



Guiding Stars[™]

Nutritious choices made simple[®]

Healthier Home Cooking



Presented By:

Kitty Broihier, MS, RD, LD

Guiding Stars Scientific Advisor,
Owner of NutriComm, Inc.

Allison Stowell MS, RD, CDN

Guiding Stars Dietitian



Guiding Stars[™]

Nutritious choices made simple[®]

Connect with us

Feel free to ask questions through GoToWebinar's sidebar. We have folks monitoring them so they'll get answered!

Questions

Show Answered Questions

Question	Asker

Type answer here

Send Privately Send To All

You can also ask questions via Twitter using the hashtag:

#GSHomeCooking



Guiding Stars™

Nutritious choices made simple®

Presenters



Kitty Broihier, MS, RD, LD

Scientific Advisory Panel

Guiding Stars Licensing Company



Allison J Stowell MS, RD, CDN

Dietitian

Guiding Stars Licensing Company



After the webinar

Go to guidingstars.com/webinar

RDs and DTRs can **receive one CPEU**

Share this webinar or **watch it again**



Guiding Stars[®]

Nutritious choices made simple[®]

Objectives

Participants will be able to:

- Discuss historical and modern trends in home cooking.
- Understand the challenges of embracing healthier home cooking, including the impact of cultural differences on preparing home cooked meals.
- Share educational tools with patients, clients, colleagues, students and others that enable them to embrace more home cooking.
- Demonstrate quick tips that make home cooking easier to balance with a busy schedule.



Guiding Stars[™]
Nutritious choices made simple[®]

A brief history of modern home cooking

1930s

- Sliced bread, boxed mac-and-cheese
- Many processing technologies developed for food safety

1940s

- WWII spurs convenience foods and packaging innovation
- First vacuum-packed food, first dinners in aluminum trays
- First frozen OJ
- Fast food restaurants enter the scene



<http://www.foodengineeringmag.com/articles/82693>



Guiding Stars[™]

Nutritious choices made simple[®]

A brief history of modern home cooking

1950s

- Continuous beer/soft drink bottling lines developed
- Boil-in-bag frozen foods
- Plastic packaging applications (film for “breathable” produce wrapping, plastic milk bottles)



<http://www.foodengineeringmag.com/articles/82693>



Guiding Stars[™]
Nutritious choices made simple[®]

A brief history of modern home cooking

1960s

- Single-serve canned foods (pudding)
- Food irradiation approved
- Julia Child's "The French Chef" debuts on TV

1970s

- First microwavable foods
- "Ovenable" paper and plastic trays
- Ethnic food "kits"
- "Health food" and vegetarianism





Guiding Stars[™]

Nutritious choices made simple[®]

A brief history of modern home cooking

1980s

- Shelf-stable milk and juice boxes
- Microwavable entrees in plastic trays
- Fast food as a staple meal
- Snack food and beverage explosion

1990s

- Many technological developments in food safety, shelf-life extension
- Pre-packaged lunch kits (aka Lunchables)
- Food Network starts

<http://www.foodengineeringmag.com/articles/82693>





Guiding Stars[®]

Nutritious choices made simple[®]

Who is cooking?

A Global Perspective

56% of cooks around the world seek “**healthy and nutritious**” meals

86% of shoppers buy **fresh produce** every week



Guiding Stars™

Nutritious choices made simple®

Who is cooking?

57% of Americans cook daily

What does cooking at home **mean?**

Men are cooking more than ever

<http://www.bls.gov/spotlight/2010/food/pdf/food.pdf>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3639863/>





Guiding Stars[™]

Nutritious choices made simple[®]

Who is cooking?

8 in 10 low-income families make dinner at home at least 5 times a week.

61% are making dinner from scratch most days of the week

In a typical week, a low-income family makes dinner from **scratch 4 nights**, prepares dinner from **packaged foods on 2 nights** and eats **fast food 1 night**.

<http://www.nokidhungry.org/cmstudy/>



Guiding Stars™

Nutritious choices made simple®

Who isn't cooking?

Across all income groups,
**consumption from home food
sources decreased by about
23% between 1965-2008.**

Most of the decline occurred
before mid-1990s.



<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3639863/>



Guiding Stars[™]

Nutritious choices made simple[®]

Who isn't cooking?

Teens

- The demise of home economics
- Enrollment in middle school home ec classes has declined 38% in the last 10 years

“...girls and boys should be taught the basic principles they will need to feed themselves and their families within the current food environment...”

http://www.aafcs.org/res/newsroom/JFCS_105-4_Werhan.pdf

<http://jama.jamanetwork.com/article.aspx?articleid=185818>



Guiding Stars[™]

Nutritious choices made simple[®]

Who is cooking less?

Women

Number of women cooking in 2008: 68%

Time women spend cooking in 2008: 66 min/day

***Nevertheless, women continue to spend twice
the amount of time cooking that men do***



Guiding Stars[™]

Nutritious choices made simple[®]

Barriers to cooking

Cost

Access to food/food deserts

Lack of kitchen tools/appliances

It's work—requires effort

Time





Why do we need to cook more?

Health

Budget

Family/children

**Cultural heritage/traditional
foodways**



Why do we need to cook more?

Health

- Nutritional content
- Control over ingredients/preparation
- Reach and maintain an ideal weight
- Use food as medicine
- Awareness
- For overall well being
- Health of our environment





Guiding Stars[™]

Nutritious choices made simple[®]

Why do we need to cook more?

Changes in Eating Patterns and Diet Quality Among Working-Age Adults, 2005-2010

Number of FAFH meals declined 11% between 2005-2010

FAFH, 2010

12.9% decline in FAFH expenditures (to 29.1%)

4.75% decline in share of calories (to 29.9%)

Improvements in diet quality between 2005-2010

--not all attributable to decreased FAFH

www.ers.usda.gov/publications/err-economic-research-report/err-161.aspx





Guiding Stars[™]

Nutritious choices made simple[®]

Why do we need to cook more?

Budget

- More control over food budget
- Costs less than dining out/take out
- Encourages us to be less wasteful





Guiding Stars[®]

Nutritious choices made simple[®]

Why do we need to cook more?

**Comparison Shopping:
McDonald's for Four**

\$27.89



- 2 Big Macs
- 1 cheeseburger
- 1 6-pc. Chicken McNuggets
- 2 medium fries
- 2 small fries
- 2 medium Cokes
- 2 small Cokes

Nutrition facts per person

CALORIES	900 (average)
FAT	37 grams
CARBOHYDRATES	123 grams
PROTEIN	23 grams

Sources: McDonald's; Key Food grocery, Sunset Park, Brooklyn (meal ingredients);
Self magazine and United States Department of Agriculture (nutrition analysis)

BILL MARSH/THE NEW YORK TIMES;
PHOTOGRAPHS BY TONY CENICOLA/THE NEW YORK TIMES

http://www.nytimes.com/imagepages/2011/09/24/opinion/sunday/20110925_BITTMAN_MARSHgph.html?ref=sunday



Guiding Stars[®]

Nutritious choices made simple[®]

Why do we need to cook more?

Chicken, Potatoes and Salad for Four

\$13.78

A savings of \$14.11,
or 51%, over the
McDonald's meal.
Prices per item:



Nutrition facts per person and difference from McDonald's meal



CALORIES	934
+4%	
FAT	39 grams
+5%	
CARBOHYDRATES	80 grams
-35%	
PROTEIN	67 grams
+191%	

Sources: McDonald's; Key Food grocery, Sunset Park, Brooklyn (meal ingredients); Self magazine and United States Department of Agriculture (nutrition analysis)

BILL MARSH/THE NEW YORK TIMES;
PHOTOGRAPHS BY TONY CENCOLA/THE NEW YORK TIMES

http://www.nytimes.com/imagepages/2011/09/24/opinion/sunday/20110925_BITTMAN_MARSHgph.html?ref=sunday



Guiding Stars[®]

Nutritious choices made simple[®]

Why do we need to cook more?

Pinto Beans and Rice for Four

\$9.26

A savings of \$18.63, or 67%, over the McDonald's meal.
Prices per item:



CALORIES	571
-37%	
FAT	15 grams
-59%	
CARBOHYDRATES	83 grams
-33%	
PROTEIN	26 grams
+13%	

Sources: McDonald's; Key Food grocery, Sunset Park, Brooklyn (meal ingredients); Self magazine and United States Department of Agriculture (nutrition analysis)

BILL MARSH/THE NEW YORK TIMES;
PHOTOGRAPHS BY TONY CENICOLA/THE NEW YORK TIMES

http://www.nytimes.com/imagepages/2011/09/24/opinion/sunday/20110925_BITTMAN_MARSHgph.html?ref=sunday



Guiding Stars™

Nutritious choices made simple®

Why do we need to cook more?

Family/Children

- A lesson for our children that whole foods come together to make a complete meal
- An opportunity to slow down and appreciate our food
- Time to bond and connect





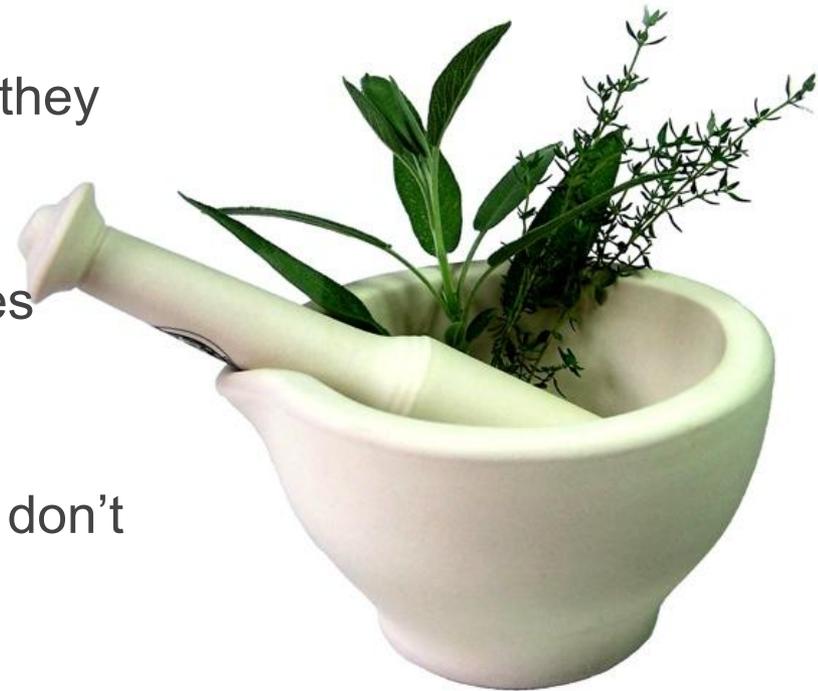
Guiding Stars[™]

Nutritious choices made simple[®]

Why do we need to cook more?

Cultural Heritage/Traditional Foodways

- If we don't prepare our family recipes they may be lost
- Cooking together and traditional dishes link generations
- As families grow and change, recipes don't and so remain a link to years past





Guiding Stars[™]

Nutritious choices made simple[®]

Inspire Others to Get Cookin'

Share tips and tricks

**Connect clients/patients/
students with tools that make
cooking at home easier and more
enjoyable**

Make it a family activity

**Understand how culture, heritage
and tradition influence the home
cook**





Guiding Stars[®]

Nutritious choices made simple[®]

What are Your Tips and Tricks for a Healthier Meal?



Inspire Others to Get Cookin'

Share tips, tricks and tools

Blend portion of recipe in lieu of adding cream to thicken

Finely chop spinach or other greens into ricotta cheese for casseroles

Get big flavor from fresh herbs or spice blends to avoid salt

Use whole grains in all casseroles/breading

Using heart healthy fat whenever you can





Inspire Others to Get Cookin'

Share tips, tricks and tools

Many resources available today to help the home cook

Identify gadgets, convenience items and recipes that make cooking at home easier and efficient

Know your audience and provide tips that make cooking more approachable

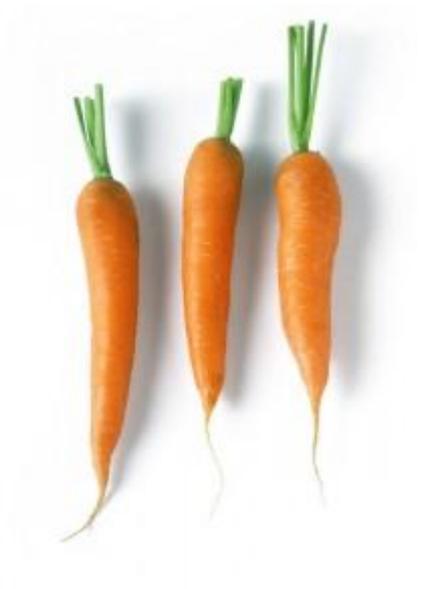
Inspire Others to Get Cookin’

Make it a Family Activity

Well noted benefits to bringing family together in the kitchen

Including kids in the kitchen improves their diet
(Chu et al. Nutrition and health. January 2013)

Young cooks will likely become older cooks



Inspire Others to Get Cookin'

**Understand how
culture, heritage and
tradition influence
the home cook**





Guiding Stars[™]

Nutritious choices made simple[®]

Locating budget-friendly recipes

ChooseMyPlate.gov

choosemyplate.gov/healthy-eating-on-budget.html

USDA Recipe Finder

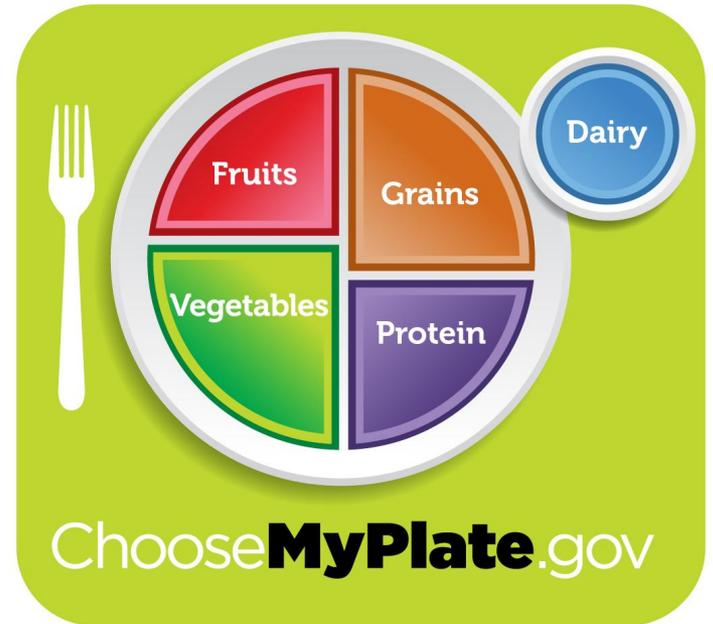
recipefinder.nal.usda.gov

State Extension Services

(ex. extension.iastate.edu/foodsavings/)

Corporate/Branded Websites

Supermarket Websites





Help for Children and Families

"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."

- First Lady Michelle Obama





Guiding Stars[™]

Nutritious choices made simple[®]

Make a Plan



Meal plan/cooking plan for the week

Shopping list

Quick-cook, go-to meal



Guiding Stars[™]

Nutritious choices made simple[®]

Get The Kitchen In Shape

Pots/pans

Stockpot, saucepan, skillet with lid,
baking sheet baking dish/casserole

Utensils

Heat-safe spoons, spatula, tongs
chef's/paring/serrated knives, whisk

Equipment

Cutting boards, timer, can opener,
blender measuring cups, colander,
grater





Guiding Stars[™]

Nutritious choices made simple[®]

Get the Pantry in Shape

- Broth
- Grains (rice, barley, pasta, quinoa, etc), flour, cereal
- Sauces (low-sodium soy sauce, hot sauce, salsa)
- Salad dressings
- Vinegars, oils
- Canned/dried fruit, 100% fruit spread
- Canned veggies/beans
- Onions, garlic
- Nut butters, nuts
- Condiments (ketchup, mustard, etc)
- Seasonings
- Freezer staples
- Dairy staples





Guiding Stars[™]

Nutritious choices made simple[®]

Our Expert Chef's Tips

Top Five Healthy Cooking at Home Tips

#1 Be intentional about leftovers

- Cook a little extra of whichever meat your quick weekday meal calls for and store it away in the freezer for later use.

#2 Stretch your stir fry sauces

- Most store bought stir fry sauces are loaded with salt and sugar and they're often too strong for kids.
- Reduce their potency and make them healthier by combining 1/4 c. prepared sauce with 1/4 c. water or low-sodium broth and 1t. of cornstarch before adding to your dish.



Guiding Stars[®]

Nutritious choices made simple[®]

Our Expert Chef's Tips

#3 Stop stressing about sides

- A platter of raw veggies like baby carrots, sliced cucumbers, and snap peas is a stress-free and kid-friendly way to balance the nutrition your meal.

#4 Spend ten minutes once a week chopping vegetables

- Convenient to have prepped ingredients for cooking on hand during the week
- Kids and adults alike are more likely to reach for a veggie snack if it's already washed and ready to eat.





Guiding Stars[™]

Nutritious choices made simple[®]

Our Expert Chef's Tips

#5 Use the right tools

Find a good knife that feels comfortable:

- Maintain its edge regularly
- Keep your chopped ingredients a uniform size to ensure everything cooks evenly

Look for a high-quality 100% olive oil pan spray:

- Food won't stick to your pan
- Adds flavor to cooked vegetables
- Provides visually appealing sheen to foods without adding extra fat and calories

New Expert Chef Recipes

Chicken Stew with Herbed Drop Dumplings



guidingstars.com/recipes/chicken-stew-with-dumplings/

New Expert Chef Recipes

Roasted Red Pepper and Green Bean Salad



guidingstars.com/recipes/roasted-red-pepper-and-green-bean-salad/



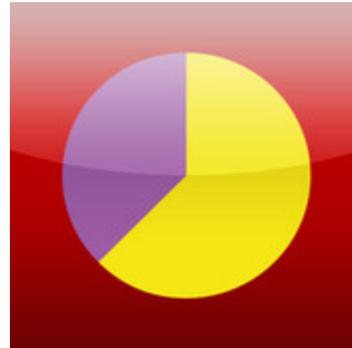
Guiding Stars[™]

Nutritious choices made simple[®]

There's an app for that



Paprika



Ratio



**Kitchen
Calculator Pro**



Smart Chef Substitutions



Perfect Produce



Appetites



Guiding Stars[®]

Nutritious choices made simple[®]

Guiding Stars



Home · News · Webinars · Community · Downloads · Contact Us · Site Map



Guiding Stars[®]
Nutritious choices made simple[®]

- About**
How it works
- Partners**
Become a partner
- Advisors**
Meet our experts, scientists & team
- Recipes**
Star worthy meals & snacks
- Blog**
Health & nutrition news
- Food Finder**
Search Foods

Food Finder (BETA)

Guiding Stars helps you identify foods that offer the most nutrition for the calories using a 0, 1, 2, 3 star rating system. "No stars" means that, although the food was rated, it didn't meet the nutrition criteria to earn a star. 1 star means "good", 2 stars "better", and 3 stars "best" nutritional value.

Enter food name



Good



Better



Best

When shopping for food, look for Guiding Stars in these fine supermarkets:

Supermarket Chains

View By Category

Click on one of the categories below to view all foods within that category.

- [Baby Food](#)
- [Baking Supplies](#)
- [Beverages](#)
- [Breads & Baked Goods](#)
- [Canned Goods](#)
- [Cereals Grains & Pasta](#)
- [Dairy](#)
- [Frozen Foods](#)
- [Meat](#)
- [Prepared Foods](#)
- [Produce](#)
- [Recipe](#)
- [Seafood](#)
- [Snacks](#)
- [Soups](#)





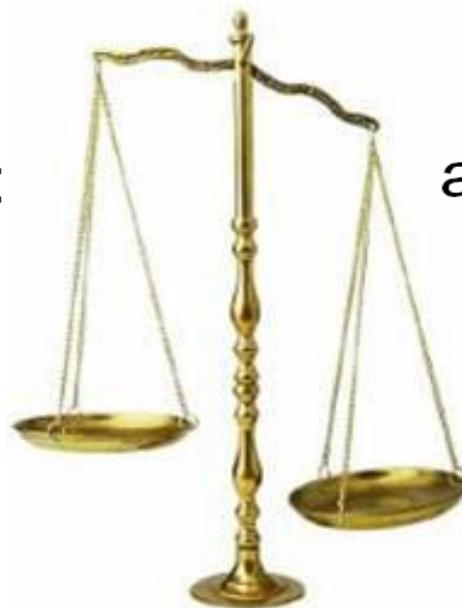
Guiding Stars[®]

Nutritious choices made simple[®]

Guiding Stars

The formula **credits**
a product's score for:

vitamins,
minerals,
dietary fiber,
whole grains



The formula **debts**
a product's score for:

trans fat,
saturated fat,
cholesterol,
added sodium,
added sugars

The resulting score represents a
weighted total



Guiding Stars

One Guiding Star indicates good nutritional value



1 star is good

Two Guiding Stars indicate better nutritional value



2 stars is better

Three Guiding Stars indicate the best nutritional value



3 stars is best



Supermarket Dietitians

Retail dietitians are uniquely positioned to encourage healthier home cooking through cooking classes, demonstrations and distribution of recipes

In-depth knowledge of products and ability to help consumers find the foods they *actually* need instead of those they *think* they need

In store dietitian + Guiding Stars = perfect partnership



Guiding Stars[™]

Nutritious choices made simple[®]

Get Kids Cooking

Chop Chop Magazine

Hey Kids Lets Cook

Various non-profit organizations throughout the country



Kids Cooking Green





Guiding Stars[™]

Nutritious choices made simple[®]

Savvy shopping, smart cooking



SHARE OUR STRENGTH'S

COOKING
MATTERS[®]

NO KID HUNGRY

at the
STORE



Guiding Stars[™]

Nutritious choices made simple[®]

Resources

Cook more often at home with ChooseMyPlate.gov

Lu J, Huet C, Dubé L (2011). Emotional reinforcement as a protective factor for healthy eating in home settings. Am J Clin Nutr, 94(1), 254-61

Share Our Strength's Cooking Matters program

<http://cookingmatters.org>

Cultural and Ethnic Food/Nutrition Education Materials: Nov. 2013

<http://www.nal.usda.gov/fnic/pubs/ethnic.pdf>

USDA "Changes in Eating Patterns and Diet Quality" 2014 report

<http://www.ers.usda.gov/publications/err-economic-research-report/err161#.Uuq4OaVLq07>

Let's Move

<http://www.letsmove.gov/eat-healthy>

Guiding Stars

www.guidingstars.com



Guiding Stars[®]

Nutritious choices made simple[®]

Q&A





Guiding Stars[™]

Nutritious choices made simple[®]

Thank you!

To request a CPEU certificate,
get resources and recipes, or fill
out our follow-up survey go to:

guidingstars.com/webinar





Guiding Stars[™]

Nutritious choices made simple[®]

Thank you!

For more information on the Guiding Stars program, or if you have any further questions please contact us:

RD@guidingstars.com

