

Building Healthy Meals with WIC Foods: Proteins

Who: Women, Children 2 to 5 years

Why: WIC participants want ideas for using WIC foods. This lesson will highlight the health benefits of WIC protein foods and provide participants with meal and snack ideas for using beans and peanut butter.

Time: 20 – 25 minutes

Objectives: By the end of this session, participants will be able to:

- Discuss at least one idea for using beans
- Explain how to cook dried beans
- Discuss at least one idea for using peanut butter

Lesson

Overview:

1. Introduction
2. Concept: Recipe ideas using beans
3. Concept: Cooking dried beans is easy (OPTIONAL)
4. Concept: Recipe ideas using peanut butter
6. Closing

Materials: Provided by WIC State:

- Handout: Nutrition Matters 7 Ways – Beans

Provided by Local Agency:

- Handout: What's Cooking? USDA Mixing Bowl Cooked Beans
- **OPTIONAL:**
 - 1 pound of dried beans
 - Cooking pot with cover
 - 6 cups of water

Introduction

- Welcome participants
- Set the agenda by giving an overview of class session and length of class time
- Introductions
 - Make sure to include children in the introductions activity

"Hello everybody! My name is _____ and I would like to welcome you to 'Building Healthy Meals with WIC Foods' class. This class talks about the health benefits of beans and peanut butter, recipe ideas and how to cook dried beans. The class is about 20 minutes long and we will use this time to share some ideas. Let's go around the room, let us know your name and your child's favorite snack using beans or peanut butter."

Concept: Recipe Ideas Using Beans

- "WIC provides foods that are good sources of protein, including eggs, beans and peanut butter. Let's review the benefits of beans."

"WIC provides beans because they are very nutritious. Beans are a good source of:

- Protein for growth and development
- Iron for strong blood
- Calcium for strong bones
- Folate to help make new cells
- Fiber which helps with digestion"

"Let's hear some of the different ways you use beans. Who wants to share their ideas?"

- **OPTIONAL:** Pair and Share activity. Ask participants to pair up, share ideas and then share with the group.
- On a whiteboard or flip chart, write down "Ways to use beans"
- Allow time for participants to share and as participants share, write their ideas on the whiteboard or flip chart
- Offer '7 Ways to Use Beans' handout
 - Review the handout with participants. Be sure to review the ways to use beans from the handout participants did not discuss.

Answer: Bean Recipe Ideas

- Use beans in tacos, burritos, quesadillas
- Make a bean soup
- Add to lasagna or a casserole
- Add to pasta salad
- Make bean dip, like hummus
- Make a bean salsa

FACTS ABOUT BEANS:

- Considering writing on whiteboard or flipchart the recommended daily amounts of protein:
 - ✓ $\frac{1}{4}$ cup cooked beans = 1 ounce-equivalent in the protein foods group
 - ✓ 2 ounce equivalent from protein foods group for *2 – 3 year olds*
 - ✓ 4 ounce equivalent from protein food groups for *4 – 8 year olds*
 - ✓ 5 – 5 $\frac{1}{2}$ ounce equivalent from protein foods group for *women*
 - ✓ 5 $\frac{1}{2}$ - 6 $\frac{1}{2}$ ounce equivalent from protein foods group for *men*



Concept: Cooking Dried Beans Is Easy (OPTIONAL)

- "Raise your hand if you are interested in learning about how to cook dried beans."

"Great! Let's talk about how to cook beans."

- Offer 'Cooking Dried Beans' handout

- <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cooked-beans>
- Review instructions

Cooking Dried Beans Instructions

1. **Inspect dried beans. Remove any broken beans or foreign material, such as stones.**
2. **Place beans in a strainer and rinse thoroughly under cold water.**
3. **Soak the beans. There are two ways you can soak beans:**
 - i. **Traditional soak**
 - Add 1 pound of washed beans to 6 cups of cold water
 - Soak for 10 hours overnight
 - Drain and rinse
 - ii. **Quick Soak Method**
 - Boil 6 cups of water
 - Add 1 pound of washed beans
 - Boil 2 – 3 minutes
 - Cover the pot and let stand for 2 – 4 hours
 - Drain and rinse
4. **After soaking the beans, add fresh water to fully cover beans. Simmer until tender, about 1 -2 hours. Serve plain or add to a recipe.**

- **OPTIONAL:** Cooking dried beans demo
 - Demonstrate each step for cooking dried beans
- "What are your questions about what we just learned?"

Concept: Recipe Ideas Using Peanut Butter

- "Let's now talk about peanut butter. WIC provides peanut butter because it is a good source of protein."

"Let's hear some of the different ways you use peanut butter. Who wants to share their ideas?"

- **OPTIONAL:** Pair and Share activity. Ask participants to pair up, share ideas and then share with the group.
- On a whiteboard or flip chart, write down "Ways to use peanut butter"
- Allow time for participants to share and as participants share, write their ideas on the whiteboard or flip chart
- If the class is quiet, teacher may discuss ideas or read the list below

Answer: Peanut butter ideas

- On sandwiches
- In baked goods (for example, breakfast bars, pancakes or muffins)
- Eat with fruits or vegetables, such as bananas or apples
- Add to smoothies

"Great ideas! Thank you for sharing."

FACTS ABOUT PEANUT BUTTER:

- Considering writing on whiteboard or flipchart recommended daily amounts of peanut butter:
 - ✓ 1 tablespoon of peanut butter = 1 ounce equivalent in the protein foods group
 - (thumb tip = 3 teaspoon = 1 tablespoons)
 - ✓ 2 ounce equivalent from protein foods group for *2 – 3 year olds*
 - ✓ 4 ounce equivalent from protein foods group for *4 – 8 year olds*
 - ✓ 5 – 5 ½ ounce equivalent from protein foods group for *women*
 - ✓ 5 ½ - 6 ½ ounce equivalent from protein food groups for *men*



Closing

- **Summarize what was covered in class and assist participants with setting a nutrition goal:**

"Today we talked about the health benefits and recipe ideas for using WIC beans and peanut butter. We also learned how to cook dried beans. To end class, tell me one new idea with beans or peanut butter that you heard today that you will try at home with your family."

 - Go around the room and invite each participant to share
- **Thank participants for their participation:**

"Thank you very much for your participation in class! I hope you have some news ways for using beans or peanut butter."