

## Casino Road YDC Food Needs

Each week during the school year we have the following needs:

### Fruit:

- 2 Large bags of oranges, apples or other seasonal fruit (quantity at least 12)
- 2 Large cans of fruit in juice or light syrup(4 lb) to serve 20-25 ( $\frac{1}{2}$  to  $\frac{3}{4}$  cup each)

### Vegetables:

- 4 3-5 pound bags of frozen vegetables (mixed or individual veggies) like peas, peas and carrots, cauliflower, carrots, etc.
- 2-3 large bags of mixed salad greens or spinach to serve 20-25 (1 cup each)
- 10 tomatoes or other fresh vegetables to add to salad
- Large bag of fresh carrots for snacks

### Dairy:

- 1 large container (64oz) of Nancy's (or other brand of sugar-free yogurt)
- 2 each 1-pound blocks of cheeses like Cheddar or Monterey Jack

### Grains:

- 1 Loaf of 100% whole wheat bread
- Whole wheat tortillas (24)
- Whole wheat rolls (48)
- Whole wheat spaghetti noodles (1-2 lbs)
- Whole wheat penne pasta (1-2)
- Brown rice (1-2 lbs)

### Protein:

Pre-made casseroles or main dish to serve 24 children (or 10-12 adult portions) such as:

- Spaghetti sauce with low fat meat such as turkey, or ground beef
- Macaroni and cheese
- Beef, chicken or vegetable soup
- Low sodium sandwich meats or cold cuts, frozen in 1 serving amounts

Please avoid processed foods with added sugar, refined fours, and excess salt. We have recipes for a variety of low-cost main dishes that can be frozen or delivered fresh on the day to be served.

Note: The most economical store to purchase the large quantities needed at the lowest possible price is Cash & Carry. For example, a five-pound bag of frozen vegetables is less than \$4! They are located at 2917 Cedar Street, between Hewitt and Pacific in Everett. Winco is also a good source for bulk foods like pasta, rice and spices.

## GOAL OF THE MEAL PROGRAM

Our goal is to provide the children who come into the facility a meal or snack that will fill the most important gaps in their diet: vegetables, fruits, protein, and whole grains.

Each child should be offered the following:

Two (2) servings of **vegetables**, allowing for a variety of colors throughout the week: This would be one serving of a heated frozen or canned vegetable (1/2 to 1 cup serving size) and one cup of fresh vegetables or salad with a healthy low-fat dressing. (2 ½ cups total daily requirement)

One serving of **fruit**: This would be a whole fresh fruit like apples (whole or sliced), oranges, plums, or other seasonal fresh fruit. When fresh fruits are not available they should have at least ½ cup of canned in juice or light syrup (drained and rinsed). This may be served as dessert. (1 to 1 ½ cups daily requirement). Juice is not a substitute for fruit as it is the dietary equivalent of soda with vitamin C.)

One serving of **whole grain**: This would be in the form of whole wheat pasta, brown rice, whole wheat bread or rolls, whole wheat pizza, etc. 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group. (3-4 servings is the daily requirement, half of which should be whole grains).

One serving of **protein** in the form of low-fat meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds. (5 ounce daily requirement for 9-18 yr-olds)

One serving of **dairy** in the form of low-fat milk, yogurt, or cheese: 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group (3 servings is the daily requirement).