

Fun with Fresh Food Activity Guide



Color and Highlighted Food	Tasting Items	Picky Eating Tactics
Red Strawberries	<ul style="list-style-type: none"> • Strawberry Salsa • Strawberry Pancakes 	<p>Combine with familiar foods: pancakes</p> <p>Change presentation: salsa</p>
Orange Carrots	<ul style="list-style-type: none"> • Carrot Muffins • Raw Carrots 	<p>Combine with familiar foods: muffins</p> <p>Different shapes: Crinkle fries, coins, sticks, shredded</p> <p>Dipping Sauces: Ranch, Hummus, Pesto</p>
Yellow Summer Squash	<ul style="list-style-type: none"> • Squash Sauté • Veggie Spaghetti • Raw Squash 	<p>New Cooking Method: Sautéing</p> <p>Different Shapes: Spaghetti, waffle fries, sticks, coins</p> <p>Dipping Sauces: Ranch, Hummus, Pesto, Marinara</p>
Green Cucumbers	<ul style="list-style-type: none"> • Cucumber-Watermelon Salad • Cucumber "Slinkies" 	<p>Different Shapes: Slinky</p> <p>Dipping Sauces: Ranch & Hummus</p>
Blue Blueberries	<ul style="list-style-type: none"> • Blueberry Snack Mix • Frosted Blueberry Skewers 	<p>Combine with familiar food: yogurt, cereal, popcorn</p> <p>Change temperature: frozen</p> <p>Change Presentation: Put it on a stick</p>
Purple Cabbage	<ul style="list-style-type: none"> • Zesty Roasted Cabbage • Colorful Cabbage Pockets 	<p>New Cooking Method: Roasting</p> <p>Change Presentation: Serve in pita or tortilla rather than as a salad</p>

What Parents Say about Fun with Fresh Food

Retrospective Survey

"If you were to invite a friend to come to FFF, what would you say?"

"It's informative with lots of simple ideas and recipes that kids love to eat. My kids look forward to attending each week and love making the recipes at home."

"It was fun and kid friendly, very informative. It was so refreshing to have something for kids that was fun, educational, and promoted health."

"It is a great way to use foods at home – the kids want to try what the "rainbow lady" said"

Focus Group Feedback

Increased confidence in serving fruits and vegetables

"The seven year old said, "I don't like the red cabbage. I don't like that." I said, "How do you know?" So when she tried it in the tortilla, she goes, "Oh, I like that." And I said, "See? Again, if you try it, you might like it."

"I used to be very stern in making it a requirement for him to eat everything on his plate. But now I'm more relaxed and I'm just taking it a step at a time and trying to interest him."

"I think the aim of the program was to show that eating healthy can taste good and be relatively easy. [FFF] achieved that. Seeing the dishes prepared just showed you that the recipes were simple. We tried new recipes because of this program."

Greater interest in children cooking and eating fruits and vegetables

"My daughter was so excited afterwards and she wanted to help to make the foods and snacks we learned about each week. Very helpful with a picky snack eater!"

"My daughter liked the carrots the BEST!! She has been eating carrots most days as a snack since that week!"

"The kids had a ball. I don't know why; they were just enthralled with chopping up that cabbage. I think with the carrots too, learning the different ways of serving those and make it fun to eat instead of just a little baby carrot."

Rainbow theme as significant draw

"The "Eat a Rainbow" theme was perfect. Every week, [she] asked, "Mimi, what color are they doing today? I think they're doing purple." I really enjoyed that."

"We came out the door, looked to our right and saw all this colorfulness going on, "What's that?" So that kind of drew us over. Then we came back each week to see what was gonna be the new thing. 'Cause all we knew was the color, not how it was gonna be used or the next recipe...so that was kind of intriguing."



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CABBAGE (PURPLE) WEEK

FUN FACTS

1. Cabbage has so much pigment that you can dye Easter eggs blue!
2. Cabbage is related to broccoli, cauliflower and Brussels sprouts!
3. Purple (or red) cabbage has more vitamin C than green. Both types have fiber, calcium, potassium and other nutrients!
4. You can do just about anything to cabbage – eat it raw, roast it, stuff it or steam, microwave or stir fry it!

WAYS KIDS CAN HELP

1. Removing outer leaves and washing.
2. Use plastic knives to cut cabbage steaks
3. Brush olive oil on cabbage steaks and measure/sprinkle seasoning
4. Massage cabbage slightly to make it softer and less crunchy
5. Measure salad dressing ingredients & shake in jar

COOKING TIPS

1. Try different cooking techniques! Boiled & slimy = ☹️ Roasted = 😊
2. Make the dressing yours! Not every salad with cabbage has to be a super mayonnaise-heavy cole slaw
3. Massaging the cabbage can break down the cabbage a little and make it easier to chew. Almost gives a cooked texture to raw cabbage.
4. Change the dressing or seasoning to go with tacos, barbecue, or anything else you are making!

Zesty Roasted Cabbage

Cabbage is a low-cost, filling vegetable that's delicious raw or cooked! Roasting is a great way to transform the taste and texture of a vegetable. It's also a "set it and forget it" recipe, meaning you can pop it in the oven and do other tasks until it's done! Choose your favorite color of cabbage, though purple is more fun.

Ingredients:

- 1/2 head purple cabbage
- 1-2 Tbsp olive oil
- 1 tsp salt-free garlic and herb seasoning
- 1/2 tsp salt
- 1/4 tsp pepper



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2. Remove the outer leaves of the cabbage, rinse and cut in half (lengthwise, so you cut the core in half), then cut again to make quarters. Cut the core from each section.
3. Cut the cabbage into 1/2 to 3/4 inch wedges or 1 inch thick rounds. Place in a single layer on baking sheet.
4. Brush with olive oil and sprinkle with seasonings.
5. Bake for 15-20 minutes and check for doneness. Large, thick slices may take 40-45 minutes. You'll see browning around the edges when they are done.

Why purple cabbage? All forms of cabbage are nutritious sources of vitamins and fiber, while being super low in calories. Red/Purple cabbage have extra antioxidants called anthocyanins that give it the vibrant color! It also has more iron, vitamin A, and vitamin C than its green counterpart so add some purple to your next salad, stir-fry or side dish!

Overcooked cabbage, especially when boiled, has a very pungent odor and strong taste. Many people grew up being served overcooked cabbage and think they just don't like it. Try these new ways of cooking and you might surprise yourself! Roasting brings out the natural sweetness of a food and the browning provides a toasted flavor. Adding familiar tastes like garlic or parmesan cheese make it even yummierr!

Cooking demo by MaryBeth Hornbeck, Rockdale County FACS Agent.

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Colorful Cabbage Pockets

This crunchy, tangy, sweet cabbage salad is delicious and refreshing for the summer! It will go wonderfully with barbecue or even on a taco! There's no mayo and it's super colorful, so most people will enjoy it! Today, we've wrapped it in pita bread or tortillas with hummus because salad is more fun when you don't eat it with a fork!

Ingredients:

- 8 cups shredded cabbage (mix of red & green)
- 4 green onions, thinly sliced
- 2 cups shredded carrots
- 1 Tbsp Dijon mustard
- 1 tsp minced garlic or 1/4 tsp garlic powder
- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 2 Tbsp lemon juice
- 1 Tbsp sugar or honey
- 1/4 tsp salt and 1/4 tsp pepper

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1. Your first step is always wash your hands and rinse all produce and herbs you're going to be using.
2. In a large bowl, combine shredded cabbage, carrots and green onions. If you desire less crunchiness, massage for 1-2 minutes to make it softer.
3. Combine mustard, garlic, oil, vinegar, sugar, pepper, and salt in a bowl or small jar. Whisk if in a bowl or shake in the jar!
4. Pour 1/2 the dressing over mixture and toss gently to combine. Taste and adjust seasonings or sweetness. If too dry, add more dressing. Add parsley if using.
5. Place in refrigerator for 15 minutes to allow flavors to incorporate, then serve!

Let your kids make the dressing! Children will have a blast practicing measuring in a wet measuring cup and with measuring spoons! Have them pour ingredients over a plate, place in a jar, carefully put the lid on, and shake! They can also help stir the final mixture.

Think outside the fork: Just like putting fruit on a stick makes eating healthy more exciting, putting cabbage into pitas with hummus, on a taco, or on a sandwich raises the appeal. Experiment with what works for you! Cabbage is a very versatile veggie! *Think about flavor twists too— for example, adding lime juice and cilantro instead of lemon juice and parsley gives the cabbage a more Mexican-inspired taste that goes really well with tacos!*

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