

This Facilitator Note will help guide Week #4 of the community kitchen series. Use in combination with the Participant Package.



Suggested Schedule

1. Introduction

- Introduce yourself and today's topic
- Go over **Intended Learning Objectives**
- Hand out **Participant Package** which includes recipes, take home messages, useful resources and the **Daily Feedback Form**

2. Knowledge Module

- Go through each of the **Key Messages**
- Incorporate some of the **FAQs** if time allows

3. Kitchen Module

- Prepare the recipes
- Sit down with participants once recipes are completed to enjoy the food together
- Reinforce key messages about the topic while participants are preparing the food or when they are eating

4. Clean Up and Evaluation

- Clean-up the kitchen and have participants fill out the **Daily Feedback Form**



Learning Objectives

- Understand the benefits of using canned and frozen vegetables
- Understand how to use canned and frozen vegetables to create nutritious meals

1. Introduction

Canned and frozen vegetables are an affordable and nutritious way to add more vegetables to your meals. It can be especially helpful to use canned and frozen vegetables during the winter months when fresh options are not as available!

2. Knowledge Module

Key Message #1: Canned and frozen vegetables are just as nutritious as fresh options

Frozen and canned vegetables that contain little or no added sugar, fat or salt can be just as healthy as fresh options. They are often harvested and packed when the vegetables are the ripest and packed with vitamins and minerals.

Though people tend to think that canned vegetables are high in sodium (salt), many canned vegetables have low or no sodium options. To reduce the sodium even more, you can rinse the vegetables under cold water before using them.

Key Message #2: Canned and frozen vegetables are available year round and can be more affordable than fresh options

Canned vegetables are often the most affordable option when purchasing vegetables, especially during the winter when fresh options are not in season. Check the “**Expiration Date**” to make sure the food is safe to eat.

Frozen vegetables are another option for when fresh vegetables are not available. Frozen vegetables can be purchased when they are on sale and stored safely in the freezer for up to 1 year.

Key Message #3: Canned and frozen vegetables can be conveniently added to recipes you already love

Canned and frozen vegetables can be added to many of your favourite recipes like pastas, soups, chilis and salads. For example:

- Use canned tomatoes and other vegetables to make sauce for your pasta
- Add frozen and canned vegetables to rice for a quick stir-fry
- Use low-sodium chicken broth and canned and frozen vegetables to make a nutritious vegetable soup



Frequently Asked Questions

Do canned vegetables have artificial preservatives?

Not all. Canned vegetables are often cooked before they are canned and therefore don't need any preservatives to prevent spoilage. You might see words like "salt" and "citric acid," which are natural preservatives that help keep the food's quality and safety.

What does the "Use By" or "Best Before" date on my canned vegetables mean?

The "Use By" or "Best Before" dates tell you how long the food will be at its best quality as decided by the canning company. Cans that are not damaged and have been stored properly might still be safe to eat after this date.

These dates do not guarantee the safety of the product.

You can buy and eat food even if the "Best Before" or "Use By" date has passed. When the date is passed, the food may lose some of its nutritional value.

However, if the can is damaged or bloated it might be a sign that the food is no longer safe.

When in doubt, throw it out!

vegetables?

Yes! You can buy vegetables when they are in season and on sale and then freeze them to use later.

The way you freeze the vegetables varies by the type of vegetable. For more information use the Food Land Ontario Freezing Guide <http://www.foodland.gov.on.ca/english/freezing-on-veg.html>

Participant Package

A Participant Package is included at the end of this lesson plan. This package includes:

1. Print resources
2. FAQs
3. Recipes
4. Evaluation Form

The following printed resources can be photocopied and handed out to participants:

- *Canned Food Myths (Canned Food Alliance)*
- *What's for Dinner (Canned Food Alliance)*

3. Kitchen Module

These recipes feature canned vegetables such as tomatoes and corn but also use canned beans and legumes that were the focus of Week # 2.

+ **Crowd-Pleasing Vegetarian Chili**
Adapted from Dietitians of Canada
 Yield: 2 servings



This vegetarian chili is a great way to get more fibre into your diet!

Equipment needed:

- Large saucepan
- Can opener
- Strainer
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon
- Ladle
- Spoons and bowls for serving

Ingredients:

1 teaspoon	vegetable oil	1 tablespoon	chilli powder
¼ cup	onion, chopped	1 teaspoon	ground cumin
½ cup	red bell pepper, chopped	½ (28 oz/796 mL can)	tomatoes
2	cloves garlic, minced	½ (14 oz/398 mL can)	black or red kidney beans, drained and rinsed
½ cup	stalk celery, chopped	½ (12 oz/355 mL can)	corn kernels, drained
1 cup	unpeeled, diced zucchini	2 tablespoon	shredded Cheddar cheese, to garnish

Directions:

1. In a large saucepan, heat oil over medium-high heat. Add onion, red pepper, garlic and celery; cook until vegetables are tender.
2. Stir in chilli powder and cumin; cook for 1 minute.
3. Add tomatoes, breaking up with spoon.
4. Stir in beans, corn and cereal; bring to a boil.
5. Reduce heat, cover and simmer for 5 minutes.
6. Serve sprinkled with cheese on top

Note on leftover canned vegetables:

Canned tomatoes: If you have a freezer, put the rest of the canned tomatoes in plastic container and freeze them. You can use them the next time you make a soup or chilli

Canned beans: You can use the leftover beans to make a bean dip or bean salad

Canned corn: You can use the leftover canned corn as a side dish or to add to a bean salad



Sweet Chili Tofu Stir-Fry

Adapted from Dietitians of Canada

Yield: 2 servings



Stir-frying is a fast and easy way to use canned and frozen vegetables and a lean protein like tofu. The combination of ingredients creates a delicious flavour without the need for too much sauce or seasoning making this a very healthy choice.

Equipment Needed:

- Wok or large frying pan
- Stockpot
- Strainer
- Knife
- Measuring cups
- Measuring spoons
- Can opener
- Tongs
- Serving spoon
- Forks and bowls for serving

Ingredients:

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|--------------|--|
| 1 tablespoon | oil (eg. vegetable or canola) |
| 5 oz | firm tofu, cut into thin strips |
| ½ cup | sliced Spanish onion |
| 1 cup | frozen broccoli florets |
| ½ cup | baby carrots, cut into bite-size pieces |
| ½ cup | julienned red bell pepper |
| 1 can (14oz) | canned wax green or yellow beans |
| ¼ cup | water |
| 1 tablespoon | sweet chili sauce |
| 1 teaspoon | grated orange zest |
| 1 tablespoon | chopped fresh cilantro (optional) |
| 1 (7oz) | package udon noodles or noodles of your choice |

Directions:

1. Heat a wok or large frying pan over medium-high heat. Spray with vegetable cooking spray.
2. Brown tofu on both sides, then remove from pan and set aside.
3. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes.
4. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
5. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

For the Noodles:

Cook the noodles according to the package instructions. Serve in a bowl with the stir-fry on top.

**Wax Bean Salad**

Yield: 2 Servings

This salad is an excellent way to use the canned wax beans in your cupboard. The beans provide the base of the salad and it can be topped off with any of your favourite vegetables.

**Equipment Needed:**

- Cutting board and chopping knife
- Large bowl for salad
- Small bowl for dressing
- Measuring spoons and cups
- Whisk

Ingredients:*Salad:*

- 1 can rinsed and drained yellow or green canned wax beans
- 1 cup chopped red pepper or tomatoes
- ½ cup onion

Add any other vegetables that you like such as frozen broccoli or carrots

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Directions:

1. Rinse and drain wax beans and add to a large bowl with chopped vegetables
2. Mix oil, vinegar and salt and pepper to make dressing
3. Add dressing to beans and chopped vegetables
4. Store in container in fridge for 3-4 days

4. Clean-up and Evaluation

After/during clean-up, have participants complete the Evaluation Form found in their Participant Handbook. A sample of the Evaluation Form can be found below:

Participant Daily Feedback Form

Adapted from: Cook it. Try it. Like it!

Lesson:

Recipes:

What new thing did you learn today?

Did you try a new food today?

Did you like today's recipe?