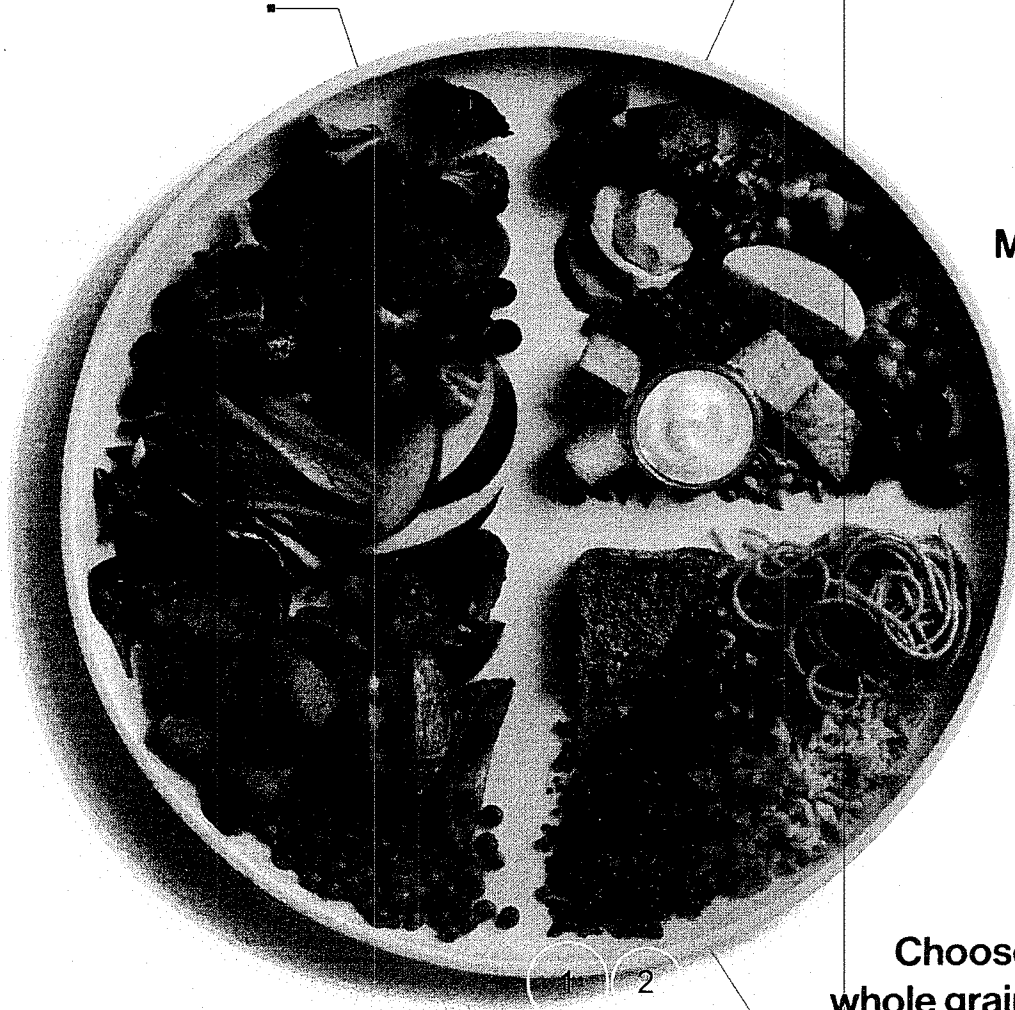


**Eat a variety of healthy foods each day**

**Have plenty of  
vegetables and fruits**

**Eat protein foods**

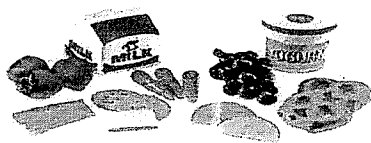


**Make water  
your drink  
of choice**

**Choose  
whole grain  
foods**

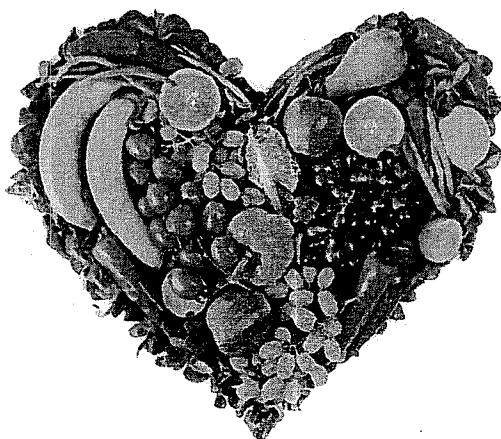


# List of Healthy Snacks Permitted at École St. Augustine School



100% Fruit Juice,	
Fresh Fruits, Cheese,	
Raw Vegetables with dip,	
Yogurt and milk (frozen or chilled),	
Rice Cakes,	
Crackers or Melba toast,	
Unsweetened Fruit Purees,	
Unsweetened Canned Fruit,	
Whole Grain Muffin (wheat, bran, oats, etc), Popcorn,	
Baked Tortilla Chips with Salsa,	
Grilled Cheese Sandwich,	
Pure Fruit Jam,	
Cheerios,	
Bagels or toast with cream cheese and Banana	
Bread (homemade or bought)	

Approved by École St. Augustine School Governing Board





Mrs. Cookwell's Steamin' Hot

# Food Safety Tips



CANADIAN PARTNERSHIP FOR  
CONSUMER FOOD SAFETY EDUCATION  
PARTIE PARTENARIAT POUR  
L'ÉDUCATION EN SÉCURITÉ ALIMENTAIRE

[www.CanFightBAC.org](http://www.CanFightBAC.org)

*Keep it Safe! Follow the "Best Before" date!*

## Refrigerator and Freezer Storage Chart

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
<b>Fresh Meat</b>		
Beef - Steaks, Roasts	2-4 days	10-12 months
Pork-Chops, Roasts	2-4 days	8-12 months
Lamb-Chops, Roasts	2-4 days	8-12 months
Veal Roasts	3-4 days	8-12 months
Ground Meat	1-2 days	2-3 months
<b>Fresh Poultry</b>		
Chicken, Turkey - whole	2-3 days	1 year
Chicken, Turkey - pieces	2-3 days	6 months
<b>Fresh Fish</b>		
Lean fish (e.g., cod, flounder)	3-4 days	6 months
Fatty fish (e.g., salmon)	3-4 days	2 months
Shellfish (e.g., clams, crab, lobster)	12-24 hours	2-4 months
Scallops, Shrimp, Cooked Shellfish	1-2 days	2-4 months
<b>Ham</b>		
Canned ham	6-9 months	Don't Freeze
Ham, fully cooked (half & slices)	3-4 days	2-3 months
<b>Bacon &amp; Sausage</b>		
Bacon	1 week	1 month
Sausage, raw (pork, beef, turkey)	1-2 days	1-2 months
Pre-cooked, smoked links or patties	1 week	1-2 months
<b>Leftovers</b>		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Soups	2-3 days	4 months

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
<b>Hot Dogs &amp; Lunch Meats</b>		
Hotdogs	2 weeks	1-2 months
Opened	1 week	
Lunch meats	2 weeks	1-2 months
Opened	3-5 days	1-2 months
<b>Deli Foods</b>		
Deli meats	3-4 days	2-3 months
Store-prepared or homemade salads	3-5 days	Don't freeze
<b>TV Dinners / Frozen Casseroles</b>		
Keep frozen until ready to serve		3-4 months
<b>Eggs</b>		
Fresh - in shell	3-4 weeks	Don't Freeze
out of shell	2-4 days	4 months
Hardcooked	1 week	Doesn't freeze well
Egg substitutes,	10 days	1 year
Opened	3 days	Don't freeze
<b>Dairy Products</b>		
Milk	Check <i>Best Before</i> date	6 weeks
Opened	3 days	
Cottage cheese	Check <i>Best Before</i> date	Doesn't freeze well
Opened	3 days	
Yogurt	Check <i>Best Before</i> date	1-2 months
Opened	3 days	
Cheese		
Soft	1 week	Doesn't freeze well
Semi-soft	2-3 weeks	8 weeks
Firm	5 weeks	3 months
Hard	10 months	Up to a year
Processed	Several months	3 months
Opened	3-4 weeks	Don't freeze
Butter	8 weeks	Salted - 1 year Unsalted - 3 months
Opened	3 weeks	Don't freeze
<b>Commercial mayonnaise</b> (refrigerate after opening)		
	2 months	Don't freeze
<b>Vegetables</b>		
Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	2-4 days	10-12 months
Squash, summer	1 week	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	Not recommended	2 months

# Sour Cream Oatmeal Cookies

Yields: 4 1/2 dozen

Preparation: 25 minutes

Cooking: 15 minutes

Total time: 45 minutes



## Ingredients

- 3/4 cup butter
- 2 cups brown sugar  
*packed*
- 2 large eggs  
*beaten*
- 3/4 cup sour cream
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda
- 2 cups rolled oats  
*raw*
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon  
*ground*
- 1 cup raisins, seedless
- 1/2 cup nuts  
*chopped*

## Directions

- Cream butter and sugar until fluffy.
- Add eggs, sour cream and vanilla; beat well.
- Sift together the flour, soda, salt and cinnamon and add alternately with oats, nuts and raisins.
- Beat until smooth.
- Drop by teaspoons on a greased cookie sheet.
- Bake at 350°F (180°C). about 15 minutes or until cookies are lightly browned and firm to the touch.
- Cool on wire rack.

# Healthy Spiced-Pumpkin Cookie Recipe

Prep Time: 10 minutes

Total Time: 30 minutes

Serves 2-6

## Ingredients:

- 2 cups organic raw whole rolled oats\*
- 8 ounces (about 1 cup) organic mashed pumpkin (from a can is ok)
- 1 small ripe banana, chopped
- 1/3 cup sliced almonds
- 3 tbsp ground flax seeds
- 3 tbsp grade B maple syrup
- 1 ½ tsp pumpkin pie spice\*\*
- ¼ tsp fine sea salt

## Recipe:

Preheat the oven to 350°F. Lightly spray a baking sheet with a natural olive oil or canola oil cooking spray. Combine pumpkin, banana, maple syrup, pumpkin pie spice and salt in a large mixing bowl and mix on high with a hand mixer until mostly smooth, about two minutes. Fold in the oats, almonds and flax using a large wooded spoon until the mixture is uniform. Form 6 large cookies and bake for 14-16 minutes until set. They will stay soft but hold together well. Let cool 10 minutes before eating, and store in an airtight glass container in the refrigerator for up to 3 days.

This recipe also works well if you make 12 small cookies of equal size and bake for 11-13 minutes.

Try the chocolate-dipped version: [click here](#) :)

*\*Oats are gluten-free by nature, but some are processed in plants that also process gluten-containing ingredients. Read the package instructions for more info, and, if necessary, buy oats that are certified to not contain gluten.*

*\*\* Pumpkin pie spice is a blend of cinnamon, nutmeg, ginger & clove. I recommend buying the blend at your local natural grocer (it's inexpensive and contains proper proportions), or you can make your own if you'd like.*

Enjoy!



# Easy Homemade Maple Almond Granola

Prep Time: 10 min  
Total Time: 20 min  
Serves 4-6

Use raw, organic ingredients whenever possible.

## Ingredients:

- 2 cups raw, whole rolled oats (aka old fashion oats)
- ½ cup sliced raw almonds
- ¼ cup raw sunflower seeds
- 2 tbsp maple syrup (100% maple syrup, preferably grade-b)
- 1 tbsp raw honey
- 1 tbsp + 1 tsp coconut oil (aka coconut butter)
- ¼ tsp vanilla extract
- 1 large pinch fine sea salt

## Recipe:

Preheat the oven to 300°. Combine all ingredients in a mixing bowl and use your clean hands to mix and toss to coat. The coconut oil might be liquid or solid depending on the temperature of the room you are in (it has a melting point of about 75°F.) Your hands will warm it up and melt it into the mixture if it's solid. Spread the mixture in a thin layer on a baking sheet and bake for 10-12 minutes, until very lightly toasted. Cool before serving or storing. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks. Even better, put it in an airtight mason jar with a fun card and ribbon and give it as a gift.

Note: It is very easy to over cook this granola. Don't let it get too toasted brown because it will taste like burnt popcorn. Take it out after 10-12 minutes, it will come together more as it cools.

\*Oats are gluten-free by nature but most are held in facilities that contain gluten. Check the package label if you are concerned with any gluten content.

Enjoy!



## Apple Crisp Cups



Prep  
45 m

Cook  
20 m

Ready In  
1 h 5 m

"A yummy one-biter! Whenever I ask 'what can I bring?' these top the list! Sweet cinnamon-scented apples held in a buttery crispy oatmeal cup and crunchy sweet topping. I like to make sweet treats to share with friends. I came up with this recipe so that I could bake and take apple crisp to share easily with everyone."

### Ingredients

3 large McIntosh apples - peeled, cored, and chopped	2 cups rolled oats
1/4 cup water	1 1/2 cups brown sugar
2 tablespoons white sugar	1 teaspoon ground cinnamon
1/2 teaspoon ground cinnamon, or to taste	1/2 teaspoon ground nutmeg (optional)
2 cups all-purpose flour	1 1/2 cups butter

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease 4 12-cup mini-muffin tins.
- 2 Mix apples, water, white sugar, and 1/2 teaspoon of cinnamon together in a saucepan, and bring to a simmer over medium-low heat, stirring occasionally. Simmer until apples are partially cooked, about 5 minutes; remove from heat.
- 3 Combine flour, oats, brown sugar, 1 teaspoon of cinnamon, and nutmeg in a large bowl; cut the butter into the flour mixture with a pastry cutter until the mixture looks like coarse crumbs. Place a heaping tablespoon of the crust mixture into a mini muffin cup, and press it into the cup so that it covers the bottom and pushes up the sides of the cup. Make the crust go all the way to the top of the little muffin cup, and patch any holes with more crust mixture. There will be crust mixture left over. Place about 2 teaspoons of apple filling in the crust. Sprinkle about 1 teaspoon of the remaining crust mixture on the filling.
- 4 Bake in the preheated oven until golden brown, 15 to 20 minutes.



## Blueberries & chickpea Pudding

1 bag of frozen blueberries (500 gr)

1/3 cup sugar or maple syrup

Mix together, place in a baking pan of 9x12 let the berries thawed

### Pudding

4 eggs

3/4 cup sugar

1 can of chick peas drain and rinse (350 gm)

10 ml of baking powder

1 pinch of salt

5 ml Vanilla

### Preparation

Rinse the chick peas well, place in the food processor. Add sugar and eggs, baking powder and salt with vanilla. Cover the blueberries.

Cook for 30-35 min at 350 C

# No Bake Peanut Butter Snack Bites

## Ingredients

- 1 cup oat large flaked rolled oats
- 1/2 cup Kraft Smooth Peanut Butter
- 1/4 cup honey, *OR Maple Syrup*
- 1/4 cup mini chocolate chips
- 1/4 cup raisins
- 1/4 cup coconut flakes/*Bran bud*

## Instructions

1. Mix the honey and Kraft Smooth Peanut Butter together. Then mix all other ingredients until blended.
2. Roll into 20 (1-inch) balls, using about 2 Tbsp. for each.
3. Chill for 30 minutes.