

# HEALTHIER FOOD ITEMS FOR HAMPERS

## Non-Perishables (do not require refrigeration)

- Whole grain pasta or rice\*
- Pasta sauce\*
- Microwavable whole grain rice packs
- Canned soup\* or soup cups
- Canned ready-to-eat fish (e.g., tuna, salmon)
- Canned meat (e.g., chicken, turkey, ham)
- Canned vegetables or fruit
- Canned chickpeas, beans etc.
- Powdered milk
- Unsweetened instant oatmeal
- Wholegrain cereals (e.g., Multigrain Cheerios®, Shredded Wheat®)
- Whole grain crackers (e.g., Triscuits®, Wheat Thins®, Ryvita®)
- Healthier granola bars (e.g., MadeGood®, Kashi®, Nature Valley Lunchbox®)
- Unsweetened applesauce
- Fruit cups packed in water or fruit juice (e.g., diced peaches)
- Microwave popcorn (e.g., Orville Redenbacher's Smartpop®, Blue Menu®)
- Rice cakes
- Trail mix
- Nuts/seeds
- Nut butters
- Snack kits (e.g., crackers and tuna or chicken)

\* items require access to cookware and stovetop or hot plate



## Perishables (some items require refrigeration)

- Whole fruit (e.g., apples, oranges, pears, grapes, bananas)
- Vegetables - fresh or frozen (e.g., carrots, peas, potatoes, onions, cucumber, etc.)
- Romaine Lettuce or Salad Kits
- Whole grain buns, bread, wraps, pitas, pizza crust, etc.
- Small whole grain muffins
- Milk
- Yogurt
- Cheese, lower fat
- Cottage cheese
- Lean meats like ground beef, whole chicken, frozen fish, etc.
- Healthier frozen meals (e.g. Healthy Choice®, LeanCuisine Selections®)
- Eggs
- Hummus
- Guacamole cups

## NUTRITION TIP

When choosing processed items (e.g. frozen meals, deli meats) and canned products (e.g. soups, vegetables/fruits) look for:

- ✓ reduced sodium or no salt added
- ✓ canned in water or fruit juice

For more information on choosing healthy foods, refer to the Saskatchewan Nutrition Standards—[Healthy Foods for my Recreation Setting](#) and/or [Healthy foods for my School](#)

Developed by the Public Health Nutritionists of Saskatchewan



[saskhealthauthority.ca](http://saskhealthauthority.ca)

**Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

# Healthier Low-Cost Recipes

## **Black Bean and Rice Skillet**

*Adapted from Simply in Season. Herald Press 2009*

SERVES 4 | TAKES 25-45 MINUTES

### **INGREDIENTS**

- 1 medium onion, chopped
- 1 small green or red pepper, chopped
- 1 tbsp oil
  
- 2 cups (500mL) canned beans\*, drained & rinsed
- 1½ cups (375 ml) chicken or vegetable broth
- ½ cups (125ml) uncooked rice
- 1/4 tsp crushed hot chilies
- 1/4 tsp dried thyme
- 2 cloves garlic (minced) OR 2/3 tsp garlic powder
- 1 bay leaf
- 1 cup canned or frozen corn (optional)

\*can use black beans or kidney beans

### **DIRECTIONS**

In a frying pan, cook first 3 ingredients until onions and peppers are soft (~5 minutes). Add all other ingredients to pan. Bring to a boil, reduce heat and simmer, with lid on, until rice is done (Note: ~20 minutes for white rice; ~40 minutes for brown rice).

Optional: add frozen corn near the end of the cooking process.

Remove from heat. Remove bay leaf. Sprinkle 1/2 cup shredded cheddar cheese on top and serve.



## **Fish Cakes**

*Adapted from New Brunswick Healthy Eating Toolkit for Food Banks*

SERVES 6 | TAKES 20 MINUTES

### **INGREDIENTS**

- 2 cans of tuna or salmon, drained
- 1/2 onion, diced
- 4 plain crackers, crushed
- 2 cloves garlic, minced OR 2/3 tsp garlic powder
- 1-2 tsp mustard
- pepper, to taste
- 1 egg
- 2 tbsp oil

### **DIRECTIONS**

In a large bowl, mix together canned fish, onions, crushed crackers, garlic, mustard and pepper. Stir in the egg until mixed well. Shape mixture into 6 individual patties. Over medium heat, add 1 tbsp oil to a non-stick pan. Add 2 fish cakes to the pan and cook for 2 minutes on each side, or until golden brown. Remove from pan and place on paper towel covered plate to absorb excess oil. Cook remaining fish cakes the same way, adding oil to the pan if needed.

*Eat them on their own, top with salsa, or try on a whole wheat bun or in a pita.*



Developed by the Public Health Nutritionists of Saskatchewan



[saskhealthauthority.ca](http://saskhealthauthority.ca)

**Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.