**General**

**Agribusiness (see also CAFO, Factory farm):** A combination of the words “agriculture” and “business” to describe food production that’s treated like any other manufacturing business.

**Antibiotic:** A medication that kills or slows the growth of bacteria. See “CAFO”

**Bisphenol A:** A substance used in the making of plastics. Declared toxic by Canada in 2010. Banned for use in baby bottles in the U.S.

**CAFO (Concentrated Animal Feeding Operation, Factory farm):** A farm that operates as a factory. Animals are raised in confinement at high density.

**Certified organic:** A designation applied to food from a farm that has gone through a government-regulated organic certification process.

**Diabetes:** A disease in which a person has high blood sugar. Serious long-term complications include heart and circulatory disease, chronic kidney failure and damage to vision.

**Factory Farm:** See CAFO

**Farmers’ markets:** Individual vendors—mostly farmers—who set up booths, tables or stands, outdoors or indoors, to sell produce, meat products, fruits and sometimes prepared foods and beverages.

**Fish farms:** Where fish are commercially raised in enclosures, usually for human food.

**Food bank:** An organization that distributes food to those who have difficulty purchasing enough for their needs.

**Gleaning:** The act of collecting leftover crops from farmers’ fields after they have been commercially harvested.

**Heart disease (cardiovascular disease):** A class of diseases that involves the heart or blood vessels (arteries and veins).

**High blood pressure:** A condition requiring the heart to work harder than normal to circulate blood through the body.

**High-fructose corn syrup (HFCS):** Any of a group of corn syrups that have undergone processing to convert some of their glucose into fructose to produce a desired sweetness.

**Hormones:** Chemical messengers that transport signals from one cell to another. Used in industrial agriculture to stimulate growth in animals.

**Industrial agriculture:** Food production treated as an industry. Similar to factory farming.

**Milling:** The process of grinding a solid material, such as oat grains, into smaller pieces or powder, such as oatmeal or oat flour.

**Natural flavoring:** Flavoring occurring naturally rather than chemically constructed. Can be from unusual sources.

**Obesity:** A condition in which excess body fat has accumulated, potentially leading to increased health problems and reduced life expectancy.

**Organic:** Foods produced without the use of synthetic pesticides or chemical fertilizers.

**Pasture-raised (grass-fed):** Refers to animals raised for food that are allowed to graze naturally in fields.

**PCBs (polychlorinated biphenyls):** Persistent organic pollutants that cause cancer in laboratory animals. Evidence suggests they can also cause cancer in humans.

**Pesticides:** Chemicals for destroying plant, fungal or insect pests. Commonly used in industrial agriculture.

**Processed food:** Commercially prepared food products that require minimal preparation before eating.

**Subsidized crops:** Crops such as corn and soybeans that the government pays farmers to grow (and sometimes, to not grow).

**Wild-caught:** Fish caught in the wild rather than taken from a farmed source.

**Cooking Terms**

**Al dente:** Pasta or vegetables cooked until tender but still firm to the bite.

**Bake:** To cook using dry heat, usually in an oven. When applied to meats, poultry or vegetables, the process is called “roasting.”

**Batter:** An uncooked mixture of flour, liquid and other ingredients that is thin enough to be poured or spooned.
Beat: To stir or mix ingredients in a continuous circular motion. See also “Blend,” “Mix” and “Stir.”
Blanch: To drop vegetables or fruit briefly into boiling water, and immediately into ice water.
Blend: To thoroughly combine two or more ingredients. See also “Beat,” “Mix” and “Stir.”
Broil: Cook by direct heat in an oven, broiler, or on a grill.
Broth: Made by cooking meat, fish, poultry or vegetables in water with seasonings and straining off the liquid for use in recipes.
Brown: To cook food briefly on the stovetop or in the oven until it’s brown on the outside.
Brush: To apply a coating with a small brush.
Chevre [pronounced “SHEH-vruh”]: Goat cheese.
Chiffonade [pronounced “shiff-oh-NAHD”]: A French term referring to vegetables cut into thin strips.
Cream: To combine butter and sugar to a fluffy, creamy consistency, using a food processor, a fork or the back of a spoon.
Crimp: To seal two edges of pastry together to keep the filling from leaking out, as with empanadas.
Custard: A mixture of milk, eggs, and flavorings. Used to fill sweet or savory pies.
Cut in: To distribute cold, solid fat into dry ingredients.
Dehydrate: To preserve foods by drying them.
Drizzle: To pour a liquid in a fine stream over food.
Fluff: To separate grains of food such as rice, usually using a fork.
Frittata [pronounced “free-TAH-tuh”]: A thick omelette-like dish made up of combinations of vegetables, meat and cheese. Includes eggs and milk.
Fry: To cook in hot fat. Also called “sauté,” which uses less fat.
Marinade: A liquid mixture, usually with a vinegar or wine base, used to tenderize and to add flavor to food.
Marinate: To soak foods in marinade in a non-reactive container. Follow food safety procedures when marinating raw meats, poultry or seafood.
Mix: To combine two or more ingredients so they are evenly distributed. See also “Beat,” “Blend” and “Stir.”
Non-reactive: Cookware that does not make a nasty-tasting chemical reaction in the presence of acidic foods such as vinegar or wine. Glass, stainless steel and glazed ceramic or glazed ceramic cast-iron containers are non-reactive.
Peel: To remove the skin or rind from a vegetable or fruit with a peeler or paring knife.
Pinch: An amount that can be pinched between thumb and first finger, usually about ⅛ teaspoon.
Potatoes (baking type): Have a coarse skin and mealy texture but turn light and fluffy when cooked. Ideal for baking, mashing and French fries. Common varieties are Russet and Idaho.
Potatoes (boiling type): Have a thin, smooth skin. Ideal for soups, casseroles, potato salad, roasting and barbecuing because they hold their shape. Common names are White or Red potato.
Preheat: To bring an oven or broiler to the desired temperature before beginning to cook in it.
Puree [pronounced “pure-AY”]: To reduce an ingredient to a smooth, thick mixture, usually with a blender or food processor.
Quiche [pronounced “keesh”]: A savory pie usually made with eggs, milk, vegetables and meat. Has only a bottom crust.
Roast: When applied to meats or vegetables, to cook using dry heat, usually in an oven. See also “Bake.”
Roux [pronounced “roo”]: A flour and melted fat mixture used to thicken sauces, soups and gravy.
Sauté [pronounced “saw-TAY”]: To cook in hot fat. Sautéing uses less fat than frying. See also “Fry.”
Savory: The opposite of sweet; uses herbs, peppers, onions, etc. to create flavor.
Shred: To cut into thin pieces, using a grater or shredder.
Stew: To cook food slowly in a simmering liquid for a long time. Also refers to foods cooked in this manner.
Stir: To mix ingredients by means of a circular or figure eight movement. See also “Beat,” “Blend” and “Mix.”
Strain: To separate liquids from solids by pouring food through a sieve or colander.

Strata: A layered baked casserole that includes bread, eggs and often cheese, as well as vegetables and meat.

Toast: To brown by direct heat in a toaster or hot oven.

Toss: To mix ingredients lightly with a lifting motion. Usually used with salad and pasta.

Vinaigrette: [pronounced “vin-ay-GRETT”]: A French term for oil-and-vinegar salad dressing.

Wilt: To cook leafy vegetables lightly so they become limp but retain their color.

Nutrition

Calcium: A mineral used by the body to build and strengthen bones and teeth.

Calorie: Nutritionally, a unit of measure used to express the energy-producing qualities of food.

Carbohydrate: Often means any food that is particularly rich in the complex carbohydrate starch (such as cereals, bread and pasta) or simple carbohydrates (such as sugar).

Dietary fibers: Provides dietary bulk in the large intestine. They absorb water as they move through the digestive system, making bowel movements possible.

Fats: Play a vital role in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature and promoting healthy cell function. Fats also serve as energy stores for the body.

Gluten: A protein composite found in foods processed from wheat and related grain species, including barley and rye. Oats may contain gluten due to contamination in the field or during processing.

Iron: A mineral that helps red blood cells carry oxygen to all parts of the body.

Magnesium: A mineral that helps the body maintain a steady heartbeat and keeps the muscles and nerves working properly.

Micronutrients: Nutrients required by humans and other living things in small quantities to orchestrate a whole range of physiological functions, but which the organism itself cannot produce. Vitamins are an example.

Minerals: In the nutritional sense, micronutrients such as calcium and iron that help bodies stay healthy.

Phytochemicals: Naturally found in plants. May help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors.

Potassium: A mineral that helps the body maintain a healthy blood pressure and keeps muscles and nerves working properly.

Protein: An essential building block for proper nutrition. One of the major nutrients that make cells, protect the body’s organs and help absorb certain vitamins. Muscles, organs and the immune system are made up mostly of protein.

Refined grains: Grains or seeds that have been processed so that the nutritious outer coating is lost.

Starches: The most common carbohydrate in the human diet. Contained in large amounts in foods such as potatoes, wheat, corn and rice.

Sugar: A plant-based sweetener usually derived from sugar cane, sugar beets, maple trees, palm trees and other sap-producing plants.

Vitamins: Micronutrients needed to help the human body grow, function and fix itself.

Vitamin A: Helps the body maintain healthy eyes and skin.

B vitamins: Folate helps lower a woman’s risk of having a child with certain birth defects. Riboflavin and thiamin help the body turn food into energy. Riboflavin also helps the body maintain healthy red blood cells. Thiamin helps maintain healthy heart, muscles and nerves.

Vitamin C: Helps the body heal cuts and wounds and maintain healthy gums.

Vitamin E: Helps maintain healthy cells throughout the body.

Vitamin K: Helps certain cells in the blood act like glue and stick together at the surface of a cut.

Whole grains: Seeds that retain their original state, including the nutritional outer coatings.

Zinc: A mineral needed for healthy growth and development. Also helps the body maintain a healthy immune system and helps the body heal from cuts and wounds.
Cookbooks

General Food Books
Schlosser, Eric and Wilson, Charles. *Chew On This: Everything You Don’t Want to Know About Fast Food*. Houghton Mifflin, Boston, 2006 (Written for young teens.)

Online Sources
Buying Clubs and Co-op Groceries: www.coopdirectory.org
Canning and Food Preservation:
Environmental Technologies:
Appropedia: www.appropedia.org
Food:
Environmental Working Group: www.ewg.org
The Dirty Dozen Non-organic Foods: www.organic.org/articles/showarticle/article-214
Sugar in Cereals: www.ewg.org/report/sugar_in_childrens_cereals
Mother Earth News: www.MotherEarthNews.com
Organic food: www.organicconsumers.org
Protecting organic food: www.cornucopia.org
Seafood Watch: www.seafoodwatch.org
Vegetarian food: www.vegetariantimes.com
Help in Food Deserts. See references on page 22
Gardens:
Community Gardens: https://communitygarden.org
Organic Gardening: www.organicgardening.com
The Edible Schoolyard Project: www.edibleschoolyard.org
Nutrition Information and Recipes:
Champions for Change, Network for a Healthy California: www.cachampionsforchange.cdph.ca.gov
My Plate: www.choosemyplate.gov
FDA Food Facts Label: www.fda.gov/Food/ResourcesForYou/Consumers/ucm079449.htm
USDA Food and Nutrition Information Center: http://fnic.nal.usda.gov
School Lunches:
Chef Ann Cooper–Lunch Lessons: Changing the Way We Feed Our Children: www.chefann.com
Food labels tell you what is in the package. There are three parts that are important: the Nutrition Facts label, the ingredient list and the product origin. Find more information online, see listings under Nutrition on page 189.

“Nutrition Facts” Label

**Serving size** shows how much is in a serving and is usually in common units such as cups, number of pieces, etc. There is no legal standard for serving size. Food manufacturers often choose the serving size that makes the amounts of the sugar, fat and salt fall into a range that looks good to the consumer. As an example, a package of cookies may indicate that a serving is one cookie so they don’t have to report trans fat. Trans fat is generally considered a harmful fat but does not need to be shown on the label if the serving contains less than 0.5 grams. A serving size of two cookies might contain enough trans fat that it would have to be listed. People might not buy that cookie if they knew that it contained trans fat.

**Servings per Container** shows how many servings are in the package. Some packages will look like one serving, but always check the label. The number of serving listed may be unrealistically high. This allows the food to appear to be lower in calories, sugar, fat and salt. So before you look at the other numbers, consider the serving size and number of servings and multiply the other numbers as appropriate.

**Calories** shows you how much energy is provided in each serving—not the whole package. The number of calories required for children varies from a little more than 1,000 calories a day to almost 3,000 depending the age, gender and activity level of the child. www.MyPlate.gov provides detailed information.

**% Daily Values** show percentages of daily requirements for fats, carbohydrates, fiber, protein, vitamins and minerals. Are based on what a healthy person needs each day. The percentages are based on a 2,000 calorie a day diet.

**Total Fat** shows total fat and types of fat. Trans fat, hydrogenated and partially hydrogenated fats should be avoided or kept to a minimum. Cholesterol is another type of fat that may be of concern for people with heart disease.

**Sodium** shows the amount of sodium (salt). High levels can be a problem for people with high blood pressure.

**Total Carbohydrates** includes sugar, starch and fiber. High fiber has many benefits. High sugar can contribute to obesity.

**Protein** shows the amount and percentage of daily requirements for a healthy adult.

**Vitamins and Minerals** shows the percentage of each for a healthy person.
**Food Labels**

**Ingredient list**

The ingredient list shows ingredients in order of content by weight.

The information below was taken from three cereal containers and demonstrates what to look for on ingredient lists.

**Cereal 1:** INGREDIENTS: SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, SOLUBLE CORN FIBER, PARTIALLY HYDROGENATED VEGETABLE OIL, (ONE OR MORE OF: COCONUT, SOYBEAN, AND/OR COTTONSEED OILS), SALT, SODIUM ASCORBATE, AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS, RED #40, BLUE #2, TURMERIC COLOR, YELLOW #6, ZINC OXIDE, ANNATTO COLOR, BLUE #1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, BHT, [PRESERVATIVE], FOLIC ACID, VITAMIN D, VITAMIN B12

The first ingredient is sugar, meaning there is more sugar in the package than anything else. Next are four kinds of grains (two are whole grains), then hydrogenated fat (See “fat” on previous page.) This cereal also has many kinds of flavoring including “natural flavoring” (see page 36), and several kinds of food dyes and added vitamins. The Nutrition Facts label (not shown here) shows 14 grams of sugar for a 29 gram (1 cup) serving, which means this cereal is 48% sugar.

**Cereal 2:** INGREDIENTS: WHOLE WHEAT OATS, WHOLE WHEAT FLOUR, UNSULPHURED MOLASSES, BARLEY MALT EXTRACT, BAKING SODA, SALT, VITAMIN C (ASORBIC ACID), NATURAL VITAMIN E (MIXED TOCOPHEROLS TO MAINTAIN FRESHNESS)

The first two ingredients, by weight, are whole grains, the third and forth are sugars, followed by baking soda, salt, vitamins and a preservative. The Nutrition Facts label (not shown here) shows 12 grams of sugar in a 58 gram (1¼ cup) serving, which means this cereal is 20.7% sugar.

**Cereal 3:** INGREDIENTS: 100% WHOLE WHEAT

Contains only whole wheat. The Nutrition Facts label (not shown here) shows 0 grams sugar in a 40-gram serving or 0% sugar. For some sweetness, add some cut up fruit or even a teaspoon of sugar. There are 4 grams of sugar in a teaspoon.

**Product Origin**

Where was the food grown or processed? This is probably different from the location of the distributor. Look for words like: “product of,” or “made in.” This is important if you want to support local agriculture, to buy in season or to buy food that is produced in the U.S. under regulation by the FDA or USDA.

**Other Label Cautions**

If the words “All Natural” are printed on a box of crackers, we are led to believe that the ingredients are all natural. The label might tell us that the crackers also contain high-fructose corn syrup, which is not a natural product. Immediately we see that it is not an “All Natural” product. Any ingredient that does not roll off of your tongue, like flour, or peas or honey, is probably not a natural ingredient. It is a chemical. The word “natural” has no legal meaning.

Look at the Nutrition Facts label to find the total amount of sugar. To find the percentage of sugar, look for grams of sugar and divide the number of grams of sugar by the total number of grams in a serving. For the label on page 190, that math is 5 grams sugar/228 grams per serving, or 2% sugar. Remember to look at all the names for sugar. See some names on page 33, and here are more: galactose, glucose solids, glycerine, maltose, mannitol, rapadura, sorbitol, turbinado, can-juice crystals, caramel, cane juice, dextran, diastatic malt, ethyl maltol, fruit juice concentrate.

Don’t assume the picture on the package is what is really in the package. We found a package of guacamole that contained hydrogenated soy beans and food coloring. There were NO avocados!

Be a smart consumer and read the labels.
How Much is Enough?

It’s a tricky thing to decide how much is enough. Restaurant servings can have enough food in one portion to feed two or three people. The lasting impression is that that is what a serving size should be. There is no legal definition for “serving size.” Below are some general guidelines for serving size and the number of servings appropriate for a school-age child.

A range of servings is given. Older children need more than younger children, boys need more than girls and very active children need more than less active. Use the table below as a starting point. More information can be found at www.MyPlate.gov. Search for portion sizes for each type of food.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Number of Servings per Day</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>3-4</td>
<td>¾ cup fruit juice, 1 medium size piece of fruit (apple, orange, pear, banana), ½ cup chopped raw or canned fruit, ¼ cup dried fruit</td>
</tr>
<tr>
<td>Grain</td>
<td>8-11</td>
<td>½ cup cooked grain, rice or pasta, ½ cup cereal, 1 slice whole wheat bread</td>
</tr>
<tr>
<td>Dairy or Calcium Source</td>
<td>3</td>
<td>1 cup milk, 1½ ounces cheese, ½ cup tofu, ½ cup cooked dark green vegetable</td>
</tr>
<tr>
<td>Vegetable</td>
<td>4-5</td>
<td>½ cup raw or cooked vegetables, 1 cup leafy vegetables</td>
</tr>
<tr>
<td>Protein</td>
<td>2-3</td>
<td>2-3 ounces of meat, poultry, fish or tofu ½ cup cooked beans or peas, 1 egg, 2 tablespoons nut butter, ½ cup nuts</td>
</tr>
</tbody>
</table>

You don’t need to carry a measuring cup with you—just use your hands for easy estimates.

One handful is about ½ cup. Two hands cupped together is about 1 cup. The size of your palm is about a serving of protein.
The herb and spice combinations below can add variety to your cooking. Pre-made mixes are handy, but spices bought in bulk are fresher. All spice mixes should be kept in a cool, dry place in a container with a tight-fitting lid. Ingredients can be ground in a coffee grinder, a spice grinder, or with a mortar and pestle. Cook whole seeds in a dry frying pan until they start to pop; remove, grind them to powder, then mix with the rest of the ingredients. Experiment with different flavors, but begin cautiously; it is easy to add more, but impossible to remove. The recipes below are suggestions. You may wish to start with just some of the spices on each list.

**Mexican**
Yield: ¼ cup
Use for tacos, burritos, empanada filling, chicken or bean dishes, seafood, ground meat
1 teaspoon salt
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon garlic powder
1 teaspoon paprika
2 tablespoons chili powder
½ teaspoon pepper

**Italian**
Yield: less than ½ cup
Use for pasta dishes and rice dishes like risotto, roasted vegetables, meat and chicken
2 tablespoons oregano
2 tablespoons basil
1 tablespoon thyme
1 tablespoon rosemary
¼ teaspoon red pepper flakes (optional)

**Cajun**
Yield: ¼ cup
Use for beans, rice, fish stews or soups and casseroles
1 tablespoon paprika
2 teaspoons onion powder
2 teaspoons garlic powder
1½ teaspoons salt
1½ teaspoons dried basil
1 teaspoon thyme
1 teaspoon black pepper
¼ teaspoon cayenne

**Indian - Garam Masala**
Yield: ¼ cup
Use for soup or stews, with roasted vegetables and meat
1½ tablespoons cumin
1½ tablespoons coriander
1 teaspoon cardamom
1 teaspoon cinnamon
½ teaspoon black pepper
½ teaspoon powdered cloves

**Chinese Five Spice**
Yield: ¼ cup
Use as a rub or in a marinade for meat; add to stir-fry or roasted vegetables; try a pinch in fruit pies, cakes or cookies
2 tablespoons ground ginger
1 tablespoon ground cinnamon
1½ teaspoons ground allspice
1 teaspoon ground anise seed
¾ teaspoon cloves

**Curry Powder**
Yield: ¼ cup
Use for soup or stews, with roasted vegetables and meat.
Use recipe for Garam Masala and add 1 tablespoon tumeric.
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Arcata Arts Institute (AAI)
Arcata High School, Arcata, California

Directed by Anne Bown-Crawford, the Arcata Arts Institute offers a unique balance of tradition and innovation, liberal arts and visual arts, technology and touch, performing arts and design. The Institute community is committed to expanding boundaries and vision through rigorous study.

It provides an interdisciplinary, pre-professional arts program—visual, performing and theater arts—within an exemplary comprehensive public high school.

AAI gathers strength and nourishment through partnerships with the community such as the collaboration with Locally Delicious Inc. in the graphic design of LunchBox Envy.

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Portrait credits: Morgan and Mahayla by Morgan Tomfohr, Kelsey by Kelsey Tomfohr, John and Treyce by John Nordberg
The main goal of Locally Delicious, Inc. is to educate children and adults about how to improve personal health, the health of the community and the Earth, through the food choices we make.

*LunchBox Envy* is our second book and all profits fund community food, farming and nutrition development projects throughout Northern California. We serve as networking agents for sustainable food system development efforts and are involved in policy-making councils and networks. We hope that *LunchBox Envy* will inspire people elsewhere to do the same within their own communities.

The authors are collectively known as the “Heirloom Tomatoes.” Pictured clockwise from left:

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