HOSPITAL
FOR
SPECIAL
SURGERY

THE SNEAKER© PROJECT COOKBOOK

Healthy Recipes for Kids... by Kids!

Funded by the *Indirect Vitamins Purchasers Antitrust Litigation Settlement*, administered by the New York State Attorney General. Additional support provided by the New York State Osteoporosis Prevention and Education Program (NYSOPEP) and Hospital for Special Surgery.

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SNEAKER© Project

(Super Nutrition Education for All Kids to Eat Right)

A program designed and implemented by the
Education Division of Hospital for Special Surgery.

THE SNEAKER© PROJECT

Super Nutrition Education for All Kids to Eat Right

The **SNEAKER© Project** began in 2003, and since then, Hospital for Special Surgery's Education Division has conducted several **SNEAKER©** programs reaching over 1,200 New York City children. **SNEAKER©** is a project sponsored by the ***Indirect Vitamins Purchasers Antitrust Litigation Settlement,*** administered by the New York State Attorney General.

The program was designed to provide culturally sensitive nutrition education information to English, Chinese and Spanish speaking children and their families in New York City. Each **SNEAKER©** education session differed in format, ranging from small group sessions to large groups attending health fairs, but the focus remained on achieving these key **SNEAKER©** educational goals:

- To appreciate the importance of calcium intake and the various forms of calcium
- To understand the value of consuming whole grain and other high fiber foods
- To recognize the perceived versus real amounts of sugar hidden in certain foods and beverages
- To learn the definition of portion control and understand portion sizes
- To identify healthy food options for the school cafeteria, fast food restaurants and home

This cookbook contains a variety of recipes for dinner, snacks and dessert as well as nutrition facts to help you make healthier food choices. The **SNEAKER©** cookbook is unique because it includes recipes from children who participated in **SNEAKER©** programs. Each recipe went through a rigorous taste test and was reviewed and evaluated for nutritional content and value.

We hope you make this cookbook a special part of your recipe collection so the entire family can prepare and share together. Start cooking!

THE SNEAKER© PROJECT

Super Nutrition Education for All Kids to Eat Right

A special thank you to all SNEAKER© program participants who have contributed to the development of this cookbook and dedicated their time and effort to keeping New York City children healthy!

Thanks!

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Healthy Breakfast Ideas

"A good breakfast is a great way to start the day."

Many people know breakfast is the most important meal of the day, but how many actually eat breakfast? About 40% of kids do not eat breakfast each day, but they should, because kids who eat breakfast:

- Have been shown to score higher in math and reading
- Have better concentration and attendance
- Make fewer trips to the nurse's office
- Are more likely to consume foods rich in calcium and other vitamins and minerals important for growth

To start your day the right way, try these healthy breakfast options:

1. Low-Sugar Cereal with Milk
2. Granola/Cereal Bar and Calcium-Fortified Orange Juice
3. Cup of Low-Fat Yogurt with Fresh Fruit
4. Drinkable Yogurt
5. Fruit-Yogurt Smoothie
6. Calcium Fortified Waffle with Fresh Fruit
7. String Cheese
8. Whole Wheat Toast with a Slice of Cheese

Banana Bread

Submitted by student, Elizabeth and parent, Glenny

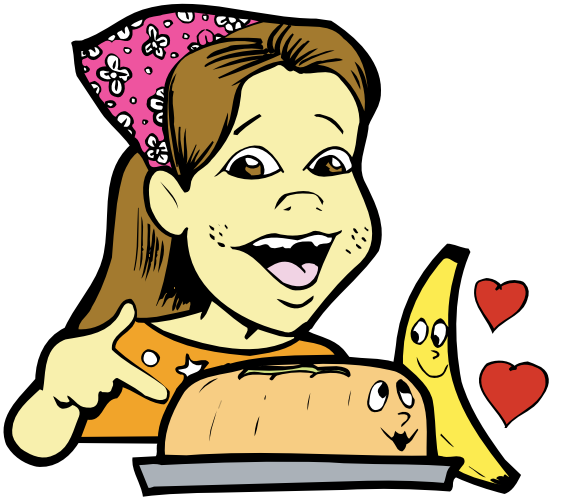
ELIZABETH SAYS... "This is my mother's recipe."

Timing & Number of Servings:

This recipe takes **40 minutes** to prepare, **1 hour** to cook and can feed **20 people**.

Ingredients:

3 large bananas
1 cup granulated sugar
1/2 cup vegetable oil
2 egg whites
1/2 cup 2% milk
1 teaspoon vanilla extract
2 teaspoons ground cinnamon
1/2 teaspoon baking powder
2 cups white, unbleached flour
Cooking oil spray



Recipe Directions:

1. Mash the bananas.
2. In a large mixing bowl, combine the flour, sugar, eggs and milk, and mix until combined.
3. Slowly add the oil, baking powder, vanilla extract and cinnamon.
4. Mix until smooth.
5. Add the bananas, and mix together.
6. Spray cooking oil spray onto 8 1/2" x 4 1/2" x 2 1/2" loaf pan.
7. Pour mixture into pan and bake at 350 degrees for 1 hour.

Nutrition Facts

Serving Size: 1" by 2" slices (68g)
Servings: 20

Amount Per Serving

Calories 160 Calories from Fat 60

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 20mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	2%
Sugars 14g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Utensils:

• Large mixing bowl • Spoon
• Measuring cup and spoon • Loaf pan

Banana Milk Shake

Submitted by student, Frank and parent, Edelmira

FRANK SAYS... "I chose this because I like bananas."

Timing & Number of Servings: This recipe takes **10 minutes** to prepare and can feed **5 people.**

Ingredients:

3 large bananas
2 cups vanilla ice cream (light)
1 1/2 cup 2% milk

Recipe Directions:

1. Chop up the bananas.
2. Get a parent to put all the ingredients in a blender.
3. Blend ingredients.

Utensils:

- Knife
- Spoon
- Measuring cup
- Blender

Nutrition Facts

Serving Size: 8 ounces (227g)
Servings: 5

Amount Per Serving	
Calories 210	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 2g	10%
Cholesterol 10mg	4%
Sodium 85mg	4%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 7g	
Vitamin A 20% •	Vitamin C 15%
Calcium 15% •	Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Healthy Note:

Use 1% milk and vanilla frozen yogurt to make this recipe healthier.

Deanna-Banana Yogurt

Submitted by Girl Scout, Deanna and parent, Maria Luisa

DEANNA SAYS... **"It is my favorite because I love fruit and yogurt. I made this recipe myself."**

Timing & Number of Servings:

This recipe takes **10 minutes** to prepare and can feed **2 people.**

Ingredients:

8 ounces non-fat, banana/strawberry yogurt
1 medium banana
1 ounce dried, mixed fruit

Recipe Directions:

1. Cut the banana into round slices.
2. Arrange bananas around the edge of a small dish.
3. Pour 1 cup of yogurt in the middle of your banana circle.
4. Sprinkle 2 tablespoons of fruit bits over the yogurt.

Utensils:

• Knife • Measuring cup and spoon

Healthy Note:

Use fresh fruit instead of dried, mixed fruit.

Nutrition Facts

Serving Size: 6.6 ounces (187g)
Servings: 2

Amount Per Serving

Calories 200 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	0%
Sodium 50mg	2%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	10%
Sugars 40g	
Protein 4g	

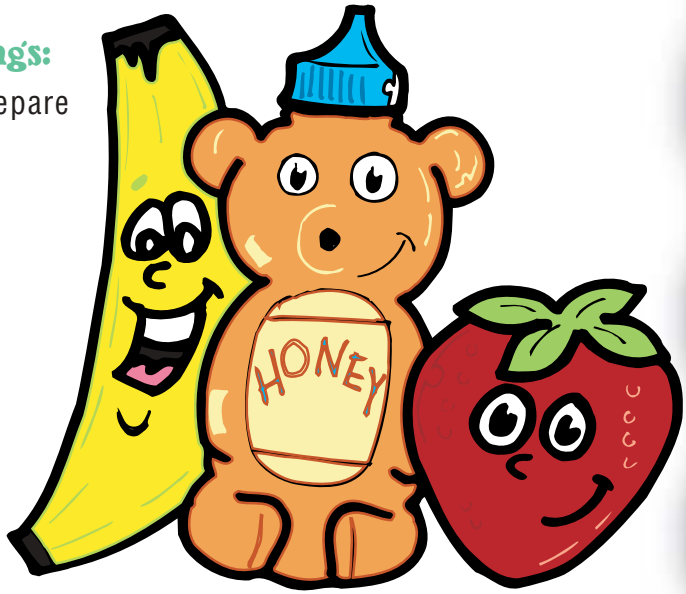
Vitamin A 8% • Vitamin C 10%
Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Smoothie

Submitted by student, Loveita and parent, Sharon

"Have fun! Make a great smoothie with the fruits you like."



Timing & Number of Servings:

This recipe takes **5-10 minutes** to prepare and can feed **2 people.**

Ingredients:

1/2 cup 2% milk
1 large banana
2 cups frozen strawberries
1 tablespoon honey

Recipe Directions:

1. Cut up the banana.
2. Pour milk in the blender, add the fruit, blend and sweeten with honey.
3. Serve cold, with ice.

Utensils:

- Knife • Measuring cup and spoon
- Blender

Nutrition Facts

Serving Size: 12.7 ounces (361g)
Servings: 2

Amount Per Serving	
Calories 200	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Cholesterol less than 5mg	0%
Sodium 35mg	0%
Total Carbohydrate 48g	15%
Dietary Fiber 6g	25%
Sugars 39g	
Protein 4g	
Vitamin A 6% •	Vitamin C 160%
Calcium 10% •	Iron 10%

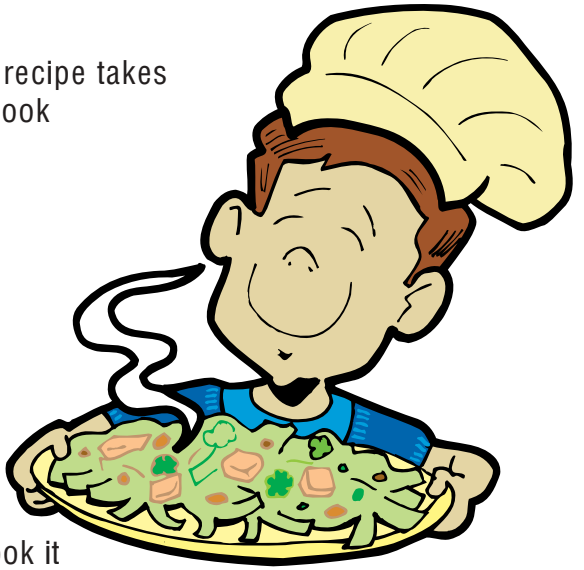
Healthy Note:

Use 1% milk to make this recipe healthier.

Boneless Chicken with Noodles and Vegetables

Submitted by student, Jeffrey and parent, Lissette

LISSETTE SAYS... "This recipe is a mixture of all my kids' favorite things to eat."



Timing & Number of Servings: This recipe takes **10-15 minutes** to prepare, **10-15 minutes** to cook and can feed **6 people.**

Ingredients:

18 ounces (approximately 1.125 pounds) boneless chicken breast
6 ounces dry egg noodles
2 cups frozen, mixed vegetables
1 1/2 cup 2% milk
1 tablespoon butter

Recipe Directions:

1. Cut chicken into squares, season it, then cook it in a pan over medium heat until no longer pink.
2. Bring a pot of water to boil, and cook the noodles according to package directions.
3. Boil and drain the frozen vegetables.
4. Once the chicken is fully cooked, mix with noodles and vegetables in a pot, add milk and butter and let simmer.

Utensils:

- Knife • Pan • Pot • Bowl
- Measuring cup and spoon
- Pasta drainer • Spoon

Nutrition Facts

Serving Size: 7.32 ounces (208g)
Servings: 6

Amount Per Serving

Calories 280	Calories from Fat 60
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	6%
Cholesterol 85mg	30%
Sodium 100mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 26g	
Vitamin A 8% •	Vitamin C 20%
Calcium 10% •	Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Healthy Note:

Remember portion control.
It is always good to have leftovers!

Chicken Alfredo

Submitted by student,Tatianna and parent, Alexandra

"Tastes good and looks yummy."

Timing & Number of Servings:

This recipe takes **5-10 minutes** to prepare, **20-30 minutes** to cook and can feed **6 people.**

Ingredients:

12 ounces (approximately 3/4 pound) boneless chicken breast
1 cup sliced mushrooms
1 cup chopped onion
1 pound whole wheat spaghetti pasta
1 cup chicken broth
1/2 cup alfredo sauce (light)
1 teaspoon ground black pepper
2 tablespoons garlic powder
Cooking oil spray

Recipe Directions:

1. Chop up mushrooms and onions on cutting board.
2. Slice chicken breast into small pieces.
3. Stir-fry vegetables in cooking oil sprayed pan.
4. Cook pasta in pot of boiling water according to package directions.
5. Mix garlic and pepper with vegetables.
6. Place chicken in frying pan with vegetables, and cook until no longer pink.
7. Mix in chicken broth and alfredo sauce, lower heat and let simmer.
8. Mix pasta with chicken and vegetables, and let it cook for 5 minutes.

Nutrition Facts

Serving Size: 8.25 ounces (234g)
Servings: 6

Amount Per Serving	
Calories 390	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Cholesterol 40mg	15%
Sodium 300mg	15%
Total Carbohydrate 64g	28%
Dietary Fiber less than 1g	4%
Sugars 6g	
Protein 26g	
Vitamin A 0% •	Vitamin C 6%
Calcium 8% •	Iron 20%

*Percent Daily Values are based on a 2000 calorie diet.

Utensils:

• Knife • Cutting board
• Frying pan • Pot

Healthy Note:

Add broccoli for a Vitamin C and calcium boost!

Chicken Breast "a la Pizza"

Submitted by student, Eudis and parent, Siria

EUDIS SAYS... "This recipe is my favorite recipe because it is delicious. It is a recipe from my grandmother."

Timing & Number of Servings: This recipe takes **20 minutes** to prepare, **1 hour** to cook and can feed **6 people.**

Ingredients:

18 ounces boneless chicken breast
2 large eggs
1 teaspoon salt
2 cups corn flakes
14 ounces pizza pasta sauce
1 tablespoon ground oregano
2 tablespoons white, unbleached flour
1/2 cup grated parmesan cheese

Recipe Directions:

1. In one bowl, beat the eggs and set aside.
2. In a large bowl, mix flour, salt, oregano and corn flakes mashed into small pieces.
3. Cut the chicken into large slices. Dip chicken in the egg and roll it into the flour-cereal mix.
4. Heat butter in frying pan, and cook the chicken slices until brown on both sides.
5. Layer half of the cooked chicken in the baking dish and spread with pizza pasta sauce and grated cheese. Repeat the process with the other half of the chicken.
6. Bake it in a 350 degree oven for 35 minutes. It can be served with baked potatoes, mashed potatoes or fried bananas.

Nutrition Facts

Serving Size: 6.65 ounces (188g)
Servings: 6

Amount Per Serving	
Calories 220	Calories from Fat 60
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Cholesterol 125mg	40%
Sodium 870mg	35%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 26g	

Vitamin A 15% • Vitamin C 20%
Calcium 2% • Iron 25%

Utensils:

• Mixing bowls • Spoon • Knife • Frying pan • Baking dish

Fish Soup

Submitted by student, Destiny and parent, Manette

DESTINY SAYS... "This recipe is my favorite recipe because it is healthy (my mom makes it her way)."

Timing & Number of Servings: This recipe takes **30 minutes** to prepare, **45 minutes** to cook and can feed **5 people.**

Ingredients:

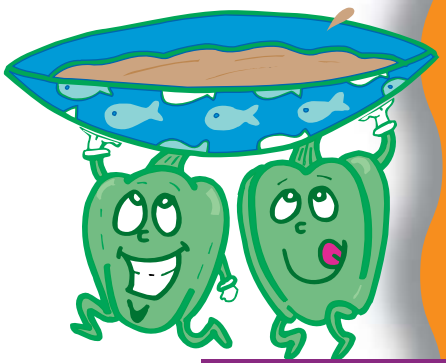
15 ounces bluefish fillets
2 teaspoons Goya Sazón Con Azafran
Dash ground, black pepper
1 teaspoon garlic powder
1 tablespoon olive oil
20 small, red potatoes
12 ounces frozen, mixed vegetables
2 large onions
2 large green peppers
5-6 cups water, enough to cover the fish
1 tablespoon white, unbleached flour

Utensils:

- Mixing bowl • Measuring spoons
- Frying pan • Vegetable peeler
- Knife • Large pot

Recipe Directions:

1. Soak the fish in lemon juice to eliminate the odor.
2. Season the fish with Sazón, pepper and garlic, and pre-cook the fish in olive oil.
3. While the fish is cooking, peel and cut up the onions, potatoes and carrots.
4. When the fish is done, mix the vegetables and fish together in a large pot.
5. Add enough water to cover fish, approximately 5-6 cups. Slowly add flour to thicken broth.
6. Bring to a boil, cook over medium-low heat for 20 minutes, let it simmer and serve.



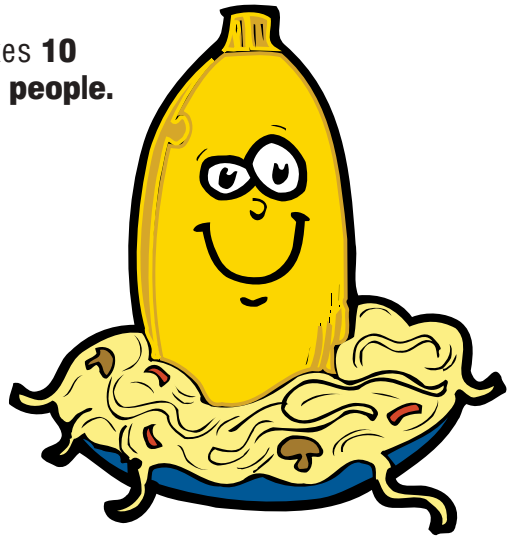
Healthy Note:

Serve with a leafy, green vegetable.

Spaghetti Squash Stir-Fry

Submitted by student, Tatianna and parent, Alexandra

TATIANNA SAYS... "It is one of my favorites because it is tasty and not fattening. I made it myself one evening for dinner."



Timing & Number of Servings: This recipe takes **10 minutes** to prepare, **30 minutes** to cook and can feed **4 people.**

Ingredients:

1 cup chopped red pepper
1 cup chopped onion
1 cup sliced mushrooms
16 ounces low-salt chicken broth
2 tablespoons garlic powder
1 teaspoon ground, black pepper
2 cups baked spaghetti squash
Olive oil cooking spray

Recipe Directions:

1. Dice peppers, onions and mushrooms.
2. Cut spaghetti squash in half, and remove the seeds. Place face down in large bowl with 1/2 cup of water. Poke holes on top, and wrap it with plastic. Microwave for 5 minutes or until soft. Use fork to place squash into another bowl (measure 2 cups of squash for this recipe).
3. Spray pan with olive oil cooking spray and stir-fry vegetables. Mix in chicken broth, garlic powder and black pepper. Cook for 15 minutes.
4. Mix in spaghetti squash and cook for another 5-10 minutes. Cool for 5 minutes before serving.

Nutrition Facts

Serving Size: 10.2 ounces (290g)
Servings: 4

Amount Per Serving
Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0.5g	4%
Cholesterol less than 5mg	0%
Sodium 530mg	28%
Total Carbohydrate 15g	4%
Dietary Fiber 3g	15%
Sugars 4g	
Protein 3g	

Vitamin A 45% • Vitamin C 130%
Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Utensils:

• Cutting board • Knife • Measuring cup and spoons
• Fork • Frying pan

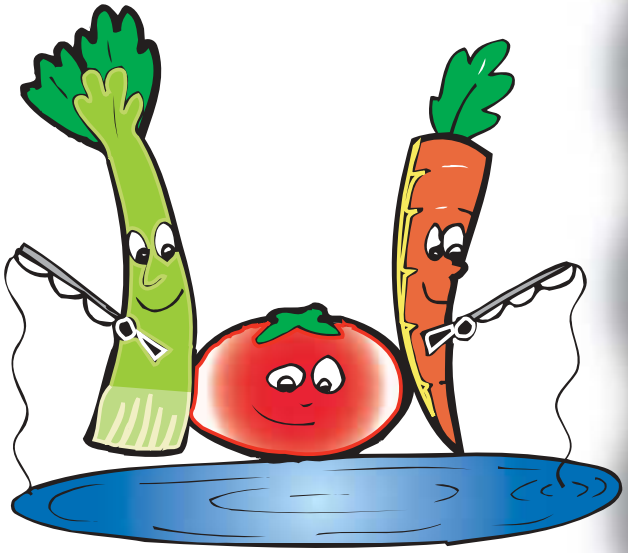
Steamed Fish

Submitted by student, Francisco and parent, Ines

"Fish is good for you."

Timing & Number of Servings:

This recipe takes **15 minutes** to prepare, **20 minutes** to cook and can feed **6 people.**



Ingredients:

- 2.2 pounds flounder fillets
- 3 large carrots
- 3 stalks celery
- 2 red tomatoes
- 1/2 large onion
- 2 ounces green, pitted olives
- 1/8 tablespoon ground oregano
- 1 tablespoon white, unbleached flour

Recipe Directions:

1. Season flounder fillets with salt and pepper.
2. Dice carrots and celery.
3. Mash tomatoes with oregano and salt using an electric mixer or by hand with a masher.
4. Mix the tomatoes, vegetables and flour, and pour over the fish.
5. Add the olives, cover the fish with aluminum foil, and bake at 350 degrees for 20 minutes.

Nutrition Facts

Serving Size: 8.9 ounces (254g)
Servings: 6

Amount Per Serving

Calories 190	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	2%
Cholesterol 80mg	25%
Sodium 230mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 32g	
Vitamin A 210% •	Vitamin C 20%
Calcium 4% •	Iron 6%

* Percent Daily Values are based on a 2000 calorie diet

Utensils:

- Baking dish
- Electric mixer
- Knife

Healthy Note:

Serve with your favorite vegetables.

Grumble Jumble... A Word Game

Can you find eight healthy snacks that are perfect to eat when your tummy starts to grumble? **Applesauce, Carrots, Crackers, Fruit, Granola, Pretzels, Rice Cakes, Yogurt**

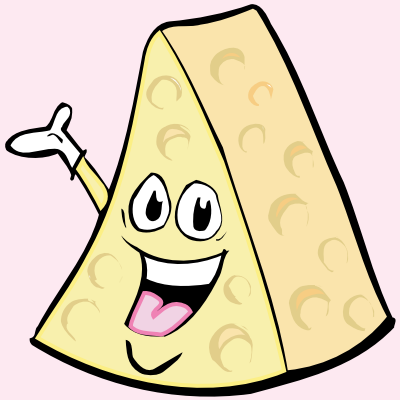
G	X	C	R	A	C	K	E	R	S	P
R	O	N	K	K	A	H	J	J	A	R
A	C	V	H	L	R	A	E	E	K	E
N	O	P	O	F	R	U	I	T	Z	T
O	C	U	K	K	O	L	Z	D	R	Z
L	C	M	P	O	T	U	T	R	S	E
A	P	P	L	E	S	A	U	C	E	L
B	S	D	L	G	T	O	A	P	L	S
A	U	T	D	A	F	G	H	J	K	L
R	I	C	E	C	A	K	E	S	V	Q
Y	O	G	U	R	T	Y	U	I	X	E

Hungry for Calcium?

Can you guess the missing letters that spell these calcium-rich foods?

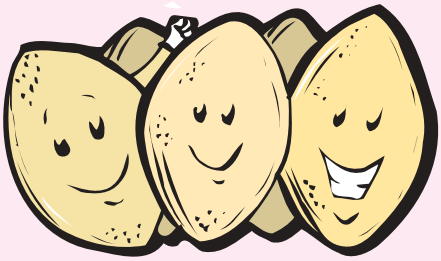
O _ _ _ _ _

J _ _ _ _

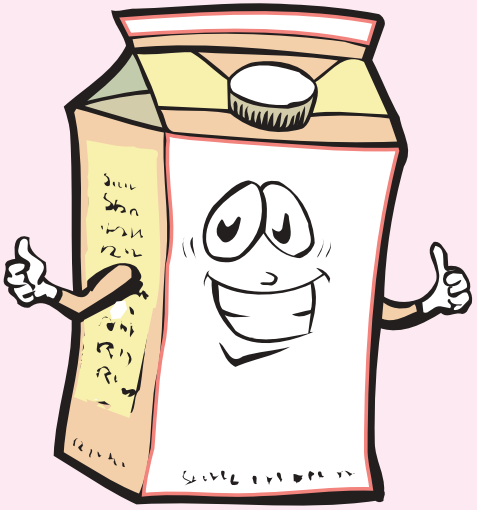


_ H _ E _ _

_ R _ C _ _ _ I



A _ _ _ N _ _



L _ W - F _ T _ _ L _

Answers

• Orange Juice • Cheese • Low-Fat Milk • Almonds • Broccoli

Get Your Kids Cooking!

In most households, parents prepare the meals. Children often share what they prefer to eat, but very seldom participate in preparing meals. The question most parents ask is, **"How do I get my child/children interested in preparing a meal that they like?"**

Kids may think of cooking as a less than exciting activity, but parents can help make the kitchen a place where everyone can have fun together: planning, measuring, mixing, preparing and enjoying each other's company along with the delicious fruits of their efforts. Cooking a meal together, as a family, can be as exciting as eating the end product.

The activities involved in cooking can help develop hand and eye coordination, refine motor skills and build reading and math skills. Best of all, cooking helps to instill confidence and a sense of accomplishment.

Here are some tips parents can use to encourage kids to cook:

TIP 1 Start by preparing the foods they like most, like a fruit smoothie.

TIP 2 Take your children grocery shopping to help select ingredients. Give them a budget and help them keep track of what they are spending.

TIP 3 Designate one evening as cooking time for the family, where kids are allowed to choose a recipe they like and assist in preparing the meal.

TIP 4 Eliminate distractions by turning off the television while cooking and eating, and focus your children's attention on the art of cooking and the pleasure of sharing a meal together as a family.

Nutritional Information You Should Know

CALCIUM

- Calcium is a mineral that strengthens your bones and helps prevent osteoporosis. Osteoporosis is a disease that makes bones thin and weak. Anyone can get it no matter what age, gender or ethnicity.
- Skipping meals can steal calcium from bones, weakening your skeleton for life.
- Calcium is very important because it helps your bones grow to their full length so you can grow as tall as possible.
- Consuming adequate amounts of calcium each day reduces the risk of breaking a bone and having to wear a cast.

CALCIUM RECOMMENDATIONS

Age Group	Daily Calcium Needs	% Daily Value
4-8	800 mg (about 3 servings)	80%
9-18	1,300 mg (about 4 servings)	130%

The Nutrition Facts food label can help you find out how much calcium you are getting...

20% or more of the calcium Daily Value (200 mg or more) is an **EXCELLENT** source of calcium.

10% or more of the calcium Daily Value (100 to 190 mg or more) is a **GOOD** source of calcium.

FIBER

Fiber is an excellent source of natural energy and helps digestion. The fiber in whole grain foods, like whole wheat bread and cereal, breaks down slower than foods like white bread, so you feel fuller and eat less. Your child's age plus 5 equals the amount of grams of fiber he or she should have per day. This "trick" will only work until your child turns 20 years old. After that, you should eat 20-35 grams of fiber each day.

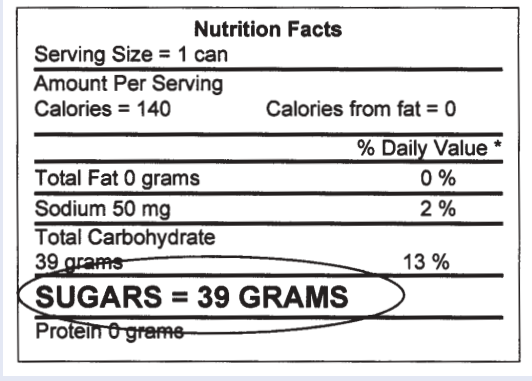
FIBER CONTINUED

- **FRUITS with 2 grams or more of fiber per serving:**
  Apple with skin, Blueberries, Banana, Prunes, Strawberries, Orange, Pear, Raspberries, Raisins
- **VEGETABLES with 2 grams or more of fiber per serving, cooked:**
  Broccoli, Peas, Carrots, Brussel Sprouts, Corn, Potato with skin, Spinach
- **LEGUMES with 4 grams or more of fiber per 1/2 cup:**
  Lentils, Pinto Beans, Kidney Beans, Dried Peas, Lima Beans, Navy Beans, Baked Beans, Peanuts
- **BREAD with 1 gram or more of fiber per serving:**
  Whole Wheat, Rye, Pumpernickel, Cracked Wheat, Bran Muffins, Brown Rice, Spaghetti/Macaroni
- **CEREAL & GRAINS with 3 grams or more of fiber per serving:**
  All-Bran, Bran Flakes, Bran Chex, Raisin Bran, Shredded Wheat, LIFE, Instant Oatmeal

SUGAR

To figure out how many grams of sugar are in your favorite soda or food, read the **Nutrition Facts food label.**

Using the number of grams from the label, find out how many teaspoons, tablespoons or cups those grams equal by using these shortcuts:



Nutrition Facts

Serving Size = 1 can

Amount Per Serving

Calories = 140 Calories from fat = 0

	% Daily Value *
Total Fat 0 grams	0 %
Sodium 50 mg	2 %
Total Carbohydrate 39 grams	13 %
SUGARS = 39 GRAMS	
Protein 0 grams	

____ **Grams of sugar divided by 4 = ____, the number of TEASPOONS of sugar in one serving.**

____ **Grams of sugar divided by 3 = ____, the number of TABLESPOONS of sugar in one serving.**

____ **Grams of sugar divided by 16 = ____, the number of CUPS of sugar in one serving.**

SUGAR CONTINUED

- Consuming too much sugar can lead to tooth decay and may weaken bones—the opposite of what **calcium** does for you.
- Sugar in high quantities decreases energy, making it harder for your child to concentrate and stay awake during class.

PORTION CONTROL

Portion Size is the amount of food you choose to eat. **Serving Size** is a standard amount used to help you decide how much to eat, and identify how many calories and nutrients are in the foods you eat. Use this chart to help you understand what a serving size looks like:

1 Serving of...		Looks like the size of...
1/2 cup cooked pasta or cereal	=	A hockey puck or 1/2 a baseball
1 slice of bread	=	1 audiocassette tape
1 pancake or waffle	=	1 compact disc
1 cup of raw, leafy vegetables	=	An adult fist
1/2 cup cooked vegetables	=	A scoop of ice cream
1 small-to-medium baked potato	=	A computer mouse
1 medium apple or orange	=	A baseball
1/2 cup of grapes (15 grapes)	=	A light bulb
1 ounce of cheese	=	4 dice
1 cup of milk or yogurt	=	A baseball
3 ounces of cooked, lean fish, meat or chicken	=	A deck of cards or bar of soap
2 tablespoons of peanut butter	=	A golf ball

Please note: Larger portions of food have more calories, and studies show that when people are served more food, they eat more food.

Safety Tips in the Kitchen

TIP 1 **Never leave children alone in the kitchen.** Children should be supervised at all times while in the kitchen. Ovens, knives, hot liquids, hot pots and electrical appliances are all potentially dangerous.

TIP 2 **Wash hands in hot, soapy water before and after handling food, particularly raw meats.** Use paper towels to dry hands. If a dish towel touches the raw meats or the juices from the raw meats, quickly remove it from the kitchen for laundering. Clean the sink, counter tops or any areas that raw meat or their juices may have touched.

TIP 3 **Put foods that can spoil, like dairy products and meats, in the refrigerator right after using them.** Do not let perishable foods sit out on the counter.

TIP 4 **Make sure children do not lick their fingers or put their hands in their mouths when handling food.** This is very important with raw foods such as cookie dough or meat.

TIP 5 **Do not put cooked food on an unwashed plate or a cutting board that has had raw food on it.** Always put cooked food on a clean plate.

TIP 6 **Use a tissue to cover your mouth and nose for sneezes or coughs, and turn away from food while coughing or sneezing.** Wash hands right away after a cough or sneeze.

TIP 7 **Turn the oven off and unplug all cooking appliances before leaving the kitchen.** Never leave an oven or stove on or with the door open for room heat.

TIP 8 **Keep electrical appliances away from water to avoid shocks.** Stay away from electrical sockets, especially if your hands are wet, and instruct children not to put their fingers or hands anywhere near sockets.

TIP 9 **Always turn pot handles inward toward the back of the stove so they can not be reached or pulled down.**

TIP 10 **Use a frying screen over pans to prevent grease splattering.** If grease catches fire, cover the pan with a lid.

TIP 11 **Never add water to a pan that has hot oil in it. It could make the oil spatter and burn someone.** Throw baking soda or flour on a grease fire.

TIP 12 **Do not let children touch or handle hot liquids or hot pots and pans.** Never let children run with hot drinks.

TIP 13 **Keep paper towels, dish towels and pot holders away from the stove top so they will not catch on fire.**

TIP 14 **Never let children use sharp knives.** Only adults should slice or cut foods.

TIP 15 **Never put knives or other sharp utensils in a sink full of water or on counters where children can reach them.** Children can reach into a sink full of water and get hurt by a sharp object or knife, or can knock items off counters if they are left within reach.

Burn First-Aid

1. **Stop, drop and roll.** If on fire, stop, drop, and roll. Remove all burned clothing.
2. **Use cool water.** Hold the burned area under cool running water. Do not use ice, butter or vaseline.
3. **Cover the burn.** Cover the area with a clean, dry sheet. Keep the person warm.
4. **Seek medical attention immediately.**

Dietary Restrictions

Before making any recipe:

1. **Check all ingredients.** Make sure the child is not allergic to any of the ingredients or additives in a recipe. Check food labels on prepared foods.
2. **Consult your doctor.** If your child has any medical or dietary restrictions due to a medical condition or the use of medications that have side effects with certain foods, consult your doctor before making the recipe.

What Kids Can Do Safely

• Measure ingredients • Wash fruits and vegetables • Stir/sift ingredients in bowl • Set the table
• Garnish food • Grease pans • Peel oranges or hard cooked eggs • Pour cool (not hot) liquids

KID'S ART

Keep eating and cooking healthy and nutritious foods for the entire family to enjoy!

COMING SOON!

More healthy SNEAKER© Project recipes for you and your family to prepare and share are on the way to the web! Look for more recipes to arrive soon on the Hospital for Special Surgery website: www.hss.edu

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