

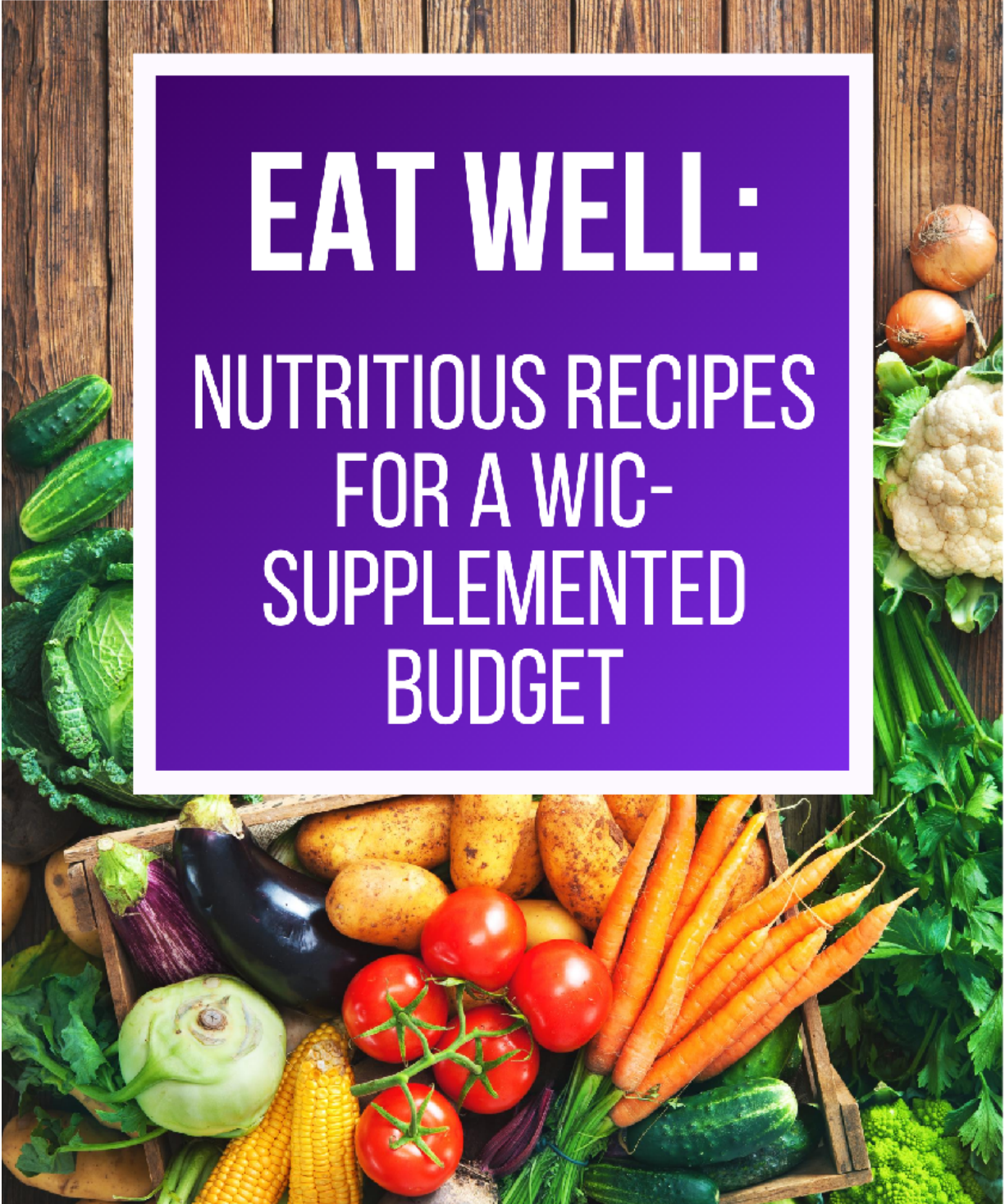
A decorative border with intricate floral and scrollwork patterns in a light gray color, framing the central text.

front cover.png



Poughkeepsie Mothers Project

**EAT WELL:
NUTRITIOUS RECIPES
FOR A WIC-
SUPPLEMENTED
BUDGET**





About Poughkeepsie Mothers Project



We are a healthcare initiative seeking to integrate conventional women's healthcare with alternative and complementary practices in the context of a community health center. We oversee six programs as part of our holistic approach to healthcare: the Prenatal Group, the Mothers Group, the Expressive Art Program, the Peer Education Program, Women's Health Packages, and the Nutrition Program. Each initiative focuses on a unique aspect of motherhood, and provides personal health education, peer support, and connections to community resources that allows for emotional growth and increased awareness of maternal/child care.

Mission

The Mothers Project supports self determination for mothers through education, wellness, and community support; because mothers are creating the future of our world.

Vision

A revolutionary, community-based healthcare system. We provide full scope women's healthcare, including prenatal, postpartum, gynecologic and family planning care. Each patient spends at least a half hour with the practitioner at each health care visit. Each staff member, from the front desk to the medical staff, knows and has a trusting relationship with each patient.



A Note to Readers

This book was created to show mothers in the community that nutritious food can be, not only be accessible, but enjoyable! The following tasty recipes are compiled from a variety of online sources that are healthy, easy to prepare, and most don't require much kitchen equipment. They are meant to be adaptable, so feel free to experiment and add in additional ingredients, adjust cooking methods, and spices quantities to best suit your needs and preferences! The book includes many resources to assist you the next time you are shopping for and preparing a family meal.

Features:

- ~ Ingredients that are WIC approved are starred on each recipe
- ~ Includes specific WIC requirements for each ingredient
- ~ Includes a list of food shops in the community carrying WIC - approved products
- ~ Includes cooking tips/glossary of terms
- ~ Recipes often centered around a spice or oil given out each month in our nutrition packages

While many of the following recipes were collected with individuals suffering from diabetes in mind, simple sugars (including sweet fruits, processed grains, excess fats/oils etc.) should be limited. Always consult your healthcare provider when adjusting your diet to ensure your best health outcomes.



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Breakfast





Texas Egg Scramble

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Serves 2

Ingredients



- 1 tbsp olive oil
- * 1 medium potato, cubed
- * 1 onion diced
- * 1 green pepper, diced
- * 1 red pepper, diced
- * 4 eggs
- * 1/4 cup cheddar or jack cheese, grated
- Salt and pepper to taste
- * 4 corn tortillas (optional)

Want to spice it up?

- 1/2 tsp of cayenne pepper/ chili powder

DIRECTIONS

Heat oil in a skillet.

Sauté potatoes 2-3 minutes; cover and cook until soft.

Add red and green peppers and onion and sauté 2-3 minutes.

In a bowl, whisk eggs and pour over the potato and pepper mixture.

Add cheese, salt and pepper, and scramble until eggs are cooked.

Serve with corn tortillas and salsa, if desired.

~If Diabetic- lower carb intake by making without the corn tortillas and limit cheese~



PREP TIME : 10 MINS



COOK TIME: 10 MINS

2



Scrambled Egg and Veggie Breakfast Pizza

Poughkeepsie Mothers Project



Serves 2

Ingredients



- * 4 eggs, beaten
- 2 tsp olive oil
- * 1/4 cup skim milk
- 1/4 tsp salt
- * 1/4 cup onion, chopped
- * 2 tbsp red pepper, chopped
- * 1/2 cup baby spinach, coarsely chopped
- * 1/3 cup shredded sharp cheddar cheese
- 2 whole wheat bread English muffins, split and toasted

DIRECTIONS

Beat eggs, milk, salt and pepper with a whisk.

In a skillet heat oil over medium heat and cook onion and red pepper for 3 min.

Add spinach until leaves start to wilt.

Pour egg mixture over vegetables and cook while stirring until eggs are scrambled.

Stir in cheese until melted

Divide egg/veggie mixture into 4 servings and serve each over half of a toasted English muffin.



PREP TIME : 5 MINS



COOK TIME: 20 MINS

3



Peanut Butter Granola

Poughkeepsie Mothers Project



Serves 10

Ingredients



- * 5 cups instant oats
- 1/2 cup of honey
- * 1/2 cup of peanut butter
- 1 tsp of vanilla extract

Optional add-ins:

- Raisins
- Dried fruit
- Nuts or seeds
- Chocolate chips

DIRECTIONS

Preheat oven to 275 degrees F

Place oats in a large bowl

Combine honey and peanut butter in small bowl and heat in microwave for about 45 seconds

Stir/whisk the peanut butter, honey, and vanilla

Pour peanut butter mixture over the oats and stir until well combined. Add any optional add-ins.

Spread granola in a even layer on baking sheet lined with parchment paper. Bake 20 minutes then move it around on the baking sheet and bake for another 15- 20 minutes until golden brown



PREP TIME : 10 MINS



COOK TIME: 40 MINS

4



Overnight Oats

Poughkeepsie Mothers Project



Serves 1

Ingredients



- * 1/2 cup milk
- * 1/2 cup instant oats
- 1/2 tbsp chia seeds (optional)
- * 1/2 banana, mashed
- 1 tbsp honey
- 1 tsp cinnamon
- Pinch of salt

Optional add ins:

- * 1/4 cup fruit
- Nut butter
- Dried fruit
- Nuts and seeds

DIRECTIONS

Combine milk, oats, chia seeds, bananas, honey, cinnamon, fruit, and salt in a pint size jar and stir.

Cover and refridgerate overnight. Top with additional toppings and serve.



PREP TIME : 10 MINS



COOK TIME: 0 MINS

5



Greek Yogurt Parfait

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Serves 4

Ingredients



- * 2 cups plain greek yogurt
- * 2 cups strawberries
- * 2 cups blueberries
- * 2 cups granola (try the homemade peanut butter granola recipe!), nuts, or seeds
- Honey to taste

DIRECTIONS

Rinse and dry blueberries and strawberries. Cut strawberries into pieces.

Layer yogurt, strawberries, blueberries, and granola cup or bowl. You can layer as much of each ingredient as you like.

Suggestion: 1/4 cup Greek yogurt, 1/4 cup strawberries, 1/4 cup blueberries, 1/4 cup granola. Drizzle with honey.



PREP TIME : 5 MINS



COOK TIME: 0 MINS

6



Egg Muffins

Poughkeepsie Mothers Project



Ingredients

Serves 2

- Cooking spray/oil
- * 6 eggs
- Salt and Pepper to taste

- ~Choose add ins~
- * 1/2 cup cooked chopped spinach, remove excess water
- * 1/3 cup shredded cheddar cheese
- * 1/3 cup chopped mushrooms
- * 1/3 cup chopped peppers
- * 1/3 cup diced tomatoes
- * 1/3 onion
- Parsley garnish

DIRECTIONS

Preheat oven to 375 degrees. Coat 6 spaces on muffin tin with cooking spray/oil or line with paper liners.

Crack eggs into large bowl. Beat with a mixer, fork, or whisk until smooth.

Add the desired vegetables and cheese to the egg mixture and stir to combine..

Divide egg mixture evenly among the muffin cups.

Bake for 15-18 minutes or until eggs are set.

Serve immediately or store in the refrigerator until ready to eat. Top with diced tomatoes and parsley if desired.



PREP TIME : 15 MINS

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COOK TIME: 20 MINS

7



Baked Zucchini Oatmeal Cups

Poughkeepsie Mothers Project



Ingredients Serves 12



- * 1 egg
- * 1/4 cup peanut butter
- 1/4 cup sweetener (honey or maple syrup)
- * 3 small over-ripe bananas (about 1 cup, mashed)
- * 2 small zucchinis (2 cups grated, don't squeeze water out)
- * 1/2 cup milk
- 1 tsp vanilla extract
- * 3 cups instant oats
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/4 tsp fine sea salt
- Optional add-ins: 1/4 cup chocolate chips and/or walnuts

DIRECTIONS

Preheat oven to 375F.

Spray muffin tin with cooking spray or line with muffin liners

Mash bananas in a large bowl with a fork. Add grated zucchini, milk, vanilla extract, peanut butter, honey, and egg, stirring to combine.

Add oats, baking powder, cinnamon, salt, and add-in's. Stir until just combined.

Fill muffin tins to the top with mixture

Bake 23-28 minutes, or until a fork comes out clean

Remove from tin and cool. Store in an air-tight container in the refrigerator. These freeze well!



PREP TIME : 10 MINS



COOK TIME: 30 MINS

8

Soups and Stews





Veggistrone Soup

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Tip: substitute frozen vegetables!

Serves 10

DIRECTIONS

Ingredients



- 2 tbsp olive oil
- * 2 cups chopped onions (2 medium)
- * 2 cups chopped celery (4 stalks)
- * 1 cup chopped green bell pepper
- * 4 cloves garlic, minced
- * 3 cups chopped cabbage
- * 3 cups chopped cauliflower
- * 2 cups chopped carrots (4 medium)
- * 2 cups green beans, in 1-inch pieces
- 8 cups low-sodium vegetable or chicken broth
- * 1 can (15oz) tomato sauce
- * 1 can (14 oz) diced tomatoes
- * 1 can (15oz) kidney or pinto beans, rinsed
- * 4 cups chopped fresh spinach or 1 package (10oz) frozen spinach, thawed
- * 1/2 cup thinly sliced fresh basil
- * 10 tbsp of cheese (optional)
- 1 bay leaf (optional)

Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.

Add 2 cups of water, broth, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.

Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.



PREP TIME : 30 MINS



COOK TIME: 60 MINS

10



Sweet Potato Stew

Poughkeepsie Mothers Project



Serves 6

Ingredients



- * 6 cups cooked brown rice
- 1 tbsp olive oil
- * 1 large onion, chopped
- * 2 cups cabbage, chopped
- * 4 cloves garlic, minced
- * 1 can (14.5oz) diced tomatoes
- * 1 1/2 cups tomato juice
- * 3/4 cup apple juice
- * 1 tsp fresh ginger root minced (optional)
- 1/2 teaspoon red pepper flakes (optional)
- * 2 cups frozen cut green beans
- * 1 can (18oz) sweet potatoes, drained and chopped
- * 1/3 cup peanut butter

DIRECTIONS

Heat oil in skillet over medium heat. Add onion, cabbage and garlic. Cook, stirring until cabbage is tender; about 5min.

Stir in tomatoes, tomato juice, apple juice, ginger root, peanut butter, and red pepper flakes. Stir until peanut butter is well blended.

Add green beans and sweet potatoes.

Reduce heat, cover and simmer 15min, until beans are cooked.

Serve stew spooned over cooked brown .



PREP TIME : 10 MINS



COOK TIME: 20 MINS

11



Butternut Squash and Carrot Soup

Poughkeepsie Mothers Project



Serves 6

Ingredients



- 1 tbsp butter or margarine
- * 3 cups peeled, diced butternut squash (about 1 small squash)
- * 2 cups thinly sliced carrots (4 medium carrots)
- * 3/4 cup thinly sliced leeks or chopped onion
- 2 (14.5 ounce) cans reduced-sodium chicken broth
- 1/4 tsp ground pepper
- 1/4 tsp nutmeg
- 1/4 cup regular or fat-free half-and-half or light cream
- Fresh tarragon leaves (optional)

DIRECTIONS

In large saucepan over medium heat melt butter or margarine. Add squash, carrots, and leeks or onion.

Cook, covered, for 8 minutes, stirring occasionally. Add broth.

Bring to a boil; reduce heat. Simmer, covered, 25 minutes or until vegetables are very tender.

Blend one-third of squash mixture until almost smooth in a food processor bowl or blender container. Continue adding the squash mixture until all of it is smooth. Return to saucepan. Add pepper and nutmeg. Bring just to boiling. Add half-and-half or light cream; heat through. If desired, garnish with fresh tarragon and serve.



PREP TIME : 10 MINS



COOK TIME: 30 MINS

12



Chicken and White Bean Chili

Poughkeepsie Mothers Project



Serves 8

Ingredients



- * 1 cup onion, diced
- * 1 tbsp minced garlic or 3/4 tsp garlic powder
- 1 tbsp olive oil
- 2 cups shredded cooked chicken
- 1 can (14.5oz) chicken broth
- * 1 can (14.5oz) chopped green chiles
- * 1 can (16oz) navy beans
- 1 tsp chili powder

DIRECTIONS

Sauté onion and garlic in hot oil in a large pan over medium-high heat 5 minutes or until onion is tender.

Stir in remaining ingredients.

Bring to a boil, stirring often. Cover and reduce heat to medium-low.

Simmer about 10 minutes, stirring occasionally.

Serve hot.



PREP TIME : 10 MINS



COOK TIME : 25 MIN

13



Chili

Poughkeepsie Mothers Project



Ingredients

Serves 6

- 1 tbsp olive oil
- 1 pound lean ground beef or turkey
- * 1/2 cup onion, chopped
- * 1/2 cup green pepper, chopped
- * 1 cup corn
- * 2 cups diced tomatoes
- * 1 can (15oz) pinto, kidney, or red beans, drained and rinsed
- 1 tsp cumin
- 1 tsp chili powder (or to taste)

Tip: Leave out the meat for a tasty vegetarian option

DIRECTIONS

In a large sauce pan, brown the ground meat with the onion and green peppers until the meat is cooked through.

Add the remaining ingredients, heat thoroughly, and serve.

 PREP TIME : 10 MINS

 COOK TIME: 20 MINS

14

Vegetable Side Dishes





Vegetable Pasta Salad

Poughkeepsie Mothers Project



Serves 6

Ingredients



- * 8 ounces whole-wheat pasta, uncooked (or about 4 cups cooked)
- * 4 cups chopped vegetables (ex. 1 cup cucumber, 1 cup bell pepper, 1/2 cup corn, 1 cup tomatoes, 1/2 cup green onions)
- * 1 cup canned kidney or black beans
- 3 tbsp red wine vinegar
- 4 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

Cook pasta according to box, drain.

Whisk together vinegar and oil.

Combine all ingredients in a large bowl and gently mix to combine.

Chill and serve



PREP TIME : 10 MINS



COOK TIME: 10 MINS

16



Tuna and Chickpea Salad

Poughkeepsie Mothers Project



Serves 4

Ingredients



- * 1 (15 oz) can chickpeas, drained and rinsed
- * 1 (5 oz) can of tuna, drained
- * 1 small red onion, chopped
- 2 tbsp red wine vinegar
- 3/4 cup olive oil
- 2 tbsp fresh or dried parsley or cilantro, chopped
- Salt and pepper to taste

DIRECTIONS

Combine all ingredients together in a medium bowl

Serve with whole wheat crackers, on a bed of lettuce, or enjoy by itself.



PREP TIME : 10 MINS



COOK TIME: 0 MINS

17



Sweet Potato with Black Bean Salad

Poughkeepsie Mothers Project



Serves 4

Ingredients



- * 4 medium sweet potatoes
- * 1 15-ounce can black beans, rinsed
- * 2 medium tomatoes, diced
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3/4 teaspoon salt
- * 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro

DIRECTIONS

Prick sweet potatoes with a fork in several places. Microwave on high until tender all the way through, 12 to 15 minutes.

(Alternatively, place in a baking dish and bake at 425 degrees F until tender, about 1 hour.)

Meanwhile, in medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on high until heated through, 2 to 3 minutes.

(Alternatively, heat in a small saucepan over medium heat.)

When cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.



PREP TIME : 10 MINS



COOK TIME: 20 MINS

18



Southwestern Roasted Cauliflower

Poughkeepsie Mothers Project



Serves 5-7

Ingredients



- * 1/2 pound head cauliflower
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp salt

DIRECTIONS

Preheat oven to 450 degrees F.

Cut cauliflower into florets, about 1½-inches each. Transfer the florets to a bowl. Toss the cauliflower with the olive oil.

In small bowl, stir together chili powder, ground cumin, paprika and salt.

Pour the spice mixture over the cauliflower and, use your hands to toss and coat the cauliflower.

Transfer cauliflower to baking sheet and roast the cauliflower, turning occasionally, until it is tender and golden brown, about 30 minutes. Serve.



PREP TIME : 5 MINS



COOK TIME: 30 MINS

19



Roasted Vegetables

Poughkeepsie Mothers Project



Serves 5-7

Ingredients



- * 5 cups of vegetables
(ex. carrots, zucchini,
squash, onions, asparagus,
broccoli, cauliflower, bell
peppers, Brussel sprouts,
and more! Fresh or
frozens works)

- 3-4 tbsp olive oil
- Salt and pepper to taste

Optional spices

Garlic powder, Parsley,
Thyme, Rosemary. Italian
seasoning.

DIRECTIONS

Preheat oven to 425 degrees

Cut up vegetables into bite size
pieces

Line a baking pan with foil or
parchment paper

Toss vegetables in a bowl with
oil, salt, and pepper and pour
onto pan.

Add additional seasonings to
spice up your veggies: Italian,
parsley rosemary, garlic powder.

Place in oven 30 min or until
crispy.



PREP TIME : 5 MINS



COOK TIME: 30 MINS

20



Roasted Balsamic Brussels Sprouts

Poughkeepsie Mothers Project



Serves 6

Ingredients



- * 1-1/2 pounds Brussels sprouts, halved
- 3 tbsp virgin olive oil
- 3/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp balsamic vinegar
- 1 tsp honey

***Cut large brussels sprouts into quarters. All should be approx. the same size to ensure even cooking.

DIRECTIONS

Preheat oven to 425°F. Line baking sheet with aluminum foil.

Directly on the prepared baking sheet, toss Brussels sprouts with 2 tablespoons of oil, salt, and pepper.

Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.

Drizzle the remaining tablespoon of oil, balsamic vinegar and honey over the roasted Brussels sprouts.

Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.



PREP TIME : 10 MINS



COOK TIME: 20 MINS

21



Four-Bean Salad

Poughkeepsie Mothers Project



Serves 8

Ingredients



- * 1 cup cut green beans
- * 1 can chickpeas
- * 1 can lima beans, drained
- * 1 can kidney beans, drained
- * 1/2 thinly sliced red onion
- * 1/2 cup chopped celery
- * 1/4 cup diced green bell pepper

Dressing:

- 2 tsp mustard
- 2 tbsp vinegar
- 1/2 tsp sugar substitute
- 1/2 tsp dried thyme
- 1/2 tsp black pepper
- * 1 clove garlic, crushed
- 1/4 cup olive oil

DIRECTIONS

In a large bowl, combine the beans, onion, celery, and green bell pepper.

In a smaller mixing bowl, whisk mustard, vinegar, sugar substitute, thyme, pepper, and garlic. Add in the oil slowly and whisk continually until well blended.

Pour dressing over bean mixture and toss to coat well.

Tastes best if covered and refrigerated for a day.



PREP TIME : 15 MINS



COOK TIME : CHILLING

22



Chicken Salad

Poughkeepsie Mothers Project



Serves 4

Ingredients



- 3 cups grilled/boiled/sautéed chicken breast, de-boned, de-skinned and cubed or shredded
- * 1 1/2 cups seedless grapes, halved
- * 1/2 cup celery, diced
- * 2 tbsp green onion, minced
- 1/3 cup low-fat mayonnaise
- * 1/3 cup plain greek yogurt
- * 1 tbsp lemon juice
- Salt and pepper to taste

Tip: Ensure grapes, celery, and green onions are sliced small if serving to young children.

DIRECTIONS

In a large bowl combine chicken, grapes, celery, and green onion.

In a small bowl combine mayonnaise, yogurt, and lemon juice and mix until smooth.

Pour dressing over chicken mixture and mix until evenly coated.

Serve immediately or chill and serve.



PREP TIME : 10 MINS



COOK TIME: 0 MINS

23



Cherry Tomato Salad

Poughkeepsie Mothers Project



Serves 5

Ingredients



- 1/4 cup olive oil
- 3 tbsp balsamic vinegar
- 1 tsp dried basil (or herb of your choice)
- 1/2 tsp salt
- 1 tsp white sugar
- * 4 cups halved cherry tomatoes

DIRECTIONS

In a small bowl mix together; olive oil, balsamic vinegar, dried basil, salt, and white sugar.

In a large bowl add the halved cherry tomatoes

Pour dressing mixture over top of tomatoes and lightly mix



PREP TIME : 15 MINS



COOK TIME: 0 MINS

24



Carrot Fries

Poughkeepsie Mothers Project



Serves 5

Ingredients



- * 4 cups carrots
- 2 tbsp olive oil
- Salt and pepper to taste

Optional spices:

- 1 tsp garlic powder
- 1 tsp parsley
- 1 tsp of paprika

DIRECTIONS

Heat oven to 425°. Peel carrots and cut them lengthwise into four pieces (baby carrots work well too)

Toss in olive oil and season with salt, pepper, and optional spices.

Spread in even layer on baking sheet and bake for 30 minutes, or until tender and crisp at the ends.

Eat plain or with dipping sauce
Recommended dipping sauces:
Ketchup, guacamole, mustard.



PREP TIME : 10 MINS



COOK TIME: 30 MINS

25



Broccoli Salad

Poughkeepsie Mothers Project



Serves 5

Ingredients



- * 1 head broccoli, chopped
- * 1/4 cup red onion, diced
- 1/4 cup sunflower seeds
- 1/4 cup raisins (or 1, 1oz box)
- * 1/2 cup plain Greek yogurt
- 1 tbsp sugar
- 1 1/2 tsp white vinegar

DIRECTIONS

In a large bowl
combine all
ingredients and stir.

Let chill in fridge.



PREP TIME : 15 MINS



COOK TIME: 0 MINS

26

Dressings





Salad Dressings



Instructions:
Combine in a jar with a tight-fitting lid.
Shake until well mixed.
Keep refrigerated.

Balsamic Vinaigrette

- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 1 tsp garlic powder
- 1 tbsp honey
- 1 tsp salt
- 1/4 tsp black pepper

Chili Lime Dressing

- 1/2 cup lime juice
- 1/4 cup white vinegar
- 1 tbsp soy sauce
- 3/4 cup olive oil
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp of salt

Ranch Dressing

- * 1 cup plain nonfat Greek yogurt
- 1 tsp parsley, dried
- 1 tsp dill, dried
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp lemon juice
- 1 tsp white vinegar
- 1 tbps water (adjust until the right thickness)

Honey Mustard Dressing

- 1/4 cup dijon mustard
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 1/4 cup olive oil
- 1 tsp salt

Main Dishes





Tortilla Pepperoni Pizza

Poughkeepsie Mothers Project



Serves 2

Ingredients



- * 1 (8 inch) whole-wheat tortilla
- * 3 tbsp tomato paste
- 1/2 tsp Italian seasoning
- 1/4 tsp garlic powder
- * 1/3 cup shredded part-skim mozzarella cheese
- * 1/4 green bell pepper, sliced
- 1/2oz pepperoni (8-10 small slices)

Can substitute or add any vegetables or toppings you like!

DIRECTIONS

Preheat oven 425 degrees F. Place tortilla on a baking sheet.

Combine tomato paste, Italian seasoning and garlic powder in a small bowl. Spread the mixture over the tortilla.

Top with mozzarella, bell pepper and pepperoni. Bake until the cheese is melted and the edges of the tortilla are crisp, 8 to 10 minutes.



PREP TIME : 10 MINS



COOK TIME: 10 MINS

32



Vegetable Stir Fry

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Ingredients Serves 6

- * 1 cup brown rice, uncooked
- 1 tbsp oil
- * 1lb. extra firm tofu (or chicken), cut into cubes
- * 3 cups mixed vegetables, cut into bite sized pieces (Suggested: 1 cup broccoli, 1 cup bell peppers, 1/2 cup mushrooms, 1/2 cup green onions)
- 1/4 cup peanuts, chopped

Peanut Sauce:

- * 2 tbsp creamy peanut butter
- 1 1/2 tbsp low-sodium soy sauce
- 1/2 tbsp brown sugar
- * 1 tbsp fresh lime juice
- * 1 tsp fresh garlic and/or ginger, minced
- 1/4 cup water

Optional Spice up:

- 1 tbsp of dried cilantro

DIRECTIONS

Prepare rice according to package directions.

Prepare peanut sauce: Place peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, and water in a microwave safe bowl. Cover, microwave 30 to 60 seconds, and then whisk until combined.

In a large pan, heat oil at medium heat.

Add chicken or tofu and sauté until golden (approximately 6 to 8 minutes for chicken, 10-12 minutes for tofu).

Add vegetables to pan and sauté additional 3 to 4 minutes.

Add peanut sauce, stir, and cook another 3 to 4 minutes.

Serve over prepared rice and top with chopped peanuts, if desired.



PREP TIME : 15 MINS

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COOK TIME: 20 MINS

31



Quick Roast Chicken and Root Vegetables

Poughkeepsie Mothers Project



Ingredients

Serves 4

- * 1 lbs. turnips, peeled and cut into 1/2-inch chunks (or carrots)
- * 1 lbs. baby potatoes, quartered
- 2 tbsps olive oil, divided
- 3/4 tsp salt, divided
- 1/2 tsp ground pepper, divided
- 1/4 cup all-purpose flour for chicken
- 2 tsp flour for sauce
- 1 cup reduced-sodium chicken broth
- 2 bone-in chicken breasts (12 ounces each), skin and fat removed, cut in half
- * 1 large shallot, chopped
- 1 tbsp Dijon mustard
- 2 tsp vinegar

DIRECTIONS

Preheat oven to 500 degrees F.

Toss turnips, potatoes, 1 tbsp oil, 1/2 tsp salt and 1/4 tsp pepper in a medium bowl. Spread evenly on baking sheet. Roast for 15 min.

While vegetables are cooking, season chicken with the remaining 1/4 tsp salt and 1/4 tsp pepper. Put 1/4 cup flour in a plate and dredge chicken in it, shaking off excess. (Discard leftover flour.)

Heat 1 tbsp oil in pan over medium heat. Add chicken, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.

After vegetables have been in oven 15 min, stir and add one piece of chicken from pan to each corner of baking sheet, browned side up. Return vegetables and chicken to oven and roast until chicken is cooked through and vegetables are tender, about 20 minutes.

Return pan with oil to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk together chicken broth and 2 tsp of flour. Add to pan and bring to a boil. Cook, stirring occasionally, until liquid reduced by half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken and vegetables with the sauce.



PREP TIME : 10 MINS

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COOK TIME : 40 MINS

30



Stuffed Peppers

Poughkeepsie Mothers Project



Ingredients

Serves 4

- * 2 bell peppers (any color), halved and seeded
- 1 tbsp oil
- * 1/2 cup onion, finely chopped
- * 1 clove garlic, minced or 1/8 tsp garlic powder
- * 1 cup brown rice, cooked
Low carb alternative:
Use cauliflower rice!
- * 1/2 cup corn
- * 2 cups tomatoes, diced
- * 14oz can diced green chilies
- * 1/4 cup cheddar cheese, shredded *Can skip if diabetic

Optional-Spice it up:
-1/2 tbsp of cumin

DIRECTIONS

Place pepper halves in boiling water for 2-3 minutes; drain and set aside.

Sauté onion and garlic in oil in a large pan until golden.

Add rice, tomatoes, green chilies, and corn to the pan and mix well.

Spoon mixture into pepper halves and place on a baking sheet coated with cooking spray or oil.

Bake at 350 degrees for 10 minutes; sprinkle with cheese and bake 5-10 minutes more



PREP TIME : 10 MINS



COOK TIME: 20 MINS

33



Spaghetti with Quick Meat Sauce

Poughkeepsie Mothers Project



Serves 8

Ingredients



- * 1 pound whole-wheat spaghetti
- 2 tsp olive oil
- * 1 large onion, finely chopped
- * 1 large carrot, finely chopped
- * 1 stalk celery, finely chopped
- * 4 cloves garlic, minced
- * 1 tbsp Italian seasoning
- 1 lbs. lean ground beef
- * 1 can (28oz) crushed tomatoes
- 1/4 cup chopped flat-leaf parsley
- 1/2 tsp salt
- * 1/2 cup grated cheese

DIRECTIONS

Bring a large pot of water to a boil. Cook pasta according to package directions. Drain.

Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the onion is beginning to brown, 5 to 8 min.

Stir in garlic and Italian seasoning; cook until fragrant, about 30s. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 min. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 min. Stir in parsley and salt.

Serve the sauce over the pasta, sprinkled with cheese.



PREP TIME : 10 MINS



COOK TIME: 20 MINS

34



Baked Chicken Nuggets

Poughkeepsie Mothers Project

Serves 4

Ingredients

- 1 lb boneless skinless chicken breasts
- * 1 cup nonfat plain yogurt
- * 3 cups cornflakes, crushed
- 1 tsp. dried thyme
- 1/2 tsp. ground black pepper

DIRECTIONS

Preheat oven to 375 degrees F. Lightly grease a cooking sheet with cooking spray.

Cut chicken in 1-1/2 inch pieces. Place chicken in a bowl and coat each with yogurt.

Mix the crushed cornflakes, thyme, and pepper in a bowl. Coat each chicken piece in the cereal mixture and place on the cookie sheet.

Bake for 25 minutes or until cooked through.

Serve with dipping sauce - try all-natural ketchup or the homemade Ranch in this cookbook!!

 PREP TIME : 10 MINS

 COOK TIME: 30 MINS

35



One-Pan Balsamic Chicken Veggie Bake

Poughkeepsie Mothers Project

Serves 6

Ingredients

- 1/4 lbs. boneless, skinless chicken breast or thighs (if large, cut in half)
- * 3 small heads of broccoli, chopped
- * 3-4 medium carrots, peeled and chopped
- * 2 cups mushrooms, halved
- * 1 small red onion, diced
- * 1 cup cherry or grape tomatoes
- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- * 4 garlic cloves, minced (or 1 tbsp garlic powder)
- 3 tbsp fresh basil, chopped fine (or 1 tbsp of dried basil)
- 1 tsp brown or dijon mustard (optional)
- 1/2 tsp sea salt and pepper

DIRECTIONS

Preheat oven to 400°F. Line baking sheet with parchment paper.

Whisk together balsamic vinegar, oil, garlic, basil, mustard, salt and pepper.

Place chicken in zip-top bag or container with 1/2 of the sauce. Toss chicken to coat. Marinate in fridge up to overnight.

Chop veggies. Place all except tomatoes in pan. Pour remaining sauce over veggies and toss. Place chicken on pan.

Discard remaining marinade.

Bake 10 minutes. After 10 minutes, add tomatoes and toss.

Bake for additional 5-10 minutes or until chicken is cooked through. If using a meat thermometer, ensure chicken reaches 165°F. Top with basil.

Recipe can also be done on stovetop! Just sauté instead of bake!



PREP TIME : 20 MINS

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COOK TIME: 25 MINS

36



Chicken and Rice

Poughkeepsie Mothers Project



Serves 6

Ingredients

- * 3 cups cooked brown rice
- * 1 package (10oz) frozen green peas
- 2 cups cooked chicken pieces
- * 1/2 cup light mayonnaise or greek yogurt
- 1/3 cup slivered almonds or chopped peanuts (optional)
- 2 tsp low-sodium soy sauce
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder
- Cooking spray/oil

DIRECTIONS

Preheat oven to 350 degrees F.

Combine rice, peas, chicken, mayonnaise, almonds, soy sauce, pepper, and garlic powder in a bowl.

Transfer to a 3-quart baking dish with cooking spray

Cover and bake for 15 to 20 minutes.



PREP TIME : 10 MINS



COOK TIME: 20 MINS

37



Asian Noodles

Poughkeepsie Mothers Project



Ingredients

Serves 4

- * 1/2 pound whole grain pasta
- * 14oz package extra-firm tofu, drained and crumbled
- * Sugar snap peas

Peanut sauce

- * 2 tbsp creamy peanut butter
- 1 1/2 tbsp low-sodium soy sauce
- 1/2 tbsp brown sugar
- * 1 tbsp fresh lime juice
- * 1 tsp fresh garlic and/or ginger, minced

DIRECTIONS

Cook pasta according to package directions. Drain pasta.

Cook tofu as needed. Add fresh garlic during the last minute of cooking.

Cook veggies by steaming, grilling, roasting, sauteing, or adding to boiling pasta water during the last few minutes of cooking pasta.

Prepare peanut sauce : Place peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, and water in a microwave safe bowl. Cover, microwave 30 to 60 seconds, and mix until combined.'

In a large pot over medium heat, heat sauce. Add optional spices now. Add protein and veggies to heat through.

Toss with hot cooked pasta and serve.

 PREP TIME : 10 MINS

 COOK TIME: 30 MINS

38

Desserts





Nicecream

Poughkeepsie Mothers Project



Ingredients

Serves 6

Strawberry Banana

- * 1 lb frozen strawberries
- 2 medium bananas
- * 1 tbsp lemon juice
- Ice cold water, as needed

Mango Pineapple

- * 1 lb frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 tbsp of lemon juice
- Ice water, as needed

DIRECTIONS

Place all ingredients in a blender or food processor and blend until smooth.

For best texture serve immediately.

Store in the freezer



PREP TIME : 10 MINS



COOK TIME: 0 MINS

40



Cinnamon Carrots

Poughkeepsie Mothers Project



Serves 4

Ingredients



- *3 cups carrots
- 2 tbsp olive oil
- 2 tbsp honey
- 1 tbsp cinnamon
- Salt to taste

Directions

Preheat oven to 400°F.
Mix oil, salt, and 1/2 teaspoon
cinnamon in large bowl.

Add carrots; toss to coat well.

Spread evenly in baking pan
sprayed with cooking spray or oil.

Bake 30 minutes.

Mix honey, sprinkle of salt, and
1/2 teaspoon cinnamon in a small
bowl.

Drizzle over carrots

*If you don't have access to an
oven you can boil carrots, or
steam them and drizzle with the
sauce!



PREPARATION: 5 MINS



COOK TIME : 30 MINS

41



KNIFE TERMS AND SAFETY



SLICE- refers to cutting large ingredients into similarly shaped, flat pieces. (Picture slices of bread, onion rings, carrot coins.) Slices can be thin or thick, and the recipe will direct you accordingly (i.e., thinly slice, slice into 1/2-inch rounds). For example, onion slices should be thinner for a burger (you don't want a big mouthful of onion), and thicker for grilling or frying.

CHOPPED- It's the most generic way to say "cut food into smaller pieces." Like a slice, a chop doesn't refer to any particular shape or size. When you see chop in a recipe for vegetables or proteins, you can assume they mean similarly sized, squarish pieces between 1/2-inch and 3/4-inch. When referring to herbs like parsley, chop is often modified as roughly chop or finely chop to indicate whether the pieces should be large or super small.

DICE- means to cut ingredients into square-shaped pieces that are smaller and more precise than a chop. The goal is to make beautiful, same-sized shapes that will look nice in a salad or will cook evenly when sauteed. Sometimes a recipe will specify the size: a small dice means 1/8-inch, medium dice is 1/4-inch, and large dice refers to 1/2-inch pieces.

MINCE- is the smallest cut. These pieces should be as small as you can make 'em. Their tininess means they don't have to be uniform. Oftentimes, you can use a back-and-forth rocking motion with your knife instead of making precise cuts. Garlic and herbs are often minced.

1. Maintain a sharp edge with periodic sharpening. A sharp knife allows you to have more control and when cutting. Consider professional sharpening once at-home maintenance is no longer cutting it.
2. Cut on a stable surface, preferably a plastic or wooden cutting board, that is knife-friendly.
3. Don't use a knife as a can opener. This is just asking for trouble if the knife slips or if the tip breaks off.
4. Take your time while cutting, there's no need to rush. Pay attention and enjoy the zen of cutting.
5. When cutting fruits and vegetables, cut them so there's a flat side and lay it down for stable cutting.
6. Never put a knife in a sink full of water. I like to leave them to the end of my dish washing and then wash one at a time. Wash them with the blade facing away from you.
7. Never attempt to catch a falling knife. This may sound like a no-brainer, but resist that instinctive urge to grab it.
8. When handing a knife to someone else, lay it down on the work surface to let the other person pick it up.
9. When walking through the kitchen, hold the knife straight down at your side with the sharp edge facing behind you.
10. Never lick a knife. It's just a bad idea. Teach your kids this lesson early.
11. Store knives properly in sturdy sheaths, in trays or in a wood block. It keeps you safe and your knives safe.
12. Place your guide hand into a claw position when cutting. Keep your fingers and thumb tucked under to avoid and mishaps.



COOKING TERMINOLOGY

Whisk - Using a fork, wire whisk or beater, to incorporate as much air as possible into the mixture so it is light and airy.

Beat - To mix foods thoroughly to a smooth consistency using a spoon, fork, whisk or electric beater/mixer.

Broil - To cook above or below a direct heat source, usually on a rack or spit in an oven.

Caramelize - The process of browning sugar. Granulated sugar can be caramelised in a pan until it turns brown and takes on a nutty flavour. Fruit and vegetables can also be caramelised by cooking them slowly in a small amount of fat until they are brown and shiny.

Deseed - To take the seeds out of a fruit or vegetable, for example, a chilli or tomatoes.

Stir-fry - Food that is cooked over a high heat with a small amount of oil and is constantly tossed in the pan or wok. The food is usually cut in small pieces to ensure quick cooking.

Poach - To cook a food by placing it in a pot of seasoned simmering liquid.

Dilute - Thinning a liquid or reducing the intensity of flavour by adding liquid.

Reduce/Reduction - To thicken and intensify the flavour of a liquid by boiling it till the liquid reduces in volume, so the flavour is concentrated.

Grease - To cover a pan or dish with butter or oil to prevent food from sticking.

Knead - To work the dough by folding, pushing away, turning slightly then repeating. Bread dough is kneaded for at least 10 minutes to develop the gluten in the dough; scone or pastry dough is kneaded lightly and gently and only once or twice to make dough smooth (over-kneading will result in tough scones or pastry dough!).

Marinate - To soak meat, chicken or fish in a flavoured liquid mixture.

Julienne - To cut food into long thin strips resembling matchsticks. Most commonly used when preparing vegetables.

Sauté - To cook small pieces of food in a small amount of butter or oil over a high heat in a shallow pan, turning and tossing the food so it colours evenly.

Season - To improve the flavour of food by adding salt, pepper and other spices and flavours.

Simmer - To cook a pot or pan of food just below boiling point.



HOW TO READ A FOOD LABEL

1. Serving information

2. Calories

3. Nutrients

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. A day is used for general nutrition advice.

4. Quick Guide to Percent Daily Value (%DV)

- 5% or less is low

- 20% or more is high

Nutrients to get less of- sodium, saturated and trans fat, added sugars

Total Sugars on the Nutrition Facts label includes sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruit as well as any added sugars that may be present in the product.

Added Sugars on the Nutrition Facts label include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

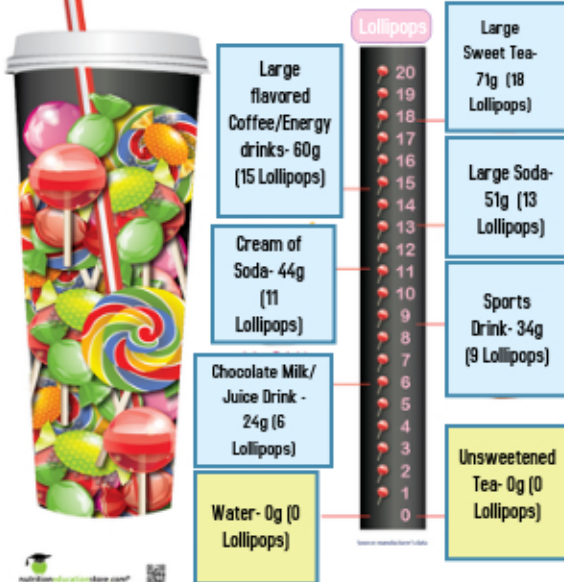
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%



RETHINK YOUR DRINK

ARE YOU DRINKING CANDY?

1 lollipop = 1 teaspoon or 2 grams of sugar



Health Risk of drinking sugary drinks

- Heart disease
- Tooth decay
- Obesity
- Type II Diabetes
- Metabolic Disorders

Healthier Options

- Water
- Water with infused fruit
- unsweetened beverages
- milk
- seltzer

WHAT'S IN YOUR DRINK?

Read the ingredients to find the following added sugars:

- High-Fructose Corn syrup
- Fruit Juice Concentrations
- Corn Sweetener
- Maltose
- Corn Syrup
- Malt Syrup
- Dextrose
- Molasses
- Glucose (sugar)
- Raw sugar
- Sucrose
- Invert sugar
- Lactose
- Syrup
- Brown Rice Syrup

Added sugars = added calories

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Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 8g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How Much Added Sugars

in a serving and how much of your daily maximum

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COMMUNITY RESOURCES

WHERE TO ACCESS NUTRITIOUS FOODS ON WIC AND SNAP

Market Fresh Grocery

690 Main St
Poughkeepsie, NY 12601
Phone: (845)473-0001

Price Chopper #129 Grocery with Embedded Pharmacy

2585 South Road Hudson
Plaza
Poughkeepsie, NY 12601
Phone: (845)452-1005

Rite Stop Grocery

128 Washington Street
Poughkeepsie, NY 12601
Phone: (845)452-4647

Stop & Shop #540 Grocery with Embedded Pharmacy

75 Dutchess Turnpike
Poughkeepsie, NY 12603
Phone: (845)471-2313

Stop & Shop #597 Grocery with Embedded Pharmacy

483 South Rd
Poughkeepsie, NY 12601
Phone: (845)483-9000

Target # 1856 Exempt Formula Grocers

2001 South Rd
Poughkeepsie, Ny 12601
Phone: (845)297-0938

Tropical Fresh Inc. Grocery

432 Main Street
Poughkeepsie, NY 12601
Phone: (845)454-7200

ShopRite #206 Grocery with Embedded Pharmacy

1895 South Road Suite 3B
Poughkeepsie, NY 12601
Phone: (845)298-0024

Also check out **Dutchess Outreach Mobile Market** to find fresh produce in your neighborhood, and the **Poughkeepsie Farm Project's CSA** for fresh produce from their farm! Both are SNAP-eligible!



2020



WIC Accepted Foods

** See your WIC check for
additional requirements

Fresh Fruits and Vegetables

		Used in recipes on pages:
✓ Any Brand	✗ Items from salad bar	2, 3, 5, 6, 7, 8,
✓ Any variety:	✗ Party trays	10, 11, 12, 13,
✓ Whole	✗ Fruit baskets	14, 16, 17, 18,
✓ Cut	✗ Dried fruits/vegetables	19, 20, 21, 22,
✓ Bagged	✗ Nuts	23, 24, 25, 26,
✓ Organic	✗ Herbs/Spices	28, 30, 31, 32,
	✗ Salad Dressing	33, 34, 36, 40,
		41

Frozen Fruits and Vegetables

*If needed, these can be substituted instead of fresh produce

✓ Any Brand	✗ With sauce	2, 3, 5, 6, 7,
✓ Any package type	✗ Breaded	10, 11, 12,
✓ Any size	✗ Added sugar/fat/oil	13, 14, 16,
✓ Fruit/Vegetable first ingredient	✗ Ingredient other than fruit/vegetable	20, 31, 37,
✓ Any variety	✗ Any syrup added (ex. corn syrup, maltose, dextrose, sucrose, honey, maple syrup)	40

**Used in
recipes on
pages:**

Beans/Peas/Lentils

✓ Any Brand	✗ Baked beans	10, 13, 14,
✓ Dry: 1 lb bag of mature beans/ peas/lentils	✗ Added sugar/fat/oil/meat	16, 17, 18,
✓ Canned: 15-16oz can of mature beans/peas/lentils	✗ Green beans/peas/snap beans/yellow beans. Buy with WIC Vegetable check	22

Canned Fruits and Vegetables

*If needed, these can be substituted instead of fresh produce

✓ Any Brand	✗ Pickled or creamed	2, 3, 5, 6, 7,
✓ Regular or low salt	✗ Baked beans	10, 11, 12,
✓ Any variety	✗ Soups	13, 14, 16,
✓ Any package type	✗ Ketchup/relish/olives	22, 31, 32,
✓ Any size	✗ Added fat/oil/sugar/ meat/syrup/condiment	33, 34
✓ Fruit/Vegetable first ingredient	✗ Black/garbanzo/ chickpea/kidney beans. Buy with WIC "Beans/Peas/Lentil check"	
✓ Canned tomatoes (any type, including salsa)		
✓ Packaged in water/juice		
✓ Unsweetened Applesauce		

**Used in
recipes on
pages:**

Milk

- ✓ Fat content listed on WIC check
- ✓ Must buy largest available container on WIC check
- ✗ Flavored
- ✗ Organic
- ✗ Buttermilk
- ✗ Reduced fat (2%)

3, 5, 8

Juice

- ✓ Size of container listed on WIC check
 - ✓ 120% Vitamin C
 - ✓ 64oz plastic bottle of any store brand, Juicy Juice, Mott's, Sesame Street, Great Value, Nature's Own, America's Choice
 - ✗ Any less than 100% juice
 - ✗ Organic
- **See WIC info packet for full list of acceptable brands/flavors**

11

Yogurt

- ✓ Any Brand
- ✓ 32oz Container (or smaller containers adding to 32oz)
- ✓ Fat content listed on WIC check
- ✓ Plain, Plain Greek
- ✓ Organic
- ✓ Kosher if printed on WIC check
- ✗ Flavored (fruit or vanilla)
- ✗ Mix-in ingredients
- ✗ Frozen yogurt
- ✗ Drinkable/squeezable

6, 23, 26, 28,
35, 37

		Used in recipes on pages:
<u>Cheese</u>		
✓ Any Brand	✗ Imported	2, 3, 7, 10, 32, 33, 34
✓ Pasteurized	✗ Cracker cuts	
American	✗ Flavored	
Monterey Jack	✗ Organic	
Mozzarella	✗ Cheese foods	
Cheddar	✗ Products/spreads	
Colby	✗ Shredded	
Swiss	✗ Grated	
Muenster	✗ Cubed	
Provolone	✗ String/stick	
or blends of these	✗ Individually wrapped slices	
✓ Kosher if printed on WIC check		
✓ Must add to number of ounces on check		
✓ Blocks or slices		
<u>Eggs</u>		
✓ Any Brand	✗ Jumbo or Extra Large	2, 3, 7, 8
✓ Medium or Large	✗ Organic	
✓ White or Brown	✗ Reduced cholesterol	
	✗ Cage free/free range	
<u>Tofu</u>		
✓ 14-16 oz packages		31, 38
✓ Azumaya, House, Nasoya, Nature's Promise, San sui, or Wegmans		

Used in recipes on pages:

Peanut Butter

- | | | | |
|---------------|---|---------------------|---|
| ✓ Any Brand | ⋮ | ✗ Peanut Spread | ⋮ |
| ✓ 16-18oz | ⋮ | ✗ Organic | ⋮ |
| ✓ Chunky | ⋮ | ✗ Fresh ground | ⋮ |
| ✓ Crunchy | ⋮ | ✗ Whipped | ⋮ |
| ✓ Creamy | ⋮ | ✗ With Mix-ins | ⋮ |
| ✓ Smooth | ⋮ | ✗ Added ingredients | ⋮ |
| ✓ Natural | ⋮ | | ⋮ |
| ✓ Reduced Fat | ⋮ | | ⋮ |

4, 8, 11, 31

Canned Fish

- | | | | |
|-----------------------------|---|---------------------|---|
| ✓ Any Brand | ⋮ | ✗ Albacore tuna | ⋮ |
| ✓ Packed in water/oil | ⋮ | ✗ Blueback salmon | ⋮ |
| ✓ Light tuna: 5-6oz | ⋮ | ✗ Red salmon | ⋮ |
| ✓ Pink Salmon: 5, 6, 7.5 oz | ⋮ | ✗ Flavored salmon | ⋮ |
| ✓ Sardines: 3.75oz | ⋮ | ✗ Added ingredients | ⋮ |

17

Cereal

- ✓ Quaker instant oats with iron
- ✓ Maypo instant Vermont style maple oatmeal
- ✓ Store brand cold cereal corn flakes, multigrain flakes, oat clusters
- ✓ Ralston corn flakes
- ✓ Taanug corn flakes/toasted oats
- ✓ Containers add up to 36oz

✗ Any brand/type not listed

****See WIC info packet for full list of acceptable brands/types**

4, 5, 35

Breads

- ✓ Whole grain, 16oz (1lb)
 - Hannaford
 - Stop&Shop
 - Super Bread
 - Shop Rite
- ✓ 16oz package corn/whole wheat tortillas
 - Celia's
 - Chi-Chis
 - Nature's Promise
 - Stop&Shop

Used in recipes on pages:

✗ Any brand/type not listed

3, 32

****See WIC info packet for full list of acceptable brands/types**

Brown Rice

- ✓ Any Brand
- ✓ 14-16oz or 28-32oz package
- ✓ Plain brown rice in boxes/bags
- ✓ Instant
- ✓ Quick
- ✓ Regular cooking

✗ Added ingredients

11, 31, 33, 37

Whole Grain Pasta

- ✓ Any brand
- ✓ 16oz package
- ✓ Any shape/style
- ✓ Whole wheat or whole wheat durum flour
- ✓ Organic

✗ Added ingredients

16, 34



Made with love by Zsa Zsa Toms, Erin
Reese, and Sonia Gollerkeri

Summer '20

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