



# Peach Pocket Pies **RECIPE**

## Ingredients:

- ☐ 4 whole wheat tortillas
- ☐ 1 ½ cups peaches, drained
- ☐ ¼ teaspoon cinnamon  
Pinch of nutmeg (optional)
- ☐ 2 tablespoons low-fat or fat-free milk

## SAFETY TIPS!



Never keep a knife within reach of a young child. Cut peaches into pieces no larger than ½ inch to prevent choking.



Keep children away from a hot oven and hot pans.



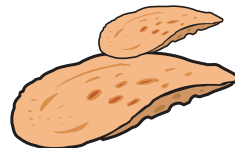
## Directions:

1. Preheat the oven to 350 degrees.
2. Warm the tortillas in a microwave (or in the oven) so they are easy to handle.
3. Chop drained peaches into pieces no larger than ½ inch.
4. Place the fruit evenly on each half of the four tortillas.  
(Your child can help you with this step)
5. Sprinkle the cinnamon and nutmeg (optional) over the fruit.
6. Roll up the tortillas, starting with the end with the fruit, just like you would roll a burrito.
7. Place the filled tortillas on a baking pan or cookie sheet.
8. Brush the tops of the tortillas with the milk. If you don't have a brush, you can use a paper towel dipped in milk to "brush" on the tortilla.
9. Use a knife to cut a small slit in the top of the tortilla. This will allow the steam to escape.
10. Bake for 8 to 12 minutes, or until they begin to brown.
11. Allow to cool for a few minutes before serving, and for young children, cut into pieces no larger than ½ inch.



### REMEMBER:

Your children are more likely to try a new food if you try it with them!





# SHOPPING LIST

- ☐ 1 can (15 ounce) peaches  
("in their own juice")
- ☐ Whole wheat flour tortillas
- ☐ Low-fat or fat-free milk
- ☐ Ground cinnamon
- ☐ Ground nutmeg (optional)

**Cinnamon** and **nutmeg** are found in the spice aisle. They both can be used with many foods, and taste great when sprinkled on applesauce or in oatmeal.



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## Module 5 Pumpkin and Bean Soup

# RECIPE

### Ingredients:

- ☐ 1 can (15 ounce) white beans  
(or 1 ½ cups soaked white beans)
- ☐ 1 small onion
- ☐ 1 cup water
- ☐ 1 can (15 ounce) pumpkin
- ☐ 1 ½ cups 100% apple juice
- ☐ ½ teaspoon cinnamon
- ☐ 1/8 teaspoon nutmeg (optional)
- ☐ ½ teaspoon black pepper
- ☐ Pinch of salt

(Makes six 1 cup servings)

### SAFETY TIPS!

- ✿ Keep children away from a hot oven and hot pans.



### Directions:

1. Drain and rinse the can of beans OR the soaked beans you have already prepared from dry.
2. Chop the onion very finely.
3. Mix together the beans, onion and water with a potato masher (or in a blender if you have one.)
4. In a large pot, add the pumpkin, apple juice, cinnamon, nutmeg (if you use it), pepper and salt. Stir. (Your child can help you add these ingredients and to stir them together)
5. Add the bean mixture to the pot and stir. (Your child can help you add the bean mixture and stir.)
6. Cook over low heat for 15-20 minutes, until warmed through.

### REMEMBER:

! Your children are more likely to try a new food if you try it with them!





# SHOPPING LIST

- ☐ 1 can (15 ounce) white beans or dried white beans prepared from dry
- ☐ 1 can (15 ounce) pumpkin
- ☐ 1 small onion
- ☐ Apple juice (100% juice)
- ☐ Black Pepper
- ☐ Salt
- ☐ Ground Cinnamon
- ☐ Ground Nutmeg (optional)

Here is a chance to try **white beans**, which may be new to you! Types of white beans include **Cannellini**, **Navy** and **Great Northern**. They are great to use in your favorite soups and stews!

**Cinnamon** and **nutmeg** are found in the spice aisle. They both can be used with many foods, and taste great when sprinkled on applesauce or in oatmeal.



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# Prevent Choking at Home

Module 5

# TIPS

The American Academy of Pediatrics recommends cutting foods into small, easily chewed pieces no larger than one-half inch.



**[The above square is  
one-half inch]**

Foods can be choking hazards based on size, shape, and texture. Avoid serving children whole foods that are small, round, smooth, and/or slippery (such as cherry tomatoes, grapes or hot dogs) since they can be swallowed whole and are the perfect shape to plug a child's airway. Chunks of hard or fibrous foods, such as raw fruits and raw vegetables, can also be choking hazards if children are not able to chew the food completely. Avoid sticky foods, such as spoonfuls of peanut butter, since they can form to a child's airway and cause a child to choke.

## **The following foods are a choking hazard, according to the American Academy of Pediatrics:**

- hot dogs
- nuts and seeds
- chunks of meat
- hard cheese
- whole grapes
- hard, gooey, or sticky candy
- popcorn
- chunks of peanut butter
- raw vegetables
- raisins
- chewing gum

**Prevent Choking at Home**  
(continued on the other side)





# Prevent Choking at Home (continued)

Avoid serving foods that are choking hazards or prepare them in a way that reduces the risk of children choking on them (for example, slice hot dogs lengthwise and into small pieces no larger than ½ inch; cut a cherry tomato or grape into quarters).

## **In general:**

- Cut foods into pieces no larger than ½ inch.
- Do not rush children to finish a meal or snack.
- Children should not eat while they are walking, running, or laughing.
- ALWAYS watch children while they are eating.
- Finally, take a course in basic lifesaving skills and first aid so that you are prepared in case of a choking emergency.

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**Beans** are packed with protein and many other nutrients our bodies need!



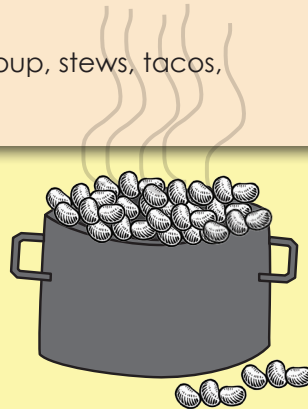
**Beans** are a great alternative to meat.



**Beans** are loaded with fiber and are naturally low in fat and sodium (as long as they are not made with butter, lard or oil and salt.)



Add **beans** to casseroles, salads, soup, stews, tacos, enchiladas and side dishes.





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# Tips for using dried beans

## TIPS

### Tips for using dried beans:

Dried beans are cheaper than using canned beans and they are very easy to prepare. Here are three ways to soak beans. You can decide which method of soaking will work best for you, depending on how much time you have. This will make 1 1/2 cups of prepared beans, which you can use in recipes.

**Slow Soak:** In a stockpot, cover ½ cup dried beans with 2 ½ to 3 cups water. Cover and refrigerate 6-8 hours or overnight. Drain and rinse the beans.

**Hot Soak:** In a stockpot, bring 2 ½ to 3 cups water to a boil. Add ½ cup dried beans and return to a boil. Remove from the heat; cover tightly and set aside at room temperature 2-3 hours. Drain and rinse the beans.

**Quick Soak:** In a stockpot, bring 2 ½ to 3 cups water to a boil. Add ½ cup dried beans and return to a boil; let boil 2-3 minutes. Cover and set aside at room temperature 1 hour. Drain and rinse the beans.

**After soaking,** the beans are ready to be cooked. If you would like to make extra to keep in the freezer, just follow any of the methods above, but use one pound of dried beans (about 2 cups) and 10 cups of water. This will give you about 6 cups of soaked beans. They can be used in many of your favorite recipes including soups, stews, or salads. Soaked beans can be kept in the refrigerator for four days OR in the freezer for up to six months.

