to Make it**

Melt butter in saucepan.

Add marshmallows.

When melted, stir in Rice Krispies<sup>®</sup>.

Food coloring may be added.

Cool and shape into flowers.

***Butterscotch Chewies***

1 package butterscotch bits

¼ cup crunchy peanut butter

3 ½ cups corn flakes(breakfast cereal)

Melt butterscotch bits and peanut butter over low heat in a heavy saucepan.

Stir in corn flakes and mix well.

Drop from spoon onto waxed paper.

***Granola<sup>®</sup>-type Bars***

4 cups miniature marshmallows

¼ cup margarine

½ teaspoon vanilla

5 cups Granola<sup>®</sup>

Heat margarine and marshmallows in a saucepan until thick and syrupy.

Add vanilla.

Pour over cereal.

Press into a greased pan.

### ***Shanghai Crispies<sup>®</sup> Crunch***

1 cup sesame seeds

1 cup brown sugar

1 cup maple syrup

1 cup peanuts

4 cups puffed rice cereal

Mix sugar and syrup in a large heavy pot.

Cook on low heat until mixture thickens (5 – 8 minutes). Stir often.

Blend in sesame seeds, peanuts and puffed rice.

Pour mixture into buttered pan and press smooth.

### ***Finger Jell-O<sup>®</sup>***

3 packages flavored Jell-O<sup>®</sup>

4 packages unflavored gelatin

3 cups boiling water

1 cup water

#### **How to Make it**

Dissolve Jell-O<sup>®</sup> in boiling water.

Dissolve unflavored gelatin in cold water.

Mix everything together.

Add 2 tablespoons lemon juice and stir.

Pour mixture into large cake pan.

Put in refrigerator for about 10 minutes.



Cut into squares.

Eat with fingers.

## **Bread**

### ***Zucchini Bread***

1-cup salad oil

3 cups flour

2 cups sugar

3 level teaspoons cinnamon

3 eggs

1 teaspoon soda

2 cups grated, peeled raw zucchini

½ teaspoon baking powder

Blend oil and sugar.

Beat in eggs one at a time.

Add soda.

Sift dry ingredients together.

Add to first mixture and beat thoroughly.

Pour into 2 greased and flavored 8-1/2 x 4 ½ inch bread pans.

Bake at 325 degrees for 1 hour, or until done.

Add nuts or 2 teaspoons of vanilla (optional).

### ***Lemon Bread***

½ cup shortening

½ cup milk

1 cup sugar

1<sup>1/2</sup> cup flour

Grated rind of 1 lemon

1 teaspoon baking powder

2 eggs

¼ teaspoon salt

**How to Make it**

Cream shortening and sugar.

Add lemon rind, eggs and milk.

Sift together flour, baking powder and salt and add to creamed mixture.

Place in well-greased pan.

Bake at 350 degrees for 50 minutes to 1 hour.

***Onion Cheese Bread***

1 pkg. Yeast

Salt

1 cup warm water

3 cups flour

2 tablespoon sugar

5 tablespoons melted butter

½ cup chopped onions

2 tablespoon paprika

½ cup cheese

**How to Make it**

Sprinkle yeast in warm water.

Stir until dissolved.

Add sugar, a cup of flour and salt.

Beat thoroughly.

Stir in remaining flour.

Knead until smooth.

Shape dough into ball and place into greased bowl.

Cover and let rise until doubled in bulk.

Punch down.

Divide in half and let rest for 5 minutes.

Place in greased pan.

Brush with butter.

Sprinkle onion evenly on top.

Punch into surface with finger.

Let dough rise about 45 minutes or until it doubles.

Sprinkle with cheese and paprika.

Bake at 350 degrees.

### ***Raisin Bread***

¾ cup milk

½ cup warm water

¼ cup sugar

2 pkg. yeast

1 teaspoon salt

1 egg

¼ cup butter

3-1/2 cup flour

Scald milk, stir in sugar, salt and butter.

Stir yeast in warm water until it is dissolved.

Beat egg. Add to cool milk mixture.

Add yeast.

Add flour and make soft dough.

Let rise about 30 minutes.

Shape into loaf. Let rise double.

Bake into 350 degree oven for 55 to 60 minutes.

Let cool for 10 minutes.

Turn out on wax paper.

When cool, wrap in wax paper.

Store overnight before slicing.

### ***Oatmeal Bread***

1 cup oatmeal uncooked

2 teaspoon shortening

¼ cup brown sugar

2 cups boiling water

2 teaspoon salt

Mix all above ingredients and let stand until luke warm.

Sprinkle 2 packages of yeast over mixture and stir.

Add 2 cups flour mixed with ½ cup dry milk.

Beat 300 strokes.

Add additional 2 cups flour.

Mix well.

Cover and let rise double.

Put in 2 loaf pans.

Cover and let rise until double.

Bake at 350 degrees for 35 minutes.

Use to make rolls, hamburger or hot dog buns.

### ***Brekky Hearts***

Defrost 1 loaf frozen bread dough.

Roll dough into a ball.

Pat dough out on a greased cookie sheet

Make a heart shape.

Let rise in warm place until it doubles.

Brush with egg white and bake at 325 degrees until brown.

### *Humpty Dumpty Egg*

1 slice of bread

Margarine

1 egg

Put margarine in medium skillet and toast bread on one side in melted margarine.

Turn bread over and cut out circle in middle with a biscuit-cutter.

Put margarine in the hole. Then, crack the egg and put it in the hole and cook it sunny side up.

### *Pecan 'n' Carrot Bread*

1 cup finely grated raw carrot

2 ½ teaspoons baking powder

1 cup brown sugar

1 teaspoon salt

1 teaspoon baking soda

1 ½ cup sifted all purpose flour

1 tablespoon melted shortening

1- cup whole wheat flour

1 cup boiling water

1 cup chopped pecans

2 eggs

#### **How to Make it**

Mix carrots, sugar, baking soda and shortening in a large bowl.

Pour on boiling water and stir. Let cool.

Beat eggs with a fork and add to cooled carrot mixture.

Sift in the baking powder, salt, and all-purpose flour. Stir in whole wheat flour.

Fold in pecans.

Pour in a greased loaf pan and bake at 350 degrees Fahrenheit for one hour.

Remove from pan and cool on wire rack.

Bread loaf will slice better if allowed to stand, wrapped in foil, overnight.

### ***Hillbilly Bread***

2 pkg. dry yeast

¼ cup shortening

¾ cup warm water

2 tablespoon sugar

1 ¼ cup buttermilk

2 tablespoon baking powder

5 cup flour

2 tablespoon salt

### **How to Make it**

Dissolve yeast in water in large mixing bowl.

Add buttermilk, 2-1/2 cups flour, the shortening, sugar, baking powder and salt.

Blend 30 seconds on low speed. Scrape sides and bottom of bowl.

Stir in remaining flour and beat for 5 minutes. Turn out on floured board.

Divide dough to size, work and place on loaf pan.

Let rise 1 hour.

Heat oven to 425 degrees Fahrenheit. Oven rack should be in lowest position. Bake loaf 30 to 35 minutes.

Remove and brush with butter.

### ***Gingerbread***

1 cup Cooking oil

Pinch of salt

2 cups all purpose flour  
1 teaspoon cinnamon  
1 cup sugar  
1 teaspoon ginger  
3 eggs  
1 teaspoon cloves  
1 cup molasses  
1 cup boiling water  
2 teaspoons soda  
2 teaspoons hot water

**How to Make it**

Cream cooking oil and sugar. Add eggs. Blend in molasses. Add soda dissolved in hot water.

Sift together flour, salt, and spices. Add to creamed mixture and stir well. Add boiling water.

Turn into a greased and floured 13 x 9 x 2-1/2 inch pan.

Bake a 325 degrees Fahrenheit for 45 to 55 minutes.

Cut into squares, serve with whipped cream and cherry on top.

***Prune Bread***

2 cups flour  
1 cup whole wheat flour  
½ tsp. Baking powder  
1 egg slightly beaten  
1 tsp. Soda  
1 cup stewed, chopped, prunes  
½ tsp. Cinnamon  
½ cup prune juice

½ cup sugar

2 tablespoon melted shortening

Sift flour. Measure.

Add baking powder, soda, cinnamon, salt and sugar.

Sift again and add whole wheat flour, then mix thoroughly.

Combine egg, sour milk, prunes, prune juice and melted shortening (slightly cooled).

Pour into flour mixture and stir just enough to moisten the dry ingredients.

Do not beat.

Turn into a greased loaf pan (about 9 ½ x 5 ½ inch) and bake in a moderate oven at 350 degrees Fahrenheit for about 1 hour.

### ***White Bread***

2 eggs

2 pks. or 4 tablespoons Yeast

½ cup shortening

1 cup warm water

½ cup sugar

2 cups milk

3 teaspoons salt

10 cups flour

Dissolve yeast in warm water.

Heat milk to lukewarm. Add sugar, shortening, and salt.

Beat eggs stiff and set aside.

Put water and yeast in mixing bowl. Add milk mixture and some flour. Mix well. Add eggs and more flour; beat until stiff. Add remaining flour and then set aside to rise.

Work down.

Put in 3 loaf pans.



Let rise again and bake about 1 hour at 350 degrees Fahrenheit.

### ***Basic Sweet Rolls***

½ cup milk

½ cup lukewarm water

½ cup sugar

2 packages or cake yeast

1-½ tsp. Salt

2 eggs, beaten

¼ cup shortening

5 cups flour

Heat milk to scalding. Stir in sugar, salt and shortening. Cool to lukewarm, sprinkle or crumble yeast in a large bowl and add warm water. Stir until dissolved.

Combine yeast and milk mixture. Add eggs and 3 cups flour, then beat until smooth. Stir in remainder of the flour.

Turn dough out on lightly floured board.

Knead until smooth and elastic.

Place in a greased bowl and brush top with soft shortening.

Let rise in a warm place free from drafts until double in size (about 1 hour).

Punch down.

Turn onto lightly floured board. Shape into rolls, braids, rings, or loaves as desired.

Place in baking pans, cover and let rise in a warm place until double in bulk.

Bake in oven 400 degrees Fahrenheit for 15 to 20 minutes.

## **Fruit**

### ***Banana Nut Chunks***

Peel 10 bananas and cut into chunks.

Roll each chunk in a dish filled with 10 tablespoons honey.

Roll each chunk in 1 cup wheat germ or 1 cup shredded coconut.

Roll in 3 cups chopped nuts.

Freeze and eat frozen.

### ***Baked Apple***

4 large apples

¼ teaspoon cinnamon or nutmeg

¼ cup sugar, white or brown

1 cup water

Cut out the core from each apple without cutting through to the bottom.

Stick a fork through the apple skin on top in 3 or 4 places. Put apples in a small baking dish. Pour water around, not over, the apples.

Cover dish. Bake at 350 degrees Fahrenheit for about 60 minutes, or until apples are tender.

**Other filling ideas:** crushed pineapples packed in juice. Raisins, alone or with sugar and cinnamon.

Makes 4 servings.

### ***Pineapple Sweet Potatoes***

½ teaspoon margarine

¼ teaspoon cinnamon

8 – oz. can crushed pineapple in natural juice

1/8 teaspoon salt

2 cups sweet potatoes, fresh, cooked, sliced

Heat margarine in a large frying pan. Add sweet potato slices and pineapple.

Sprinkle with cinnamon and salt.

Simmer without a cover until most of the juice has cooked away. This may take 10 to 15 minutes.

Turn potato slices a few times to coat them with the pineapple juice, then serve.

## Cookies

### *Fortune Cookies*

$\frac{3}{4}$  cup soft butter or margarine

3 eggs

2 cups sugar

1 cup sifted flour

1 teaspoon vanilla extract

Cream butter and sugar in a bowl until fluffy. Blend in vanilla.

Add eggs, one at a time, beating well after each addition. Beat in flour.

Grease and flour cookie sheets. Drop 6 rounded teaspoons of dough on each cookie sheet, at least 2 inches apart.

Bake in pre-heated 375-degree oven for 15 to 20 minutes or until edges are well browned.

Remove from oven; loosen carefully with a wide spatula. Keep pan warm.

Fold each cookie in half gently, wrapping fortune inside and keeping top of cookie on the outside.

Pinch points together.

### *Nutty Cheese Cookies*

$\frac{1}{4}$  lb. Grated cheddar cheese

3 tbs. oil

3 - 4 tbs. Milk

$\frac{1}{4}$  tsp. salt

1 cup whole wheat flour

Dash of cayenne

$\frac{1}{3}$  cup finely chopped nuts

Mix cheese, flour, oil, salt and cayenne until crumbly. Add milk and nuts.

Form into 1-inch balls.

Place on oiled cookie sheet and bake at 350 degrees F. for 20 minutes.

### ***Cinnamon Nut Cookies***

Put  $\frac{1}{3}$  cup soft butter and  $\frac{1}{2}$  cup honey in a large bowl:

Mix them together with a spoon or an egg-beater until smooth.

Then, stir in 1 egg and 1 teaspoon vanilla

Mix together:

- ✓ 1  $\frac{1}{4}$  cup whole wheat flour
- ✓  $\frac{1}{2}$  teaspoon soda
- ✓  $\frac{3}{4}$  teaspoon salt
- ✓ 1 teaspoon cinnamon
- ✓ 1 cup chopped nuts

Pour the flour mixture into the butter mixture and stir it up well, until you can't see any flour.

Then add 1 cup chocolate chips or raisins and 1 cup Granola<sup>®</sup>

Mix everything together and drop teaspoonfuls of dough on an ungreased cookie sheet.

Bake 10 or 12 minutes, until cookies are golden brown.

Take cookies off cookie sheet with spatula.

Let them cool.

### ***Peanut Butter Chews***

1 cup peanut butter

1 cup corn syrup or honey

1  $\frac{1}{4}$  cups powdered sugar

2 cups instant nonfat dry milk, or 1  $\frac{1}{4}$  cups nonfat dry milk (non instant)

Mix all ingredients together.

Press  $\frac{1}{2}$  inch thick in a pan.

Cut into pieces.

Chill before serving.

Makes about 2 dozen pieces.

***Peanut Butter – Raisin Chews***

1 cup peanut butter

1 cup powdered sugar

1 cup corn syrup

1 cup raisins

1 cup nonfat dry milk

Mix all ingredients except raisins.

Add raisins and mix well.

Press out ½ inch thick in a pan.

Cut into pieces.

Chill before serving.

Makes about 25 pieces.

**Drinks, Shakes and Slushes**

***Fruit Shake***

1 cup powdered non-fat dry milk

1-tablespoon sugar

3 cups chilled fruit juice

Ice cubes or cracked ice

Combine ingredients in a blender.

Blend until creamy.

***Orange Surprise***

1 or 2 eggs

¼ cup powdered milk

1/3 cup orange juice concentrate

½ banana

Honey to taste

$\frac{3}{4}$  cup water

Ice

Mix all ingredients in a blender. The more ice you add, the slushier the drink will be.

### ***Orange Delight***

1 cup water

1 teaspoon vanilla

1 cup milk

6 oz. frozen orange juice concentrate

$\frac{1}{2}$  cup sugar

9 or 10 ice cubes

Combine all the ingredients in a blender. Cover and blend for about 30 seconds.

### ***Fizzy Drink***

Add 3 or 4 bottles of soda water to two large cans of frozen unsweetened apple juice. Some gas will be lost when decanting the soda water into the juice.

Keep this in tightly capped (wine) bottles to insure the retention of fizz.

This is a good substitute for soft drinks as it will probably have less sugar and possibly other additives which may be in the soft drinks.

### ***Witches Brew***

4 cups apple juice

$\frac{1}{4}$  teaspoon cinnamon

1 cup orange juice

3 cloves

Simmer for 20 minutes.

### ***Orange Smoothie***

2 cups orange juice

2 teaspoons salt

2/3 cup instant nonfat dry milk

1 teaspoon vanilla

Combine all ingredients in a covered container and shake until blended.

Serve immediately.

### ***Banana Milk Shake***

1 ripe banana

Dash of nutmeg

1 cup milk

Peel and slice banana.

Freeze.

When frozen, add milk and nutmeg.

Then, mix in blender until thick and frosty.

### ***Strawberry Shake***

1 egg

6 strawberries

¾ cup cold milk

1 tsp. vanilla or sugar

Break egg into a blender and add the rest of the ingredients.

After blending thoroughly, pour into a frosted glass.

### ***Pineapple Frosty***

3 cups unsweetened pineapple juice

1 cup banana and orange fruit pieces

Place fruit pieces in a frosted glass, then add pineapple juice.

### ***Little Red Hen Punch***

1 watermelon

1 cantaloupe

1 honeydew melon

2 bananas

1 cup seedless grapes

3 tablespoons frozen orange juice

2 tablespoons frozen lemonade concentrate

Scoop out 3 cups watermelon balls and cantaloupe and honeydew balls.

Combine melon balls and grapes in a large mixing bowl.

Add the frozen juices and mix well.

Slice and add bananas just before serving.

### ***Breakfast Moon Slush***

Fresh fruit (bananas, peach, strawberry, coconut, pineapple, blueberry or watermelon)

Wheat germ

Knife

Ice cubes

Add wheat germ and pieces of fresh fruit.

Blend together.

Add crushed ice and blend until smooth.



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