



# Healthy Returns Donations Information

**About Healthy Returns:** Healthy Returns brings healthy meals and snacks to about 40 agencies serving low-income children in the Washington DC area. The program gives priority to agencies that focus on empowering life-skills including mentoring, apprenticeship, continuing education, counseling, nutrition and health education as well as job readiness skills.

In addition to healthy food, the program provides nutritional education. Through interactive and fun lessons, children are taught the skills that will enable them to make healthy food choices throughout their lives.

**Recipes:** In these pages, you will find lots of nutritious recipes that have proven popular with our clients in the past. Each recipe has detailed serving-size information that we ask you to follow.

You are welcome to use a personal recipe, but please provide us with the ingredient list so that we can keep our clients informed. Also, please keep in mind that Healthy Returns emphasizes nutritious food. That means, avoid candy, cookies and other sweets if you choose your own recipe.

**Food-handling Directions:** All participants **must** wear plastic gloves and hairnets or caps while handling food. Latex or plastic gloves can be purchased at your local Costco.

All participants must wash hands with hot water and soap for a minimum of 20 seconds prior to putting on gloves.

## 1. Snack Mixes

Although these mixes are traditionally known as gorp, “good old-fashioned raisins and peanuts,” we recommend adding more creative ingredients to make a fun and healthy snack for Healthy Returns participants.

### **General directions for all snack mixes:**

- Due to the large volume of clients DC Central Kitchen serves, we require that you make a **minimum of 100 servings** of snack mix. There is no maximum.
- All snack mixes should be individually portioned into Ziploc sandwich bags.
- Use a 6-8oz.cup to measure proper portions size. Bags should be about half-way full.
- This project is good for groups of any size. No baking required.



### A. Basic Trail Mix

(Recipe makes 6-8 servings)

Ingredients:

- 4 C. Whole grain cereal
- ½ C. Dried Fruit
- ½ C. Raisins
- ½ C. Peanuts or other assorted nuts
- ½ C. M&M's or chocolate chips

**Fun Fact:** Nuts, such as peanuts and almonds, are chock full of protein, fiber, and antioxidants. While nuts are high in fat, they contain heart-healthy mono- and polyunsaturated fats, which the body requires to properly absorb nutrients.

### B. S'mores Campfire Crunch

(Recipe makes 7-9 servings)

Ingredients:

- 2 C. mini pretzels
- 2 C. chocolate graham cracker cookies
- 1 C. mini marshmallows
- 1 C. peanut butter chips
- 1 C. mini chocolate chips

**Fun Fact:** The graham flour used in graham cracker cookies is actually coarse, fiber-rich whole grain wheat flour.

### C. Zoo-licious Animal Feed

(Recipe makes 6-8 servings)

Ingredients:

- 2 C. animal crackers
- 1 C. dry-roasted peanuts, sliced almonds or pecans
- 1 C. banana chips
- 1/2 C. sunflower seeds
- 1/2 C. sweetened or unsweetened coconut
- 1 C. cheese flavored fish crackers

**Fun Fact:** Nabisco has included 54 different animals in its animal crackers since beginning its production of the cookies in 1902. Only lions, tigers, bears, and elephants have survived the 100+ years-oh my!

### D. Chocolate Popcorn Mix

(Recipe makes 5-7 servings)

Ingredients:

- 2 C. spoon-size shredded wheat cereal
- 2 C. popped popcorn
- 1 C. dried cranberries
- 3 Tbsp. milk chocolate chunks

**Fun Fact:** Cranberries are one of the few fruits native to North America. Others include the blueberry and the Concord grape.

Toss cereal and popcorn into a large bowl. Place the cranberries into a small bowl. Melt the chocolate as directed on the package, and stir. Pour the chocolate over the cranberries and mix lightly. Add the chocolate cranberries to the cereal mixture, and toss lightly. Spread the mix into a single layer on a large piece of wax paper. Let it cool completely before serving.

## 2. Granola Bars

Granola bars make an easy grab-and-go snack for active Healthy Returns participants. These healthy treats will help the children keep their energy up and their high fructose corn syrup intake down.



### General directions for all granola bars:

- Due to the large volume of clients DC Central Kitchen serves, we require that you make a **minimum of 200 servings** of granola bars (about 13-14 pans). There is no maximum.
- Granola bars should be portioned into 4 inch x 1 ½ inch pieces, weighing roughly 1 ounce.
- Wrap each portion in saran wrap or foil or place each bar in a sandwich baggie.
- Store granola bars in the refrigerator.
- This project is best suited for a large group with access to many ovens and a refrigerator.

### A. Tropical Fruit Granola Bar

(Recipe makes about 15 bars)

Ingredients:

3/4 cup brown sugar

1/4 cup honey

1/4 cup real maple syrup

1/4 cup water

1 tsp. salt

1 tsp. ground cinnamon

1/2 cup butter

3 cups rolled oats

1 cup sliced almonds or chopped macadamia nuts

1 cup coconut flakes

1/4 cup sesame seeds

1/3 cup finely chopped crystallized ginger

1 cup tropical mixed dried fruit

1 cup raisins, or dried cranberries or combination of both

**Fun Fact:** While ginger has been used for centuries to treat nausea and indigestion, here we used crystallized ginger to add a spicy-sweet note to our granola bars. Try some of the crystallized ginger – it's delicious!

In a large saucepan, combine sugar, butter, honey, water, maple syrup and salt. Bring to a simmer and cook five minutes. Stir in oats, nuts and sesame seeds. Cook stirring frequently for 15 minutes, adding cinnamon towards end of cooking time. Remove pan from heat and add fruit, ginger and coconut. Spread into a baking sheet, lined with parchment or waxed paper. Place a piece of wax paper over mixture and roll out (using a rolling pin or greased can/jar). When mixture is spread evenly remove wax paper and score into desired size bars. Let cool in pan for 30 minutes. Break off along scored lines into bars.

### B. Sports Bar with Dried Fruit and Peanut Butter

(Recipe makes about 10 bars)

Ingredients:

Nonstick vegetable oil spray

3 cups puffed whole grain cereal (such as Kashi)

1/2 cup walnuts, chopped

1/4 cup chopped pitted dates

1/4 cup chopped dried tart cherries

1/4 cup raisins

1/3 cup creamy peanut butter

**Fun Fact:** Dried dates may taste like candy, but, unlike other sweets, these fruits of the date palm tree will not rot your teeth. Instead, they will help your teeth stay strong. The fluorine found in dates strengthens tooth enamel.



1/4 cup honey  
1/4 cup light corn syrup

Preheat oven to 350°F. Spray 9-inch square metal baking pan with nonstick spray. Mix cereal, walnuts, dates, cherries, and raisins in medium bowl. Combine peanut butter, honey, and corn syrup in heavy small saucepan. Bring to boil, whisking constantly until mixture bubbles vigorously and thickens slightly, about one minute. Pour peanut butter mixture over cereal mixture in bowl; stir to blend. Transfer mixture to prepared pan; press to compact. Bake until just golden around edges, about 10 minutes. Cool completely. Cut into bars.

### C. Granola Bars

(Recipe makes about 15 bars)

Ingredients:

2 cups granola  
2 cups old-fashioned oatmeal  
1 cup raisins or chopped dried apricots  
1 cup sunflower or sesame seeds  
1/2 cup peanuts, broken or chopped  
1 cup honey  
1/2 cup peanut butter  
2 eggs, beaten  
4 tbsp. margarine

**Fun Fact:** Did you know that a peanut is not actually a nut, but a legume, a relative of beans and lentils?

Butter a nine-inch square baking pan. Mix the dry ingredients in a bowl or brown paper bag. Combine the honey and peanut butter in a large saucepan over medium heat, stirring with a wooden spoon until smooth and liquid. Add the beaten eggs slowly (or they'll separate), stirring continuously until the mixture begins to boil. Remove from the heat, stir in the margarine, and then let cool to room temperature. Add the granola mixture to the saucepan and stir to coat evenly. Spoon into your prepared pan and smooth by using the back of a spoon or your hand. Refrigerate covered for at least two hours before cutting into squares. Store in the refrigerator.

### D. Playground Granola Bars

(Recipe yields 15 bars)

Ingredients:

2 cups rolled oats  
3/4 cup packed brown sugar  
1/2 cup wheat germ  
3/4 teaspoon ground cinnamon  
1 cup all-purpose flour  
3/4 cup raisins (optional)  
3/4 teaspoon salt  
1/2 cup honey  
1 egg, beaten  
1/2 cup vegetable oil  
2 teaspoons vanilla extract

**Fun Fact:** While honey has more calories than sugar does (due to its denser nature), it has greater nutritional value than ordinary sugar because it is less processed.

Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the



center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for five minutes, and then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

### 3. Quick Breads

Health breads are great way to give children fruits and vegetables without them even knowing it. For more tips on how to pack your foods with other hidden, healthful ingredients, visit: <http://www.thesneakychef.com/>

#### General directions for all quick breads:

- Due to the large volume of clients DC Central Kitchen serves, we require that you make a **minimum of 100 servings** of quick bread (about 8-12 loaves). There is no maximum.
- Loaves should be divided into individual portions. One portion is a 6-8oz. slice, roughly 1-inch thick.
- Wrap eat portion in saran wrap or foil or place each slice in a sandwich baggie.
- This project is best suited for a large group with access to many ovens.

#### A. Zucchini Bread

(Recipe yields 8-10 servings)

Ingredients:

- 3 eggs well beaten
- 1 cup oil (corn, canola, etc. - just not olive oil)
- 1 1/3 cup white sugar
- 3 teaspoons vanilla
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 1/2 teaspoons cinnamon
- 3 cups all purpose flour
- 2 cups grated zucchini - drain the juice
- 1/2 cup chocolate chips (optional)

**Fun Fact:** Botanically speaking, the zucchini is a fruit, meaning it is the swollen ovary of a zucchini flower (as evidenced by the seeds inside). But in the culinary world, a zucchini is considered a vegetable because of its savory, not sweet taste. These delicious loaves demonstrate that sometimes it's okay to have vegetables for dessert!

Mix all ingredients and pour into loaf pan. Bake at 325 degrees for 1 1/2 hours (check about 5-10 minutes before).

#### B. Banana Bread

(Recipe yields 8-10 servings)

Ingredients:

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter or margarine
- 1/2 cup sugar

**Fun Fact:** The riper the bananas, the sweeter the bread. That's because as a banana ripens, its starch is converted into sugar, giving it a sweeter taste. Bananas not ripe yet? Place them in brown paper bag overnight to speed up the ripening process.



- 1 cup mashed, ripe bananas (2 medium or 3 small bananas)
- 3 tablespoons skim milk or low-fat yogurt
- 1 teaspoon vanilla
- ½ cup walnuts, raisins, chocolate chips (optional)

Stir flour, baking powder, baking soda and salt together and set aside. Cream the sugar and butter or margarine. Add banana, milk or yogurt, and vanilla. Mix well. Blend in dry ingredients. Stir in nuts, raisins, or chocolate chips if desired. Bake in a greased 9x5-inch baking pan at 350 degrees for about 45-minutes or until the top is firm and golden brown.

### C. Pumpkin Bread

(Recipe yields 8-10 servings)

Ingredients:

- 2 cups sugar
- 1 15-ounce can solid pack pumpkin
- 1 cup unsweetened applesauce
- 1/2 cup egg substitute
- 3 1/3 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg or allspice
- 1 cup chopped nuts, chocolate chips or raisins (optional)

**Fun Fact:** Canned pumpkin is not just for Thanksgiving. Try adding a can of pumpkin to a store-bought brownie mix (in place of water, oil, and eggs). It's a healthier option and it tastes great!

In a mixing bowl, combine the sugar, pumpkin, applesauce and egg or egg substitute; mix well. Combine the flour, cinnamon, baking soda, baking powder, salt and nutmeg; gradually add to pumpkin mixture and mix well. Stir in nuts or raisins if desired. Pour into two 8-inch x 4-inch x 2-inch loaf pans coated with nonstick cooking spray. Bake at 350 degrees F for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

## 4. Sandwiches

A small sandwich makes a healthy, satisfying snack. Experiment with different fillings, thinking beyond the standard of peanut butter and jelly. Be creative. The sky's the limit!

### General Directions:

- Due to the large volume of clients DC Central Kitchen serves, we require that you make a **minimum of 100 sandwiches**. There is no maximum.
- **Please use child-size portions: One serving is equal to one mini-bagel or half a full-size bagel, half a sandwich (1 piece of bread), ½ pita bread, one English muffin, or one tortilla.**
- Sandwiches should be individually portioned into Ziploc sandwich bags.
- Store all sandwiches in the refrigerator.
- This project is good for groups of any size with access to a refrigerator.



### **Bread Options:**

Whole wheat mini-bagel  
Whole wheat bread  
Whole wheat pita bread  
Whole wheat English muffin  
Corn/whole wheat tortilla

**\*Bread products must be whole grain**

### **Filling Options:**

Turkey  
Turkey and cheese  
Cheese  
Cream cheese  
Cream cheese and vegetables (i.e. cucumbers, tomatoes, peppers, etc.)  
Cream cheese and jelly  
Hummus and vegetables (i.e. carrots, cucumbers, etc.)  
Peanut butter and jelly  
Peanut butter and honey  
Tuna fish \*\*  
Egg salad \*\*

\*\*Do not use mayonnaise for salads. Consider substituting with mustard, yogurt, or a zesty vinaigrette.

## **5. Bagged Vegetables**

Growing kids can never get enough vegetables. Go to the store and select vegetables that are in-season, so that the veggies will be at their peak flavor. Learn what produce is in season in Washington, DC when, by visiting <http://www.sustainabletable.org/shop/eatseasonal/> and clicking on the Maryland or Virginia pages.

### **General Directions:**

- Due to the large volume of clients DC Central Kitchen serves, we require that you make a **minimum of 100 servings** of bagged vegetables. There is no maximum.
- Bags can contain a mix of different vegetables or just one.
- Vegetables should be individually portioned into Ziploc sandwich bags.
- Use a 6-8oz. cup to measure proper portions size. Bags should be about half-way full.
- Store bagged vegetables in the refrigerator.
- This project is good for groups of any size. No baking required. Vegetables can be purchased pre-cut, requiring participants to simply portion them out. Older groups can process vegetables: peeling them, cutting them up, and portioning them out.

### **Vegetable Recommendations:**

Carrots (baby or whole)  
Broccoli  
Cauliflower  
Celery

**Fun Fact:** Whole grains give the body the fiber it needs to sustain healthy digestion. Although vitamins and minerals can be added back to refined grains, all that wonderful fiber cannot be replaced.

So do as the USDA's Food Pyramid says: make half of your grains whole everyday.

**Fun Fact:** Did you know that baby carrots are not really babies, but fully-grown carrots that are chopped into 2-inch pieces and peeled before being sent to grocery stores?



Cucumber  
Cherry tomatoes  
Snap peas  
Olives  
Zucchini  
Yellow squash

**Optional:**

Purchase individual peanut butter and/or salad dressing cups/packets to include with the vegetables. The Healthy Returns kids will have a blast dunking their veggies.

**Recipes courtesy of:**

<http://www.familycorner.com/family/kids/recipes/trail-mix.shtml>

[http://www.halloween-website.com/trail\\_mix.htm](http://www.halloween-website.com/trail_mix.htm)

<http://www.grouprecipes.com/80483/tropical-fruit-granola-bars.html>

<http://www.epicurious.com/recipes/food/views/Sports-Bars-with-Dried-Fruit-and-Peanut-Butter-106135>

<http://jas.familyfun.go.com/recipefinder/display?id=14822>

<http://allrecipes.com/Recipe/Playgroup-Granola-Bars/Detail.aspx>

<http://allrecipes.com/Recipe/Low-Fat-Pumpkin-Bread/Detail.aspx>