

# FOOD FOR THOUGHT



TOOLKIT

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Toolkits are available in the English, Hmong, Spanish, and Somali Languages.

English

Spanish | Español

Somali | Soomaali

Hmong | Hmoob



To learn more visit [www.tpt.org/foodforthought/resources](http://www.tpt.org/foodforthought/resources)

# FOOD FOR THOUGHT

## ENGLISH

Feeding your family can be challenging. No matter who you are, everyone deserves access to fresh, health food. So how can we engage and reconsider the way we think about food?

- *Thinking about how to be creative with food*
- *Learn about existing programs to increase access to food*
- *Being intentional about what we eat on a daily basis*
- *Talking with people about their experiences*



**MEAL TIME IS FAMILY TIME, EVEN IF YOUR FAMILY IS JUST YOU!  
CHECK OUT HOW YOU CAN ENGAGE BELOW.**

### **DISCUSSION QUESTIONS**

1. What is the difference between hunger and food insecurity?
2. What words or images come to mind when you think of hunger?
3. Do you think an unhealthy diet is cheaper than a healthy diet? Why or why not?
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6. Why do you think there is hunger and food insecurity in Minnesota?
7. What resources are available to help address hunger and food insecurity in your community?

## **FOOD FOR THOUGHT**

1 in 10 Minnesotans are food insecure (USDA, 2013) so there are lots of programs to help you get the food you need for your family.

# FOOD FOR THOUGHT

## ENGLISH CONTINUED

### REIMAGINING COMFORT FOOD

#### A new dish to try

*Chicken Quesadilla, Rice,  
Refried Beans, Chips and Green Sauce*



### SOUNDBITE

“The healthy food can be more expensive here, but there are resources to help.” – Fartun Hussein

### Review Nutrition Labels

Go over the main components of a Nutrition Facts label (see to the right). Or for more in-depth information visit The Kids Health website [kidshealth.org/kid/stay\\_healthy](http://kidshealth.org/kid/stay_healthy) and read “Figuring Out Food Labels.”

### DID YOU KNOW?

You can stay enrolled in WIC for up to 5 years after your child’s birth!  
Call **1-651-201-4444** for more information.

- Check out serving sizes! There can be several servings in a container.
- Pre-packaged foods are high in salt content. The less sodium, the better!
- Try to keep your processed sugar intake low. Try other alternatives like fresh fruit!
- Protein gives your child healthy energy across the day.

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	<b>Calories 110</b>
	% Daily Value*
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Saturated Fat 0g	0%
Trans Fat 0g	
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# FOOD FOR THOUGHT

SPANISH

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## **FOOD FOR THOUGHT**

Try to shop around the edges of the grocery store. This is where you'll usually find fruits, vegetables, meats, and fresh dairy.



# FOOD FOR THOUGHT

## SPANISH CONTINUED

### REIMAGINING COMFORT FOOD

A new dish to try

*Chicken Quesadilla, Rice,  
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### SOUNDBITE

“In our culture food means love and unity.” – Ana Lilia Acosta

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# FOOD FOR THOUGHT

## SOMALI

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## **FOOD FOR THOUGHT**

There are summer programs that can help your kids access healthy food for low cost or for FREE. Download the [Summer Eats Minnesota](#) app to your phone or device to find one near you!

# FOOD FOR THOUGHT

## SOMALI CONTINUED

### REIMAGINING COMFORT FOOD

A new dish to try

*Rice, Chicken, Steak with Beans, Salad,  
and Somali Bread*



### SOUNDBITE

“Food is one of the essential things that bring family together.” –  
Fartun Hussein

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# FOOD FOR THOUGHT

## HMONG CONTINUED

### REIMAGINING COMFORT FOOD

#### A new dish to try

*Sweet purple sticky rice, seasoned pork belly, stir fried vegetables with sliced seasoned pork belly, with a side of spicy chili pepper dipping sauce.*



### SOUNDBITE

“Don’t be embarrassed or think about how hard this can be. Think about how this is for your children and your family.” – Pang Yang

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### DID YOU KNOW?

You can make food last longer by freezing it when you get home from the store.

Put breads, vegetables, and meats in a Ziploc bag in the freezer until you’re ready to use them!

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# FOOD FOR THOUGHT

ESPAÑOL

Alimentar a su familia puede ser un reto. Todos merecen tener acceso a alimentos frescos y saludables, sin importar quienes sean. Entonces, ¿cómo podemos comprometernos y reconsiderar la manera en que pensamos acerca de los alimentos?

- *Pensando en cómo ser creativos con los alimentos*
- *Aprendiendo sobre programas existentes que facilitan el acceso a los alimentos*
- *Siendo intencionales sobre lo que comemos a diario*
- *Hablando con la gente sobre sus experiencias*



**¡LA HORA DE LA COMIDA ES UN TIEMPO FAMILIAR, INCLUSO SI LA FAMILIA ES SOLAMENTE USTED!  
A CONTINUACIÓN VEA CÓMO PUEDE PARTICIPAR.**

## **PREGUNTAS DE DISCUSIÓN**

1. ¿Cuál es la diferencia entre el hambre y la inseguridad alimentaria?
2. ¿Qué palabras o imágenes vienen a su mente cuando piensa en el hambre?
3. ¿Cree usted que una dieta no saludable es más barata que una dieta saludable? ¿Por qué o por qué no?
4. ¿Cuáles son algunos de los retos que enfrenta cuando intenta acceder a la comida para alimentarse usted y a sus seres queridos?
5. ¿Cómo sabe usted si alguien sufre de inseguridad alimentaria?
6. ¿Por qué cree usted que hay hambre e inseguridad alimentaria en Minnesota?
7. ¿Qué recursos están disponibles para ayudar a enfrentar el hambre y la inseguridad alimentaria en su comunidad?

## **FOOD FOR THOUGHT**

Trate de dar una vuelta por las esquinas de la tienda de comestibles. Allí es donde usualmente encontrará frutas, verduras, carnes y productos lácteos frescos.

# FOOD FOR THOUGHT

## SPANISH CONTINUED

### REIMAGINADO LA COMIDA TRADICIONAL

Probemos un plato nuevo  
*Quesadilla de pollo, Arroz, Frijoles,  
Refritos, Nachos y Salsa Verde.*



### SOUNDBITE

“En nuestra cultura la comida significa amor y unidad.”

### Revise las Etiquetas de Nutrición

Repase los componentes principales de una Etiqueta de Datos de Nutrición (vea a la derecha).

O para obtener información más detallada visite la página de internet, “La Salud de los Niños,” [kidshealth.org/kid/stay\\_healthy](http://kidshealth.org/kid/stay_healthy), y lea “Entendiendo las Etiquetas de los Alimentos.

### ¿SABÍA USTED?

¡Puede permanecer inscrito(a) en el WIC por 5 años desde el nacimiento de su hijo(a)!  
Para más información llame al 1-651-201-444

- ¡Verifique el tamaño de las porciones! Puede haber varias porciones en un envase.
- Los alimentos pre-empacados tienen un alto contenido de sal. ¡Mientras menos sodio, mejor!
- Trate de mantener baja la cantidad de azúcar procesada que ingiere. ¡Pruebe otras alternativas como frutas frescas!
- La proteína le da a su hijo(a) energía saludable durante todo el día.

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# FOOD FOR THOUGHT

## SOOMAALI

Quudinta reerkaaga way adkaan kartaa. Cid kasta aad tahayba, qofwalbo qaxbuu uleeyahay cunto cusub oo caafimaadleh. Marka, sideebaan u'ga wada hadalnaa oo aan ubadalnaa fikrada aan kaqabno cuntada?

- *Ka fakirka abuurida cuntada*
- *Baro barnaamijyada jira oo lagu kordhiyo helidda cuntada*
- *Inaan ufiirsano waxaan cunayno maalinkasto*
- *Kalana hadalno dadka khibradooda iyo aragtidood*



**XILIGA CUNTADA WAA WAQTIGA QOYSKA, HADII XITAA QOYSKAAGA KALI TAHAY!  
HOOS KA EEG SIDAA UGA QAYBGALI KARTI**

### **WADA HADAL SU'AALO**

1. Waamaxay farqiga u dhexeeya gaajada iyo cunta la'aanta?
2. Eraygee ama sawirkee soo gala maskaxdaada markaad ka fakirtid kaajo?
3. Ma'u maleyneysaa cuntada aan caafimaadka laheyn in ay ka jaban tahay cuntooyinka caafimaadka leh? Sababtee?
4. Maxaa ka mid ah dhibaatooyinka aad kala kulantid raadinta cuntada aad ku quudin lahed qoyskaaga iyo naftaada?
5. Maxaad ku garanaysaa qofka markuu cunta la'aan hayso?
6. Maxaad u'malaynaysaa sababta gaajada iyo cunta la'aanta uuga jirto gobalka Minnesota?
7. Mashruuc yaashee baa kajira oo wax ka qabto gaajada iyo cunna la'aanta bulshadaada?

## FOOD FOR THOUGHT

Waxaa jira barnaamijyo loogu talagalay xiliga xagaaga oo ka caawin kara carruurtaada inay helaan cunto caafimaad leh oo kharash yar ama bilaash ah. Kusoo shubo aabka "Summer Eats Minnesota" telefoonkaaga ama qalabkaaga si aad u hesho kuwa kuu dhow!



# FOOD FOR THOUGHT

## SOOMAALI CONTINUED

### DIB-UDHISIDA CUNTOOYINKA DHAQANKA

Tijaabi cunno cusub

*Briis, Jikin, Isteek, Cambuulo, Slad, Malawa*



### SOUNDBITE

“Cuntadu waa waxa uugu muhiimsan ee qoyska isgu keeno” –  
Fartun Hussein

### Aqri calaamada nafaqada lagu qoro cuntooyink

Aqri qaybaha uugu muhiimsan ee qoraalka Nafaqada Xaqiiqda calaamada nafaqada (fiiri dhinaca midig). Ama wixii faahfaahin ah waxaad ka aqrisaa The Kids Health website ka [kidshealth.org/kid/stay\\_healthy](https://kidshealth.org/kid/stay_healthy) ee aqri “Figuring Out Food Labels.” “ogaanshaha calaamadka cuntad”

### MA OGTAHAY?

Caruurtaada inay qaadan karaan WIC ilaa ay ka gaaraan 5 sano  
Wac **1-651-201-4444** wixii su'aalo.

- Fiiri qiyaasta cuntadda qofka! Waxaa laga yaabaa dhoor cabir inay ku jiraan weelkiiba.
- Cuntadda diyaarka ah waxaa ku badan cusbada. Cusbada in la'iska yareeyo baa caafimaad ah.
- Isku day inaad songorta iska yareysid. Waxaa isku daydaa inaad ku badaladid qudrada cusub!
- Barotiinka wuxuu siinayaa caruurtaada tamar caafimaad leh maalintii oo dhan.

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## HMOOB

Kev nrhiav zaubmov rau yus tsev neeg noj yeej nyuaj thiab muaj txoj kev nyuab siab. Txawm koj yuav yog leej twg txhua leej muaj cai tau txais zaubmov tshiab thiab huvsu los noj. Yog lino, peb yuav ua licas peb thiaj koomtes thiab rov saib txog peb txoj kev xav ntawm zaubmov zoo licas?

- *Nrhiav tswvyim tshiab los noj tej zaubmov*
- *Kawm kom paub txog tej kooshaum pab rau sab zaubmov*
- *Yuav tau ras txog tej zaubmov peb noj ntawm txhua hnuv*
- *Nrog lwm tus tham txog lawv txoj kev noj, kev yuav, thiab kev nrhiav zaubmov noj.*



### CAIJ NOJ YOG TSEV NEEG LUB SIJHAWM LOS NYOB UAKE, TXAWM HAISTIAS NWS TSUAS MUAJ KOJ IBLEEG XWB

#### PAB SAIB SEB KOJ YUAV KOOMTES NROG TAU LICAS RAU COV NRAMQAB NO.

#### TEJ LUS NUG UAS YUAV MUAB LOS SIBTHAM

1. Qhov sibtxawv ntawm txoj kev tshaibnqhis thiab txhawjxeeb tsam tsismuaj zaubmov txaus yog dabtsi?
2. Koj xav txog dabtsi thiab pom daimduab zoo licas yog thaum koj xav txog kev tshaibnqhis?
3. Koj puas xav haistias kev noj tej zaubmov uadog uadig nws yuav pheejyig tshaj tej zaubmov huv? Yog vim licas?
4. Tej yam uas nws yuav nyuaj rau koj thaum mus nrhiav zaubmov los rau koj thiab koj tsev neeg tau noj yog dabtsi?
5. Koj ho paub tau licas tias muaj ibtug neeg nws muaj zaubmov tsistxaus noj?
6. Yog vim licas koj thiaj xav haistias hauv xeev Minnesota no thiaj muaj kev tshaibnqhis thiab ntshai tsam tsismuaj zaubmov txaus noj?
7. Ib cheebtsam ntawm koj nyob, tej kev pab uas muaj los pab rau kev tshaibnqhis thiab ntshai tsam tsismuaj zaubmov txaus noj yog muaj zoo licas?

## FOOD FOR THOUGHT

1 ntawm 10 leej nyob rau hauv xeev Minnesota muaj kev tshais tsam tsismuaj zaubmov txaus noj raw li (USDA, 2013) tau hais tawm. Yog lino, nws muaj cov kooshaum ntau lub yuav pab zaubmov rau koj thiab koj tsev neeg.

# FOOD FOR THOUGHT

## HMOOB CONTINUED

### ROV SOJNTSUAM SAIB RAU KEV NOJ ZAUBMOV

Sim noj yam qav tshiab seb

*Mov nplaum, nqaij npua ci, zaub dej kib nrog*

*nqaij npua ci, thiab kuatxob tuav ntsw nqaij*



### SOUNDBITE

“Txhob xav haistias nws nyuav los muaj kev txajmuag, xav haistias yus ua rau yus cov menyuam.” – Pang Yang

### Nyeem tej lus qhia (label) uas lo rau ntawm cov khoom noj

Nyeem daim label kom paub txog qhov tseemceeb ntawm tej zaubmov (saib rau sabxis) Kom paub ntau dua ntxiv mus rau ntawm Kids Health lub vassab [kidshealth.org/kid/stay](http://kidshealth.org/kid/stay) heathy thiab nyeem txog “Kawm txog tej zaubmov ntawm daim label.”

### KOJ PUAS PAUB?

Koj yuav ncuu zaubmov kom kav ntev uas yog muab tso rau hauv txeevkhov thaum koj nqa tom khws los txog tsev. Muab nplem, zaub thiab nqaij ntim rau hauv cov hnabyas Ziploc thiab muab khov cia txog thaum yuav siv.

- Saib qhov khoom noj seb noj tau puas ntsawg pluas! Ib lub kospoom nws yuav noj tau ntau pluas
- Tej zaubmov uas twb muab npaj tau lawm nws yuav daws heev. Ntsev thiab kua daws yim tsawg ces nws yim zoo xwb!
- Txo kev noj suabthaj kom tsawg. Sim noj lwmyam; xwsli, txivmab txivntoo.
- Nqaij (Protein) nws yuav pab muab lub zog rau koj tu menyuam ntawm ib hnuv rau ib hnuv.

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Amount per serving	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1.1mg	<b>6%</b>
Potassium 620mg	<b>15%</b>
Vitamin C 27mg	<b>30%</b>
Vitamin B <sub>6</sub> 0.2mg	<b>10%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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