aramark | American Heart Association® life is why™

GS2 GROCERY SHOPPING

Pantry Makeover

Time: 70 Minutes

Having a healthy, stocked pantry can solve a meal challenge in a flash. Learn how to choose items for your pantry that are delicious, have a long shelf life and can be used to make easy and nutritious meals. Select heart-healthy staples from a mock pantry and transform them into a tasty family dinner.

OBJECTIVES:

Learn how to stock a pantry with affordable heart-healthy items for meals.

Create a meal using heart-healthy pantry items.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up demo station with the necessary activity resources.
- Offer provided recipe or select another from the AHA website that uses heart-healthy kitchen staples for the activity.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Play video(s) or demonstrate content (see demo script). *10 Minutes*

ACTIVITY

- Participants will create a delicious and nutritious meal using heart-healthy staples selected from a mock pantry. *20 Minutes*

RECAP

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*

NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

This Healthy for Life Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 by 20 Initiative. We are proud to be working together to help improve the health of all Americans.

Pantry Makeover Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org/healthyforlife.

- ❑ Pantry Makeover demo video
- ❑ Black-Eyed Pea, Corn and Rice Salad recipe OR heart-healthy recipes
- ❑ Get Fresh with Fruits & Vegetables handout (please locate in this guide)
- ❑ Kitchen Heart-Healthy Essentials handout (please locate in this guide)
- ❑ Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- ❑ Chairs and tables for participants
- ❑ Demo table
- ❑ Pens for participants
- ❑ Folders
- ❑ Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- ❑ 1 31 oz. can low-sodium or no-salt-added black-eyed peas
- ❑ 1 15.25 oz. can low-sodium or no-salt-added whole-kernel corn
- ❑ 1 8.8 oz. package brown rice
- ❑ 2 stalks celery
- ❑ 1 bell pepper
- ❑ 1 Tbsp. olive or canola oil
- ❑ 1 Tbsp. water
- ❑ 2 Tbsp. lemon juice or any type of vinegar
- ❑ ¼ cup chopped, fresh parsley ***or***
  1 Tbsp. dried parsley
- ❑ ⅛ tsp. black pepper
- ❑ Chef's knife
- ❑ Cutting board
- ❑ Measuring cups/spoons
- ❑ Can opener
- ❑ Large bowl
- ❑ Bowls (for tasting)
- ❑ Forks (for tasting)
- ❑ Wooden spoons (for mixing)
- ❑ Microwave ***or*** rice cooker ***or*** electric burner and pot with lid (choose one appliance to cook the rice; microwaving is the fastest method)
- ❑ Optional: If available, use sinks and supply colander to rinse and rinse the canned vegetables.

**Recipe serves 6 people; please multiply ingredients as necessary for your participants.*
***Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.*

Pantry Makeover Demo Script

Use if video capabilities are unavailable.

SAY: For hassle-free healthy meal prep, be prepared with a stocked pantry. This means having basic heart-healthy ingredients in your cabinets, fridge and freezer.

Having a stocked pantry can save you time and worry during those busy days and weeknights when you don't have a chance to pick up groceries. Keep these items on hand for unplanned but nutritious meals.

SAY: Stock your pantry or cabinets with the following ingredients:

Always have "dinner builder" items such as beans, tuna, chicken, tomatoes and marinara sauce, to start a meal easily.

For grains, buy whole-grain pastas in a variety of shapes. Also consider keeping brown rice and other easy-to-make whole grains like bulgur, couscous, and quinoa. Old-fashioned rolled oats are also handy for a quick oatmeal breakfast.

For baking, whole-wheat flour or spelt flour can often be substituted for white flour. Cornmeal is also a great option for anything from muffins to pancakes.

For healthy snacking, buy nuts, seeds and low-fat nut butters.

For salad dressings and sauces, consider balsamic vinegar and low-sodium soy sauce.

Low-sodium chicken or vegetable stock can be used for soups. You can also add canned vegetables to soups or use them for easy sides and in sauces.

SAY: If you purchase fresh produce, make sure to store it properly.

For example, keep fruits and vegetables like onions, garlic, hard squash, and sweet potatoes in a cool, dark place like your pantry or cellar.

On your countertop, you can store bananas, citrus fruit, and tomatoes away from sunlight, heat and moisture.

In your refrigerator, you can store most of your other fruits and vegetables in plastic bags with holes.

It's also important to keep fruits like apples and bananas separate because they give off ethylene gas and can make other produce ripen and rot faster.

Fruits and vegetables should also be stored separately from each other.

If you purchase canned fruits look for those canned in water or juice, not syrup.

For canned vegetables look for no-salt-added.

Purchase frozen fruit and vegetables without added sauces as great additions to smoothies or as key ingredients to your meal.

Dried fruits are also great for snacking.

During meal preparation and cooking, use non-tropical vegetable oils like canola and olive.

Dried herbs and spices or salt-free seasoning blend can add instant flavor to your meals. Fresh rosemary is a great addition when roasting poultry and vegetables.

SAY: For your fridge and freezer there are a few key essentials to always have:

Fat-free/low-fat dairy products including milk, yogurt and cheese. Soft margarine with no trans fat.

Non-breaded, frozen fish fillets, chicken breasts or lean and extra-lean meats can be kept in the freezer for a quick meal.

SAY: When you are building your stocked pantry, compare nutrition labels, and choose products with the lowest amounts of sodium, added sugars, saturated fat and trans fat.

You can also look for the Heart-Check mark to easily identify foods that can be part of your heart-healthy eating plan.

Pantry Makeover Activity Script

Divide participants into teams to practice cooking an easy and nutritious meal from heart-healthy kitchen staples.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

SAY: Before we get started cooking today, who can tell us which of the ingredients you grabbed are heart-healthy staples to include in your pantry?

Pause, wait for response(s).

SAY: This healthy dish will show you how easy it is to make a tasty, nutritious salad using a few ingredients!

Remind participants to share the following ingredients with one another: the olive/canola oil, lemon, parsley and black pepper.

SAY: Once everyone is done making the recipe, divide it into tasting cups and share with your team.

Black-Eyed Pea, Corn and Rice Salad

Per serving:
231 Calories
0.5 g Sat. Fat
62 mg Sodium
$1.45

Makes 6 servings

This quick, hearty, no-cook bean dish takes advantage of a well-stocked pantry.

INGREDIENTS

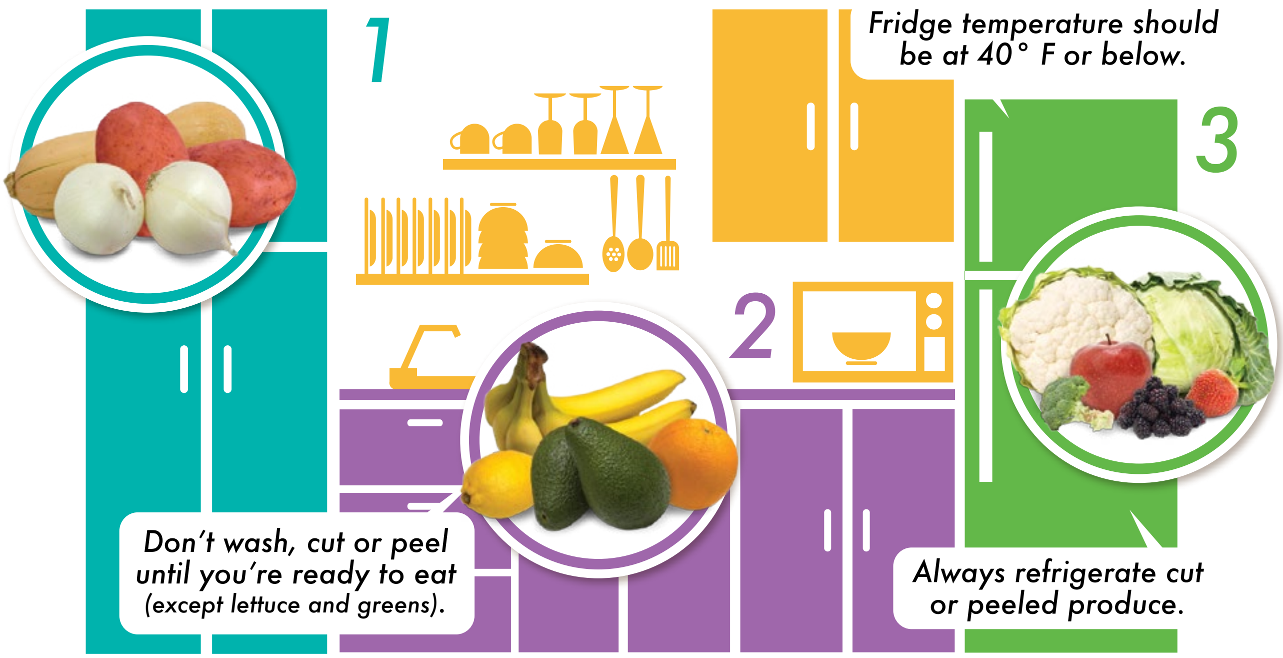
- ❑ 1 31 oz. can low-sodium or no-salt-added black-eyed peas, rinsed and drained
- ❑ 1 15.25 oz. can low-sodium or no-salt-added whole-kernel corn
- ❑ 1 8.8 oz. package brown rice (broken into small pieces)
- ❑ 2 stalks celery, chopped
- ❑ 1 bell pepper, seeded and chopped
- ❑ 1 Tbsp. olive or canola oil
- ❑ 1 Tbsp. water
- ❑ 2 Tbsp. lemon juice or any type of vinegar
- ❑ ¼ cup chopped, fresh parsley ***or***
  1 Tbsp. dried parsley
- ❑ $^{1}/_{8}$ tsp. black pepper

DIRECTIONS

1. Put all the ingredients in a large bowl.
2. Stir to combine. Serve.

KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables.



1 PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS

HARD SQUASH
(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS

WATERMELON

The American Heart Association recommends 4 servings of fruit and 5 servings of vegetables per day.

EAT SMART ADD COLOR MOVE MORE BE WELL

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2 COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

3 REFRIGERATOR

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

EAT SMART ADD COLOR MOVE MORE BE WELL

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KITCHEN HEART-HEALTHY ESSENTIALS

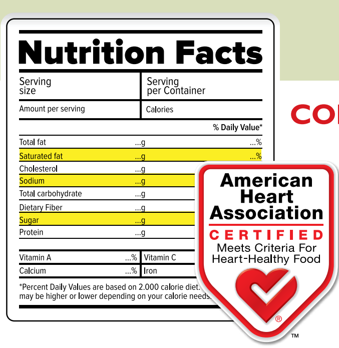
FOR HASSLE-FREE HEALTHY MEAL PREP, be prepared with a stocked pantry. This means always having some basic ingredients in your cabinets, fridge and freezer.

CABINETS & PANTRY

- **Canned "dinner builder" items** — beans, tuna, salmon, chicken, tomatoes and marinara sauce
- **Canned vegetables** — for easy sides and adding to soups and sauces
- **Whole-grains** — brown rice, bulgur, couscous and quinoa
- **Healthy cooking oils** — Nontropical vegetable oils like canola and olive.
- **Whole-grain bread** — store extra in the freezer
- **Old-fashioned rolled oats** — for a quick oatmeal breakfast
- **Whole-wheat flour** — spelt flour, and cornmeal for baking
- **Nuts, seeds and low-fat nut butters** — for healthy snacking
- **Balsamic vinegar and low-sodium soy sauce** — for salad dressings and sauces
- **Low-sodium chicken or vegetable stock** — for soups
- **Dried herbs and spices** — or salt-free seasoning blend

FRIDGE & FREEZER

- **Non-fat/low-fat dairy products** — like milk, yogurt and cheese
- **Soft margarine with no trans fat** — (made with non-hydrogenated vegetable oils, usually in a tub)
- **Non-breaded, frozen fish fillets, chicken breasts or lean and extra-lean meats**
- **A good variety of frozen vegetables and fruits** — without salty sauces or sugary syrups



COMPARE NUTRITION LABELS

- **Choose products** with the lowest amounts of sodium, added sugars, saturated fat and trans fat.
- **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan.

Proudly working together to improve the health of Americans 20% by 2020.

Setting SMART Goals

Specific

- What exactly do you want to accomplish?

Measurable

- How will you track your progress towards your goal?

Achievable

- Is reaching your goal possible with your full effort?

Realistic

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

Time-Bound

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:

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