

NOURISHED TO FLOURISH



A RECIPE COLORING BOOK





A Message from Wendy Pestrue
President & CEO, United Way of Greater Toledo

Hi friends!

I'm so glad you're holding this special recipe coloring book in your hands! It was created just for YOU—to help make healthy eating fun, exciting, and something you can do every day. A special thank you to the Joseph, Judith, and Susan Conda family for supporting this recipe coloring book.

At United Way of Greater Toledo, we believe that every kid should have the chance to feel their best—and one of the best ways to do that is by fueling your body with good food. That means enjoying fresh fruits and veggies when you can, drinking plenty of water, and eating a little bit of everything in moderation.

Eating healthy doesn't have to be boring—especially when you get creative! From the snack pack you received, you can mix and match foods to build colorful, tasty meals. Whether you're turning graham crackers into a fun yogurt parfait or making a healthy meal from ramen, there are so many ways to have fun with your food.

You have the power to make smart choices every day—and this book is here to help. Keep trying new things, share meals with your family, and don't forget to color, cook, and create!

We're so proud of you.

With kindness,
Wendy Pestrue
President & CEO
United Way of Greater Toledo





MY HEALTHY EATING PLATE:

A Kid's Guide to Eating Smart and Feeling Great

Eating a variety of foods helps you grow strong, stay energized, and feel your best every day!
Use this page to help build your healthy plate at every meal

Build Your Plate Like a Pro

1. Fruits

Give your body vitamins and sweet energy!
Try: Apple slices, strawberries, grapes, or a banana.
Serving idea: 1 small handful or $\frac{1}{2}$ cup.

2. Vegetables

Help your eyes, skin, and muscles stay healthy.
Try: Baby carrots, cucumbers, broccoli, or corn.
Serving idea: $\frac{1}{2}$ cup or the size of your fist.

3. Grains

Give you energy to learn and play. Choose whole grains when you can!
Try: Whole wheat bread, brown rice, oatmeal, or cereal.
Serving idea: 1 slice of bread or $\frac{1}{2}$ cup of pasta/rice.

4. Protein

Builds muscles and helps you grow!
Try: Chicken, eggs, beans, yogurt, or peanut butter.
Serving idea: Palm of your hand or 1 egg.

5. Dairy or Dairy Alternatives

Builds strong bones and teeth!
Try: Milk, yogurt, cheese, or soy milk.
Serving idea: 1 cup of milk or 1 cheese stick.

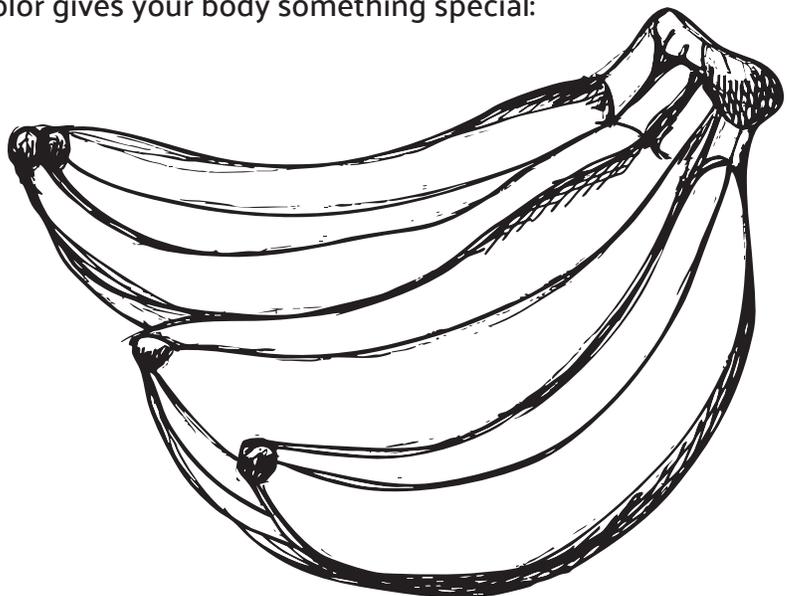
Don't Forget Water!

Drink plenty of water every day—your body loves it! Try flavoring it with a slice of lemon, cucumber, or berries for fun.

Eat the Rainbow!

Try to eat lots of colors every week. Each color gives your body something special:

Red (apples, tomatoes)
Orange (carrots, oranges)
Yellow (corn, bananas)
Green (spinach, peas)
Purple (grapes, eggplant)



KIDS COOKING SUBSTITUTIONS

Fun swaps for tasty success in the kitchen!

If the Recipe Says...

Try This Instead!

1 egg	1 mashed banana or $\frac{1}{4}$ cup applesauce
moist Butter (1 cup)	1 cup mashed avocado or $\frac{3}{4}$ cup olive oil
Milk (1 cup)	1 cup oat milk, almond milk, or soy milk
Sugar (1 cup)	$\frac{3}{4}$ cup honey or $\frac{1}{2}$ cup maple syrup
All-purpose flour (1 cup)	1 cup whole wheat flour or oat flour
Sour cream (1 cup)	1 cup plain yogurt
Chocolate chips	Dried fruit or carob chips
Heavy cream	1 cup milk + 2 tbsp melted butter
Breadcrumbs	Crushed cereal or oats
Oil in baking ($\frac{1}{4}$ cup)	$\frac{1}{4}$ cup applesauce or mashed sweet potato
Mayonnaise (1 tbsp)	1 tbsp plain yogurt or mashed avocado

Why It's Great

Adds sweetness and makes it
Healthier fats + creamy texture
Great for dairy-free recipes
Natural sweet options
Adds fiber and whole grains
Creamy, tangy, and healthier
Less sugar, still sweet!
Easy and creamy mix
Crunchy and fun!
Less fat, more flavor
Creamy and good-for-you swap

Tips for Kids in the Kitchen:

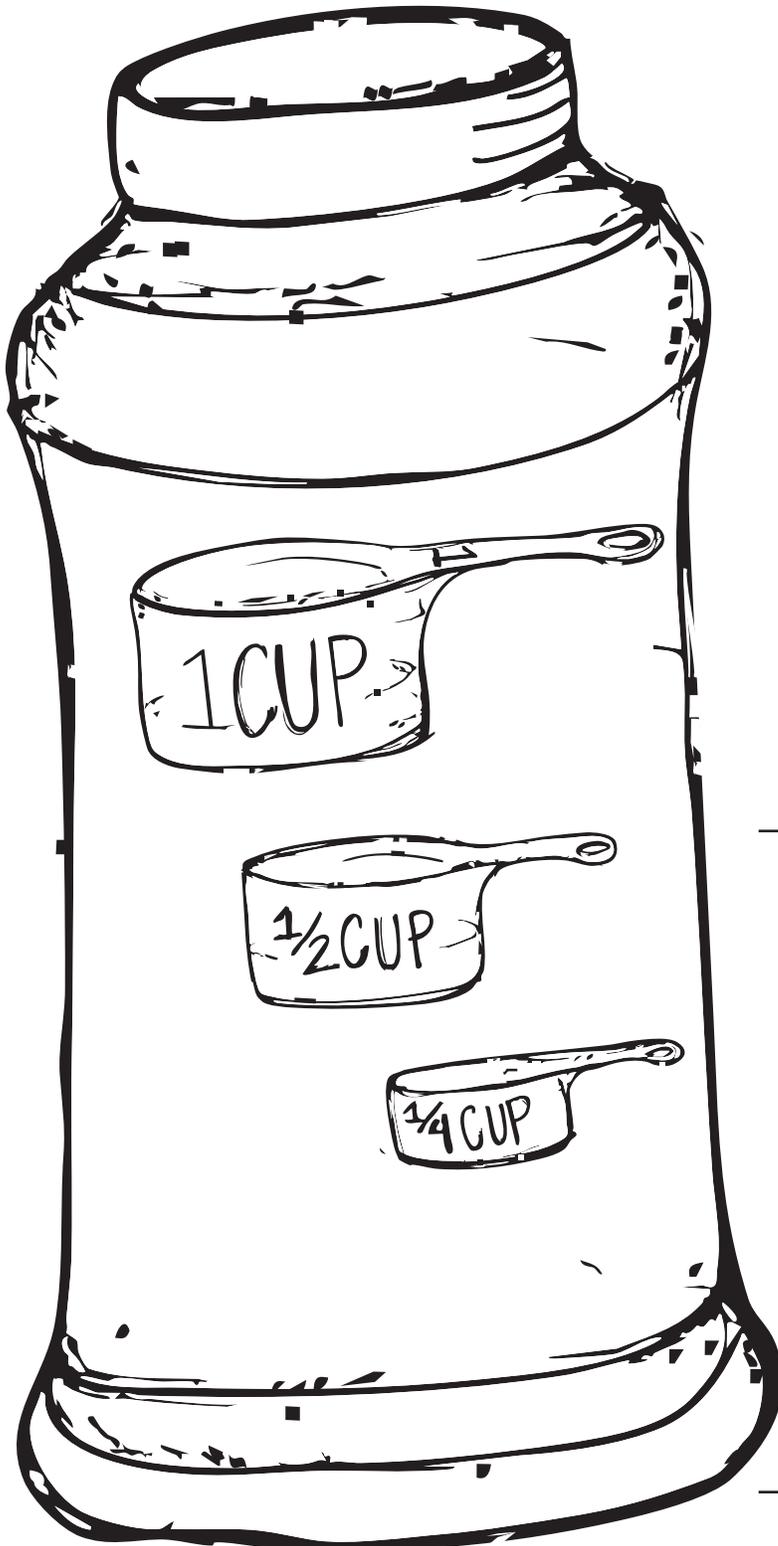
Always ask a grown-up before swapping ingredients.

Taste-test new flavors—some swaps are even better!

Mark your favorite substitutions in your book and add any others you want to remember on the lines below.



KITCHEN CONVERSIONS



GALLON =
4 Quarts
8 Pints
16 cups

QUART =
2 Pints
4 Cups
32 oz.
64 tbsp

PINT =
2 Cups
16 oz.
32 tbsp
96 tsp

CUP =
8 oz
16 tbsp
48 tsp

1/2 CUP =
4 oz
8 tbsp
24 tsp

1/4 CUP =
2 oz
4 tbsp
12 tsp

1 tbsp = 3 tsp

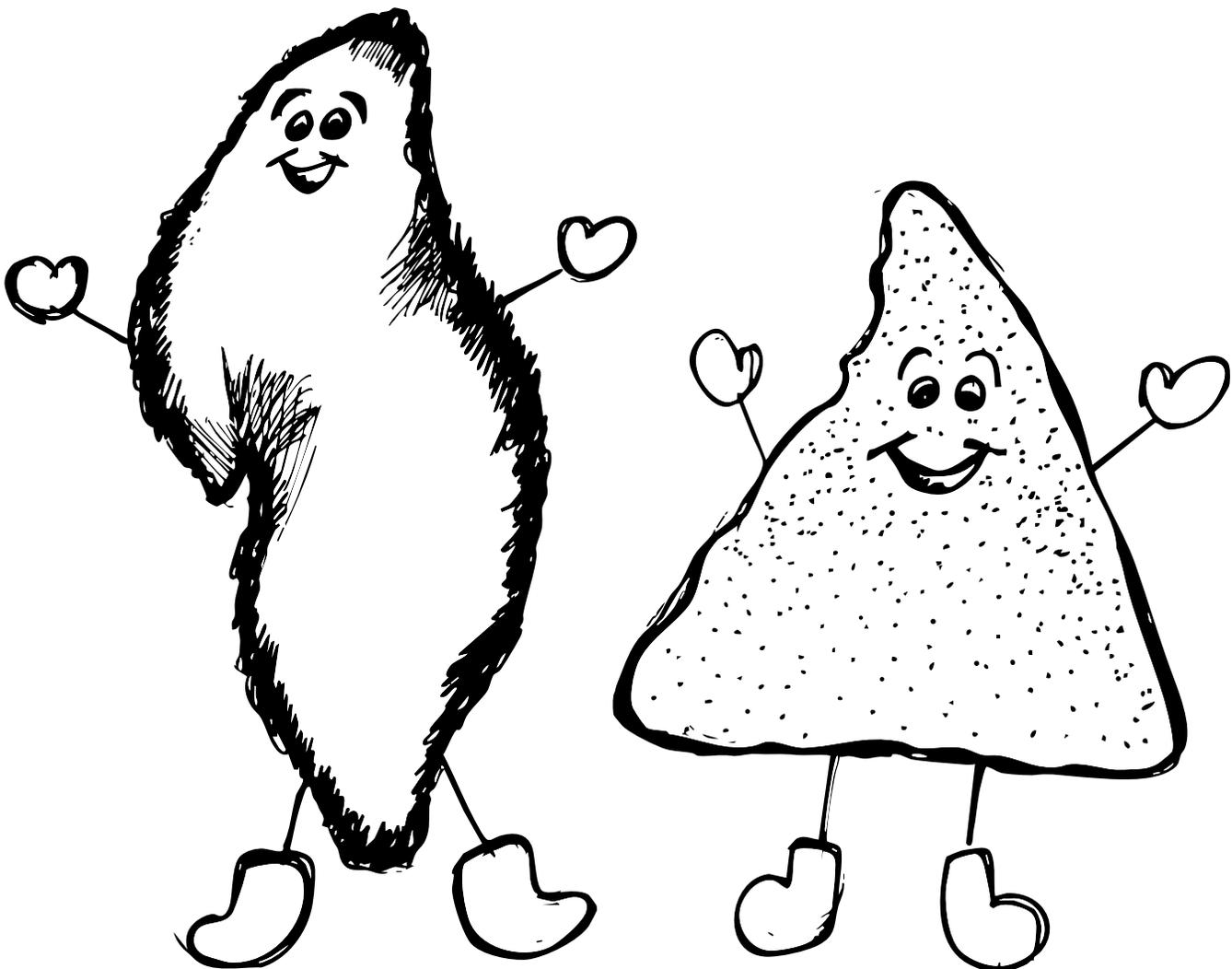
CRUNCHY DORITO CHICKEN TENDERS

6 raw chicken tenders

3-4 oz smashed Doritos (Nacho flavor, but you can use any)

$\frac{1}{2}$ c mayonnaise

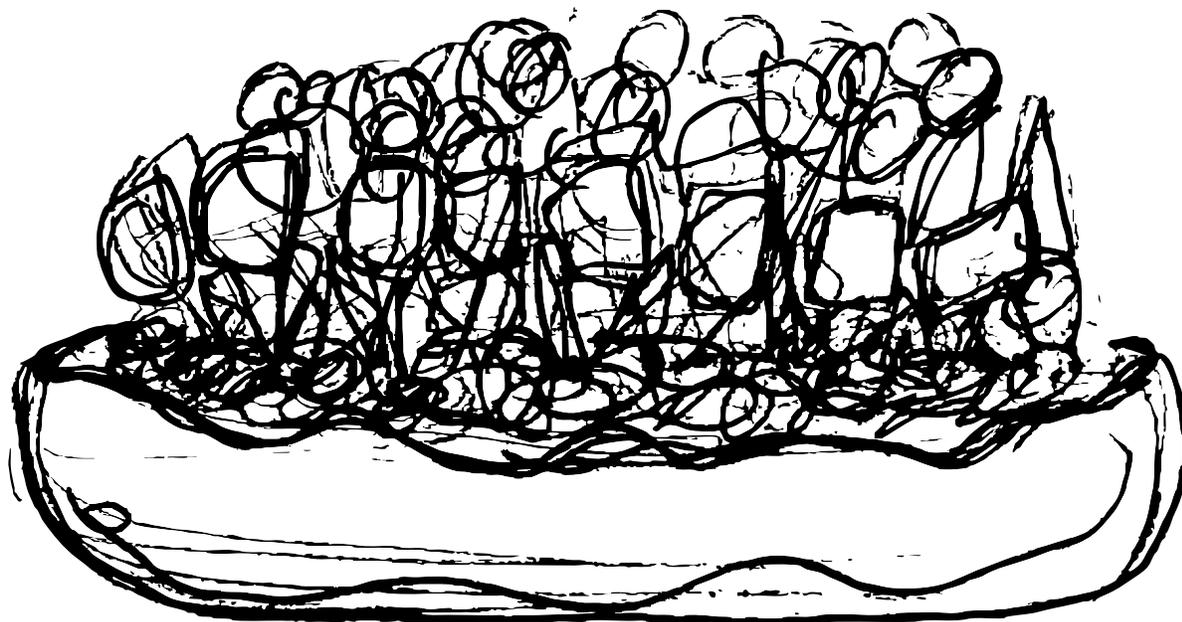
Preheat oven to 400*. Smash Doritos into fine crumbs (put into Ziplock bag and use rolling pin). Once Doritos are finely crushed, place into shallow baking dish. Spray non stick baking sheet with spray. Using spatula "paint" both sides of chicken tender with mayonnaise. Immediately press both painted sides into crushed Doritos. Place gently onto baking sheet. Bake for 25-30 min. Serve with your favorite sauce. Or dice over your favorite lettuce, adding cheese, your favorite veggies and ranch for a healthy salad.



ENGLISH MUFFIN TACO STACK

- 1 English muffin (split)
- 1 container taco Hummus
- 1 oz shredded cheese
- Additional Optional Ingredients.
- 1 T ground beef taco meat
- 1 T diced tomatoes
- 1 T diced orange pepper
- 1/4 t diced red onion
- 1 t diced chilis
- 1 t taco sauce

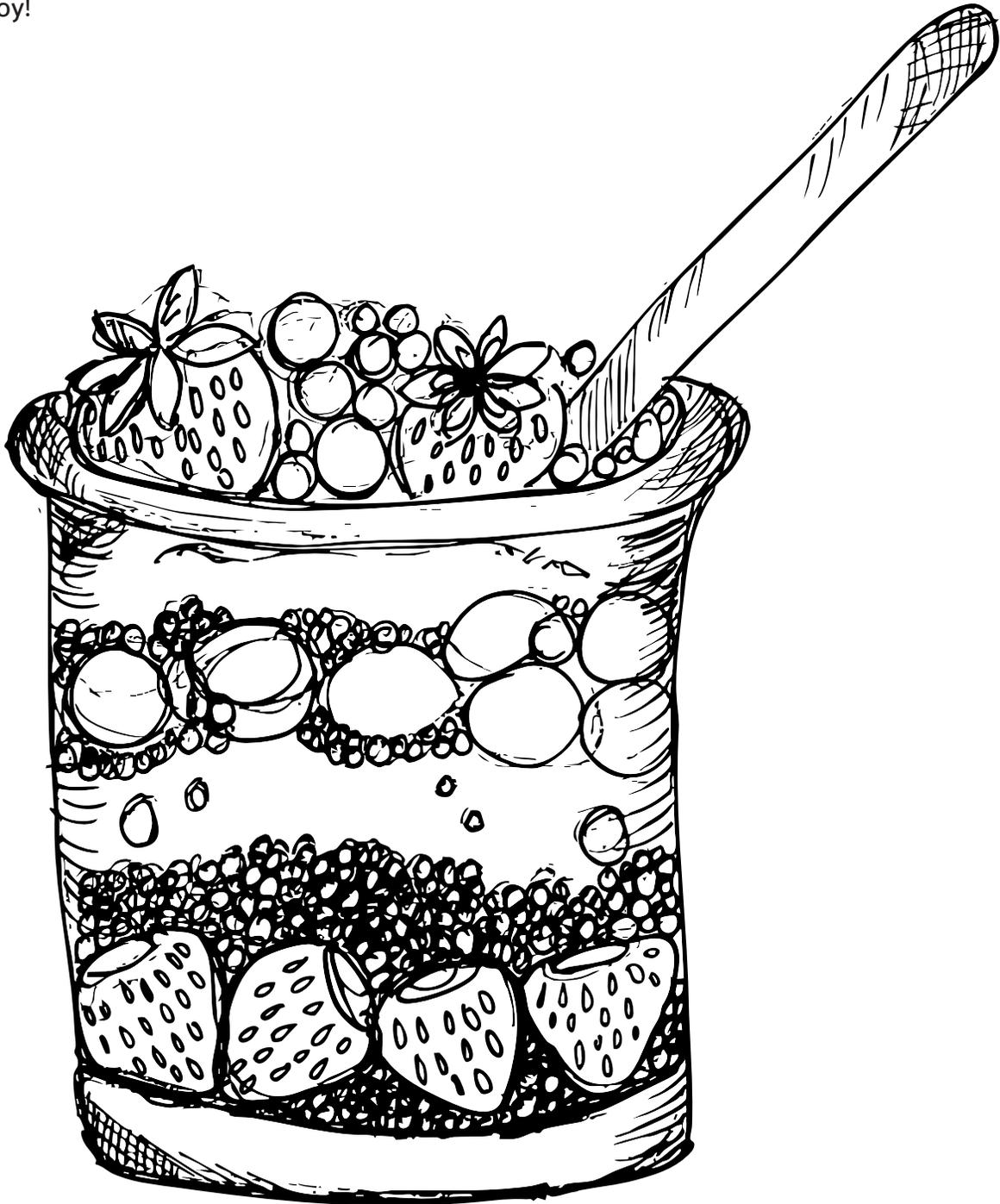
Toast English muffin. Spread $\frac{1}{2}$ hummus onto either side of muffin. Top with shredded cheese. Add any and all additional listed ingredients. Be creative try more toppings.



STRAWBERRY GRAHAM CRACKER YOGURT PARFAIT

One Package Strawberry Graham Crackers
8 oz. vanilla or strawberry yogurt
1 sliced strawberry
one s'mores bar crumbled

Crush Strawberry Graham Crackers and add half to bottom of cup. Add half of the yogurt layer on top of graham layer. Add strawberry slice layer. Add a layer of crumbled s'mores bar. Repeat steps. Enjoy!



FROGGY FRUIT SNACK

Core and Slice one Green Apple into 8 slices

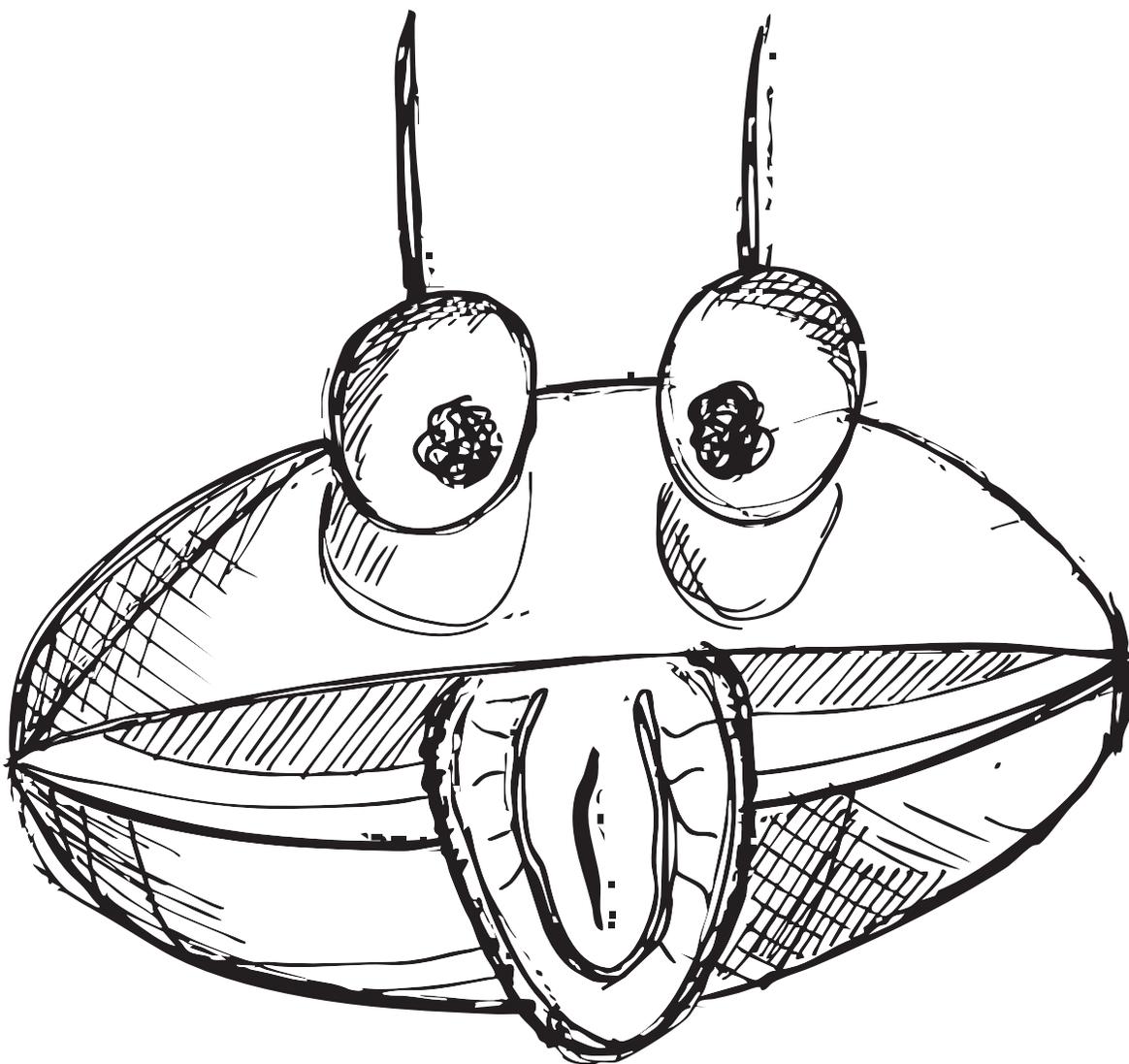
Slice 1 or 2 large strawberries into at least four slices

8 Green Grapes

8 raisins

8 toothpicks

Stack a strawberry slice between two apple slices and place two grapes on top. Use toothpicks to secure grapes and raisins.



EASY CHICKEN VEGGIE RAMEN BOWL

Ingredients:

- 1 (3 oz) package of ramen noodles (chicken or vegetable flavor)
- 1 cup cooked, shredded or diced chicken (rotisserie chicken works great)
- 1 cup mixed frozen vegetables (carrots, peas, corn, green beans)
- 1 egg (optional, for extra protein)
- 2 cups water
- 1 teaspoon low-sodium soy sauce (optional)
- Sprinkle of shredded cheddar or mozzarella cheese (optional for topping)

Instructions:

Boil water: In a medium pot, bring 2 cups of water to a boil.

Add veggies: Stir in the frozen vegetables and cook for about 2-3 minutes until they begin to soften.

Add noodles: Break ramen noodles in half and add to the pot. Cook for 2 minutes.

Add chicken: Stir in the cooked chicken and continue cooking for another 2 minutes until noodles are soft and chicken is warmed through.

Optional egg: Crack the egg into a small bowl and beat it. Slowly pour it into the pot while stirring gently to create egg ribbons (like egg drop soup). Cook for 1 minute until egg is set.

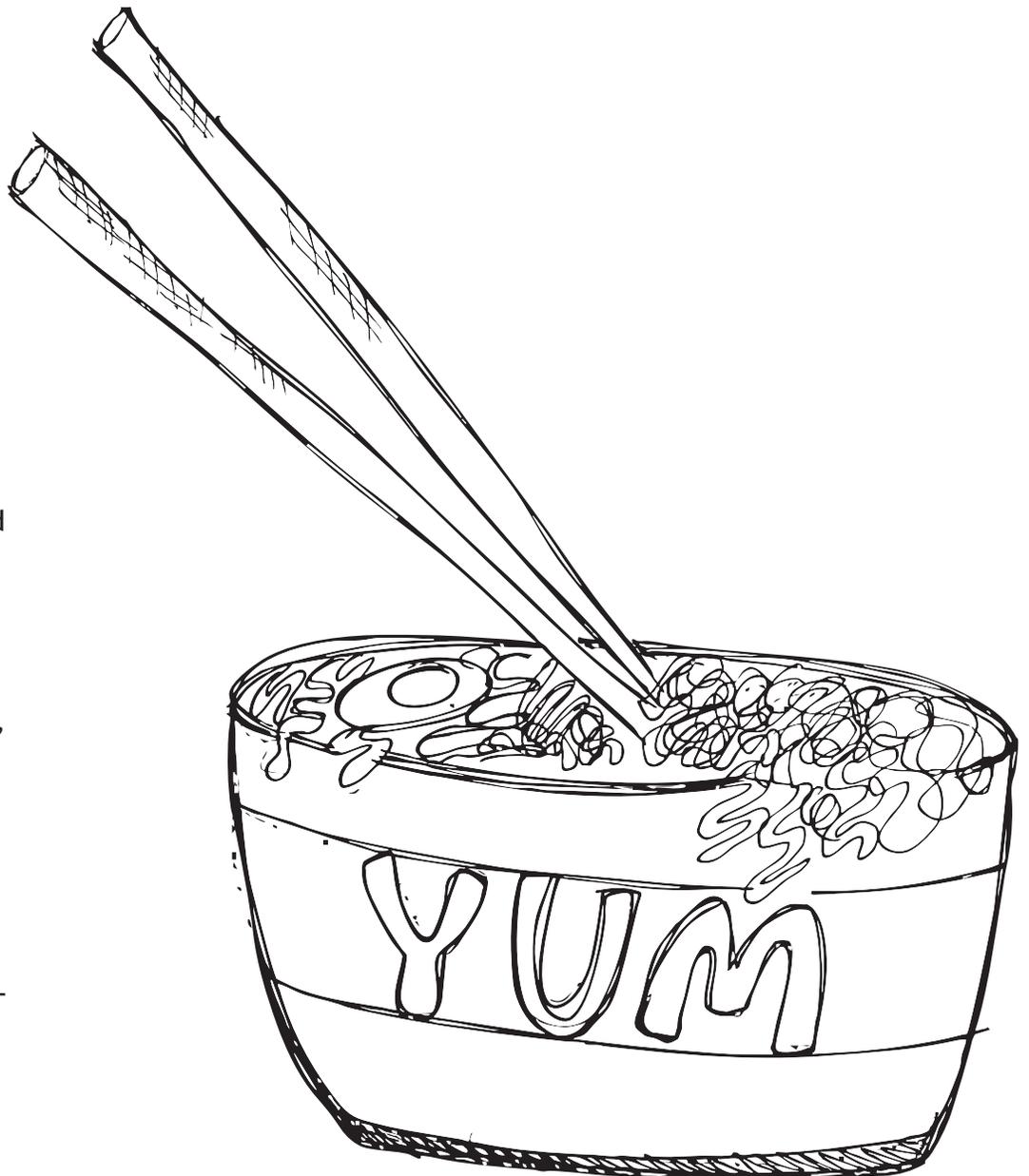
Season: Stir in the ramen seasoning packet and soy sauce if using. Mix well.

Serve: Let it cool slightly before serving. Top with a sprinkle of cheese if your kid likes it!

Tips to Make it Extra Fun for Kids:

Let them choose a “topping” like shredded cheese, a few goldfish crackers, or even a fun veggie shape (use mini cookie cutters on carrot slices).

Serve with kid-friendly chopsticks or a colorful bowl.



HEALTHY SNACK WORD SEARCH

G O K C A L X N G U L B W A C
P C L R G P J H I D E D Z G H
E W E Z C H P C R H M J M V I
N H A X V A V L R A O E G K C
N V Q G C F J P E A N R W T K
U V G O Y C D U Q S C P A L E
Y P S L P D U E Q A A K N B N
T W G D B A Y H Q N X U E C R
F R R F A J Q Y U P C P C R A
T V A I O A Y O P M X I Z E I
E I P S W Z G G R V M C T Z S
P I E H C Y N U D A B U P E I
A V X U L D K R C F M S S K N
H L N J N P P T E X H E A J M
L V B B Z E L A I C B Q N D B

applesauce

goldfish

cracker

hummus

yogurt

grape

ramen

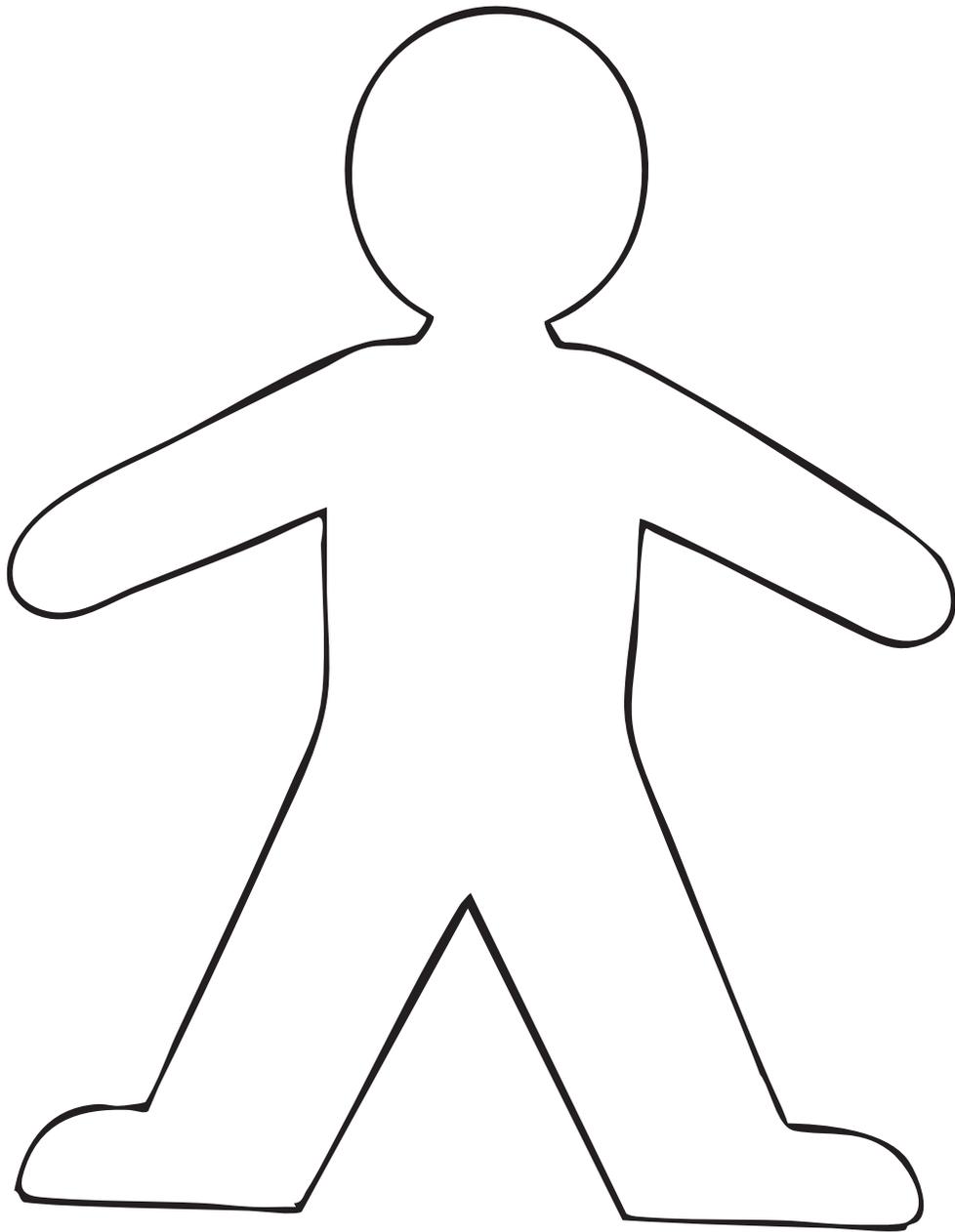
chicken

raisin

lemon

WHAT DOES UNITED IS THE WAY MEAN TO YOU?

Draw yourself here:



Don't forget to add your hair, eyes, and favorite clothes



United Way 211 is a free, 24 hour a day information and referral service, readily available to surround our community with support.

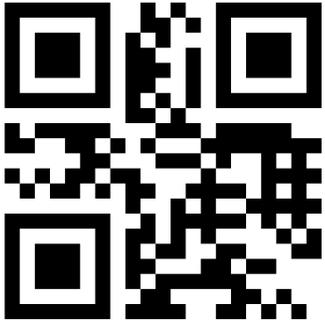
Dial 211 or **1-800-650-4357** for immediate assistance

Text your zip code to **898-211**

Visit 211nwo.org to chat online or to search our database

211 Programs & Services

- Coordinated Entry
- Ride United Transportation Access
- Project DASH
- 211 Counts
- 211 Community Resource Database
- and more!



For more information visit: 211nwo.org



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made possible by a generous gift from the Joseph, Judith, and Susan Conda family



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