ACTIVITIES FOR THE WHOLE FAMILY

Find the words in the grid. Words may be diagonal or backwards!

Y T S E V R A H N
U O U A R I D O H
M N T T E C I F O
M O N E B T N A T
Y I W R I I N M N
N N N R F T E I F
C O T P E A R L U
U U W A T E R Y N
N I N R A P P L E

Harvest Fiber Fun Apple
Yummy Family Nutrition Water
Pear Hot Onion Dinner

See reverse side for key

Complete the crossword!

Across
2. Always use warm water & _____ to wash your hands.
4. You need to eat this to stay strong and build muscle.
5. SLO food bank's goal is:
7. A great source of calcium (hint: not milk)
8. Most people call this a vegetable but it's actually a fruit.
10. Fruits and veggies are great sources of _____ & minerals
11. You'll need one of these to eat your cereal.

Down
1. These folks are essential to keep the food bank functioning.
3. The collection of leftover crops from farmers' fields after they have been harvested.
4. All of the foods from SLO food bank are delicious and

See reverse side for key

Connect the dots (and stars) to reveal a sweet treat!

Use the key to color the dinner table & fill in the empty plate with your favorite meal
1 - red 2 - yellow 3 - green
4 - brown 5 - light brown 6 - orange

See reverse side for key
Cook with the Whole Family

Get everyone involved! Here's some reasons why.

1. Spend more time together!

2. Endless learning opportunities. Cooking is science and school is in session!

3. Build direction following skills. Toddlers and teens can have a hard time attending to a task. Cooking is a fun way to sharpen this skill.

4. Sensory development. Exposing young kids to various food types can help reduce picky eating.

Check out the reverse side for a few family friendly recipes!

Adapted from: https://yourkidstable.com/cooking-with-toddlers/
LASAGNA WITH MEAT SAUCE
Total time: 1 hr 6 min, Serves 6

Ingredients
1.5 cups ricotta cheese
1.5 cups part-skim mozzarella cheese, shredded
1/4 cup fresh flat-leaf parsley leaves
1.5 tablespoons melted butter
1 tablespoon finely chopped fresh oregano
5 garlic cloves, minced
1 egg
12 ounces extra-lean ground beef
1/2 teaspoon black pepper
1/4 teaspoon crushed red pepper
25 ounces marinara sauce
6 lasagna noodles, cooked
1/4 cup Parmigiano-Reggiano cheese

Directions
1. Preheat oven to 375°.
2. Combine ricotta, 1/2 cup mozzarella, 2 tablespoons parsley, butter, oregano, 1 garlic clove, and egg; set aside.
3. Place ground beef in a large skillet over medium-high heat; sprinkle with peppers and remaining garlic cloves. Cook until beef is browned; drain. Stir in marinara sauce and remove from heat.
4. Spread 1/2 cup meat sauce in bottom of a baking dish coated with cooking spray. Arrange a layer of noodles on top of the meat sauce.
5. Top noodles with 1 cup meat sauce. Top with another layer of noodles, ricotta mixture and 1 cup meat sauce. Top with remaining noodles and sprinkle with remaining 1 cup mozzarella cheese and Parmigiano-Reggiano cheese. Cover with foil.
6. Bake at 375° for 30 minutes. Uncover and bake for an additional 10 minutes or until bubbly.

source: https://www.myrecipes.com/recipe/classic-lasagna-meat-sauce

CRISPY VEGETABLE QUESADILLAS
Total time: 12 min, Serves 6

Ingredients
1 teaspoon canola oil
1 cup chopped poblano chile
1/2 cup frozen whole-kernel corn
3/4 cup cooked quinoa or brown rice
5 oz fresh spinach (about 8 3/4 cups)
3 oz cheddar cheese, shredded (about 3/4 cup)
1 cup cooked black beans, drained
2 teaspoons hot sauce
8 (6-inch) flour tortillas
6 tablespoons sour cream
6 lime wedges

Directions
1. Place oven rack in middle of oven. Preheat broiler to high. Place a baking sheet on rack in oven (keep pan in oven as it preheats).
2. Heat a skillet over medium-high heat. Add oil to pan. Add poblano and corn; cook 5 minutes, stirring once. Add quinoa/rice and spinach; sauté 2 minutes or until spinach wilts. Remove from heat; stir in cheese.
3. Combine beans and hot sauce in a bowl; mash with fork until smooth. Spread bean mixture on each tortilla; top each with 1/2 cup spinach mixture and 1 tortilla. Arrange quesadillas on preheated pan in oven; broil 3 minutes or until lightly browned, turning once.
4. Cut each quesadilla into wedges. Serve with sour cream and lime.

source: https://www.myrecipes.com/recipe/crispy-vegetable-quesadillas