GREEN LIGHT FOOD

GREEN LIGHT FOODS &

FOOD OASIS TOOLKIT

Partnership for a Healthy Community

healthyhoi.org

TABLE OF CONTENTS

INTRODUCTION

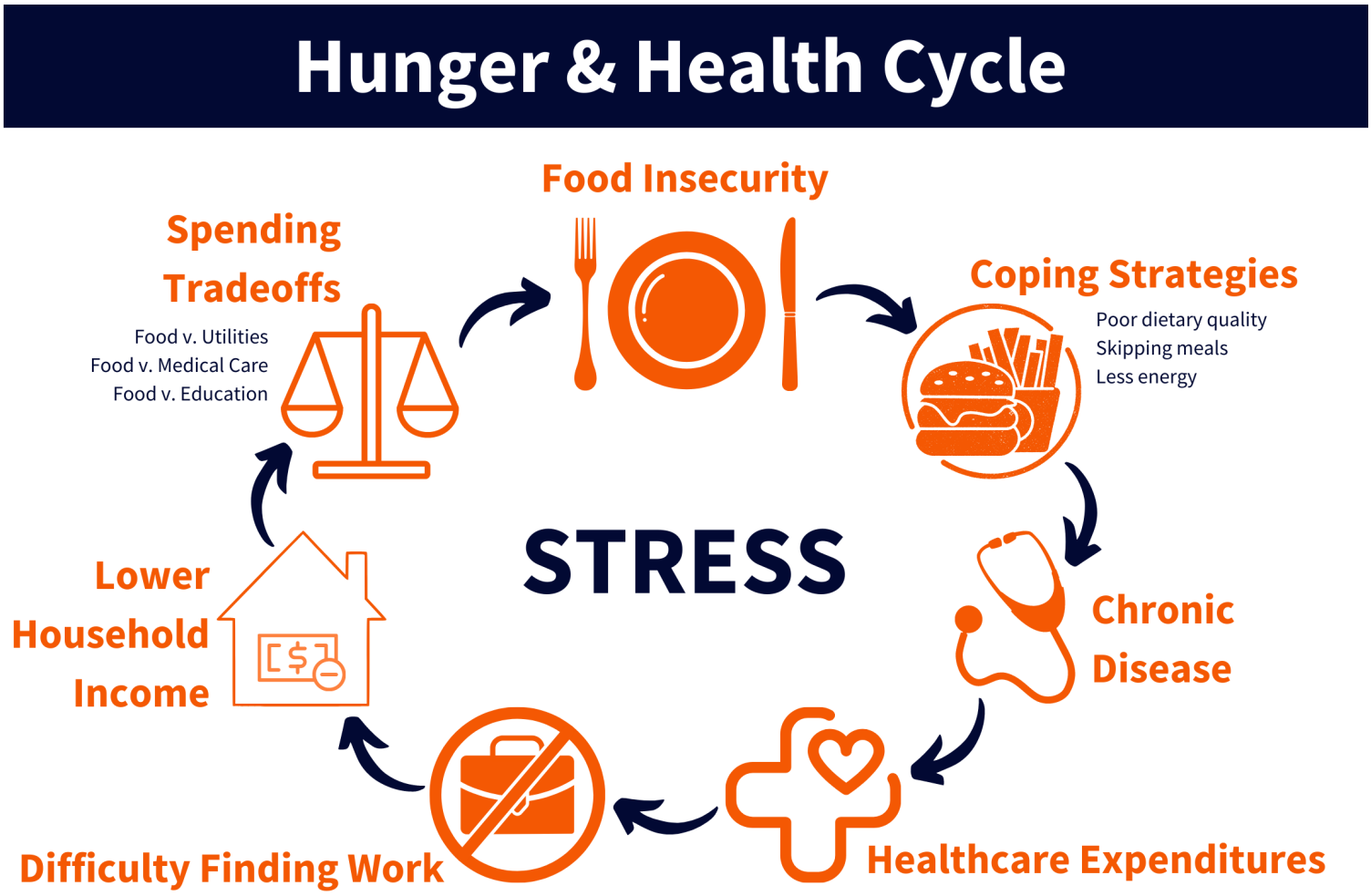
BACKGROUND

The Green Light project began back in 2018 as a program called “Food for Health.” At the time, the Green Light program was being led by University of Illinois College of Medicine Peoria, Bradley University, University of Illinois Extension SNAP-Ed and OSF. The program received funding for a pilot from the Community Foundation of Central Illinois and started in 2 pantries in Peoria, IL.

PURPOSE

A recent study found that food insecure individuals on average spend 19.5% more on healthcare each year than their food secure peers (Palakshappa, et al. 2023). An important piece to all this is food. The food we eat directly impacts our health, and when a person or family is experiencing food insecurity they can get caught in a cycle leading to worsening conditions.

Diagram adapted from Feeding America below includes example of challenges that may be facing food insecure families.



Reference: Feeding America, Map the Meal Gap 2019, https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications_0.pdf

Food insecure families rely on the food available at food pantries to help sustain their family. The traditional, non-perishable items often found in pantries can definitely help provide food to those in need; however, we know that some of these items are not going to be the best choices to support the health of our neighbors in need. This is even more important for those dealing with diet related chronic diseases, such as hypertension or diabetes.

The Green Light project recognized this issue in the community and hoped to encourage healthier food options to families as well as help boost the availability of healthy foods in the pantry.

SET UP

GREEN LIGHT LABELING

The Green Light project utilizes a labeling system within the pantry to classify foods as 'green' or healthier options. These standards were originally built off the Foods to Encourage standards from Feeding America and now continue to utilize similar standards aligned with Healthy Eating Research. The program also developed stricter standards for disease friendly labels for diabetes, hypertension, and heart disease.

These labels help pantry guests to identify healthier options without needing to read individual nutrition labels. Based off of a stoplight idea - green or go foods contain the most nutrients to help keep your body healthy. Disease specific labeling goes one step further to identify key nutritional needs associated with the chronic condition.

To determine if a food is a Green Light food, the nutrition label is read on an individual food item. If it meets the required parameters, the food can then be labeled with a green sticker or tag. If a food is a Green Light food, then the disease specific parameters can also be checked to see if it may be Heart Healthy, Diabetes Friendly and/or Hypertension Friendly.

RATHER WATCH A VIDEO TO LEARN ABOUT GREEN LIGHT?

Find a video detailing the program online:

go.illinois.edu/greenlight

GREEN LIGHT PARAMETERS

Below is a quick run through of the parameters for labeling. Criteria is per serving size and each item must meet all criteria.

GREEN LIGHT LABEL

Step one - figure out if your food item is a Green Light food!

Never count:

- Ingredients including the word “hydrogenated”
- Trans fat
- Less than 100% Fruit/Vegetable Juice (ex: 82% Juice)
- 2% or whole/full fat versions of dairy

If it passes this test then move on to looking at the following items on the nutrition fact label.

Saturated Fat:

- < 2 grams
  - Cheese may be counted if < 3 grams
  - Mixed dishes < 3 grams

Sodium:

- < 230 mg

OR

- Canned vegetables with salt can be rinsed
- Breads per serving < 300 mg
- Beans, meat, poultry, seafood, dairy may be counted if < 480 mg
- Mixed dish may be counted if < 480 mg

Fiber:

- Cereal: over 3 grams
- Bread & Pasta: Over or equal to 2.5 grams

Total Sugar:

Fruit

- Lite syrup OR
- 100% fruit juice OR
- <12 grams total sugar

Grains

- Cereal: < 12 total grams OR
  - If no label: sugar is 3rd ingredient or after
- Bread & Pasta: < 6 grams total sugar

Nut Spreads

- < 6 grams total sugar

Dairy

- < 22 grams total sugar for milk
- < 30 grams total sugar for yogurt

IF YOUR FOOD ITEM PASSES ALL CRITERIA IN THESE STEPS – YOU CAN LABEL THE FOOD AS A GREEN LIGHT FOOD!

CHRONIC CONDITIONS GUIDELINES

If your food was a Green Light food, then it could also be considered a chronic disease friendly food! Use the guidelines below to see if it would meet the additional guidelines.

Hypertension Friendly:

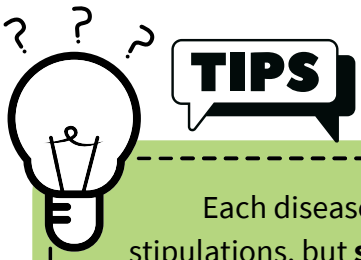
- Sodium < 120 mg
- Saturated Fat < 1 g (< 5% DV)

Heart Healthy:

- Sodium < 120 mg
- Saturated Fat < 1 g (< 5% DV)
- Fiber > 2.5 g (10% DV)

Diabetes Friendly:

- Fiber > 5 grams (20% DV)
- Added sugar < 2.5 g (< 5% DV)



Each disease friendly label has it's own stipulations, but **sodium, saturated fat and fiber** are good places to start looking to quickly qualify or disqualify a food from labeling!

YOU CAN LABEL THE FOOD FOR EACH DISEASE SPECIFIC CONDITION WHOSE GUIDELINES ARE MET!

EDUCATIONAL SUPPORTS

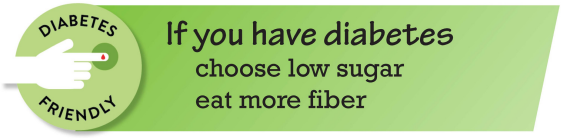
In addition to labeling food, there are many other educational supports that have been developed including educational posters, flyers, nudges, stickers, etc. These resources can help to inform guests about the Green Light project, & why it is important. If you are interested in implementing Green Light and would like any of these resources please contact Illinois SNAP-Ed Educator, Rebecca Crumrine: racrumri@illinois.edu.

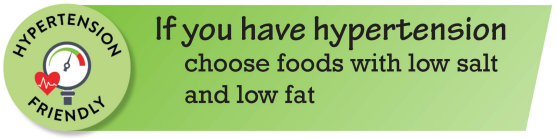
A FEW EXAMPLES

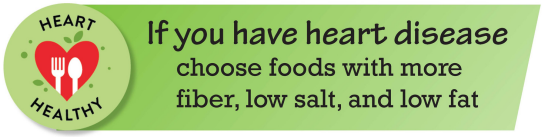
Why choose greenlight:
Helps relay why greenlight foods are important could be used as a poster or flyer in the pantry.

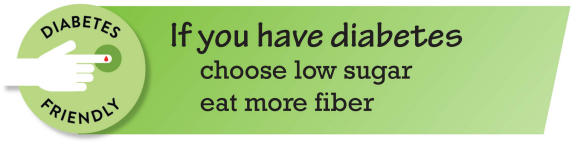
Eat for Health Stoplight:
Helps show foods across the spectrum from red to green in relation so go, slow & whoa food options.

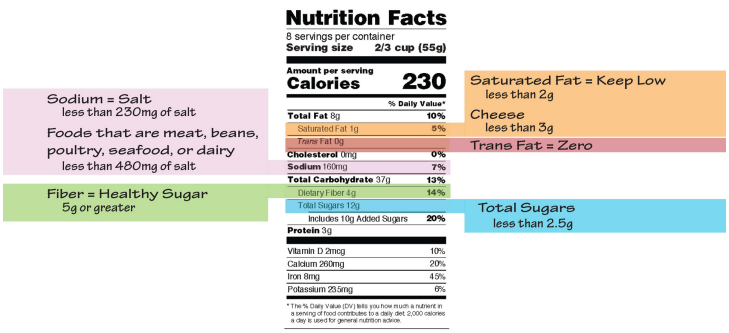
Chronic Condition Guidelines Education:
Helps show foods across the spectrum from red to green in relation so go, slow & whoa food options.











PANTRY SUPPORTS

Educational resources and trainings for pantry staff/volunteers with Green Light are also available! Reach out to Rebecca with any needs.

GREEN LIGHT FOOD ITEM LIST

HEALTHY FOOD ITEMS

When considering what foods to have on hand to have the best chance of stocking Green Light food options at your pantry, you can use the "Go Green" shopping list developed for the project. This list features shelf-stable, healthier food options from each area of MyPlate. It also encourages people to look for certain characteristics for those food items such as fruit canned in 100% juice and vegetables canned in no salt. The "Go Green" list has been used for preferred food drives in the community and has been implemented as a donation list for feeding agencies. The items chosen aligned with traditionally Green Light food items and the list was refined by a local group of pantries to make sure it aligned with their wants and needs.

Go Green!

Shopping List

Support your local food pantries by donating the following nutritious foods!

Fruits

Canned

- Mandarin Oranges
- Peaches
- Pineapple
- Pears
- Mixed Fruit

Other

- Fruit Cups
- Applesauce
- Raisins/Dried Fruit
- 100% Fruit Juice

No Added Sugar — OR — Packed in 100% Juice

Vegetables

Canned

- Carrots
- Peas
- Corn
- Mixed Vegetables
- Tomatoes
- Canned Soups
- Spaghetti Sauce

Other

- Dried/Dehydrated Vegetables, no fat added
- 100% Vegetable Juice

Low Sodium — OR — No Added Salt

Dairy

- Shelf-stable Lowfat Milk
- Evaporated Milk
- Powdered Milk

Lowfat

Whole Grains

- High Fiber/Low Sugar Cereal
- Whole Grain or Corn Tortillas
- Whole Grain Bread
- Brown or Wild Rice
- Old-Fashioned Oatmeal
- Whole Grain Crackers
- Whole Grain Pasta
- Couscous
- Quinoa

Whole Grains

Proteins

- Canned Tuna (in water)
- Canned Salmon (in water)
- Canned Chicken (in water)
- Unsalted Nuts & Seeds
- Low Sodium Nut Butters
- Trail Mix
- Canned Beans
- Low Sodium Meat Jerky

Low Sodium

ⓘ Look for pop-top cans or pouches!

Food is Medicine!

Green light foods have nutrients to keep your body healthy.

Go Green!

Shopping List

Pantries are often in need of other items to help families - shop the list below!

Herbs & Spices

- Chili Powder
- Garlic Powder
- Onion Powder
- Cinnamon
- Ground Cumin
- Basil
- Oregano
- Paprika
- Pepper
- Red Pepper Flakes
- Cayenne Pepper

Dried + Bottled

Other Food Items

- Canola or olive oil
- Low sodium broth
- Baby Formula
- Baby Food
- Whole Grain Flour

Hygiene Items

- Bar Soap
- Shampoo
- Conditioner
- Feminine Hygiene Products
- Toothpaste
- Toothbrush
- Mouthwash
- Disposable Diapers
- Diaper Wipes
- Diaper Rash Ointment

Small Containers

Household Supplies

- Laundry Detergent
- Dishsoap
- Household Cleaners
- Sponges
- Paper Towels
- Toilet Paper

Questions?

Contact SNAP-Education Educator
Rebecca Crumrine
racrumri@illinois.edu or 217.300.6720

ⓘ **Purchasing smaller containers helps pantry guests transport the hygiene items home.**

Illinois Extension — University of Illinois Urbana-Champaign | Food Pantry Network – HOI | Nourish Your Neighbor | Partnership for a Healthy Community healthyhoi.org

RC 2/2024

FIND & DOWNLOAD THE LIST ONLINE:

go.illinois.edu/donategreen

CREATING FOOD OASIS BUNDLES

WHAT IS BUNDLING

Bundling at a pantry involves displaying or packaging a healthy food item with other foods it is commonly eaten with. It can be an important tool for the pantry as research has shown that bundling works!

1. **Guests are more likely to take foods bundled for convenience**
2. **It encourages guests to choose less movable foods**
3. **It provides recipe and preparation ideas to guests**

HOW TO BUNDLE

Step 1 - Choose a healthy item to create a meal around

- Consider choosing a slow moving item OR a food you have a large stock of
- Questions to consider...
  - If you are trying to create a Green Light or disease specific bundle, does that food fit the parameters?

Step 2 - Create your food bundle

- Choose a recipe using that first food item - check that other ingredients are accessible for the bundle or easily substituted to make a bundle

OR

- Select items that work well with the first item - find a recipe or put together a guide that uses the items in together to create a delicious meal

Step 3 - Choose your bundling style

- Bagged Bundles - bag ingredients and recipe together
  - Mimics popular dinner kits
- Bundle Display - display items and recipe together where guests can easily see (ex. table or desk in waiting area)
  - Great if space is limited
- Shelf/Table Bundles - place items needed to create a meal next to each other in the pantry with a recipe
  - Easy to visualize for guests and less work for pantry

Step 4 - Provide the recipe

- Recipe can be provided with copies for families to take home and/or be posted in the pantry

STYLE EXAMPLES

TOP TIPS FOR BUNDLING!

2–5 IS BEST

Use 2-5 items so bundles are not overwhelming
Start with simple bundles - using fewer items!

THINK DRY GOODS

Bundle shelf-stable and non-refrigerated items
Prompt guests to add additional items!
ex. “Add your choice of protein!”

IT’S OK TO PARTIALLY BUNDLE

You don’t have to bundle every ingredient
Aim for the main components of the meal!

WHAT IS A ‘FOOD OASIS’ BUNDLE

As a way to expand the impact of Green Light, another method for addressing the barriers to healthy eating was developed around the concept of ‘meal kits’ or ‘food bundles.’ The Food Oasis bundles are ‘hypertension and diabetes friendly food bundling’ comprising affordable and shelf-stable ingredients typically found in most pantries. The bundles can be pre-assembled, and they provide quick, easy-to-follow recipes and nutrition education tools to the pantry guest. This can help to simultaneously address the financial, temporal and educational barriers experienced by many food insecure individuals accessing the pantry.

Build out a Food Oasis bundle by following the general tips for bundling above. Just make sure to feature foods that fit into the parameters!

Check out the next couple of pages for examples of potential Food Oasis bundles!

Food Bundling

Choose foods with low salt, low fat and more fiber

Whole Grain Cereal + Dried Fruit + Low sodium Nuts = Trail Mix




Low sodium low fat Cream Soup + Low Sodium Chicken + Brown Rice = Casserole




Canned Tuna/Salmon + Whole grain pasta + Low sodium Vegetables = Tuna noodle Casserole




Whole Grain pasta + Low Sodium Tomato Sauce + Lentils = Spaghetti




Food Bundling

Choose foods with more fiber and lower sugar

DIABETES FRIENDLY

Oats + Dried Fruit + **Nuts** = **Breakfast Oatmeal**



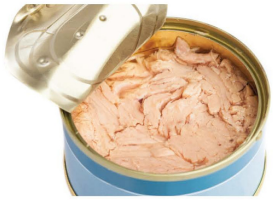

Salsa + **Canned or dried beans** + **Brown Rice** = **Beans & Rice**




Canned Pumpkin + **Peanut Butter** + **Fresh Produce** = **Pumpkin Dip**




Canned Tuna + **Whole Grain Bread** + **Condiments** = **Tuna Salad**




RECIPES

RECIPE RESOURCES

Looking for quick options to bundle your foods? The following offer some great starting points to finding healthy, delicious recipes you could feature in a bundle!

EAT.MOVE.SAVE.

eat-move-save.extension.illinois.edu/eat/recipes

OLDWAYS

oldwayspt.org/recipes

MYPLATE KITCHEN

myplate.gov/myplate-kitchen

CHOPCHOP FAMILY

chopchopfamily.org/recipes/

FOOD OASIS RECIPES

Food oasis recipes were developed around disease friendly bundling options. You can access the full library to download recipes and print online. We have also provided a copy of recipes developed in the next section of the toolkit.

FIND & DOWNLOAD THE FOOD OASIS RECIPES ONLINE:

go.illinois.edu/foodoasis

Fortified Skim Milk

Source of:

- Calcium
- Vitamin D
- Potassium
- Protein

Fortified skim milk contains nutrients which help improve health by:

- ↑ Bone Strength
- ↓ Blood Pressure
- ↓ Risks of nutrient deficiencies

Substitutions

Chicken:

Tuna

Beans

Milk:

Soy Milk

Almond Milk

Add Vegetables:

Food OASIS

Peoria, Illinois

CAJUN CHICKEN PASTA

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

Partnership for a Healthy Community

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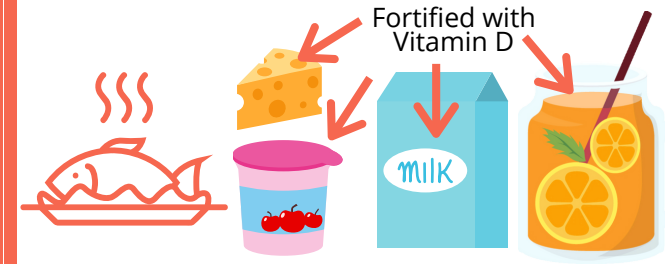
Daily Vitamin D Goal: 15 mcg

Tips

Known as the "sunshine vitamin", your body produces Vitamin D from sunlight! (Caution with long sun exposure.)

Illinois doesn't get enough sun year-round to provide all of your vitamin D needs. Aim to include food sources of Vitamin D in your meals such as salmon, mackerel, and fortified products (milk, yogurt, juice, ad cheese).



Cajun Chicken Pasta

1 can + 1 can + 1 can

1/2 can + 1 Tbsp + 1/2 Box

=

Directions

Boil half a pot of water, then add pasta

Cook pasta for 9-11 mins, stirring occasionally. Once cooked, drain water out.

Pour drained tomatoes, corn, chicken, and milk into pot and stir.

Add garlic powder, Italian seasoning, and pepper and stir. Enjoy!

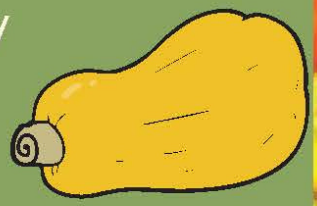
Nutrition Information (serves 6)
1 serving: Calories: 370, Carbs: 67g, Sodium: 200mg, Saturated fat: 1g, Trans fat: 0g

Eat the rainbow

Come el arcoiris

Substitutions / Sustituciones

Yellow Squash / calabaza amarilla



Cherry tomatoes / tomates cherry

Optional Add-Ins / Complementos Opcionales

Cheese / queso

Beans / frijoles

Calabacitas

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Ingredients / ingredientes

2 pounds zucchini, sliced thin or in bite-size cubes / 2 libras de calabacín, en rodajas finas o en cubos del tamaño de un bocado

1 medium onion, chopped / 1 cebolla mediana picada

1 can of tomato with green chiles / 1 lata de tomate con chiles verdes

1 can corn kernels / 1 lata de granos de elote

1/2 tsp Mrs. Dash seasoning / 1/2 cucharadita de condimento Mrs. Dash

1 cup shredded Monterey Jack or cheddar cheese, optional / 1 taza de queso Monterey Jack o cheddar rallado, opcional

Directions

1. In a large skillet over medium heat, add the zucchini, onion, and tomatoes. Cook for 10 to 15 minutes, until the zucchini is well softened. Stir in the corn and Mrs. Dash seasoning, and cook covered for another 10 minutes until all vegetables are tender. (Simmer briefly, until the liquid is reduced by about half.)
2. Serve hot. If using the cheese, scatter it over the calabacitas just before serving.

Direcciones

1. En una sartén grande a fuego medio, agregue el calabacín, la cebolla y los tomates. Cocine de 10 a 15 minutos, hasta que el calabacín esté bien blando. Agregue el maíz y el condimento Mrs. Dash y cocine tapado por otros 10 minutos hasta que todas las verduras estén tiernas. (Cocine a fuego lento brevemente, hasta que el líquido se reduzca aproximadamente a la mitad).
2. Servir caliente. Si usa queso, espárcelo sobre las calabacitas justo antes de servir.

Herbs & Spices

Source of:

- enhancing food's flavor and aroma
- antioxidants

Replacing salt and/or sugar with herbs & spices may help to:

- ↓ blood pressure
- ↓ inflammation
- ↓ blood sugar

Substitutions

Protein:

Tuna

Beans

Gravy:

Pesto

Tomato Sauce

Crackers:

Crushed Nuts & Seeds

Crushed Corn Flakes

Food OASIS

Peoria, Illinois

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CHICKEN PATTIES WITH MUSHROOM GRAVY

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

Daily salt limit:
~2300 mg = 1 tsp salt
(may differ for individuals)

Tips

- Give your meal a flavor boost with fresh basil, pepper or oregano instead of salt
- Spice up your drinks with nutmeg, cinnamon or cocoa instead of sugar
- Look at the sodium (salt) amounts before purchasing herbs & spices. Some are high in salt!

Herb & Spice Blends

- **Italian:** oregano, thyme, garlic powder, fresh rosemary & basil
- **Lemon Pepper:** lemon zest, black pepper, salt
- **Pumpkin Spice:** cinnamon, ginger, nutmeg, allspice

Chicken Patties With Mushroom Gravy

2 cups

+

15 crackers

1 packet

+

1/4 cup

+

1/2 Tbsp

=

Directions

Drain and Shred 2 cups of canned chicken.

Mix 2 Tbsp crushed crackers, 1/4 cup mayonnaise, and 1/2 Tbsp Italian seasoning with chicken.

Form a patty using 1/3 cups of chicken mixture. Repeat to make 6 patties total.

Fully Coat patties with crushed crackers.

Combine 1 cup of water with mushroom gravy packet. Bring to boil and simmer for 1 minute, stirring frequently.

Pan-fry patties with 1 Tbsp oil over medium heat until golden brown (4-5 minutes each side)

Top patties with mushroom gravy and enjoy!

Nutrition Information: (serves 6) 1 patty serving: Calories: 120, Carbs: 9g, Sodium: 470mg, Saturated fat: 0.5g, Trans fat: 0g

Protein

Protein is essential for our bodies to grow & repair itself

Protein helps our bodies by:

- Fighting infection
- Assisting with blood function
- Building & contracting muscles

Substitutions

Penne Pasta:

Chicken:

Vegetables:

Food OASIS

Peoria, Illinois

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WHOLE WHEAT CHICKEN & GREEN BEAN PASTA

HEART HEALTHY

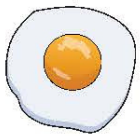
HYPERTENSION FRIENDLY

Individual protein needs may vary

Tips

Limit protein foods that are high in saturated fats such as bacon, processed meats, & sausage


Choose lean sources of protein such as lean cuts of beef, skinless chicken, pork loin, turkey, & eggs




Chicken & Green Bean Pasta

+


+


1/2 box 1 can 1 can

+


+


1 can 1 tsp 1/2 tsp

=

Directions

Boil 1/2 a pot of water.

Add 1/2 box of pasta (water should cover the noodles).

Cook for 12-15 minutes.

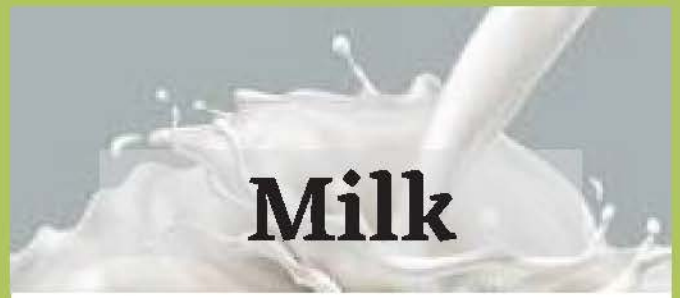
Drain water from the pot.

Drain the tomatoes, chicken, & green beans.

Combine the tomatoes, chicken, & green beans in large pan & heat on low for 5 minutes.

Mix in pasta & enjoy!

Nutrition Information (serves 5) 1.5 cup serving: Calories: 215, Carbs: 40g, Sodium: 145mg, Saturated fat: 0g, Trans fat: 0g



Milk

Good source of:

- Calcium
- Potassium
- Phosphorus
- Vitamin D

Milk can help improve health by:

- ↓ Blood pressure
- ↑ Bone density
- ↑ Bone/teeth strength

Additions

Protein:

Chicken

Tuna

Grains:

Brown rice

Starch:

Mashed potatoes

Seasoning:

Garlic

Mrs. Dash salt free

Food
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GREEN BEAN CASSEROLE

HEART HEALTHY

HYPERTENSION FRIENDLY

Aim to consume low-fat or fat free dairy products.

Tips:

- Use low-fat or fat-free milk as creamer in coffee.
- All cow's milk is fortified with vitamin D
- If unable to drink cow's milk, use milk alternatives like almond milk or soy milk.

Powdered Milk

Place 5 Tbsp powdered milk in a mixing bowl.

Add 1/2 cup water to same bow.

Stir until dissolved.

Green Bean Casserole

2 cans + 1 can + 5 Tbsp to 1/2 cup water

1Tbsp. + 1/8 tsp. + 1 tsp.

=

Directions

Preheat oven to 350 degrees F.

Pour soup, green beans, milk, and seasonings into bowl.

Stir until all combined.

Pour into 8X8 casserole dish.

Bake uncovered for 35 minutes or until hot and bubbly.

Stir bean mixture and enjoy!

Nutrition Information (serves 6) 1 serving: Calories: 55, Carbs: 9g, Sodium: 175mg, Saturated fat: 0g, Trans fat: 0g

Tomatoes

Good source of:

Vitamin C

Potassium

Antioxidants

Contain vitamin C which helps improve health by:

- ↑ immune system
- ↑ iron absorption
- ↑ tissue structure

Substitutions

Chicken:

Vegetables:

Add:

Food

OASIS

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HARVEST CHICKEN MIX

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

Daily Vitamin C goal:
75-90 mg/day

Tips

- Try to eat a variety of fruits and vegetables
- Eat citrus fruits for dessert!
- Opt for frozen fruit if fresh fruit is unavailable

Cooking Options

Stove-top

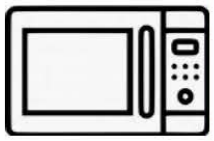
Heat all ingredients over medium heat.

Cook for 5 minutes.

Microwave

Heat all ingredients in microwave-safe bowl.

Cook for 2 minutes.



Harvest Chicken Mix

1 can + 1 can + 1 can

1 can + 1 tsp

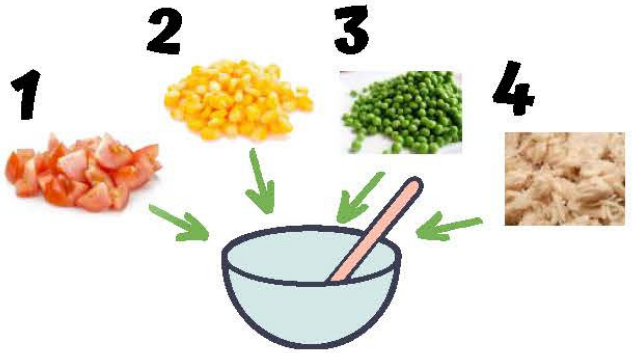
=

Recipe makes 6 servings.

Directions

Drain all canned items.

Combine all cans into a bowl.



Add seasoning.

Mix to combine all ingredients.

Enjoy!

Whole Grains

Good source of:

- Fiber, iron, & magnesium
- B vitamins (provide energy)

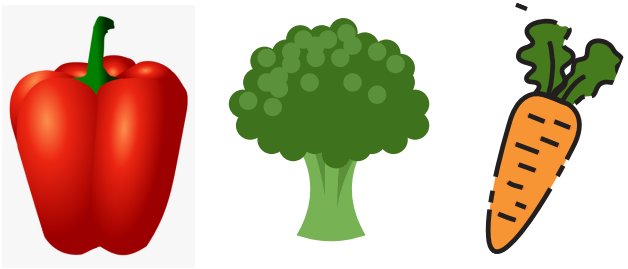
Whole grains may help improve health by:

- ↓ blood pressure
- ↓ inflammation
- ↓ blood cholesterol
- ↓ blood sugar

Substitutions

Tuna:

Vegetables:



Evaporated Milk:

Food OASIS

Peoria, Illinois

CREAMY HERB & TUNA PASTA

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

Make half of your grains whole grains

Look for the whole grain stamp

Refined vs. Enriched

- Refined grains have some protein & nutrients removed
  - Ex: White flour & white rice
- Enriched grains have added some nutrients back into the product but not all that were removed

Creamy Herb & Tuna Pasta

2 packets

+

1/2 can

+

1 can

1/2 box

+

1 Tbsp

=

Directions

Boil 1/2 a pot of water.

Add 1/2 box of spaghetti (water should cover the noodles).

Cook for 9-11 minutes.

Drain water from the pot.

Drain tomatoes and tuna.

Add tomatoes, tuna, & 1/2 can evaporated milk to spaghetti & stir.

Mix in Mrs. Dash seasoning & enjoy!

Nutrition Information (serves 5)
1 serving: Calories: 255, Carbs: 42g, Sodium: 97mg, Saturated fat: 1.5g, Trans fat: 0g

HealthyFats

Examples:

- Salmon, Walnuts, Avocado
- Oils & Nut Butters

Improves health by:

- ↓ blood pressure
- ↓ inflammation
- ↓ blood cholesterol
- ↓ risk of heart attack & stroke

Substitutes

Applesauce:

Peaches:

Peanut Butter:

Food OASIS

Peoria, Illinois

BAKED PEACH OATMEAL BARS

HEART HEALTHY

HYPERTENSION FRIENDLY

Aim for 2 servings of seafood per week

Tips

- Replace foods higher in saturated fat with foods higher in unsaturated fat
- Keep trans fat intake as low as possible

Sources:

- Saturated: Whole-fat dairy products, butter, red meat
- Trans: Look for the ingredient hydrogentated oils

Baked Peach Oatmeal Bars

2 cups

\+

4 ounces

\+

2 cups

2 Tbsp

\+

1 Tbsp

=

Directions

Preheat to 350 degrees F.

Mix the rolled oats and cinnamon together.

Add applesauce, peaches, and peanut butter to same bowl and mix.

Pour mixture evenly into a pan.

Bake for 20 minutes or until edges are golden brown.

Cut into 6 pieces and enjoy!

<u>Alternative Cooking:</u>

Microwave for 4 minutes or until warm.

Nutrition Information (serves 6) 1 serving: Calories: 170, Carbs: 30g, Sodium: 26mg, Saturated fat: 1g, Trans fat: 0g

Fruits

Source of:

- Fiber
- Vitamin C
- Antioxidants
- Potassium

Reaching your recommended fruit intake may improve health by:

- ↓ risk of heart disease
- ↓ blood pressure
- ↓ inflammation

Substitutions

Raisins:

Dried Cranberries

Dried Dates

Peanut Butter:

Almond Butter

Sunflower Butter

Add:

Nuts & Seeds

Chocolate Chips

Food
OASIS
Peoria, Illinois

OAT & RAISIN ENERGY BALLS

HEART HEALTHY

HYPERTENSION FRIENDLY

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Daily Fruit Goal:
1 - 2 cups

Tips

- Make most of your fruit intake whole fruits instead of juice to limit added sugar intake
- Vary your fruit choices by eating at least 2 different colors of fruit per day

Fruit Combo's

- **Very Berry: strawberry,** blueberry, blackberry, raspberry + yogurt
- **Fruit Salsa: tomato,** avocado, mango, lime + onion, salt, pepper
- **Sour Patch Grapes:** green grapes, lime juice

Oat & Raisin Energy Balls

1 cup

+

1 cup

1 cup

+

1/2 cup

=

Directions

Combine all ingredients in a large bowl.

Mix ingredients until well combined.

Scoop enough mixture to fill the palm of your hand.

Shape mixture into a ball.

Repeat scooping and shaping until mixture is gone. Enjoy!

Nutrition Information (10 servings) 1 serving: Calories: 251, Carbs: 20g, Sodium: 114mg, Saturated fat: 2.8g, Trans fat: 0g

Mixed Greens

Good source of:

- Folate
- Potassium
- Vitamin K

Contains folate which helps improve health by:

- ↑ blood health
- ↑ heart health
- ↑ cell health

Substitutions

Tuna:

Pasta:

Mushroom Gravy:

Food OASIS

Peoria, Illinois

SAVORY MIXED GREENS TUNA PASTA

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

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Goal: Try to get at least 400 micrograms of folate per day!

Tips

- Good sources of folate include: Vegetables, lentils, and bananas
- Folate from plant sources is absorbed better
- Check for "folic acid" on food labels

Spice It Up!

Ramp up the flavor by adding some extra seasoning!

Savory Mixed Greens Tuna Pasta

+

1 can 1 can

+

1/2 box 1 packet

=

Recipe makes 6 servings.

Directions

Fill a medium pot 1/2 full with water and bring to a **boil**.

Add the pasta and **cook** 8-12 minutes.

Cook mushroom gravy according to the packet.

Drain pasta and add to bowl. **Add** gravy.

Add tuna and mixed greens to bowl.

Mix to combine all ingredients.

Nutrition Information (serves 6) 1 serving: Calories: 210, Carbs: 36g, Sodium: 400mg, Saturated fat: 0g, Trans fat: 0g

Black Beans

Good source of:

- Fiber
- Potassium
- Calcium
- Iron

Some plant-based foods like beans lack proteins. Combining different plant-based foods in your diet helps you include all proteins.

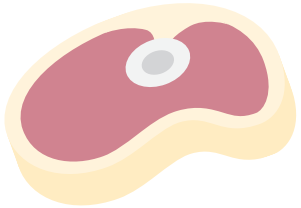

+

= Complete protein

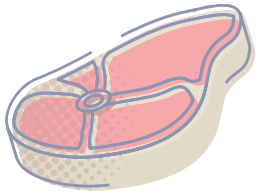
Beans Rice

Substitutions

Chicken:



Pork



Beef

Beans:

Kidney beans

Pinto beans

Seasoning:

Fajita seasoning mix

Mrs. Dash salt-free

Food OASIS
Peoria, Illinois

SOUTHWEST CHICKEN BOWL

DIABETES FRIENDLY
HEART HEALTHY
HYPERTENSION FRIENDLY

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Aim to consume more than 1 plant protein source per meal.

Tips

- Combine plant protein sources (ex: corn & beans, rice & beans)
- Add beans (black, kidney, pinto) to soups & salads.
- Blend beans with garlic, onion, cilantro, & lime juice for a bean dip.

Dry Rice

Place 1 cup of rice and 2 cups water in a saucepan. (makes 4 servings)

Bring to a boil.

Reduce heat and cover.

Cook for 45-50 minutes or until water is absorbed.

Southwest Chicken Bowl

1 can + 1 can + 1 can

2 cans + 2 tsp

=

Optional :
Add 3 cups Rice (cooked)

Directions

Open & drain all cans.

Pour contents of cans into bowl.

Add taco seasoning to the same bowl.

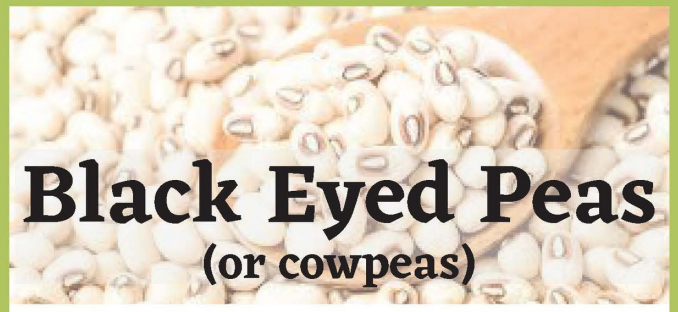
Mix until all combined.

Add cooked brown rice, if desired.

Optional:

- Heat in pan on stove for 5 minutes or until warm
- Heat in a microwave safe bowl for 2 minutes or until warm using a microwave

Nutrition Information: (serves 8) 1 serving: Calories: 180, Carbs: 30g, Sodium: 186mg, Saturated fat: 0g, Trans fat: 0g



Black Eyed Peas
(or cowpeas)

Good source of:

- Thiamin (Vit. B1)
- Folate
- Fiber
- Iron
- Zinc

Black eyed peas can help improve health by:

- ↑ energy metabolism
- ↑ healing & repair
- ↑ immunity

Substitutions

Corn:

Peas

Carrots

Beans:

Black beans

Pinto beans

Seasoning:

Fajita seasoning mix

Taco seasoning mix

Food OASIS

Peoria, Illinois

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TEXAS CAVIAR

DIABETES FRIENDLY

HEART HEALTHY

HYPERTENSION FRIENDLY

Choose animal products & zinc-enriched grains/cereals to meet zinc needs.

Tips

- Combine black eyed peas with brown rice.
- Add black eyed peas to soups & salads.
- Meal idea: mix black eyed peas with rice, vegetables, & your favorite seasonings.

Dry Black Eyed Peas

Rinse & Place black eyed peas in saucepan with water covering black eyed peas by several inches.

Simmer and cover until tender or about 1 hour.

Use in any recipe that calls for dry or canned black eyed peas

Texas Caviar

1 can + 1 can + 1 can

1 can + 1 tbsp + 3 tbsp or 3 packets

25 crackers =

Directions

Open & drain all cans.

Pour contents of cans into large bowl.

Add cajun seasoning & lemon juice to the same bowl.

Mix until all combined.

Serve with saltine crackers. Enjoy!

Lentils

Good source of:

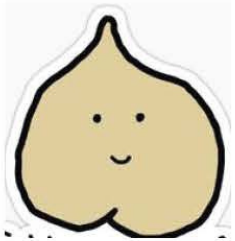
- calcium, iron & potassium
- protein & fiber

Contain fiber which helps improve health by:

- ↓ blood pressure
- ↓ inflammation
- ↓ blood cholesterol
- ↓ blood sugar

Substitutions

Lentils:



Chickpeas/ Garbanzo Beans

Beans

Vegetables:

Peanut Butter:

Food OASIS

Peoria, Illinois

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VEGETARIAN SHEPHERD'S PIE

HEART HEALTHY

HYPERTENSION FRIENDLY

Daily fiber goal: 25-30 grams

Tips

- Mix lentils in pasta, rice, soup, or salad!
- Look for foods that have greater than 5 grams of fiber per serving

Dry Lentils

Rinse 1 cup of lentils (makes 5 servings)

Boil 3 cups of water

Reduce heat

Cook for 15-20 minutes

Vegetarian Shepherd's Pie

1 can + 1 can + 1 can

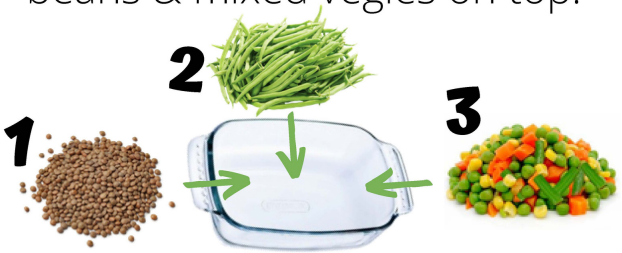
1 1/3 cup + 1 Tbsp

=

Directions

Preheat to 350 degrees F.

Drain all canned items. Pour lentils into dish, add green beans & mixed vegies on top.



Boil 2 1/2 cups of water. In a large bowl, mix mashed potato flakes, peanut butter, & spices.

Scoop mashed potato mixture into the dish on top of the lentils & vegetables.

Bake for 25 minutes.

Spice Packet Recipes

Taco Seasoning: 40-2T portions (Sodium 125 mg/1 tsp)

1 ¼ cup Chile Powder

½ cup Cumin

7 Tbsp Black Pepper

3 ½ Tbsp Paprika

1 ½ Tbsp each of Garlic Powder, Onion Powder, Red Pepper Flakes, Oregano

1 Tbsp Salt

Cajun Seasons 35-2T portions (Sodium 55 mg/1tsp)

1 cup each Garlic Powder, Oregano, Paprika

½ cup each Black Pepper, Cayenne, Thyme, Onion Powder

½ Tbsp Salt

(Tip: can substitute Italian Herbs for the Oregano and Thyme)

Cinnamon and Other spices: Tip buy in bulk and divide into small snack bags for recipes

ABOUT HEAL FOOD SYSTEM PARTNERS

PROJECT PURPOSE:

To develop a community-based model of integration leveraging the strengths of numerous existing food systems programs whose primary mission is to improve the emergency food system by increasing healthy food access, advancing community education, and creating agricultural and community development opportunities using existing services and programs.

3 Project Objectives:

Objective 1: Increase Healthy Food Access

Objective 2: Advancing Community Education

Objective 3: Creating Economic, Community and Agricultural Development Opportunities

HEAL: Food System Partners have 4 established teams who work at achieving the 3 project objectives.

Team 1: Increasing Access

Team 2: Nutrition Education & Family Stabilization

Team 3: Pantry Technical Assistance

Team 4: Food Policy

Partnership for a Healthy Community
healthyhoi.org

Have questions or want to get involved? **Contact Amy Fox - afox@tchd.net**

QUESTIONS & REFERENCES

Please feel free to reach out to one of our HEAL FSP Team 2 co-leads at the following:

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