

Nutrition Month 2021

WEEK 3: HEALTHY EATING AND COOKING AT HOME



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RECIPE SUBSTITUTIONS

Sometimes you may be missing an ingredient, or you want to change your recipe up. Here are some common recipe substitutions!

1 egg	½ teaspoon baking powder + ½ a mashed banana
1 tsp vinegar	1 teaspoon lime or lemon juice
1 cup Mayo	1 cup sour cream or plain yogurt
½ cup oil	½ cup apple sauce
1 cup sugar	¾ cup honey
1 cup butter	¾ cup olive oil



EMERGENCY SHELF

An emergency shelf consists of some non-perishable items that a person can keep on hand. This is very applicable with the current situation with COVID-19. Whenever the option is available, try to select the salt free versions of canned goods such as chickpeas, black beans, corn, diced tomatoes, and tomato sauce. Items such as rice, pasta, oats, nut butter, and granola bars are also great additions!

HEALTHY SNACKS

Many people might find themselves snacking more often while working from home, so easy to make and healthy choices around the house can be beneficial! Some of my personal favourites are: vegetables and hummus, cheese and whole wheat crackers, yogurt and fruit, and apples with peanut butter!



ACTIVITY

Complete this word search for a chance to win a \$25 gift card!
<https://thewordsearch.com/puzzle/1900593/week-3-activity/>



DID YOU KNOW?

Services of a Registered Dietitian may be covered by your insurance. Check out this link to see what services you are covered for:
<https://wellness.usask.ca/benefits/plans.php>