

Dates

Key Points

- For the best buy, choose sweet smelling dates with a soft texture.
- To prepare dates, eat them right out of the package. They should be moist and sweet.
- To keep fresh, store in an airtight container in the refrigerator.
- Dates contain vitamin A, which is good for healthy eyes and skin.



Breakfast Granola

Ingredients:

1/2 cup pancake syrup
1/4 cup soft tub margarine, melted
1 teaspoon vanilla extract (optional)
3 1/2 cups oats
2 cups chopped dates

Directions:

1. Preheat oven to 325° F.
2. In a large bowl, mix together syrup, margarine and vanilla.
3. Stir in oats.
4. Spread mixture on a large, greased baking sheet.
5. Bake for 25-30 minutes, stirring mixture every 10 minutes until oats are light brown and toasted.
6. Remove from oven. Stir in dates.
7. Cool completely. Enjoy!
8. Store in covered container for up to 2 weeks.

Makes 8 servings.

Date Bars

Ingredients:

3 tablespoons soft tub margarine
3/4 cup apple juice
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups crisp rice cereal
1 1/4 cups non fat dried milk
1 1/2 cups chopped dates

Directions:

1. In a large pot over low heat, stir together margarine, apple juice, cinnamon and salt.
2. Bring to a boil.
3. Remove pot from heat. Stir in cereal, dried milk, and dates.
4. Press mixture into a baking pan. Let cool.
5. Cut into 12 squares. Enjoy!
6. Store in a covered container.

Makes 12 servings.

Quick Tips

- For a quick and easy snack, take dates to school or work.
- Add chopped dates to baked goods and breakfast cereal.
- Add chopped dates to peanut butter and banana sandwiches!
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Breakfast Granola

Nutrition Facts

Serving Size: 1/12 of recipe (93g)

Servings Per Recipe: 12

Amount/Serving

Calories 320 Calories from Fat 50

% Daily Value*

Total Fat 6g 10%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 60g 20%

Dietary Fiber 7g 29%

Sugars 28g

Protein 8g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 15%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is **LOW**

20% or more is **HIGH**

The Nutrition Facts Label—What does it tell us?

Recipe name: Date Bars

Amount/Serving		
Calories	128	Calories from Fat 27
		% Daily Value*
Total Fat	3g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	1mg	0%
Sodium	202mg	8%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	8%
Added Sugars	1g	
Protein	3g	
Vitamin A	2%	Vitamin C 5%
Calcium	10%	Iron 11%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH