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Gift Ideas from the Kitchen

Healthy foods make great gifts!

- **A fruit basket** with oranges or tangerines. Citrus can last 1-2 months in the refrigerator fruit drawer.
- **Healthy snack bags.** Make Foodhero.org's **Do-It-Yourself Trail Mix.** Or create your own snack mix! Combine your favorite whole-grain cereals, dried fruit, pretzels and nuts.
- **Baking mix in a jar.** Layer the dry ingredients for **Buttermilk Scones** (recipe on back) in a container or glass jar. Attach or write a copy of the recipe for an easy gift! Or give **Master Mix** (recipe on Foodhero.org) in a jar for easy baking.

Stay Healthy – Clean Things that Touch Food Often

Wash your hands with warm water and soap for at least 20 seconds. You can time it by singing Twinkle, Twinkle, Little Star or the ABC song.

Wash cooking tools and sanitize kitchen surfaces. Make your own sanitizer for surfaces: mix 1 teaspoon chlorine bleach in 1 quart (4 cups) of water in a spray bottle or bucket.

Wash sponges and cloth towels. Sanitize by drying in the clothes dryer or soaking in the bleach solution (above).

Stay Connected



Kids Can...

- ❁ fill gift baskets with oranges.
- ❁ measure and pour ingredients for **Buttermilk Scones.**
- ❁ sing the ABC song while washing their hands.

Food Packing Tip



Wash and reuse glass food containers. Or look for containers at thrift shops or garage sales. Add a ribbon and colorful cloth or paper over the lid.

Monthly Food Hero Checklist

- Enjoy oranges and tangerines. They are in season December through August.
- Wash hands before meals.
- _____



FoodHero.org

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Buttermilk Scones



Ingredients

- 1 3/4 cups **all-purpose flour**
- 1/3 cup **sugar**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/4 teaspoon **salt**
- 1 cup **raisins**
- 2/3 cup **buttermilk**
- 1/4 cup **butter**, melted

Serving Size 1 scone
Prep time: 20 minutes
Cooking time: 20 minutes



Directions

1. Preheat oven to 400 degrees F.
2. Combine flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to flour mixture; mix gently.
5. Spoon dough into 8 equal mounds on a greased baking sheet. Bake until well browned, 18-20 minutes.
6. Serve hot or at room temperature. Best eaten the same day you bake them.

Notes

- Substitute vegetable oil for the butter to reduce saturated fat.
- Try other dried fruit.
- Sprinkle with cinnamon before baking.

Nutrition Facts

Serving Size 1 scone (82g)		
Servings Per Container 8		
Amount Per Serving		
Calories 240	Calories from Fat 50	
% Daily Value*		
Total Fat 6g	9%	
Saturated Fat 4g	20%	
Trans Fat 0g		
Cholesterol 15mg	5%	
Sodium 270mg	11%	
Total Carbohydrate 43g	14%	
Dietary Fiber 2g	8%	
Sugars 22g		
Protein 4g		
Vitamin A 4%	Vitamin C 0%	
Calcium 6%	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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