



2019-2020

Community Cookbook



THE
PRIMARY
SCHOOL





WHY THIS COOKBOOK

An enticing smell radiates from the kitchen...

and suddenly makes its way to your nose. *What could it be?* you may ask. Whether the smell is a blend of spices from sauteed chicken or that chocolate cinnamon smell from baking bread, you are likely already making your way over to the kitchen.

Food is more than just food. We each hold a different relationship with food and what it means to us.

For some, the smells emerging from what we cook transports us back in time, connecting us to memories. It connects us not only with family, but with a particular culture. It nourishes our body and mind, heals us, educates us, and so much more.

The Primary School is beyond excited to present its very first cookbook in partnership with the Health Team, Parent Program, and, most importantly, the infinite wisdom of you, our families. During Parent Circles, so many of you worked hard to think through some of your favorite recipes and explore ways to alter or add ingredients. We are thrilled to share all of your contributions that build off of recipes from our own diverse school community.

As you go through the cookbook, we invite you to explore your relationship to food and continue adding recipes or making changes to fit your needs.

Happy Cooking!

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INGREDIENTS

This is a list of some of the less-familiar items featured in the recipes in this cookbook, along with where they can be found in East Palo Alto.

| INGREDIENT | WHAT IS IT? | WHERE TO BUY |
|--|--|--|
|  Norsuiza (Knorr brand) | Chicken bullion powder in squares or a jar of a loose powder | Cardenas, Safeway |
|  Chicharros or guisantes verdes | Green peas | Safeway, Cardenas, Smart & Final, La Tiendita |
|  Aguayon | Thin Sirloin steak; Arachera | Soleska, Estrellita, Cardenas |
|  Avocado | Small or large avocados | Safeway; Smart & Final; Costco; Trader Joe's; FB Farmer's Market |
|  Masa/Harina | Corn flour | Cardenas, Safeway |
|  Banana Leaves | Leaves from banana plant | El Mercadito Latino |
|  Taro Leaves | Leaves from taro plant | Charlie's Market EPA |
|  Chile Serrano | Traditional Mexican hot pepper | Cardenas, Safeway, Estrellita |
|  Pasilla | A popular Mexican chili pepper, dried | Cardenas, Safeway, Estrellita |
|  Tomatillo | Small green tomatoes | Cardenas, Safeway, Estrellita |
|  Plantains | Looks similar to large banana | Charlie's Market |



There is beauty in highlighting where food comes from and the history tied to the use of certain ingredients.
- PARENT WELLNESS COACH



COMMUNITY MAP OF GROCERY STORES

This map shows where some grocery stores are located throughout the community. The following page features a more extensive list.



Have you downloaded the Fresh EBT App?

Manage your benefits, save money, earn income, and securely check your balance. You can also learn about other discounts. The app is free and available in English and Spanish. Download on Google Play or the Apple App Store.

| Local Retailers | WIC | EBT or CalFresh |
|---|-----|-----------------|
| 7Eleven 77 Newell Road, East Palo Alto | | X |
| Cardenas Market 1731 E. Bayshore Road, East Palo Alto | X | X |
| Charlie's Market 1441 E. Bayshore Road, East Palo Alto | | X |
| Collective Roots Farmers Market | X | X |
| Cooley Avenue Market 2235 Cooley Ave, East Palo Alto | | |
| Country Time Market 2200 University Ave, East Palo Alto | | X |
| East Side Market 2368 Clarke Ave, East Palo Alto | | |
| El Rancho Market 812 Willow Road, Menlo Park | | X |
| Facebook Community Mobile Truck | | X |
| Garden Super Market 1933 Pulgas Ave, East Palo Alto | | X |
| La Estrellita Market 2387 University Ave, East Palo Alto | X | X |
| La Hacienda Market 1933 Menalto Ave, Menlo Park | X | X |
| La Tiendita Market 510 O'Connor St, East Palo Alto | X | X |
| Mi Tierra Linda 1209 Willow Road, Menlo Park | X | X |
| Oakwood Market 2106 Oakwood Dr, East Palo Alto | | X |
| One Stop Shop 1493 E. Bayshore Road, East Palo Alto | | X |
| Pal Market 2398 University Ave, East Palo Alto | | X |
| Safeway 2811 Middlefield Road, Palo Alto | X | X |
| Soleska Market 1305 Willow Road, Menlo Park | | X |
| Target 1775 E. Bayshore Road, East Palo Alto | | X |
| The Market at Edgewood 2170 W. Bayshore Rd., Palo Alto | | X |
| Trader Joe's 855 El Camino Real, Palo Alto | | X |
| Whole Foods Market 774 Emerson St, Palo Alto | | X |



JAMAICAN BANANA FRITTERS

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 4

TOTAL TIME: 15 MINUTES



Recipe from www.myforkinglife.com/banana-fritters

INGREDIENTS



2 ripe bananas



1 cup flour



1 egg



Olive Oil



1 tsp vanilla



½ tsp cinnamon



Pinch of salt



¼ cup water

HEALTHY ALTERNATIVES

From Parents in B, C, and E Cohorts

- Replace all-purpose flour with almond flour
- Replace vegetable oil with olive or avocado oil
- Use egg whites in place of the yolk or use organic eggs
- Replace frying with baking

DIRECTIONS

1. First, grab two ripe bananas and smash them together with a fork until they are mashed and a little watery.
2. Then add your vanilla, salt, cinnamon, water, egg, and flour. Stir with a spoon until your mixture is fully combined. Your batter should not be too thick or thin but should flow easily off a spoon.
3. Pour about ¼ oil in skillet and heat over medium-high heat. Once your oil is hot, pour the fritters in the pan by spoonful. Fry until golden brown on both sides for about 2 minutes. Remove from skillet and drain on paper towel.

Side Dishes: Enjoy with turkey bacon, blueberries, whole grain bread, or scrambled eggs with some veggies (like spinach or onion). You can serve with a glass of milk or add chia seeds and walnuts on top. (From parents in the B and D Cohorts.)

MEXICAN LENTIL SOUP



Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 4

TOTAL TIME: 25 MINUTES



Recipe from **Dora's Table**: dorastable.com/best-lentil-soup-recipe

INGREDIENTS



Lentils



1 tomato



1/2 purple onion



2 garlic cloves



3 tbsp chopped cilantro



Chile serrano



Bay leaf



1 cube norsuiza



Olive oil



8 cups of chicken broth or water



1/4 cup water



Bacon

HEALTHY ALTERNATIVES

From Parents in A, B, C, D, and E Cohorts

- Replace cilantro with parsley
- Reduce the salt content
- Replace chicken broth with water or vegetable broth
- Replace norsuiza with salt
- Use less garlic or try minced garlic or garlic powder
- Replace bacon with turkey bacon
- Sprinkle spinach on top
- Add fresh herbs and whole spices
- Serve smaller portions
- Use white or purple onion

DIRECTIONS

1. In a pot add olive oil and mix in finely chopped tomato, cilantro, chile serrano, onion, garlic, and bay leaf until browned.
2. Add water or chicken broth, then norsuiza or salt to the pot. Add the lentils. Bring to a boil and then simmer for 20 minutes or until lentils are soft.
3. Finish off by adding chopped browned bacon for extra flair and flavor to your dish.

Side Dishes: Serve with Chicharros (green peas), grilled steak, ham, sausage, vegetables (like carrots or potatoes), quinoa, brown rice, or even a tostada or a whole grain cracker or bread. Top with sliced tomatoes, avocado, fresh parmesan cheese, or fat-free sour cream. Eat with a glass of apple or orange juice, or simply water! (From parents in A, B, C, D, and E cohorts.)



NICARAGUAN NACATAMALES

(NICARAGUAN STYLE TAMALES)

Prep Time: 1 hour
Cook Time: 4 hours
Servings: 12

TOTAL TIME: 5 HOURS



INGREDIENTS

Masa Dough



6 cups masa harina



4-5 cups of chicken broth or stock



Sour orange juice



1 cup of lard



Salt

Nacatamale Filling



2 tomatoes



1 onion



12 green olives



2 sliced bell peppers



24 prunes



1/2 cup capers



1/4 cup raisins



3 lbs pork butt, cubed



3/4 cup sliced potato



Rice soaked in warm water (30 minutes)



Seasoning

Banana Leaf Wrapping



Banana leaves cut in 10 x 10 inch squares



String to secure leaves

The History of the Nacatamal

Nacatamal is a word that comes from the ancient Nahuatl language. It means meat (“nacatl”) and steamed corn dough (“tamalli”). Traditionally, nacatamales are enjoyed during special occasions. They are often eaten with fresh bread and coffee.

HEALTHY ALTERNATIVES

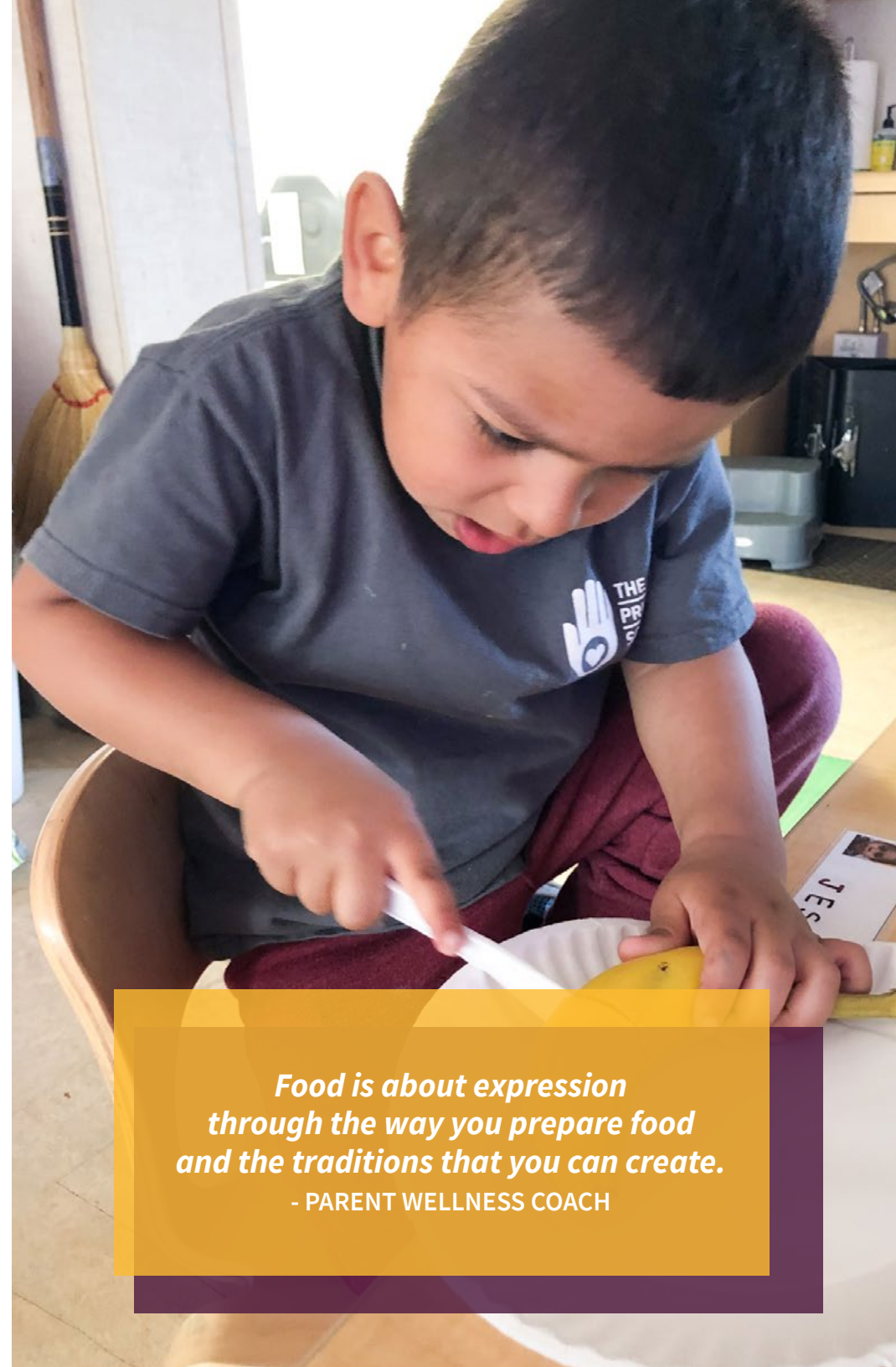
From Parents in C, D, and E Cohorts

- Replace 1 cup lard with ½ cup of butter
- Replace lard with vegetable or canola oil
- Replace sea salt with table salt or himalayan salt
- Replace sour orange juice with natural orange juice
- Replace potato with green beans
- Replace pork with chicken or fish, or eliminate all together and add more veggies
- Replace white rice with brown rice
- Replace masa de harina with almond flour

DIRECTIONS

1. Prepare the masa by adding lard or shortening and salt into a bowl. Mix well until you have a mealy texture.
2. Add the sour orange juice and chicken stock until soft and moist. Use a mixer to finish off the masa. Cover the bowl and set aside to rest for at least 30 minutes.
3. Prepare filling ingredients such as seasoning the pork with salt and pepper, draining the rice, and cutting all ingredients.
4. Start assembling the nacatamales and lay out a banana leaf square with the smooth side up.
5. Spread 1 cup of masa to the middle of the leaf and add ½ cup of pork, 1-2 tbsp of rice, and 1-2 slices of potato, onion, pepper, tomato, prunes, olive, raisins, and capers.
6. Fold the top and bottom edge of the banana leaf down over the filling. Then fill in both sides to make a rectangular package, making sure not to wrap too tightly. Flip seam side down and secure with string. Repeat process until done.
7. Using a large pot, add 3 inches of water and place a rack in the bottom of the pot. Carefully place nacatamales inside the pot and bring them to a boil over high heat. Cover tightly and reduce heat to let them steam for 3 to 4 hours. Add water to pot as needed to avoid drying.
8. Remove nacatamales from the pot and remove banana leaf before consuming.
9. Enjoy!

Side Dishes: Accompany with a salad of lettuce, broccoli, carrots, and avocado or a spoonful of low-fat ice cream as dessert! (From parents in C and E Cohorts)



***Food is about expression
through the way you prepare food
and the traditions that you can create.***

- PARENT WELLNESS COACH



LU PULU MASIMA

Prep Time: 30 minutes
Cook Time: 2.5 hours
Servings: 3-4

TOTAL TIME: 3 HOURS



INGREDIENTS



Can of
coconut milk



1 onion



Mayonnaise



Corned beef



2-3 bunches of
taro leaves

HEALTHY ALTERNATIVES

From Parents in A, B, C, and E Cohorts

- Replace taro leaves with pumpkin or spinach
- Add spinach, tomatoes or black beans
- Replace corned beef with fresh shredded meat, ground beef, chicken or fish
- Replace mayonnaise with sour cream
- Top with mango
- Replace canned coconut milk with fresh coconut milk or coconut water
- Add chiles pasilla

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. In a bowl, whisk together diced onion and coconut milk, and add mayo to your desired consistency (some like it thick and others like it runny).
3. Cut stems off the taro leaves, rinse, and lay 2-3 leaves on a piece of foil and repeat until all leaves are used.
4. Add meat to each pile of taro leaves.
5. Pick up foil with taro leaves and meat and cup in your hand while adding your coconut milk mix. Wrap all the contents in the leaves and foil.
6. Place each bundle into oven and bake until cooked, about 45 minutes.
7. Serve immediately with side of sweet potato, plantains, kasava or taro.

Other Side Dishes: Serve with sweet potatoes, fresh tomatoes, a fresh bowl of fruit, brown rice, or roasted or steamed vegetables (like broccoli or zucchini). Eat with fresh lemonade! *(From parents in B, C, and E Cohorts)*



GOLDEN CHICKEN TACOS

Prep Time: 20 minutes
Cook Time: 20 minutes
Servings: 4

TOTAL TIME: 40 MINUTES



Every time I come home and my mom makes this, I am excited to eat it. I like mine with crema!

- STUDENT

Recipe from **Rocio Cocina en Casa:**
rociococinaencasa.com/tacos-dorados-de-pollo

INGREDIENTS



2 chicken breasts



6 tomatoes



1 onion



Seasoning (cumin, salt, and pepper)



1 cup oil



Corn tortillas



¼ lettuce



4 garlic cloves



Cotija cheese



Cream

HEALTHY ALTERNATIVES

From Parents in A, C, D, and E Cohorts

- Replace table salt with sea salt
- Replace corn tortilla with wheat tortilla, or use gluten free or organic
- Replace chicken breast with veggies or shrimp
- Add potatoes
- Bake the tacos in the oven instead of frying them
- Replace vegetable oil with avocado oil or olive oil
- Replace sour cream with greek yogurt or avocado
- Replace cotija cheese with panela cheese

DIRECTIONS

1. Heat olive oil in a frying pan over medium heat. Add the chicken, garlic, onion, oregano, and salt. Cook until chicken is tender. Shred chicken breast and let it cool.
2. Heat up corn tortillas in microwave or pan and place a little bit of chicken on top of the corn tortillas. Roll up like a flute.
3. In a pan, fry the rolled up tacos until they are golden brown on each side and place in a dish.
4. Make a sauce for the tacos by adding water to a pot and cook the tomatoes. Once tomatoes are cooked, place them and the water you cooked them with in a blender with garlic, cumin, pepper, and salt. Place in a bowl and add seasoning to sauce as needed.
5. Prepare any toppings such as chopping lettuce, tomato, onions, and grated cotija cheese, tomato sauce, and jalapeno pepper for more spice if you desire. Serve golden tacos, add your toppings, and enjoy!

Side Dishes: Serve with low sodium or fruit salsa, Mexican or brown rice, beans, fresh salad with tomatoes and cucumber, an apple salad, other fruits, or a veggie soup. Top with tomatoes, grated carrot, radish, or include more lettuce. Drink water on the side! (From parents in A, B, C, D & E cohorts)

GREEN CHILI CHICKEN ENCHILADAS



Prep Time: 45 minutes
Cook Time: 35 minutes
Servings: 4

TOTAL TIME: 1 HOUR 20 MIN



Recipe from **People En Español:**
peopleenespanol.com/recetas/258-enchiladas-verdes-con-pollo

INGREDIENTS



HEALTHY ALTERNATIVES

From Parents in A, C, and D Cohorts

- Cook with fresh tomatoes
- Reduce salt or use sea salt or himalayan salt
- Use fresh chicken broth
- Use reduced fat cheese or light sour cream
- Add turkey bacon
- Add celery or bell peppers to the vegetable blend
- Replace corn tortillas with wheat tortillas
- Bake the enchiladas instead of frying the tortillas
- Use organic products

DIRECTIONS

1. Place the chicken, chicken broth, ½ onion, 1 clove of garlic and 2 teaspoons of salt in a pot. Let it boil for 20 minutes. Remove the chicken, set aside the onion and garlic and reserve the broth. Shred the chicken once it has cooled sufficiently.
2. Place the tomatillos and chiles in a pot and cover with enough water. Boil until the tomatillos are well cooked. Drain and put the tomatillos, chiles, ½ onion, 1 clove of garlic and a pinch of salt in the blender. Add enough chicken stock to cover the vegetables in the blender for 2.5 cm. Blend well until you get a consistency similar to that of mash. Pour the sauce over a medium saucepan and let it boil slightly.
3. Heat oil in a pan over medium high heat and fry the tortillas one by one. Dip the tortillas in the green sauce until they soften again. Place 3 tortillas in each individual dish. Fill the tortillas with the shredded chicken and a little extra sauce. Top with fresh cheese, onions, and cilantro.

Side Dishes: Serve with avocado, chips with fresh salsa, green salad, rice and beans with cheese, fruit salad, lettuce, and tomatoes. Enjoy with a glass of water or agua de Jamaica! (From parents in the A, C, and D cohorts)



SOUTHERN AS YOU CAN GET COLLARD GREENS

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 8

TOTAL TIME: 1 HOUR 15 MIN



INGREDIENTS



1 bunch of collard greens



2 smoked ham hocks



2 cups condensed chicken broth



1 tbsp distilled white vinegar



Seasoning



2 ½ cups of water

HEALTHY ALTERNATIVES

From Parents in D Cohort

- Replace ham with tuna fish
- Cook without adding salt
- Replace chicken broth with more water
- Try chicken breast instead of ham
- Use organic chicken broth or vegetable broth

DIRECTIONS

1. Place the collard greens and ham hocks in a large pot. Mix in the chicken broth, water, and vinegar. Season with salt and pepper.
2. Bring to a boil, reduce heat to low, and simmer 1 hour.

Side Dishes: Serve with a side of beans, a sweet potato, or quinoa. Balance your plate with a simple glass of water! *(From parents in the D cohort.)*

Did you know collard greens have calcium?

Calcium is important for bone growth! Dairy is one source of calcium, but should be consumed in moderation (1-2 servings/day). Other healthy sources of calcium include bok choy, soy milk, and baked beans.

Recipe from **All Recipes:**
allrecipes.com/recipe/73346/southern-as-you-can-get-collard-greens



AFTERSCHOOL SNACK ATTACK

Prep Time: 3 minutes
Cook Time: 2 minutes
Servings: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS



Slice of bread



½ ripe banana



Peanut butter



Chocolate Chips

HEALTHY ALTERNATIVES

From Staff at The Primary School

- Try using whole wheat, whole grain bread
- Keep the bananas :) It's a good source of potassium!
- Try using almond butter or sunbutter instead of peanut butter
- Add raisins or a little honey drizzle

DIRECTIONS

1. Smooth peanut butter or nut butter onto bread (toasted or untoasted).
2. Cut bananas and lay on the peanut-buttered bread.
3. Sprinkle dark chocolate chips.
4. Slice in half for easy eating.

Side Dishes: Eat with carrot sticks, celery sticks, or bell pepper sticks. Serve with water or 2% milk. *(From staff at The Primary School.)*



EASY BANANA PANCAKES

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS



2 eggs



1 ripe banana



Maple syrup



Berries

HEALTHY ALTERNATIVES

From Staff at The Primary School

- Try using whipped egg whites
- Try putting almond or cashew butter on top
- Keep the bananas :) It's a good source of potassium!
- Top with raspberries and/or blueberries

DIRECTIONS

1. Put the banana in the bowl and mash it using a fork.
2. Add the eggs and beat mixture until it's smooth.
3. Heat a griddle or pan with a small amount of oil.
4. Add a spoonful of the mixture to the pan.
5. Cook until one side is a nice golden brown then flip to cook the other side.
6. Serve with syrup or a nut butter of your choice!

Side Dishes: Serve with a glass of milk or water. *(From staff at The Primary School.)*

Why do our bodies need potassium?

Bananas are rich in potassium! Potassium is one of the necessary minerals our body needs to keep us healthy. It helps maintain a balance of fluids in the body and keeps our heart healthy by regulating our blood pressure. Can you think of other foods that have lots of potassium?



RICE WITH CHICKEN

Prep Time: 15 minutes
Cook Time: 35 minutes
Servings: 2

TOTAL TIME: 50 MINUTES



INGREDIENTS



1 chicken breast



1 cup of rice



½ onion



3 garlic
cloves



100 grams
grated carrot



100 grams
green peas



½ leek



3 cups of
chicken broth



2 tbsp oil



Seasoning

HEALTHY ALTERNATIVES

From Staff at The Primary School

- Try using brown rice instead of white rice

DIRECTIONS

1. Prepare all vegetables: chop the onion, garlic, and leek. Grate the carrots using a grater or food processor (or chop into small pieces with a knife).
2. Place the onion, garlic, and leek in a pot with the olive oil .
3. Sauté the vegetable mixture until they are soft. At this time, add the chicken and sauté it.
4. Add the rice, peas, and carrots to the mixture and stir. Add chicken or vegetable broth and salt and pepper.
5. Lower the temperature of the stove, cover the pot, and cook until the rice dries.

Side Dishes: Add red peppers cut into small squares and parsley. Serve with a side salad. *(From staff at The Primary School.)*

CHICKPEA AND BLACK BEAN SALAD



Prep Time: 30 minutes

Cook Time: n/a

Servings: 3

TOTAL TIME: 30 MINUTES



INGREDIENTS



1 cup chickpeas



1 cup black beans



1 tomato



1 ear of corn
or ½ a cup



¼ onion



½ tsp garlic



1 green pepper



Coriander



2 lemons



1 tbsp oil



Seasoning



Toast

DIRECTIONS

1. Place the chickpea and black beans on a stove pot. Cook until warm then set aside and allow to cool.
2. While the chickpea and beans cool off, cut necessary vegetables in small squares and mix everything together.
3. Combine all ingredients together in a bowl. Allow to sit for flavors to blend, 15 to 30 minutes.
4. Eat with whole wheat or corn toast.

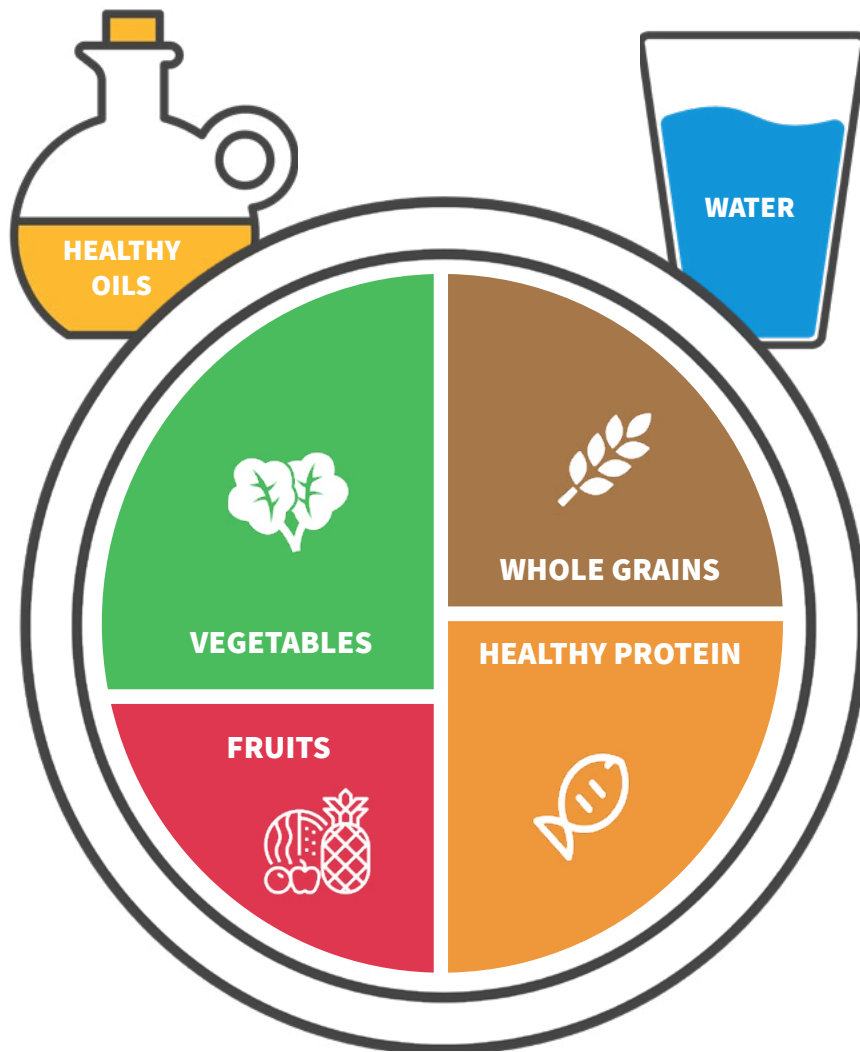
Side Dishes: Serve with protein like fish, chicken, or beef.

“Food is like a blueprint
to a value in your family.”

- PARENT WELLNESS COACH



A BALANCED PLATE



Based on the Healthy Eating Plate from the Harvard T.H. Chan School of Public Health, The Nutrition Source, www.hsph.harvard.edu/nutritionsource



Whole grains are healthy since they are not processed and thus have many nutrients. Eat a variety of whole grains (like oats, brown rice, whole wheat, farro, and quinoa). Limit refined grains (like white rice and white bread).



Healthier sources of protein are eggs, grains, beans, chicken, fish, and nuts. These foods have more fiber and less saturated fat. Some sources of protein to eat in moderation include red meats and processed meats (like hot dogs and bacon). These are high in fats, which can be unhealthy in large amounts.



Eat fruits of all colors! Whole fruits are preferred because they have all of the vitamins, minerals, and fiber our bodies need. Fruit juices or smoothies don't quite offer as much as the whole fruit does, and often have added sugar.



Vegetables are an important source potassium, dietary fiber, folic acid, vitamin A & vitamin C. Vegetables can be eaten raw or cooked in different ways, too! Enjoy leafy greens as often as possible. (Potatoes and french fries don't count!)



Water helps to bring nutrients to your muscles so your body can feel more energized. That is why kids should drink 5 glasses (1 liter) per day. The healthiest drinks have no added sugars. Limit consumption of sugary beverages like juices and sodas.



Use healthy oils or "good fats" for cooking (like olive oil or canola oil). Avoid trans fats, or "bad fats", which increase disease risk. This includes some baked goods and fast foods. Saturated fats are best consumed in moderation (like red meat, butter, cheese, and ice cream.)

Content developed with help from Leah's Pantry's workbook. See their website for more information: www.leahspantry.org

HOW TO INVOLVE KIDS IN THE KITCHEN



Make cooking an opportunity for connection by inviting children to help with food preparation.

Children can learn new skills by learning how to cook and feeling like they play an important role in the process. For example, they can practice their motor skills while peeling, math skills while counting, or literacy skills while reading a recipe, just to name a few! They are also more likely to try food that they help make.

SAFETY TIPS



Always wash your hands before cooking by using soap and water



Have kids stand at the same level of the cooking activity, using a chair if necessary



Keep sharp utensils out of reach of small children if they have not learned how to use them safely

ACTIVITIES

Some activities that kids could help with include:

- Washing veggies and fruits
- Measuring ingredients
- Mixing wet and dry ingredients
- Helping choose foods at the grocery store
- Juicing oranges, lemons, and limes
- Peeling fruits and other ingredients as needed
- Helping set the table

PILOT LIGHT

Interested in exploring more with your child in the kitchen? Check out these videos and lessons from Pilot Light that come with instructions on how to co-prepare dishes in a fun, educational way: foodedu.pilotlightchefs.org/family-resources

Growing up I was always in the kitchen with my mom. Now when I cook, I think about my mom and my culture.

- PARENT WELLNESS COACH





LITERACY IN THE KITCHEN

Practice reading with your child while you're preparing meals in the kitchen.

Spending time in the kitchen together is a great opportunity to engage in conversation with your child! Here are a few easy ways that you can read together:

- Have your child read the recipe and help them where needed to sound out words
- Check for understanding of the instructions
- Ask what certain vocabulary words mean and how it relates to what they are doing



Recipe Title



MATCHING GAME

Do you know your cooking words? Try and connect each term on the left to its definition on the right. Work on this with your child or other family members and see how many words you know! (The answer key is at the bottom!)

| | |
|------------|--|
| Chop | to rub food on a grater to make shreds |
| Dice | to cut solid food into chunks or medium-sized pieces |
| Grate | to cook with medium-high heat, usually in an oven |
| Roast | to cut solid food into small cubes of the same size |
| Knead | to blend until smooth |
| Marinate | to chop into extremely small pieces |
| Mince | to beat quickly, in order to add air and volume to food |
| Peel | to pre-mix food with wet or dry seasonings; helps to develop the flavor as well as moisturize it |
| Puree | to remove the skin of fruits or vegetables |
| Whip/whisk | to press dough (i.e. for bread) repeatedly with hands |

Whip/whisk - to beat quickly, in order to add air and volume to food
 Puree - to blend until smooth
 Roast - to cook with medium-high heat, usually in an oven
 Peel - to remove the skin of fruits or vegetables
 Mince - to chop into extremely small pieces
 Marinate - to pre-mix food with wet or dry seasonings; helps to develop the flavor as well as moisturize it
 Knead - to press dough (i.e. for bread) repeatedly with hands
 Grate - to rub food on a grater to make shreds
 Dice - to cut solid food into small cubes of the same size
 Chop - to cut solid food into chunks or medium-sized pieces



REDUCING WASTE AND MINDFUL COOKING

As you continue your own journey with nutrition and exploration of recipes, we invite you to think through how your food is connected to the earth.

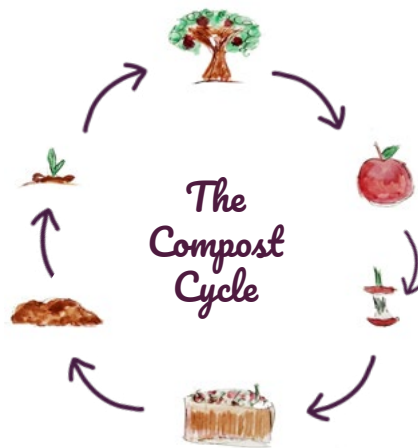
For many of us, reflecting on food brings a consideration of how the food - or the processes involved in making it available to us - impact the environment.

One of the ways to reduce food waste is to compost. Curious about how this works? Check out the compost cycle below. When we eat our food, rather than throwing it away, we can recycle those nutrients back into the soil which benefits plant and food growth.

If you're interested in learning more about gardening, reducing waste, composting, or sustainable food systems, Fresh Approach in East Palo Alto is a wonderful resource. They offer workshops and can help get you started on composting, gardening, and more. Their contact information is included on the next page.

TIPS FOR EATING MORE MINDFULLY

1. Buy it with thought
2. Cook it with care
3. Use less wheat and meat
4. Eat local foods
5. Serve just enough
6. Use what is left



FARMERS MARKETS AND GARDENING CLASSES

There are so many ways to buy locally grown produce or even grow your own! Here are a few resources to check out.

Fresh Approach Community Farmer's Market

Phone: (925) 771-2990 | Email: freshapproach@freshapproach.org
www.freshapproach.org/epa-farmers-market

Collective Roots Gardening Program by Fresh Approach

Phone: (925) 771-2990 | Email: collectiveroots@freshapproach.org
www.freshapproach.org/collectiveroots

Facebook Community Mobile Market

Phone: (650) 391-5322
www.communitymobilemarketorders.com

Market Match Program

If you're paying with a CalFresh EBT card, you can double your money when you shop at a participating farmers' market. See which farmers markets are participating by visiting www.fmfinder.org or downloading the brochure at www.freshapproach.org/calfresh-market-match-find-a-participating-farmers-market



FINAL THOUGHTS

We hope these pages came to life in the form of a satisfied belly,

a deeper insight into what a balanced plate looks like, a sense of calm while preparing food, an opportunity to connect with loved ones, and a desire to continue exploring your relationship with food.

As we continue to welcome more families to The Primary School each school year, we look forward to the knowledge and ideas that they will add to this cookbook. May these pages showcase the collective wisdom of our diverse families and staff and represent our dedication to the health and wellness of our community.

“Food is one way we feel connected to the earth. It’s an amazing feeling to bring something from the garden to the table. It gives us an appreciation for our natural world, and a passion to keep our food systems sustainable.”

- HEALTH PROGRAM TEAM

ADD YOUR RECIPE

Do you have a favorite recipe that you like to make at home? Write it here to add your own flavor to this cookbook.

INGREDIENTS

DIRECTIONS

SIDE DISHES

THE PRIMARY SCHOOL'S VALUES



EXCELLENCE



GROWTH



COURAGE



COMMUNITY



SOUL