

Illinois WIC Talk

“Mommy, Please Pass the Beans”

Cover Page

Topic

- Participants will learn the value of beans, what and how to purchase with their coupons and ways to add beans to their meal plans.

Target Audience

- Any parents or caregivers

Key Messages

- Vary your protein routine – choose more beans.
- Beans are a great source of protein, fiber, folate and other important nutrients.
- Learn how to add more beans to your meal planning.

Handouts

- “Mommy, Please Pass the Beans!” (available at www.touchingheartstouchingminds.com under “recipes”, “vegetarian magic”)
- Bean Recipe cards (sample included)
- *MyPlate* materials, examples: “With Protein Foods, Variety is the Key” or “Getting Started with MyPlate”

References

- Pam McCarthy and Associates, Inc., Massachusetts WIC Nutrition Program, Nutrition Division, Massachusetts Department of Public Health; The Touching Hearts, Touching Minds project, touchingheartstouchingminds.com
- Websites used for recipes:
 - National Dry Bean Council
<http://www.northarvestbean.org/html/news.cfm?ID=619>
 - <http://www.fruitsandveggiesmatter.gov/month/beans.html>
 - http://lancaster.unl.edu/FOOD/Singing_Praises_of_Beans2.pdf
 - <http://www.michiganbean.org/kidney-bean-and-cheesy-rice-casserole/>
- Beans the Vegetable with More www.vegetablewithmore.com

Presenter Resources

- Canned Beans – Staff Discussion Points (DHS Correspondence, Email 1/18/11)
- ChooseMyPlate website (www.choosemyplate.gov), “Protein Food Group”.
- Beans the Vegetable with More www.vegetablewithmore.com

Evaluation

- “What is one new thing you learned today about beans?”
- “What steps will you take to buy, make and serve more beans?”

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1) Group Education

Lesson Plan

Materials

- Handouts listed on Cover Page
- Pictures, labels or food model cards which show a variety of WIC approved beans
- Optional: Examples of three types of food, one including WIC approved beans
- Optional: Bean recipe (pick one that can be demonstrated and tasted using mostly WIC foods): remember preparation tools, serving spoon, small paper cups or plates, and spoons or forks.
- Current WIC Food List

Lesson Plan Overview

OPEN:

Icebreaker – introduce “miracle food” and benefits.

- Any guesses about what this miracle food could be?

DIG:

- If they are a miracle food, why don't we eat more beans?
- What have you heard about the “value” of beans?
Share ChooseMyPlate materials.
- What ideas do you have to make them less “gassy”, for some?
- How can we fit more beans into our daily meals?
- Does anyone have a favorite way of preparing beans that their family loves?
Share sample recipes and have participants continue to share ideas.

Optional: Do demonstration of bean recipe and share with participants.

Share WIC Food List. Discuss beans that are allowed, show pictures, labels or food model cards which show a variety of WIC approved beans

- What beans have you bought with your WIC coupons?

CONNECT:

- How would you feel if you made one of these recipes this week and discovered that your children loved it?

ACT:

- Which bean recipe is tempting you?
- What will you need to purchase to make it this week?

Evaluation:

- “What is one new thing you learned today about beans?”
- “What steps will you take to buy, make and serve more beans?”

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Methods

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

Introduce yourself, credentials, and briefly introduce the topic

- State how long the session will be (should be less than 30 minutes)

I am so excited! I want to share the news of a new miracle food. It sounds almost too good to be true—but I will let you be the judge of that.

Here’s what I know to be true about this miracle food:

- Great for weight loss
- Low in calories, fat and cholesterol
- Inexpensive
- Prevents constipation
- Easy to prepare
- Promotes healthy blood
- Good for blood circulation
- Filling—a special benefit when grocery money is tight
- Protects you from cancer
- Good for the environment
- Almost never causes allergies

You are probably thinking that this miracle food must be expensive or difficult to find. Or perhaps you are thinking children wouldn’t like it. But this miracle food is very inexpensive, easy to find anywhere and children love it.

Optional Activity: Display three different foods, one which is a WIC approved type of bean. Have participants guess which is the miracle food.

Any guesses about what this miracle food could be?

(Offer handout “Mommy, Please Pass the Beans” to all participants.)

Beans are a miracle food and a “best friend” to busy mothers who want to serve healthy and good food to their families.

Today we are going to talk about how to purchase and cook beans.

Idea: Ask participants to write, draw or share what they would like to learn related to today’s topic.

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DIG: During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

If they are a miracle food, why don't we eat more beans?

Sample Responses:

- Don't know the value
- Afraid they will make you “gassy”
- Don't know how to cook / fit in my menu

What have you heard about the “value” of beans?

Sample Responses:

- Beans are good sources of protein, fiber, folate, manganese, magnesium, copper, iron and potassium
- Naturally low in fat, calories, saturated fat, and sugar as well as cholesterol free
- Offer more fiber (5x), less fat (6x) and more protein than peanut butter
- Beans have more protein and fiber than any other vegetable and are available all year round
- If you use dry beans you can get more for your money with no added ingredients

Offer handout and/or refer to ChooseMyPlate materials. Point out where beans fit in.

What ideas do you have to make them less “gassy”, for some?

Sample Responses:

- Boil, let soak over night, drain and rinse (see “Mommy Please Pass the Beans” handout under “preparation”) this reduces gas by 75-90%
- Increase amount of beans gradually, discomfort is temporary
- Some beans are easier to digest than others, try different ones to see what agrees with you the best
- Drain and rinse canned beans before eating
- Eat with other foods like whole grain and low fat dairy
- Drink a lot of water (try for 2 glasses), cook beans in water like soups or stews
- Take a Beano product before eating beans

How can we fit more beans into our daily meals?

Sample Responses:

- Add some beans into each meal
- Add beans, such as black beans to your salad or veggie dish
- Try a new bean recipe each week

Beans come dry or canned. Dry beans require advance planning but not much “hands on” time. What directions would you give for preparing dry beans?

Canned beans?

Use “Mommy Please Pass the Beans” as a guide in discussion preparation of beans.

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Does anyone have a favorite way of preparing beans that their family loves?

Pass out sample recipes and have participants continue to share ideas.

Optional: *Do demonstration of bean recipe and share with participants.*

What beans have you bought with your WIC coupons?

Share WIC Food List. Discuss beans that are allowed, show pictures, labels or food model cards which show a variety of WIC approved beans

Canned* and Dry Mature Beans	Immature Beans **
Black-eyed peas	Canned green peas
Garbanzo (chickpeas)	Green beans
Great northern	Snap beans
Kidney	Orange beans
Black	Wax beans
Navy	* * Available with Fruit and Vegetable Voucher only.
Pinto	
Refried	
Red and lima beans	
With no added seasonings, fats, meats or oils.	

*Your WIC food coupon (usually #3) will allow up to 64 oz of canned mature beans. Beans usually come in 15-16 oz cans, so that will give you about 4 cans of beans.

CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

How would you feel if you made one of these recipes this week and discovered that your children loved it?

Encourage participants to share responses.

Summarize key points shared throughout the discussion. Tie key messages with learners' responses.

ACT: During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

Which bean recipe is tempting you?

What will you need to purchase to make it this week?

Evaluation:

- “What is one new thing you learned today about cooking with beans?”
- “What steps will you take to buy, make and serve more beans?”

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2) Individual Education

The following are examples of open ended questions that can be used to emphasize the key messages listed on the Cover Page.

OPEN:

- **Today we are going to talk about a miracle food, any guesses on what this food could be?**

DIG:

- **If they are a miracle food, why don't we eat more beans?**
- **What have you heard about the “value” of beans?**
Share ChooseMyPlate materials.
- **What ideas do you have to make them less “gassy”, for some?**
- **How can we fit more beans into our daily meals?**
- **Do you have a favorite way of preparing beans that your family loves?**
Share sample recipes and have participant continue to share ideas.
- **What beans have you bought with your WIC coupons?**
Share WIC Food List. Discuss beans that are allowed, show pictures, labels or food model cards which show a variety of WIC approved beans

CONNECT:

- **How would you feel if you made one of these recipes this week and discovered that your children loved it?**

ACT:

- **Which bean recipe is tempting you?**
- **What will you need to purchase to make it this week?**

Evaluation:

- “What is one new thing you learned today about beans?”
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3) Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

- Offer participant handouts listed on the Cover Page.
- Ask participant to complete the activities on the Self Study Module, these activities:
 - Increase awareness of different beans available and how they are purchased (FI or FVV)
 - Highlight the nutritional value of beans
 - Offer practice in ways beans can be fit into menu planning
- Encourage participant to set a goal for buying, making and serving more beans.
- Ask participant if she would like to talk with a CHP about the information or if she has any questions.

***** This SSM is not currently translated into Spanish, therefore inappropriate to use for non-English speaking clients.

WIC Talk: Mommy Please Pass the Beans Self – Study Module (SSM)

Name:

Date:

ACTIVITY 1: Which beans do you eat?

Check the box in front of the beans you like to eat with your family. Circle the beans that you want to try.

<i>Mature Beans (canned or dry)</i> (Offered on WIC Food Instrument)		<i>Immature Beans</i> (Offered with Fruit/Vegetable Voucher)
<input type="checkbox"/> Black-eyed peas <input type="checkbox"/> Garbanzo <input type="checkbox"/> Chickpeas <input type="checkbox"/> Great northern <input type="checkbox"/> Kidney <input type="checkbox"/> Lentils	<input type="checkbox"/> Black <input type="checkbox"/> Navy <input type="checkbox"/> Pinto <input type="checkbox"/> Refried (vegetarian) <input type="checkbox"/> Lima beans <input type="checkbox"/> Other: _____	<input type="checkbox"/> Green beans <input type="checkbox"/> Wax beans <input type="checkbox"/> Snap beans <input type="checkbox"/> Green peas <input type="checkbox"/> Others: _____

ACTIVITY 2: What do you know about beans?

Put an **X** in the circles that are new information to you:

- Beans are a great source protein, fiber, folate, and other important nutrients
- Beans are naturally low in fat and calories
- Beans have more protein and fiber than any other vegetable or peanut butter
- Beans are available all year round
- If you use dry beans you can get more for your money
- Canned beans are higher in sodium (salt), so it is best to rinse them before using!
- Beans can be easily added to most meals



ACTIVITY 3: How can you eat more beans?

Most people don't eat a lot of beans. An easy way to eat more beans is to include at least one a day in a meal or snack. Using the sample menu below, add beans to each meal.

Tip: Look at the table in Activity 1, handout "Mommy Please Pass the Beans", and bean recipe cards for ideas.

<i>Menu Ideas:</i>	<i>My Sample Menu:</i>
<ul style="list-style-type: none"> • Add beans to an egg burrito • Stir some into soups, chilies and stews 	<u>BREAKFAST</u>
<ul style="list-style-type: none"> • Use bean spread instead of or with lunch meat • Replace butter with hummus* on breads 	<u>LUNCH</u>
<ul style="list-style-type: none"> • Use a scoop of hummus on a baked potato instead of sour cream • Add beans to casseroles, meatloaf or lasagna 	
<ul style="list-style-type: none"> • Add beans and corn to a jar of salsa or make into a salad for a veggie side dish 	<u>DINNER</u>
<ul style="list-style-type: none"> • Include baked beans with your meal 	<u>SNACKS</u>
Other Idea:	

*for a hummus recipe refer to your bean recipe cards.

What I can do to add beans to my family's meals?

<input type="checkbox"/> Add beans to one meal a day	<input type="checkbox"/> Try a new bean recipe
<input type="checkbox"/> Buy a new kind of bean I haven't tried before	<input type="checkbox"/> Other idea: _____.

Bean Recipe Cards

When the recipe calls for canned beans – save some money and try dry beans. Here are some tips for preparation.

Counting Beans

- One 15-ounce can of beans = one and one-half cups cooked beans, drained.
- One pound dry beans = six cups cooked beans, drained.
- One pound dry beans = two cups dry beans.
- One cup dry beans = three cups cooked beans, drained.

Preparation of dried beans

- Directions for soaking dry beans: In a large pot add 10 cups of water to 1 pound of beans. Cover and soak 8 hours or overnight. Drain and rinse beans.
- Directions for cooking dry beans: Put soaked and rinsed beans into a large pot. Cover the beans with 3 times their volume of water – about 6 cups for one pound of beans. Bring to a boil; reduce the heat and simmer until tender, about 1 ½ hours. Drain and use in recipes.
- Another way is to cook beans in a crock pot while you are away. Cover the beans with water – as described above. Cook for 6-8 hours until tender. Drain and use in recipes.

Cooking With Canned Beans

- Canned beans are a great convenience since they are already presoaked and precooked.
- Always drain and thoroughly rinse canned beans before adding them to a recipe- this helps cut down on sodium!
- It is not necessary to recook canned beans, just heat them if a recipe calls for it.
- Canned beans, like dry-packaged beans, absorb flavors from other ingredients in a dish because their skins are completely permeable.

Resources/References

Recipes came from the following websites.

www.northarvestbean.org

www.fruitsandveggiesmatter.gov

www.lancaster.unl.edu (Singing Praises of Beans)

www.michiganbean.org



All American Beans

Ingredients:

2lbs	Lean ground beef
2 c	Onion, chopped
1 c	Celery, chopped
10.5oz	Tomato soup
6oz	Tomato paste
½ c	Ketchup
1lb	Fresh green beans (or 1 (15 oz) canned)
1 (15 oz)	Can Wax beans
1 (15 oz)	Can Chili beans
1 (15 oz)	Can Pork n beans
1 (15 oz)	Can Kidney beans
2 tbsp	Mustard



Directions:

1. Brown ground beef. Rinse and drain all cans of beans.
2. In a large casserole or crock pot, add all ingredients. Mix well.
3. Bake at 350 for an hour or cook on low in the crock pot for 4-5hrs.

Chili (serves 8)

Ingredients:

2 lbs	Ground lean beef
2	Onions, chopped
4	Cloves garlic, minced
2 tbsp	Chili powder
2 tsp	Salt
2 tsp	Dried oregano
4 (14.5 oz)	Cans stewed tomatoes
1	Can tomato paste
1 (15 oz)	Can kidney beans with liquid



Directions:

1. Brown meat. Add onion and garlic for a few minutes (until onion is soft).
2. Stir in chili powder, salt, oregano, tomatoes, and tomato sauce; break up tomatoes while stirring. Heat to boiling, reduce heat to simmer and cover. Cook stirring occasionally, for 1 hour.
3. Stir in beans. Simmer, uncovered, for 20 minutes; stir occasionally.

Quick Black Bean Soup

Ingredients:

1 tbsp	Olive oil
1	Onion, chopped
3	Cloves garlic, minced
2 (15oz)	Canned Black beans, rinsed and drained
2 c	Frozen corn, thawed
1	Green bell pepper, chopped
14oz	Chicken broth
14oz	Can of diced tomatoes, un-drained
½ tsp	Dried thyme leaves
1 tsp	Dried basil leaves
½ tsp	Cumin
1/8 tsp	Ground pepper



Directions:

1. Cook onion and garlic in oil in a large soup pot.
2. Open one can of beans, mash the beans using a fork and scoop out of the can into the pot, along with the can of whole beans, corn, bell pepper, chicken broth and tomatoes.
3. Stir in seasonings.
4. Cover pot and bring to a boil.
5. Reduce heat to low and simmer the soup for 8-10 minutes, stirring frequently.

Italian Style Black Bean Salad

Ingredients:

1 (15oz)	Can black beans, rinsed and drained
2 med	Zucchini, unpeeled and chopped
1 clove	Garlic, minced
½ c	Italian salad dressing
1 c	Tomato, chopped
1 c	Mozzarella cheese (shredded or cubed)
	Salt and Pepper to taste.



Directions:

1. Place beans, zucchini, garlic, and dressing in medium bowl. Mix well
2. Cover and refrigerate for several hours to allow flavors to blend
3. Add tomato and cheese just before serving
4. If desired, serve on a bed of lettuce

Kidney Beans and Cheesy Rice Casserole

Ingredients:

2 (19oz)	Canned dark red kidney beans, rinsed and drained
1 tbsp	Water
1c	Red onion, diced
1 clove	Garlic, diced
1 (10oz)	Package fresh spinach, chopped
1 (16oz)	Jar picante sauce
8 c	Cooked brown rice
2 med	Tomatoes, sliced
½ c	Shredded cheddar cheese
½ c	Shredded Monterey jack cheese
½ c	Sour cream



Directions:

1. Preheat oven to 350F. Heat water in nonstick skillet. Add onion, cumin, and garlic for sauté for 2-3 minutes. Add spinach and sauté until wilted. Set aside.
2. Combine dark red kidney beans and picante sauce together; spread 2 cups of this mixture in the bottom of a 9x13 baking pan coated with nonfat cooking spray. Layer 4 cups of rice over bean mixture. Arrange tomato slices on top of rice. Layer spinach mixture, remaining rice, and 2 cups of beans over tomato slices.
3. Cover and bake for 30 minutes. Then sprinkle with cheese and bake, uncovered for 10 minutes or until cheese melts. Spoon 1tbsp sour cream on each serving.

Meatloaf

Ingredients:

1 (15oz)	Can Navy beans, rinsed and drained
1lb	Lean ground beef
1 c	Ketchup
½ c	Saltine cracker crumbs or bread crumbs



Directions:

1. Mix all ingredients together well.
2. Put the mixture in a bread pan or shape into loaf and place in a shallow baking dish.
3. Bake at 350F for 45 minutes.

Mexican Lasagna

Ingredients:

15 oz	Canned pinto or kidney beans, drained and rinsed
½ tbsp	Olive oil
1 c	Onion, chopped
2 cloves	Garlic, minced
1	Green pepper, chopped
1 tsp	Cumin
1 tbsp	Chili powder
1/8 tsp	Cayenne pepper
1c	Frozen or fresh corn
1c	Tomato sauce
6	Corn tortillas
1c	Cottage cheese
¾ c	Cheddar cheese



Directions:

1. In a large skillet, heat oil over medium-high heat. Sauté onion, garlic, and green pepper for about 5 minutes or until soft. Stir in spices and sauté 1 minute more.
2. Remove from heat. Mix in corn, beans, and tomato sauce.
3. Place 3 tortillas in a 2qt-casserole dish, arrange to cover bottom.
4. Sprinkle on half the cheese. Repeat layers, using up all of the ingredients.
5. Bake at 350F for 45 minutes. Let stand 5 minutes before serving.

Easy Hummus

Ingredients:

1 (15oz)	Can garbanzo beans (chick peas), drained, liquid reserved
1	Garlic clove, crushed
2 tsp	Ground cumin
½ tsp	Salt
1 Tbsp	Olive oil



Directions:

1. In a blender or food processor combine all ingredients (except liquid from beans). (Or mash with a spoon until smooth.)
2. Blend on low speed, gradually adding liquid from beans until desired thickness is achieved.
3. Serve with crackers or bread (try pita or other flat bread).

Breakfast Burrito

Ingredients:

- 15oz Can refried beans
- 4 Corn tortillas
- 2 tbsp Red onion, chopped
- ½ c Fresh tomatoes, chopped
- ½ c Salsa
- 4 tbsp Nonfat yogurt
- 2 tbsp Cilantro (optional)



Directions:

1. Mix beans with onion and tomatoes. Microwave tortillas between two sheets of damp white paper towels on high for 15 seconds.
2. Divide bean mixture between the tortillas. Fold each tortilla to enclose the filling. Place on microwave-safe dish and spoon salsa over each burrito.
3. Microwave on high for 15 seconds.
4. Serve topped with yogurt and cilantro.

Kidney Beans and Ham Casserole

Ingredients:

- 2 (15oz) Cans dark red kidney beans drained and rinsed.
- 2 tbsp Butter or margarine
- 1 Large onion, peeled and chopped
- 2 c Diced cooked ham
- 1 tbsp Flour
- ½ c Chicken broth
- ½ tsp Salt
- Dash cayenne pepper



Directions:

1. In a large frying pan over medium-high heat, melt the butter and cook the onion until soft. Stir in the ham. Sprinkle in the flour, blending. Add the chicken broth and stir well.
2. Add the salt and cayenne pepper. Simmer about 10 minutes
3. Mix in the kidney beans. Place bean mixture in a casserole dish.
4. Bake at 350F, uncovered for 20 minutes or until completely heated.

Tex Mex Wraps

Ingredients:

- 1 (15oz) Can of black beans, rinsed and drained
- 1/3 c Chunky salsa
- 1 Green pepper, thinly sliced
- 1 Tomato, thinly sliced
- 1 c Shredded cheddar cheese
- ½ c Shredded pepper jack cheese
- 1 Avocado
- 1/3 c Sour cream
- 4 Corn tortillas (8inch)



Directions:

1. In medium bowl, place black beans and mash with a fork. Leave some beans whole for chunky texture.
 2. Add salsa and mix well.
 3. Prepare bell pepper, tomato, and cheeses.
 4. In a small bowl, mash avocado with sour cream. (May add 1tsp lemon juice if desired)
 5. Spread bean mixture over tortillas and top with vegetables and cheeses. Place some avocado mixture over cheeses.
- Roll up wraps and serve.