

CANNED FISH HACKS



Mix, Coat, Swap, and Top



Every WIC food plays a role in good nutrition. Why canned fish? Fish provides a great source of:

- **Protein**, which provides energy and helps your body build bones, muscles, cartilage, skin, blood, enzymes and hormones.
- **Calcium** (from bone-in salmon/sardines), which helps your body build and maintain strong bones.
- **Omega 3 fatty acids**, (from canned salmon), which help prevent heart disease and may help improve your mood.

Fish is a great low cost protein option for any time of day.

- Mix canned fish into pasta dishes or casseroles.
- Coat tuna or salmon patties with crushed cereal and pan fry for a good texture.
- Swap mayonnaise for plain yogurt or mashed white beans for your tuna salad.
- Top whole grain toast with avocado spread, chunks of canned fish and dash of salt for a quick snack!



CEREAL HACKS



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Every WIC food plays a role in good nutrition. Why breakfast cereals? Cereal provides a great source of:

- **Iron**, which builds blood cells that take oxygen from your lungs to the rest of your body.
- **Folate/Folic acid**, which helps with cell growth and development.
- **Fiber** (from whole grain options), which helps keep you regular and helps you feel full after a meal.

Breakfast cereal can be used in a variety of ways outside of breakfast to help you save money on tasty family meals.

- Mix crushed rice, corn, or wheat flake cereal into meatball, meatloaf, or meat patty recipes.
- Coat chicken or fish with crushed corn or rice cereal to make crisp lower fat oven fried family favorites.
- Swap seasoned corn or rice flakes for expensive croutons and salad toppers.
- Top a casserole, yogurt parfait or other prepared food with crushed cereal for an extra layer of crunch!



BEAN & LENTIL HACKS



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Every WIC food plays a role in good nutrition. Why beans and lentils? Beans and lentils provide a low fat source of:

- **Protein**, which provides energy and helps your body build bones, muscles, cartilage, skin, blood, enzymes and hormones.
- **Fiber**, which helps keep you regular and helps you feel full after a meal. Certain fibers can also help control blood cholesterol levels and prevent heart disease.
- **Folate/Folic Acid**, which helps with cell growth and development.

Here are some ideas to help you enjoy the health benefits of cooking with beans:

- Mix mashed beans into meatloaf or burgers to get more servings out of the recipes and improve the texture of the food.
- Coat tortillas or chips with a layer of pureed or mashed beans to add a creamy, nutrient packed layer to your tacos or nachos.
- Swap mashed white or black beans for mayonnaise and use as a sandwich spread.
- Top salads with lentils, black beans, or garbanzo beans for extra protein, flavor, and texture.



YOGURT HACKS



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Every WIC food plays a role in good nutrition. Why yogurt? Yogurt provides an excellent source of:

- **Calcium**, which helps your body build and maintain strong bones.
- **Vitamin D**, which helps your body to absorb calcium.
- **Protein**, which provides energy and helps your body build bones, muscles, cartilage, skin, blood, enzymes and hormones.
- **Healthy bacteria** (also called probiotics), which can improve your digestive health.



Yogurt is great for adding protein or replacing higher fat foods.

- Mix plain yogurt into fruit smoothies.
- Coat halved bananas in yogurt then freeze for a cool, sweet treat!
- Swap sour cream for plain yogurt on your baked potato or Mexican dishes as a lower fat alternative that provides the same creamy texture.
- Top cereal and fruit with yogurt for crunchy, sweet parfaits.

