



# FALL SUPPLEMENT: SEASONAL LAYERS FOR AUTUMN

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## Fall Supplement: Seasonal Layers for Autumn

Fall is a season of ample opportunities to engage shoppers with helpful meal preparation tips and recipe ideas. In this 'Seasonal Layer' supplement to the Retail Dietitian Toolkit <https://www.onions-usa.org/retail/retail-dietitians>, the National Onion Association has provided turn-key tools to help dietitians promote family meals, tailgating, and diabetes management.

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### IN THIS SEASONAL LAYER:

#### Family Meals Month *(September)*

- Article: Making Family Mealtime Easy
- Family Meals Cooking Class  
Lesson Plan includes: Stocking the Pantry, 7-Day Menu Planner and Shopping List, Avoiding Food Waste, Nutrition Info, and Recipe Tasting.
- Media Segment
- Social Media Posts

#### Tailgating *(September – October)*

- Media Segment
- Social Media Posts

#### American Diabetes Month *(November)*

- Article or Media Segment
- Social Media Posts



## Family Meals Month

### Blog or Newsletter Article: Making Family Mealtime Easy

Most parents have great intentions to put a healthy meal on the table each evening, but real life and busy schedules can often get in the way. Also, it is important to know that serving a gourmet meal is not necessary to reap the positive benefits a family meal provides. Gathering around the table to enjoy a simple meal can (and does) boost children's self-esteem, promote healthy eating skills, and help connect as a family. Try these easy and affordable meal ideas that use healthy, convenient items from your local supermarket and ask the whole family to get involved in the preparation.

- Cook frozen potato and cheese perogies; top with sautéed peppers and onions (find them pre-sliced in the produce department); serve with milk and fresh apple slices.
- Make a quick batch of chicken chili by sautéing 1 cup of diced onions in a large stock pot until tender. Add a 48-ounce jar of cooked great northern beans, 1 jar of salsa, 2-3 cups of shredded rotisserie chicken, 1 tablespoon cumin and 2 cups shredded Monterey Jack cheese. Heat and serve with blue corn tortilla chips.
- Create a taco bar with cooked lean ground beef or turkey, canned black beans, shredded 2% cheddar cheese, diced onions and tomatoes, avocado slices and salsa.
- Use whole grain naan bread or small prepared pizza crusts to make veggie pizzas. Add sliced bell peppers, red onion, olives, mushrooms and other favorite veggies to see who can make the most colorful creation.
- Mix canned tuna with finely diced onion and celery; add light mayonnaise and garlic powder to taste. Top toasted whole grain bread slices with tuna mixture and sprinkle with shredded mozzarella cheese. Broil in the oven until cheese melts. Serve with fresh pears and milk.
- Want dinner ready when you come home? Try this delicious pot roast recipe! Simply add all the ingredients to your slow cooker in the morning. Serve with a prepared green salad later the same day!  
[https://www.onions-usa.org/recipes/104-Slow\\_Cooker\\_Pot\\_Roast](https://www.onions-usa.org/recipes/104-Slow_Cooker_Pot_Roast)



When time is tight, a little pre-planning helps assemble delicious dinnertime meals for the whole family. Consider picking up and stocking up on healthy, convenient ingredients, then, have everyone pitch in to make mealtime truly easy!

## Family Meals Cooking Class:

Fall is the season that brings many consumers back into the kitchen as routines center around school, easy family meals, sport events, and the desire for warm comfort foods. The following lesson plan provides the handouts and suggested recipes to help create a fun consumer cooking class with simple, delicious recipe solutions using pantry staples (like onion) while driving sales across the entire store.

### Lesson Plan: 2-Hour Class

*(excludes shopping, preparation, and cleanup)*

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#### Timeline:

**10 MINUTES:** Introductions; Importance of Family Meals

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**5 MINUTES:** Stocking the Pantry for Easy Meals (also part of Section 6 of the toolkit)

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**10 MINUTES:** Tips for How to Avoid Food Waste (see handout)

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**5 MINUTES:** Onions - Layers of Flavor and Nutrition (see handout)

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**75 MINUTES:** Recipe Preparation and Tasting (see recipe handout)

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**15 MINUTES:** Questions; Class Evaluation (see handout)



## Importance of Family Meals

The simple act of sharing meals provides many benefits to all family members:

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### Benefits of Family Mealtime

- Family meals provide a sense of unity and the opportunity for daily communication.
- Parents can use family meals to monitor their children’s moods and activities, while also understanding what their kids are doing, with whom and where.
- Family meals have a positive impact on young children’s language and literacy development. By sharing family conversation, young children can learn new words, begin to understand language and build conversation skills.
- Many studies show family meals are linked with a variety of positive outcomes that improve child well-being. These include a decreased risk of substance use, improved personal and social well-being, and better academic performance.
- Family meals provide a perfect opportunity to model healthy eating habits. Adults can show moderate portion sizes, and encourage new foods.
- Family mealtime can be used to encourage courtesy and teach social manners.
- Several studies show how regular family meals are strongly associated with an increased consumption of fruits, vegetables, grains and other healthy food choices.
- Research suggests that family meals are associated with a reduced risk of childhood obesity in children and adolescents.

*Source: Food Marketing Institute*

### Set a goal to have regular family meals at least 3 to 4 times per week, if possible.

Most research notes some type of improvement in a child’s outcome when the family participated in at least three meals together each week. If dinner doesn’t work due to schedules, try breakfast or snack time.

### Remember, the benefit of consistent family mealtimes.

Routine family meals can generate feelings of closeness and comfort. Even when mealtimes are a bit hectic, having a regular mealtime schedule can provide children with needed stability.

### Pay attention to the quality of family mealtime.

This is a key time to communicate with your children and for them to do the same with you. Avoid outside distractions as much as possible. Turn off the TV and cell phones and ask each other open-ended questions about the day, school, friends and any goals family members have.

## Stocking the Pantry

Fall is a busy time of year. Families are transitioning back into school routines, and making time for family meals can be difficult. A well-stocked kitchen and a meal plan can make family meals easy – saving time, money and ensuring an easy, balanced meal is on hand.

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## Stocking the Kitchen

Look for sales, but only buy what fits into your menu plan to avoid waste.

Try something new each week for a fun family taste test.

### FRESH PRODUCE:

- Add colorful options to your cart – blue/purple; red; yellow/orange; green and white
  - Yellow, red, and white onions
  - Green onions
  - Salad greens
  - Potatoes
  - Peppers
  - Cucumbers and tomatoes
  - Avocados
  - Baby carrots and sugar snap peas for quick snacks
  - Bananas
  - Apples
  - Citrus
  - Berries
  - Peaches, nectarines, plums
  - Melons
  - Pineapple
- 

### DAIRY:

- Milk
- Yogurt
- Cheese
- Kefir

### FRESH MEAT, POULTRY AND SEAFOOD:

- Choose items from your weekly menu plan and stock up during sales
- Lean beef – ground, steaks, roast
- Pork chops and tenderloins
- Turkey – ground, tenderloins
- Chicken – breasts, tenderloins, etc.
- Fish fillets

*Stocking the Kitchen cont.*

**AISLE BY AISLE**

- Whole wheat pasta, quick couscous mixes, quinoa and instant brown rice
- Whole grain hot and cold cereals
- Whole grain granola bars
- Whole grain crackers
- Marinades and sauces like teriyaki, lemon pepper, garlic & herb, mesquite, and barbecue
- Canned tomatoes
- Canned vegetables (corn, mushrooms, beets, etc.)
- Canned beans such as black, kidney, garbanzo, great northern, and pinto
- Reduced sodium canned or boxed broth and recipe-ready soups
- Salsa
- Prepared spaghetti sauce
- Canned or pouch packed meats like tuna, salmon or chicken
- Balsamic or other flavored vinegars
- Canola and olive oil
- Canned fruit packed in water or its own juice like pears, pineapple, peaches
- Dried fruit such as raisins and dates
- Nuts and seeds

**FREEZER:**

- Frozen vegetables
- Frozen vegetable blends for stir-fry, fajitas, soups, etc.
- Frozen potatoes
- Frozen fruit for smoothies or dessert
- Meatless burgers made from soy or beans
- Fish fillets and shrimp
- Better-for-you frozen entrees
- Frozen tortellini, ravioli or perogies
- Whole grain waffles or pancakes
- Cheese pizza (add your own healthy toppings)



## 7-Day Menu Planner:

### DAY 1:

#### **High Protein Onion & Quinoa Salad**

[https://www.onions-usa.org/recipes/227-High Protein Onion and Quinoa Salad](https://www.onions-usa.org/recipes/227-High-Protein-Onion-and-Quinoa-Salad)

*Serve with: Whole grain baguette from the bakery and frozen yogurt*

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### DAY 2:

#### **Wholesome Tuscan Pizza**

[https://www.onions-usa.org/recipes/234-Wholesome Tuscan Pizza](https://www.onions-usa.org/recipes/234-Wholesome-Tuscan-Pizza)

*Serve with: Fresh melon wedges*

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### DAY 3:

#### **Chunky Southwestern Soup**

[https://www.onions-usa.org/recipes/184-Chunky Southwestern Soup](https://www.onions-usa.org/recipes/184-Chunky-Southwestern-Soup)

*Serve with: Whole grain tortilla chips, low-fat milk*

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### DAY 4:

#### **Open Face Roast Turkey Sandwich w/Caramelized Balsamic Onions**

[https://www.onions-usa.org/recipes/78-Open Face Roast Turkey Sandwich with Caramelized Balsamic Onions](https://www.onions-usa.org/recipes/78-Open-Face-Roast-Turkey-Sandwich-with-Caramelized-Balsamic-Onions)

*Serve with: Fresh pear slices*

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### DAY 5:

#### **Baja Fish Tacos with Onion Mango Salsa**

[https://www.onions-usa.org/recipes/193-Baja Fish Tacos with Onion Mango Salsa](https://www.onions-usa.org/recipes/193-Baja-Fish-Tacos-with-Onion-Mango-Salsa)

*Serve with: Pineapple chunks, low-fat milk*

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### DAY 6:

#### **Frittata with Onion, Tomato and Basil**

[https://www.onions-usa.org/recipes/240-Frittata with Onion Tomato and Basil](https://www.onions-usa.org/recipes/240-Frittata-with-Onion-Tomato-and-Basil)

*Serve with: Whole grain English muffins, low-fat milk and fresh strawberries*

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### DAY 7:

#### **Slow Cooker Pot Roast**

[https://www.onions-usa.org/recipes/104-Slow Cooker Pot Roast](https://www.onions-usa.org/recipes/104-Slow-Cooker-Pot-Roast)

*Serve with: Tossed green salad, whole grain rolls*



## 7-Day Menu Planner Shopping List

### GROCERY:

- Red quinoa
  - Vegetable broth
  - 2 cans chicken broth
  - 1-1/2 cups low sodium beef broth
  - Horseradish sauce
  - 1 can (15 oz.) tomato sauce
  - Bottled pasta or pizza sauce
  - Prepared pizza crust (i.e.: Boboli)
  - Whole grain tortilla chips
  - Large stand-and-stuff taco shells
  - 1 jar mild salsa
  - Chipotle chiles in adobo sauce
  - Canned pineapple chunks
  - 2 cups tomato juice
  - Whole grain English muffins
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### PRODUCE:

- 8 large white onions
  - 1 red onion
  - 2 red pepper
  - Fresh pears
  - 1 mango
  - Lime
  - 1 green pepper
  - 1 lb. Potatoes
  - 1 lb. Red potatoes
  - 2 large carrots
  - Sliced mushrooms
  - Cherry tomatoes
  - 2 Tomatoes
  - Baby kale (3 cups)
  - Prepared green salad
  - Lettuce leaves
  - Strawberries
  - Red apple
  - Fresh melon
  - Fresh oregano
  - Fresh cilantro
  - Fresh basil
  - Fresh rosemary
  - Fresh thyme
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### MEAT/POULTRY/SEAFOOD:

- 1/2 lb. sweet or spicy Italian sausage
- 1 (2-1/2 lb.) boneless beef sirloin tip or chuck roast

**DAIRY:**

- 8 oz. Shredded mixed Italian blend cheese
  - Shredded cheddar cheese
  - Grated Romano or Parmesan cheese
  - Low-fat milk
  - Light sour cream
  - Eggs (6)
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**BAKERY/DELI:**

- Whole grain baguette
  - 4 Crusty whole grain sandwich rolls
  - Whole grain dinner rolls
  - Shredded rotisserie chicken (2 cups)
  - 1 lb. sliced roast turkey
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**FROZEN:**

- Frozen yogurt
  - Breaded fish fillets or fish sticks
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**PANTRY STAPLES:**

- Salt & Pepper
- Cider vinegar
- Balsamic or red wine vinegar
- Honey
- Lemon juice
- Dijon mustard
- Olive oil
- Canola oil
- Dried oregano
- Cumin
- Red chili flakes
- Minced garlic
- Flour



## Avoiding Food Waste

According to the Environmental Protection Agency, Americans threw out more than 38 million tons of food waste in 2014. From farms to supermarkets and to consumers' tables, approximately 30 percent of the food grown is never eaten. The Natural Resources Defense Council estimates the average family of four throws out roughly \$1,500 worth of food.

Teaching customers how to get the most from their food dollar and avoid waste is valuable information. By making a meal plan, storing perishables properly and understanding simple food preparation techniques, consumers can make the most of their food budget.

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## Tips on Reducing Food Waste

**The EPA and USDA are working to help Americans cut food waste in half by the year 2030. Their recommendations from the “Food Too Good to Waste Challenge” include:**

1. Plan ahead for meals and shop with a list. Check to see what food is on hand before shopping to avoid unnecessary purchases.
2. Have a weekly “leftover night” – peruse the refrigerator; use leftovers and perishable items close to expiration.
3. Prep perishable foods ahead of time to make week-night meals easier to assemble.
4. Create a “USE FIRST” shelf (with a sign) in the refrigerator. This will let your family know about foods that need to be consumed in a short time.
5. Locate your local food donation organizations if you have excess items you can’t use.
6. Consider composting foods that cannot be used or donated.
7. Store foods properly. The most perishable foods should be stored at the back of your refrigerator to reduce exposure to temperature variations as the door opens and closes. Fresh fruits and vegetables top the list for wasted foods. Keep your produce fresher, longer using our guide below:
  - Use crisper bins in your refrigerator to store fragile produce. Ideally, there are two climate-controlled bins – low humidity for hard vegetables and fruit with low water content and high humidity for salad greens, herbs and leafy greens.
  - Use plastic bags in the produce department to store leafy greens, cabbage and zucchini as they help maintain higher levels of humidity. Make sure to poke holes in the bags so the produce can breathe.
  - Separate apples, avocados, bananas, and tomatoes from other fruits and vegetables. These produce items emit ethylene, an invisible and odorless gas that causes rapid ripening.
  - Keep onions and potatoes in a cool, dark place outside of the refrigerator. Do not store them together or on the same shelf. Onions will cause potatoes to sprout.
  - Stone fruit – peaches, nectarines, cherries, plums, apricots – should be stored in paper bags at room temperature until ripe. Once ripened, they should be stored in the refrigerator in a plastic bag or container.
  - Examine all produce for bruises, nicks and decay. Damaged produce will rapidly decay because once broken leaves and skin are exposed to air, spoilage will occur. If produce in your refrigerator is damaged, consume it sooner than undamaged items.
  - Try to use damaged produce as ingredients in recipes. Use vegetables as a salad topper or garnish, use fruit for pies and smoothies and make your own fruit and veggie-infused water.
  - Shop frequently instead of stocking up. The more often you shop for produce throughout the week, the better chance you have of purchasing fresher stock.

**Reducing food waste provides the dual benefit of saving money and helping to conserve natural resources.**



## Onions – Layers of Flavor and Nutrition

The amazing onion provides layers of flavor, color, and texture to a wide variety of dishes and cuisines. In addition, the onion is a superfood that provides significant nutrients and health benefits.

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Here are 5 reasons to think of onions when looking to improve overall nutrition or help prevent chronic diseases.

### 1. Onion bulbs are among the richest sources of dietary flavonoids

and there are two subgroups of particular interest. The anthocyanins, which provide a red/purple color to some varieties and flavanols such as quercetin, which is responsible for the yellow and brown skins of other onion varieties. Quercetin is in all varieties of onions.

Flavonoids are antioxidants. They scavenge particles in the body known as free radicals which damage cell membranes. They may reduce or even help prevent some of the damage free radicals cause. A great deal of research has focused on quercetin, which is found at particularly high levels in onions. Studies have shown quercetin to protect against heart disease and several types of cancer with its antioxidant and anti-inflammatory activities.

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### 2. Inulin is a soluble dietary fiber found in onions

Inulin is a naturally occurring oligosaccharide belonging to a group of carbohydrates known as fructans. Inulin appears to exhibit several health promoting functions, including the promotion of healthy gut bacteria. Inulin is a prebiotic and helps maintain gastrointestinal health by sustaining (feeding) beneficial bacteria. Like other fibers, inulin aids digestion and prevents constipation. Inulin also may help manage blood sugar levels and is being studied in relation to improved calcium absorption.

**NOTE:** Although many consumers rely on fiber supplements, recommending a high-fiber diet that includes onions is best to obtain the benefits of the additional nutrients in whole foods.

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### 3. Onions may help reduce the risk of heart disease

University of Wisconsin-Madison researchers found pungent onions exhibit strong anti-platelet activity. The organosulfur compounds, largely responsible for the taste and smell of onions (and garlic), have shown anti-inflammatory and anti-thrombotic activity. Platelet aggregation is associated with atherosclerosis, cardiovascular disease, heart attack, and stroke.

**TIP:** To reduce the pungency, sharpness or aftertaste of a raw onion, cut them the way you plan to use them, then place them into a bowl of ice water to stand for 1-1/2 hours before draining. If time is at a premium, place onions in a strainer or sieve. Run cold water through onions for at least a minute.

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### 4. Allium vegetables, like onion, may contain cancer - preventive agents

The protective effect appears to be related to the presence of organosulfur compounds and mainly allyl derivatives, which inhibit carcinogenesis in the forestomach, esophagus, colon, mammary gland, and lungs of experimental animals. The exact mechanisms of the cancer-preventive effects are not clear, although several hypotheses have been proposed and more research is needed.

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### 5. And more...

Studies on the health benefits of onions and their unique nutritional properties also have shown possible links to the inhibition of gastric ulcers by scavenging free radicals and by preventing growth of the ulcer-forming microorganism, *Helicobacter pylori*. A recent study also suggests onion consumption has the potential to reduce the risk of osteoporosis by inhibiting bone resorption. And finally, the organosulfur compounds in onions appear to exhibit antimicrobial activity, which may have some food safety benefits. Research will continue to clearly identify health benefits from onion consumption in the human diet.

[https://www.onions-usa.org/img/site\\_specific/uploads/phytochemical\\_brochure.pdf](https://www.onions-usa.org/img/site_specific/uploads/phytochemical_brochure.pdf)



## Recipe Preparation and Tasting

This section provides recipes to satisfy the seasonal needs of shoppers and highlight solutions for quick and healthy family meals, or a get-together such as a tailgate party. Depending on the number of participants in your class, you can pick and choose from the recipes provided based on what you would like to demonstrate.

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## Cooking Class Recipes

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Recipe and image provided by the National Onion Association/  
[onions-usa.org](https://www.onions-usa.org)

### High Protein Onion and Quinoa Salad

This salad makes a quick and complete dinner. The leftovers are perfect for school or work brown bag lunch.

*Serve with:* Whole grain baguette from the bakery, and frozen yogurt

<https://www.onions-usa.org/recipes/227-High-Protein-Onion-and-Quinoa-Salad>

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Makes 6 servings

#### INGREDIENTS:

##### Dressing:

- 1/4 cup apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 teaspoon Dijon mustard

- 1-1/2 cups red quinoa, rinsed
- 2-1/2 cup vegetable broth
- 1 teaspoon canola oil
- 1 white onion, sliced
- 3 cups baby kale
- 1 red skinned apple, chopped
- 2 cups chopped cooked chicken  
(omit for vegetarian version)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### DIRECTIONS:

##### Dressing:

Whisk the vinegar with the olive oil, lemon juice, honey and Dijon mustard until well combined. Set aside.

In a sauce pan, bring the quinoa and broth to a boil. Simmer, covered for 12 to 15 minutes or until all the broth has been absorbed. Cool completely.

In a medium skillet, heat canola oil on medium-high heat. Sauté onion for 3-5 minutes or until softened and translucent. Remove from heat; cool completely.

In a large bowl toss onion, kale, apple, chicken, salt and pepper with prepared dressing. Stir in the cooled quinoa.

Per serving: (With Chicken): 407 Calories, 36.5g Protein, 11.6g Fat, 39g Carbohydrate, 297mg Sodium, 4.2g Fiber; (Without Chicken): 330 Calories, 22g Protein, 10g Fat, 39g Carbohydrate, 263mg Sodium, 4.2g Fiber





Recipe and image provided by the National Onion Association/  
[onions-usa.org](https://www.onions-usa.org)

## Frittata with Onion, Tomato and Basil

For a light supper, or for lunch or brunch, this frittata is simple and delicious.

*Serve with:* Whole grain English muffins, milk and fresh strawberries

[https://www.onions-usa.org/recipes/240-Frittata with Onion Tomato and Basil](https://www.onions-usa.org/recipes/240-Frittata%20with%20Onion%20Tomato%20and%20Basil)

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Makes 4 servings

### INGREDIENTS:

- 1 large or 2 small onions (about 2 cups)
- 3 tablespoons olive oil (divided)
- 1 cup fresh chopped or canned diced tomatoes\*, drained
- 1/2 cup chopped fresh basil
- 6 large eggs
- 1/4 cup grated Romano or Parmesan cheese

\*Canned tomatoes can be used to save time. If desired, fire-roasted canned tomatoes will add a nice smoky flavor to the frittata.

### DIRECTIONS:

Cut onions into halves, place flat sides down and cut each half into narrow wedges. Heat 1 tablespoon oil in 9- or 10-inch skillet or sauté pan. Add onion and sauté 8 to 10 minutes until golden. Remove about one-third of the onion from pan and keep warm. Add drained tomatoes and all but about 1 tablespoon basil to pan and cook with onions 1 minute to heat. Beat eggs in bowl with fork. Add onion-tomato-basil mixture to eggs, stirring just to combine. Heat remaining 2 tablespoons oil in skillet. Pour egg mixture into hot skillet. Cover and cook over low heat until set, about 15 minutes. Top with reserved onions and basil; sprinkle with cheese. Let rest 2 or 3 minutes, then cut into wedges to serve.

Per serving: 249 Calories, 12.3g Protein, 6.59g Carbohydrate, 19.42g Fat, 323.75mg Cholesterol, 183.89mg Sodium, 1.27g Fiber



Recipe and image provided by the National Onion Association/  
[onions-usa.org](http://onions-usa.org)

## Chunky Southwestern Soup

Fall menu planning calls for a hearty soup recipe. This easy-to-prepare recipe makes a quick weeknight meal or can be taken to the stadium in a slow cooker for a tailgate party.

*Serve with:* Whole grain crackers and 2% cheese cubes

[https://www.onions-usa.org/recipes/184-Chunky\\_Southwestern\\_Soup](https://www.onions-usa.org/recipes/184-Chunky_Southwestern_Soup)

Makes 6 servings

### INGREDIENTS:

1-1/2 cups chopped white onion  
2 tablespoons vegetable oil  
2 medium carrots, quartered crosswise,  
then slivered  
1 pound potatoes, sliced then slivered  
1/4 pound mushrooms, sliced  
1 tablespoon minced garlic (3 medium cloves)  
1 cup mild salsa  
2 cans chicken broth (14-1/2 ounces each)  
1 can tomato sauce (15 ounces)  
2 teaspoons oregano  
2 teaspoons ground cumin  
2 tablespoons fresh chili peppers, minced or  
1 teaspoon red chili flakes  
Grated cheddar or jack cheese  
Tortilla chips

### DIRECTIONS:

Gently sauté onion in oil in large saucepan until buttery. Add carrots, potatoes, mushrooms, garlic, salsa, chicken broth, tomato sauce, oregano, cumin and fresh chilies. Bring to boil then simmer covered 15 minutes until potatoes are tender. Serve in bowls topped with cheese and additional pepper if desired. Surround bowls with chips.

Per serving: 233.7 Calories, 8.58g Protein, 335.1  
Carbohydrate, 7.92g Fat, 7.4g Cholesterol, 1,159mg  
Sodium, 6.1g Fiber

## Cooking Class Evaluation

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Thank you for attending today's Family Meals cooking class.

To make sure our education programs meet your needs, please complete this brief evaluation.

We appreciate your feedback!

1. I learned new information about the importance of family meals.      Yes      No
2. I learned new information about the nutritional benefits of onions.      Yes      No
3. I learned new information about the cooking methods for onions.      Yes      No
4. I will use the recipes for future meal preparation.      Yes      No      Maybe
5. This cooking class met my expectations.      Yes      No

6. What were the 3 most interesting things you learned in this class?

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7. Are there specific ways this class could be improved?

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8. What suggestions do you have for future class classes?

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# Family Meals Month Media Segment

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## 1. Props:

Colorful placemats; table setting; red checked table cover, oven mitt, one prepared and baked pizza on a cutting board for show, and a pizza cutter.

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## 2. Outline:

Ask television station to post the outline and recipes on their website to ensure more impressions.

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## 3. The simple act of sharing family meals provides a number of benefits to all family members:

Many studies show family meals are linked with a variety of positive outcomes that improve child well-being. These include a decreased risk of substance use, improved personal and social well-being, and better academic performance.

Family meals provide a perfect opportunity to model healthy eating habits. Adults can show moderate portion sizes, and encourage new foods.

Family mealtimes can be used to encourage courtesy and teach social manners. Several studies have shown that regular family meals are strongly associated with an increased consumption of fruits, vegetables, grains, and other healthy food choices and a reduced risk of childhood obesity.

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## 4. Set a goal to have regular family meals at least 3 to 4 times per week, if possible.

Most research notes some type of improvement in child outcomes when a family participated in at least three family meals together each week. If dinner doesn't work due to schedules, try breakfast or snack time.

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## 5. Remember the benefits of consistent family mealtimes.

The routine of family meals can generate feelings of closeness and comfort. Even when mealtimes are a bit hectic, having a regular mealtime schedule can provide your children with needed stability.

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## 6. Pay attention to the quality of your family mealtime.

This is a key time to communicate with your children and them with you. Avoid outside distraction as much as possible. Turn off the TV and cell phones and ask your children questions about their day, school, friends and goals.

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## 7. Demo:

This simple pizza combines the convenience of a pre-made, whole grain crust and cooked Italian turkey sausage with the mouth-watering flavor of sweet and mellow home-sautéed onions and bell peppers.

## Family Meals Month Demo Recipe

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Recipe and image provided by the National Onion Association/  
[onions-usa.org](https://www.onions-usa.org)

### Wholesome Tuscan Pizza

Every member of the family can help create this tasty recipe for pizza night. And, it's guaranteed to elevate your next home game day gathering. Serve with: Prepared green salad or veggie tray.

[https://www.onions-usa.org/recipes/234-Wholesome\\_Tuscan\\_Pizza](https://www.onions-usa.org/recipes/234-Wholesome_Tuscan_Pizza)

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Makes 4 servings

#### **INGREDIENTS:**

1/2 pound sweet or spicy Italian turkey sausage  
1 tablespoon olive  
2 large onions, cut into narrow wedges  
1 large green pepper, cut into narrow strips  
1 large red pepper, cut into narrow strips  
1-1/2 cups, pasta sauce, low sodium/no salt added  
1 prepared 12-inch pizza crust  
1 8 ounce bag shredded low-fat mozzarella cheese  
Oregano (optional)

#### **DIRECTIONS:**

Slice sausage into 1/4-inch coin slices. Place slices in skillet with oil and sauté about 3 minutes, turning once during cooking. Remove from pan. Add onion and pepper strips to the pan and sauté or 10 minutes over medium heat until tender. Spread pasta sauce on pizza crust. Sprinkle with half the cheese. Top with sausage and onion mixture. Sprinkle with remaining cheese and oregano. Bake in pre-heated 425 degrees oven for about 20 minutes, until cheese is melted and crust is golden.

Per serving: 430 Calories, 26g Protein, 51g Carbohydrate, 14.2g Fat, 24mg Cholesterol, 939mg Sodium, 4.6g Fiber

## Family Meals Month Social Media Content

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### Facebook:

Want a family dinner ready when you come home? Try this delicious pot roast recipe and simply add all the ingredients to your slow cooker in the morning. Serve with a prepared green salad. <http://bit.ly/2qd33H0>  
#familymealsmonth #onionista



### Twitter:

Fall menus need a hearty soup. This recipe makes a quick family or tailgate meal. <http://bit.ly/2q7zQBq>  
#familymealsmonth #onionista



### Twitter:

For a light supper, lunch or brunch, this frittata is simple & delicious. <http://bit.ly/2q7Q1yt>  
#familymealsmonth #onionista



### Instagram:

This delicious pizza combines the convenience of a pre-made whole grain crust and cooked Italian turkey sausage with the mouth-watering flavor of sweet and mellow home-sautéed onions and bell peppers. <http://bit.ly/2N6Ccs8> #familymealsmonth #onionista



# Tailgating

## Media Segment: Build a Healthier Tailgating Party

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### 1. Props:

Placemats, napkins, plates, etc., in local team colors, football décor.

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### 2. Outline:

Ask the television station to post the outline and recipes on their website to ensure more impressions. Eating healthy during a tailgate party may not be easy, but before staking out a spot in the parking lot, review our ideas for increasing the health score of your game day fare. By simply adding some healthier dishes to the mix, your guests won't feel deprived as they enjoy the delicious options. Game on? Let's go!

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### 3. Healthier Tailgate Tips:

- Serve a plate of fresh fruit kabobs
  - Create a tray with a variety of whole grain crackers and reduced-fat cheese
  - Set out bowls of low-fat snacks such as popcorn, pretzels, and baked chips
  - Offer fresh apple and pear slices with a low-fat caramel dip
  - Provide a variety of beverages, including sparkling water and hot cider
  - Make salads with light dressings
  - Instead of just potato chips, add a variety of cut veggies to serve with Creamy Onion Dip (recipe below)
  - Prepare hearty whole grain sandwiches with lean meats, vegetables and lots of crunchy flavor (Roast Beef with Onion Relish On Focaccia recipe below)
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### 4. Demo Recipe Suggestions:

Have dip and veggie platter prepared.

Assemble roast beef on focaccia (prepare ingredients ahead).



## Tailgating Demo Recipes

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Recipe and image provided by the National Onion Association/  
[onions-usa.org](http://onions-usa.org)

### Creamy Onion Dip with Veggies

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Makes 10 servings or about 1-2/3 cups

#### **INGREDIENTS:**

2 cups finely chopped onions  
1 tablespoon olive or vegetable oil  
1 teaspoon paprika  
1 cup regular or light sour cream  
Salt and pepper, to taste

#### **DIRECTIONS:**

1. Heat oil in large skillet. Add onion; cook over medium heat stirring often, 3 minutes, or until barely tender. Stir in paprika. Combine onion mixture and sour cream in medium bowl. Add salt and pepper, to taste. Cover; refrigerate until ready to serve.
2. To serve in onion bowl: Cut off top third of large red onion. Trim small edge off root end to make flat support. Peel onion. Scoop out inner layers, leaving outer two layers intact. Spoon dip into hollow onion.

Per serving: 46 Calories, 1.53g Protein, 6.79g Carbohydrate, 1.55g Fat, 2.28 mg Cholesterol, 30mg Sodium, 0.62g Fiber





Recipe and image provided by the National Onion Association/  
[onions-usa.org](http://onions-usa.org)

## Roast Beef with Onion Relish on Focaccia

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Makes 8 servings

### INGREDIENTS:

#### Onion Relish:

- 3 cups narrowly wedged white onions
- 2 cups julienne cut green, red and yellow bell peppers
- 1/2 cup Italian dressing
- 1/2 cup fresh chopped basil
- 1 teaspoon black pepper

#### Focaccia:

- 1-1/2 frozen wheat bread dough, thawed and soft
- Olive oil
- 1/2 cup minced white onions
- 1 teaspoon dry thyme
- 8 ounces spinach leaves
- 2 tomatoes, sliced
- 2 pounds roast beef, sliced

### DIRECTIONS:

1. For Onion Relish: toss onion wedges and julienne peppers with Italian dressing, basil and pepper. Marinate in refrigerator overnight.
2. For Focaccia: roll out dough to fit bottom of 15 x 10-inch pan. Place dough in oiled pan, oil top and set in warm place until it rises about 1-inch in pan. Oil top again and sprinkle with minced onions and thyme. Make impressions in dough about 1-inch apart. Bake on high rack at 400 degrees 16 to 20 minutes or until golden.
3. Cut 8 squares and split. Fill squares with spinach, tomatoes and roast beef. Top with onion relish.

Per serving: 512 Calories, 36g Protein, 57g Carbohydrate, 17g Fat, 69 mg Cholesterol, 675mg Sodium, 6g Fiber

## Tailgating Social Media Content

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### Facebook:

Looking for a deliciously healthy snack to bring to your next tailgating party? Try this easy Creamy Onion Dip with Veggies. <http://bit.ly/2nPlzV8> #tailgate #onionista



### Twitter:

Make your tailgate menu sizzle w/ Grilled Balsamic Onions w/ Blue Cheese Crumbles. <http://bit.ly/2Ke9c3K> #tailgate #onionista



### Twitter:

Love sliced onions on your tailgate burgers but worried about onion breath? Solutions - <https://www.onions-usa.org/faqs> #tailgate #onionista



### Instagram:

Celebrate game day with these Roast Beef with Onion Relish Sandwiches on Whole Grain Focaccia and enjoy the bonus of crunchy, flavorful veggies. <http://bit.ly/2njLYg4> #familymealmonth #onionista

## American Diabetes Month

### Blog, Newsletter Article or Media Segment: Managing Diabetes One Healthy Food Choice at a Time

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Food choices matter a lot for people managing diabetes. Nutrient-rich options to help control blood sugar while tasting amazing are equally important!

Here is a basic guide of the best foods for a diabetic-friendly kitchen:

- Whole grains, such as brown rice, oatmeal, quinoa
- Baked potato – sweet and white
- Products made with whole grains, and minimal sugar
- Fresh vegetables – raw, steamed, roasted, grilled or microwaved
- Frozen veggies without added sauces
- Salads and greens – opt for all natural yogurt based dressings
- Canned vegetables – look for low sodium options
- Fresh fruit
- Light beer or small amounts of wine as permitted by physician
- Unsweetened frozen fruit
- Canned fruit without added sugar
- Beans, nuts, seeds and tofu
- Fish and seafood
- Chicken, turkey, lean beef and pork
- Eggs
- Low-fat dairy – milk, low sugar yogurt, cheese
- Canola and olive oil
- Sparkling water or unsweetened tea
- Coffee with low-fat milk; sugar substitute



## American Diabetes Month Social Media Content

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### Facebook:

Preventing and managing diabetes means making healthy food choices, but you don't have to sacrifice taste! Fresh veggies add flavor and versatility along with an abundance of nutrients. Ever try caramelized onions on your sandwich? <http://bit.ly/2LYR0sk> #onionista #diabetesmonth



### Twitter:

Herb Grilled Onion Bloom – fun and tasty side dish full of nutrients and flavor!  
<http://bit.ly/2Mrpinn> #onionista #diabetesfriendly



### Twitter:

Add onions to your diabetes-friendly meals for flavor + nutrition benefits.  
<http://bit.ly/2nHNUz2> #onionista #diabetesmonth



### Instagram:

Manage your diabetes deliciously with this High Protein Onion & Quinoa Salad. Perfect for a satisfying dinner or lunch!  
<http://bit.ly/2foPfvf> #onionista #diabetesmonth

## References

### About the National Onion Association – The Voice of the Onion Industry

The National Onion Association is the official organization representing growers, shippers, brokers and commercial representatives of the U.S. onion industry. Founded in 1913, the association is the source of information about onion production, their health benefits and numerous culinary uses. For more information contact:

#### **National Onion Association**

**822 7th Street/Suite 510**

**Greeley, CO 80631**

**(970) 353-5895**

**[www.onions-usa.org](http://www.onions-usa.org)**

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#### **ADDITIONAL RESOURCES**

For Health Research and Nutrition Facts:

<https://www.onions-usa.org/all-about-onions/onion-health-research>

<https://www.onions-usa.org/all-about-onions/nutritional-facts-vegetables>