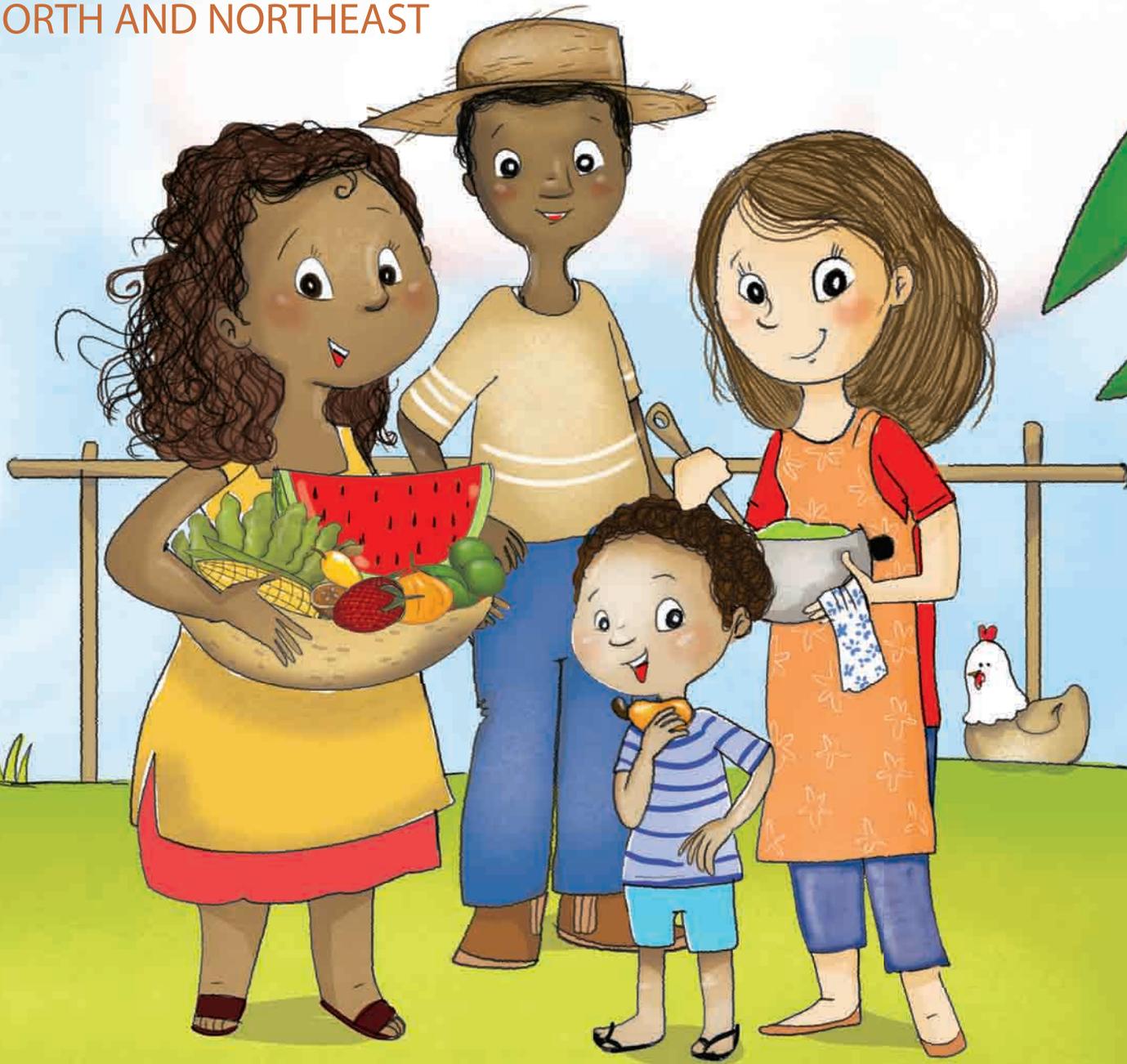


HEALTHY, DELICIOUS, REGIONAL FOOD:

A HISTORY OF THE PROJECT FOR HEALTHY FOOD HABITS IN THE
NORTH AND NORTHEAST



Save the Children





Save the Children

HEALTHY, DELICIOUS, REGIONAL FOOD:

A HISTORY OF THE PROJECT FOR HEALTHY FOOD HABITS IN THE NORTH AND NORTHEAST

1st Edition

São Paulo

Fundação Abrinq pelos Direitos da Criança e do Adolescente

2013



Save the Children

EDITORIAL BOARD & STAFF

BOARD OF DIRECTORS

President: Synésio Batista da Costa

Vice-President: Carlos Antonio Tilkian

Secretary: Bento José Gonçalves Alcoforado

Executive Secretary

Executive Manager: Heloisa Helena Silva de Oliveira

Programs and Projects Development Manager: Denise Maria Cesario

Institutional Development Manager: Victor Alcântara da Graça

Project for Healthy Food Habits in the North and Northeast

Juliana Lordello Sicoli

Márcia Cristina Pereira da Silva Thomazinho

TECHNICAL DATA

Texts:

Ana Flávia Borges Badue - Instituto Kairós

Thiago Domenici - Instituto Kairós

Edition:

Juliana Lordello Sicoli e

Márcia Cristina Pereira da Silva Thomazinho

Critical Reading:

Denise Maria Cesario

Collaboration:

Aline Cristina de Franca, Gislaine Cristina de Carvalho,
Tatiana Cristina Molini e Victor Alcântara da Graça.

Proofreading:

ABA Textos

Graphic Design and Layout:

Daniela Jardim

Illustration:

Vanessa Alexandre

Photos:

CEDOC

Printing:

Uniongraph Gráfica e Editora Ltda

Print run:

2,000

ISBN: 978-85-88060-51-7

The background of the page features a stylized, light-colored illustration of a tree with many leaves, extending from the top right towards the center. The index table is positioned on the left side of the page, with each row consisting of a colored bar containing a page number and a corresponding text label to its right. The colors of the bars are: brown, orange, red, brown, green, blue, purple, yellow, and red.

Index

6

Presentation

7

Let's go back and remember

18

Human Right to Adequate Food (HRAF) and Food and Nutrition Security (FNS)

28

Discover the wealth of regional foods

35

Best practices

38

Healthy regional recipes

61

References

62

Acknowledgements

Presentation

Fundação Abrinq, created in 1990, is a nonprofit organization, whose mission is to promote the rights and exercise of citizenship of children and adolescents. Its objective is the recognition of all children and adolescents as subjects of their own stories, entitled to live with respect, dignity, freedom, enjoying health, proper food, quality education, and access to sports, leisure, culture and technical education.

Since 2010, Fundação Abrinq has been the representative of Save the Children, in Brazil, and through that partnership it has enhanced its impact towards defending the rights of Brazilian children and adolescents, learning with the Best Global Practices, besides being able to reach international resources. In October 2011, Fundação Abrinq – Save the Children – launched a campaign called Every One (*Por Todas as Crianças*) aiming at joining efforts to achieve the objectives of the Millennium Development Goals 4 and 5, namely, reduce the child mortality and improve the pregnant women health. In Brazil, the campaign is developed in a national scale; however, the regions that were assigned high priority for the development of actions focusing to reduce the maternal, neonatal and child mortality rate are the North and the Northeast. The malnutrition is one of the causes of the child mortality and it happens either because of inadequate dietary intake or for the bad absorption of nutrients. It happens particularly with children from poor communities and living in social vulnerability and risk.

In this regard, Fundação Abrinq – Save the Children – started the **Project for Healthy Food Habits in the North and Northeast** (*Projeto Hábitos Alimentares Saudáveis no Norte e Nordeste*), with the objective of enhancing the consumption of healthy, delicious, regional food, counting on the master sponsorship of Save the Children Italy and the support of the Ministry of Health and the National Children's Pastoral Coordination, in partnership with the State Food and Nutrition Security Council and the 10 city halls of the municipalities involved in the Project. General cooks, school cooks, community leaders, health agents and families were trained to foment healthy food habits and value regional food. Enhancing the food of children under age five, the Project reached the states of Maranhão, Pará and Tocantins.

Let's go back and remember!

On the following pages, we're going to retrace the trajectory of the Project for Healthy Food Habits in the North and Northeast (*Projeto Hábitos Alimentares Saudáveis no Norte e Nordeste*), which has contributed toward improving the food habits in the states of Maranhão (MA), Pará (PA) and Tocantins (TO), where numerous children suffer from nutrition-related problems, such as malnutrition and obesity.

The history of these recent achievements will help other cities in the following step of this Project.

Let's talk about day-to-day healthy eating and the wealth found in our vegetable gardens, fruit orchards and local foods, as well as address food hygiene, in order to prevent disease, contamination and waste.

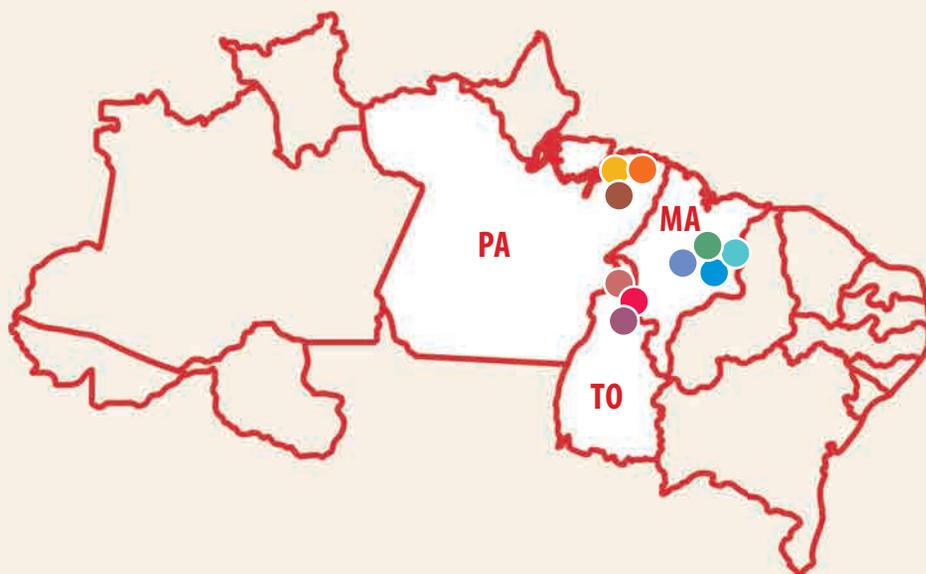
Lastly, to commemorate, there's a gift: different delicious recipes, with regional ingredients, prepared by school cooks, families and community leaders who participated in this story. The dishes are nutritious and easy to prepare at home or in schools.

REMEMBER:
sharing all that
you've learned with
friends, neighbors
and relatives is very
important.

Where did it occur?

In 2012, the Project was implemented in ten cities in the North and Northeast, which have high levels of malnutrition and obesity among children and teens. See the box below.

UF	NOME MUNICÍPIOS
PA	Magalhães Barata
PA	Maracanã
PA	São Domingos do Capim
TO	Carrasco Bonito
TO	Praia Norte
TO	Sítio Novo do Tocantins
MA	Chapadinha
MA	Mata Roma
MA	Milagres do Maranhão
MA	Urbano Santos



How did it happen?

Before getting off the ground and becoming a reality, it was a long journey for the **Project for Healthy Food Eating Habits** (*Projeto Hábitos Alimentares Saudáveis*), since reducing nutritional problems, such as malnutrition and childhood obesity, requires joint effort, a lot of organization and mobilization.

The question was: how to achieve the goal of improving the quality, access and regularity of adequate food for children, in school and at home. And the answer: through planning and talking with those involved.

Preparing the way for developing the Project

During the **FIRST STAGE**, Fundação Abrinq – Save the Children – promoted interaction between governments (federal, state and local), federal university partners, and school principals and community leaders from each city. Each one was encouraged to fulfill their role:

LOCAL GOVERNMENT:

identify and assist children suffering from malnutrition and obesity; encourage the production and sale of food by family farmers; strengthen the Councils, especially the School Meals Council; promote healthy eating in schools and disseminate healthy practices among the entire population.

UNIVERSITY: develop workshops for school cooks, families and community leaders and encourage University Extension projects.

SCHOOL: value the work of school cooks; foment food and nutrition education (classroom activities with students; school vegetable gardens; instruction for parents); put into practice the Ten Steps for Promoting Healthy Eating at School (p. 27), in partnership with the school community (parents, teachers and council members).



FAMILY: practice the Ten Steps for Healthy Eating for Children under age two (p. 26); be part of the municipality's School Meal Council and participate in the Parent-Teacher Association.

COMMUNITY LEADERS (community health workers, Children's Pastoral leaders and Rural Workers Unions): serve as a bridge between families and city halls; provide counsel to families on healthy eating and how to fight for their rights and improve their living conditions.

MAKEUP OF THE SCHOOL MEAL COUNCIL

- One representative from the municipal government;
- Two representatives from organizations involving teachers or workers in the field of education;
- Two representatives of parents of students;
- Two representatives designated by civil society, such as unions, associations, rural cooperatives, etc.

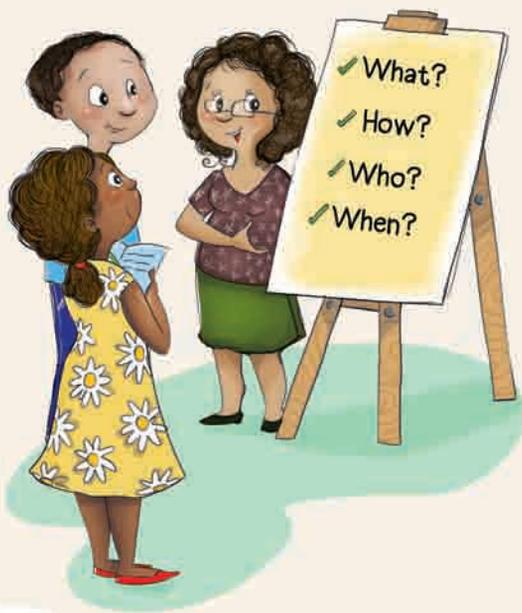
Action Plan: strength in unity

The **SECOND STAGE** entailed preparing the Action Plan, with proposals for addressing food and nutrition insecurity, in each city. The plan was put together by municipal administrators and community leaders.

Meetings were held in each city, involving public administrators from the Departments of Health, Education, Social Welfare and Administration; those responsible for school food purchases; representatives from the Councils for School Meals, Health, Guardianship and Child and Adolescent Rights; and representatives from the Children's Pastoral, Rural Workers Union, Community Associations, Farmers' Associations, Churches and Coconut Breakers.

As you can see, there were many who helped and participated! Some of the short and long-term initiatives were planned in the ten municipalities involved. The strategies, those responsible and the time frames for their implementation were mapped out for each one. Following are some of the proposed initiatives:

- Enhance the monitoring and intervention of Community Health Workers and Health Units, with respect to children in situations of food insecurity;
- Count on professionals who are already trained in the Project for Healthy Food Eating Habits, in order to multiply knowledge among other families;



- Strengthen the School Meal Council (CAE), which is responsible for overseeing spending and improving the regularity and quality of school meals;
- Encourage the setting up of family and school vegetable gardens;
- Adjust the sale of snacks in front of schools, incorporating healthy items;
- Conduct a survey of local farmers and what they produce;
- Implement the Food Purchase Program (PAA);
- Encourage the organization of farmers into associations or cooperatives, aimed at selling to the Food Purchase Program (PAA) and National School Meal Program (PNAE);
- Promote the processing of local products, for sale and income generation;
- Publicize local products fairs and festivals more, to increase the sale of regional products;
- Promote local agricultural fairs;
- Provide transport for shipping out rural production;
- Implement Municipal Food and Nutrition Security Councils (CONSEA).

FOOD PURCHASE PROGRAM (PAA)

The PPA is a federal program that is part of the Zero Hunger Strategy.

The Program promotes the direct purchase of products from family farms (without bidding and regardless of the amount), and distribution to organizations from the social assistance network, such as Social Assistance Reference Centers and the Child Labor Eradication Program, among others.

SCHOOL MEALS AND FAMILY FARMING

Law N° 11947/2009 establishes that at least 30% of the food used for school meals must be purchased from family farms. This requirement enhances the quality of school meals, since it enables school menus to be composed of fresh food produced in the region itself and, at the same time, boosts the income of family farmers.

Sharing and learning!

It took a lot of back and forth and plenty of talking to arrange the training of the school cooks, families and community leaders.

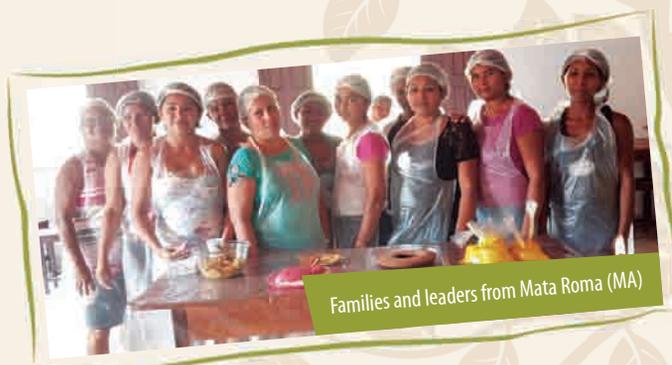
Thus, in this **THIRD STAGE**, the workshops and rounds of conversation afforded school cooks, families and community leaders an opportunity to exchange experiences and learn about food and nutrition security, value healthy, locally produced foods and prepare healthy recipes.



Monthly progress of this journey

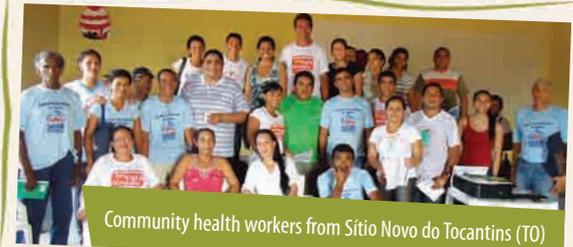
March to May	2012	<p>Interaction with the Ministry of Health to present the Project and align the guidelines of the actions developed.</p> <p>Interaction with the State Health Secretariats to identify the current status of the cities and check the possibilities of joint action.</p> <p>Interaction and partnership with the Children's Pastoral, aiming at identifying local representatives for joint action.</p> <p>Interaction and partnership with the Federal Universities of Maranhão, Pará and Tocantins, for the development of workshops.</p> <p>Visits to municipalities (local administrators and civil society) for presenting the Project and aligning actions. At that moment, health and children education resources were also assessed, as well as places were identified for the development of workshops.</p>
June	2012	Drafting of the Action Plans in each municipality, for addressing malnutrition and childhood obesity, with the participation of government and civil society representatives. Workshops were held for five groups of school cooks – one group in Maranhão, one in Pará and three in Tocantins.
July	2012	Workshops for school cooks, for the families and community leaders, in each municipality.
August and September	2012	New round of workshops for school cooks and workshops for families and community leaders from each municipality.
November and December	2012	Balance sheet and evaluation of the Project and discussion about future challenges. Get-together with school cooks, families and community leaders.
January to March	2013	Monitoring and follow-up of the municipality's indicators and accomplishments. Production and release of this handbook to share how it all happened.

Remembrance Album of the groups





School cooks from Sítio Novo do Tocantins (TO)



Community health workers from Sítio Novo do Tocantins (TO)



Community health workers from Carrasco Bonito (TO)



Families from Praia Norte (TO)



School cooks from Carrasco Bonito (TO)



School cooks from Praia Norte (TO)



School cooks from Pará (3 municipalities)



Families and leaders from São Domingos do Capim (PA)



Families and leaders from Magalhães Barata (PA)



Families and leaders from Maracanã (PA)

Our accomplishments!

- Nearly **10,000 children** had their weight and height checked;
- **170 school cooks and general cooks** were trained;
- More than **1,300 families** were trained;
- **132 community health workers** and **56 leaders** from the Children's Pastoral participated in the training process, enabling the knowledge that was acquired to be multiplied among nearly **8,000 families**;
- **2,000 handbooks** distributed in the participant municipalities, for general cooks, school cooks, community leaders and community health workers.

“ In all my 14 years as a school cook, I have never had an opportunity like these workshops. ”

(school cook from Pará)

“ It's been great, I'm making pulps, salads, pickles – which I love doing! It's been very good for me and my kids. I'm trying to serve more fruit and natural meals. I go to the vegetable garden, buy kale, okra, toothache plant, cucumber... Apart from losing weight! ”

(family from Pará)

“ It was a victory for us, we had to really scramble to get here, but what I’ve learned isn’t just for me, but to pass on to my family, my 11 children and the families I work with. ”

(leader from Pará’s Children’s Pastoral)

“ We learned a lot of things we didn’t know and also though the experience of our colleagues, when they prepared a different dish... We’re very happy. As we leave here, we’re taking with us something better for our schools. ”

(school cook from Tocantins)

The school cooks, families and community leaders who received training are proud to have participated in the **Project for Healthy Food Eating Habits** (*Projeto Hábitos Alimentares Saudáveis*) and to be able to prepare meals in a more enlightened and healthy way.

According to their reports, school cooks, families and community leaders said that personal hygiene and the handling and preparation of food in schools and homes have improved. They are now more attentive to cleanliness in the workplace and food conservation, in addition to checking how long food will last, taking advantage of stalks and husks; reducing salt, oil and sugar; using fruits, vegetables and greens more regularly when preparing meals (salads, soups and fresh juices), including those that are characteristic of the region. Several participants also reported reduced consumption of fried foods, flour, instant noodles, sausage, bologna, canned goods, snacks, packaged juice, soft drinks and sweets. 🌱

Human Right to Adequate Food and to Food and Nutrition Security

We talked about this right, during the workshops. Let's think back now and share a little of what we learned.

Enacted in 2006, the goal of the Organic Food and Nutrition Security Law (LOSAN – Law No. 11346/2006) is to promote the human right to adequate food. In practice, it means that all Brazilians should be free from hunger and have regular access to quality food in sufficient quantity, on a permanent basis, without affecting other essential needs. That is, all people, of any age, gender, city, neighborhood, village, creed, religion or social class, are entitled to adequate and healthy food, with respect being given to special features, cultural characteristics and prioritizing the food produced in the region.

Will we put it in practice?

Everyone has an important role to play to ensure that this law is applied. See below different things you can do in your day-to-day life to promote decent access, regularity, quantity and quality of food in your city:

- Plant vegetable gardens and fruit trees on your property;
- Know what your neighbor is planting and trade food, in order to reduce crop waste and increase the variety of food consumed in the home;
- Get neighbors and families together to plant on idle land and share the production;
- Replant crops as they are harvested, in order to always have on hand (for example: cassava, beans and rice);
- Raise chickens to have eggs and boost household income;
- Organize groups to process typical products from the region (for example: sliced fish fillet, packaged seafood, extraction of crab meat);
- Extract the pulps from regional fruits and freeze them, in order to always have on hand (regardless of the season);
- Prepare the right quantity of food to avoid waste;
- Exchange healthy recipes as well as tips on how to take full advantage of food, with neighbors and relatives;
- Research food prices in the markets and do joint purchases in order to get discounts;
- Check the label and appearance of food items, at the time of buying.



SUCCESS STORIES!

The cities that participated in the Healthy Eating Habits Program have developed excellent initiatives. Such is the case of “Fruit Day” in Urbano Santos, a city in the state of Maranhão, which nurtures a liking for fruit from childhood, and covers the subject in the classroom, not to mention making lunches more nutritious.

Milagres do Maranhão and Chapadinha (MA) also support food purchases from family farms in the region, for school lunches.

In Maracaná (PA), the Food Purchase Program (PAA) has strengthened the city’s small farmers, ensuring better quality meals for students and families who attend the Child Labor Eradication Program (PETI), the Social Assistance Reference Center (CRAS) and other social projects.

In Sítio Novo do Tocantins (TO), community health workers have been trained to detect early cases of malnutrition and obesity, and to better instruct families.

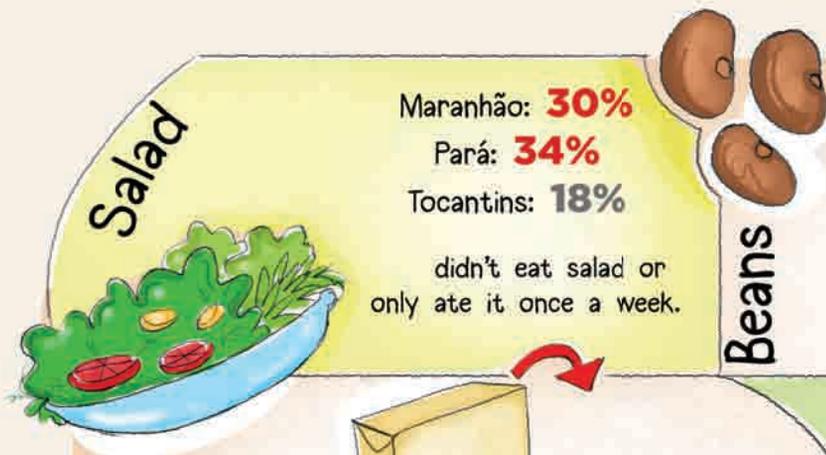
You can also

- Encourage family farmers to get organized and sell food to city hall, thereby enhancing both household income and the quality of meals in schools, organizations and hospitals;
- Inquire about the work of the Children’s Pastoral, Rural Workers Unions, community associations and churches, in order to promote rights and improve the living and health conditions of your city;
- Participate in councils, especially the School Meals Council, which is responsible to monitor and oversee spending and improve the regularity and quality of school meals;
- Insist that the government put into practice the policies and initiatives set forth in the Action Plan of your city.

Why are these initiatives important?

During the workshops of the Project, an initial survey was conducted regarding each participant’s consumption habits.

As a result, it was possible to know how much the food of the families is in the right trajectory or needs to be improved. The red figures show the most critical situations; grey figures, the situations that do not require attention or are neither critical nor good; and the green figures show the families that are in the right trajectory in every state.



Beans

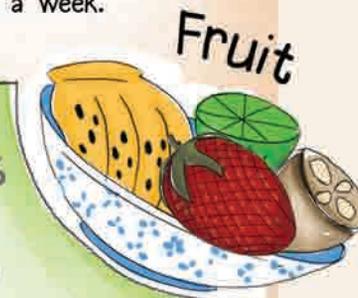
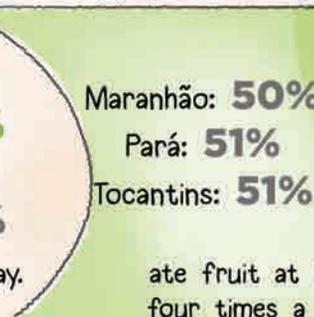
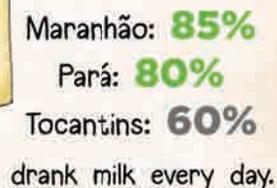


Soft drinks

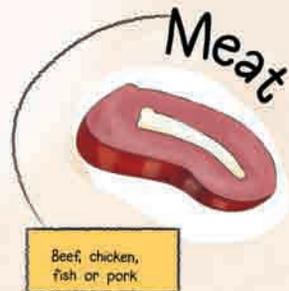
*for packaged juice



Milk



Fruit



Meat

Beef, chicken, fish or pork



Snacks*



Regional vs. processed products



Brazil is very rich in numerous kinds of food. Each region has a wide variety of fruits, vegetables and greens that are very nutritious and can be grown easily in any garden. However, many people are not aware of this wealth of food that they can grow in their own backyards and end up buying a lot of processed food, with high concentrations of sugar, salt, preservatives and artificial coloring agents, which can result in different health problems, such as hypertension, diabetes, cancer and cavities, among others.

Processed products may be much easier and faster to prepare, but they do not ensure the nutrients needed for good health. As we consume these products, we no longer value the typical fruits, vegetables and greens from our region, which undermines our healthy food culture.

Practice healthy eating in your day-to-day

Eating is an act of pleasure, learning and sharing. It stimulates our senses (smell, taste, touch, sight and hearing) and involves testing out, creating and exchanging recipes... Healthy eating is essential for bodily development, to replenish energy, protect us from disease and strengthen our organism.

A well-balanced meal should contain at least one food from each group, at each meal:

“ Instead of preparing a nutritious soup, we go for what's easier, and buy instant noodles. ”

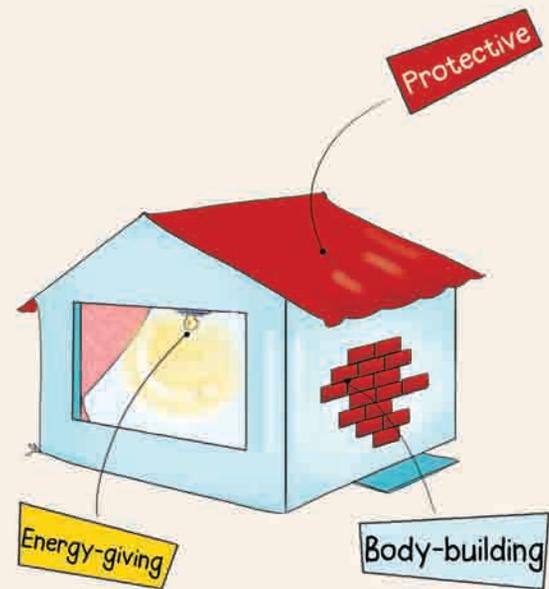
(family from Pará)

Body-building foods: if our body were a house, we could compare proteins, essential for growth and renewal, to the bricks used in construction. Therefore, foods such as milk, cheese, eggs, meat, chicken and fish (animal origin proteins), as well as soybeans, peas, lentils and beans (vegetable origin proteins) are fundamental.

Energy-giving foods: energy-giving foods can be compared with electricity in a house, which makes lamps and electronic devices work. Rice, corn, pasta, bread, potatoes, cassava, flour, sugars, cakes and honey provide carbohydrates that provide us with energy to work, study and play. There are also high-energy foods, such as butter, margarine, cream, oils, decorated cakes, creamy ice cream, chocolate, soft drinks, candy, gum and snacks. They have high levels of fat and sugar and should, therefore, be eaten in moderation.

Protective or regulatory foods: regulatory foods can be compared to the roofing or the cement that joins the bricks of a house,

because they contribute toward establishing a balance between foods and our bodies. They are found in fruits, vegetables and greens, and contain vitamins, fibers, minerals and water. They moisturize our body, giving us shiny hair, strong nails and soft skin. And the fibers help with digestion and proper functioning of the bowels.



REMEMBER:

don't overdo it in terms of amounts, but do splurge when it comes to the variety and colors of the dish!

Above all, breastfeeding is essential!

A healthy diet is important from the first day of a child's life. Breast milk is the most complete food for babies and helps prevent a number of diseases.

For this reason, the Ministry of Health recommends to exclusively breastfeed up to six months, and to complement at least up to two years of age. There are some precautions that can help avoid possible difficulties and make both mother and child more comfortable.



Some tips

Preparing your breasts starts before breastfeeding. To prevent cracking or lesions, expose your breasts to sunlight during pregnancy and leave them without using a bra, when possible;

- It's important to only wash your nipples with water, without using soaps, creams or ointments. It's not necessary to wash after each feeding;
- In the case of a cracked nipple, try to change the baby's latching position. It also helps to apply some of your breast milk to the cracked area;
- If engorgement occurs, apply compresses and do circular massages with your hand, and empty the breast. Take advantage and donate your milk to milk banks, in order to help other children;
- Suction is what stimulates milk production, so it's important to breastfeed regularly, without worrying about fixed schedules, and give babies the time they need to empty each breast. Remember to drain the milk from one breast before switching the baby to the other;
- If you continue having problems, seek help from a health care team.

Myths and truths about breastfeeding

Myth	Small breasts do not produce enough milk.
Truth	The size of the breasts does not determine milk production.
Myth	My milk is weak and the baby does not get enough nourishment.
Truth	Breast milk is the best and most complete food you can give your baby. There is no such thing as “weak milk”, that “does not provide enough nourishment”. To the contrary, all mothers are capable of producing sufficient milk for their baby.
Myth	Black beer and hominy stimulate milk production.
Truth	Beer shouldn’t be used since it is an alcoholic beverage. To stimulate milk production, mothers should drink plenty of liquids, rest and encourage their baby to suckle on the breast.
Myth	If the baby burps at the breast, this means the breast will become engorged, the milk won’t come down, or an infection may occur.
Truth	The baby can indeed burp at the breast, but mothers need not worry that their milk won’t come down anymore. Breasts can become engorged if too much milk accumulates, causing discomfort and even a fever. Treatment, however, is simple: do massages, with circular movements, in order to break down the nodule and encourage the baby to breastfeed.
Myth	Mothers cannot breastfeed when they are pregnant.
Truth	There is no recommendation against this by doctors. However, mothers do need to take even care better care of themselves, and eat well.
Myth	Breastfeeding can cause the breasts to sag.
Truth	Breastfeeding does not have any effect on the breasts sagging or becoming smaller. The breasts increase considerably in volume during pregnancy, and the skin needs to stretch in order to adjust to this increase. For this reason, the skin may remain flaccid once the breast returns to normal, just like the stomach.

Ten steps for healthy eating for children under age two



STEP 1	Breastfeed exclusively until six months, without offering water, tea or any other food.
STEP 2	At six months, slowly and gradually start offering other foods, continuing to breastfeed until two years of age, or more.
STEP 3	At six months, start giving supplementary foods (cereals, roots, meats, legumes, fruits and vegetables), three times a day, if the baby is still breastfeeding, or five times a day, if weaned.
STEP 4	Supplementary food should be offered with no fixed schedule, always respecting the child's desires.
STEP 5	The supplementary food should be thick, from the beginning, and fed by spoon. Start with a pasty consistency (mush, purees) and, little by little, increase the consistency until it's the same food the family eats.
STEP 6	Offer the child different foods during the day. A varied diet is composed of colorful foods from the three groups: body-building foods, energy-giving foods and protective and regulatory foods.
STEP 7	Encourage daily consumption of fruits, vegetables and greens, in meals.
STEP 8	Avoid sugar, coffee, canned foods, fried foods, soft drinks, candy, fast food snacks and other sweets during the first few years of the child's life. Use salt sparingly.
STEP 9	Be attentive to hygiene when handling and preparing food; ensure that all food is properly stored and preserved.
STEP 10	If a child is sick, encourage them to eat, offering them their usual and preferred foods, respecting whether they accept or not. For children with poor appetite, offer them a smaller volume of food per meal and reduce the interval between meals.

Source: World Health Organization / Pan American Health Organization / Ministry of Health

What should be done in schools?

Schools play a key role in shaping the eating habits of children, as well as families. In order to achieve these goals, the government established ten steps to ensure healthy eating in schools.

Following are the Ten Steps for Promoting Healthy Eating in Schools:

STEP 1	Schools should establish strategies, together with the school community, to promote health as well as food and nutrition education.
STEP 2	Bolster the approach to promoting health and healthy eating, in the school's curricular activities (e.g., include Healthy Eating Week in the school calendar).
STEP 3	Instruct families about their responsibility in the promotion and importance of healthy eating.
STEP 4	Foster awareness and train professionals who work with school meals, in order to improve the provision of healthy meals, adjusting them to Best Practices; also ensure the supply of clean drinking water.
STEP 5	Restrict the supply, advertising and sale of foods high in fat, sugar and salt.
STEP 6	Provide healthy meal options in the school.
STEP 7	Increase the supply and encourage the consumption of fruits and vegetables, giving priority to local foods.
STEP 8	Assist the school's food services, by promoting healthy options, through strategies that encourage such choices.
STEP 9	Disseminate good initiatives to other schools, exchanging information and experiences.
STEP 10	Develop an ongoing program to promote healthy eating habits, based on monitoring the nutritional situation of students, with an emphasis on diagnosis, prevention and control of nutritional disorders.

SCHOOL HEALTH PROGRAM (PSE)

The PSE is an initiative sponsored by the Ministries of Health and Education, aimed at promoting the health of students and building a culture of peace, taking advantage of the important role schools play. It also contributes toward implementing the Ten Steps for Promoting Healthy Eating in Schools. Check with the Municipal Departments of Education and Health to find out which schools are part of the School Health Program and what initiatives are being carried out in your municipality. Stay abreast and participate!

Source: Ministry of Health

The wealth of regional foods

“Let food be your medicine, and medicine be your food.” – said Hippocrates, a scholar of ancient Greece.

In gardens in Maranhão, Pará and Tocantins, you'll find a wide variety of fruits, vegetables and greens. This wealth includes fruits, such as abiu, avocado, pineapple, acai, acerola, sugar-apple, babassu, bacuri, banana, buriti, buritirana, cocoa, cashew, carambola, coconut, cupuacu, guava, soursop, inga, jackfruit, rose apple, jambolan plum or black olive, oranges, lemon, passion fruit, papaya, mango, watermelon, nanche or nance, noni, peach palm, jocote, tangerine and hog plum. Besides these, some families, in addition to raising chickens, also grow pumpkin, basil, rice, sweet potato, cariru or green amaranth, green onion, chicory, coriander, kale, ginger, beans, toothache plant, cassava, West Indian gherkin, corn, cucumber, chili pepper, sweet pepper, okra, tomato and roselle.



Now that you're aware what your garden has, or your neighbor's, and knowing that cultivating family and school vegetable gardens is one way to promote the food and nutrition security of your family and students, let's talk about the importance of consuming the natural products from your region.

Fruits

Fruits are rich in vitamins, minerals, fiber and water. Eat at least three servings or more daily. Discover the origins and wealth of typical fruits from the North and Northeast, as well as others, which are common in the entire country:



ACAI OR JUSSARA - Originally from the Amazon, it prevents chronic diseases and protects the heart, in addition to providing energy and being rich in fiber, iron, calcium, potassium and vitamins A, C and B complex.

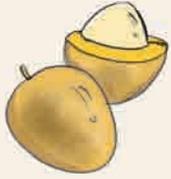


ACEROLA - Originally from the West Indies and Central America. It is the richest fruit in vitamin C, helps fight diseases and strengthens the body's defense system.

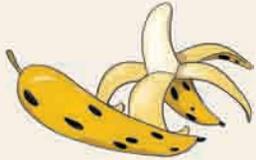
“ I didn't know rice served with cuxá. I ate it the first time in Imperatriz (MA) and liked it so much that I learned how to make it. I serve it now and everyone likes it. There's so much roselle around; it grows like a weed! Adding a little to the children's rice strengthens their health a lot and they don't even notice it. It has iron, vitamin A, vitamin C and calcium. ”

(school cook from Tocantins)

To increase iron absorption from plant sources, it is recommended to consume it together with foods rich in vitamin C, which is found in abundance in citrus fruits, such as orange, lemon, acerola, cashew and others.



BACURI - Originally from the Amazon, it contains vitamin C and iron (which prevents anemia) and its fibers help relieve constipation, as well as eliminate liquids.



BANANA - Originally from Africa. It is rich in potassium, folic acid, vitamin B6 and fiber, helps prevent cramps and reduces cholesterol in the blood.



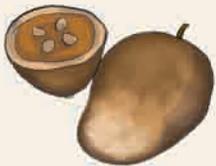
BURITI - Brazilian in origin, it is also known as moriche palm or ité palm, among other names. It improves the body's defense system, contains vitamin A (helps eyesight), vitamin C, iron, fiber and calcium (good for bones).



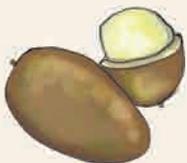
CAJA OR HOG PLUM - Originally from America, Africa and Asia. It is rich in vitamin C and minerals, such as calcium, phosphorus and iron.



CASHEW - Brazilian in origin, it is very popular throughout the Northeast. It bolsters the body's defense system and contains vitamin C, which prevents diseases, such as the flu.



BABASSU COCONUT - Typically Brazilian, it contains potassium and fiber. Also known as Babassu palm, its oil has many uses, and babassu flour can be made from babassu mesocarp.



CUPUACU - From the Amazon, the fruit is highly esteemed by the Indians. Its properties boost the body's defense system, since it has vitamin C, iron, calcium, phosphorus and dietary fiber. It is considered a great antioxidant and helps fight aging and the control of cholesterol.



SOURSOP - Originally from the West Indies and Central America. It is rich in phosphorus, calcium, potassium, vitamins C and B complex, and helps fight intestinal worms, diarrhea and rheumatism.



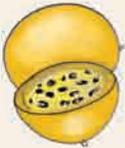
ROSE APPLE - From India. It contains calcium, phosphorus, vitamins A and C, has laxative, antibacterial and antiviral properties, and helps the kidneys and digestion.



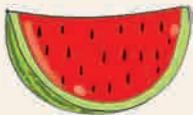
LEMON - Asian in origin, it improves the body's defense system and helps in the prevention and treatment of various diseases. It is rich in vitamins A, C and B complex, and contains minerals such as calcium, phosphorus and iron.



MANGO - Native to India, there are more than 50 varieties in Brazil. It is good for eyesight and the body's defense system, in addition to being rich in vitamins A and C. It also helps to strengthen bones and facilitates digestion, since it is rich in fiber.



PASSION FRUIT - From tropical regions, it bolsters the body's defense system, prevents diseases, acts as a natural sedative and is rich in vitamin C.



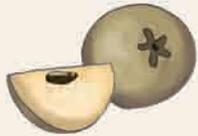
WATERMELON - It is originally from Africa, and besides being good for eyesight and helping the body's defense system, it prevents cramps and is rich in vitamins A and C and potassium.



NANCHE OR NANCE - Brazilian in origin (especially, from the Amazon), it is rich in calcium, phosphorus and vitamin C. It helps fight inflammation and is a good expectorant.



PEACH PALM - Originally from tropical forests of the Americas, it is a good source of energy, protein and good fats, contains fiber and is rich in minerals, such as calcium, iron, phosphorus and zinc, and in vitamins, such as vitamins A and B complex.



SAPODILLA - From Central America, it contains vitamins C and B complex, as well as calcium, which strengthens bones and fight infections.



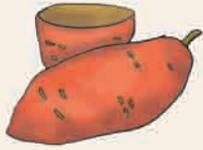
TANGERINE - Originally from China, it is also known in Portuguese as mexerica, bergamota or mimosa and by other names. The fruit is a good source of vitamin C and minerals, which are good for the heart, bones and arteries. It helps detoxify the blood and alleviate tiredness and fatigue.

Vegetables

Vegetables are rich in vitamins, minerals, fiber and water. Eat at least three servings or more daily. Find out about the origins and wealth of typical vegetables from the North and Northeast and others, which are common in the entire country:



PUMPKIN OR SQUASH - Originally from Guinea, it helps with eyesight and disease prevention, in that it contains vitamins A, C and B complex, in addition to calcium which helps strengthen the bones.



SWEET POTATO - From hot regions. Easy to grow, it is good for eyesight, since it has vitamin A and complex sugars (good) and prevents diabetes and heart disease.



CARIRU OR GREEN AMARANTH - It is an antioxidant, which contains iron, zinc and molybdenum, and helps in growth, combats aging and prevents anemia.



CARROT - From Europe and Asia, it contains high levels of beta carotene, provitamin A and vitamin B complex, which are essential for health. It also supplies calcium, sodium and potassium, and helps in recovering from physical stress.



CHICORY - From Europe, it speeds up metabolism and has a diuretic and laxative effect. It helps in the absorption of minerals, controls fat levels in the blood and contains vitamin A, calcium, phosphorus and iron.



CORIANDER - Originally from the Mediterranean coast, it contains calcium, phosphorus, iron and vitamins A and C, prevents anemia, and is good for the bones.



KALE - It contains iron, which prevents anemia, and protects against cancer and stomach diseases.



BEANS - Different varieties exist in Brazil. It is a major source of animal protein and contains iron, calcium and vitamins, especially B complex, as well as carbohydrates and fiber.

PERFECT COMBINATION: RICE AND BEANS

Common in Brazilian dishes, rice and beans are nutrient-rich foods.

They can be eaten separately, but when together, they make a perfect combination.

Rice has B vitamins, carbohydrates, calcium and iron. And beans are rich in vegetable protein, iron and vitamin B complex.



TOOTHACHE PLANT OR PARACRESS - From northern Brazil, it is rich in vitamin A and fiber. It has a positive effect on mouth and throat problems, helps with digestion and fights anemia and scurvy.



CASSAVA, YUCCA OR MANIOC - Native to Brazil, this vegetable is a source of carbohydrates, provides energy, contains B complex vitamins, calcium, phosphorus and iron, and contributes toward the formation of bones and the blood.



WEST INDIAN GHERKIN - Of African origin, it enhances the body's defense system, prevents diseases and is a good source of vitamin C and minerals, such as zinc.



CORN - American in origin, it is a grain that combats hyperthyroidism, anemia, malnutrition, hypertension, nephritis and gout, in addition to reducing cholesterol. It is rich in fiber, carbohydrates, protein and complex B vitamins.



SWEET PEPPER - Of Latin American origin, it contains calcium, phosphorus, iron and sodium. Green peppers are also a good source of vitamin C and red peppers, of vitamin A.



CHILI PEPPER - Helps heal wounds and dissolve blood clots. It is also an antioxidant, helps to lower cholesterol and prevents bleeding, in addition to releasing endorphins, which gives a feeling of well-being.



TOMATO - Originally from South America, it is rich in lycopene, an anticancer agent, and contains significant amounts of vitamins A, C and B complex, as well as folic acid, potassium and calcium.



ROSELLE - Of Asian origin, it is good for eyesight and the bones, improves the body's defense system and prevents anemia, since it contains vitamins A and C, in addition to iron and calcium. 🍃

Best practices

Let's go over some basic provisions now in regard to hygiene, which we studied in the workshops. It's possible that food may be contaminated and, with a few simple precautions, infections that cause health problems can be avoided, such as diarrhea and vomiting, as well as those that can lead to kidney problems.

How to select foods?

The first step in avoiding the consumption of contaminated foods is to choose carefully, when shopping. Following are some tips:

- **MEAT (BEEF, PORK, FISH AND POULTRY)** - They should look firm, maintain their characteristic color and odor and not have any dark or green spots.
- **EGGS** - They should not be cracked or dirty.
- **FRUITS, VEGETABLES AND GREENS** - Always fresh, preferably in season and without pesticides. Do not use them if they have a bad smell or are very ripe (yellow, withered etc.). Remove damaged or bruised items.
- **MILK AND DERIVATIVES** - They should not be curdled, with damaged or swollen packaging.



- **GRAINS AND FLOURS** - Free from moisture, insects, parasites, fungi, dirt and grime. They should be the right color.
- **ROOTS AND TUBERS** - Characteristic odor and color, without cracked peels, with the pulp intact and clean.
- **CANS** - They should not be rusted, dented or bulging.
- **JARS** - Without leaks in the caps, or foaming.
- **FROZEN FOODS** - With no signs of thawing, refreezing, softening or moisture.

Hygiene when preparing food

Useful tips for personal hygiene:

- Hair should be kept clean and tied; nails clipped; apron clean; hands thoroughly washed, without bracelets or rings; and cuts or wounds need to be protected with bandages or gloves;
- Hands and forearms should be washed well, before starting food prep;
- During preparation, do not taste the food with your hands and do not blow on your food to cool it off, as this might lead to contamination;
- Do not leave the workplace wearing your uniform.

Constantly clean workplace

- Always keep the kitchen clean. Clean equipment and utensils, stove and oven, kitchen area, sinks, washrooms and trash receptacles daily, or according to use. Clean the refrigerator, freezer, cupboards, doors and windows. Never sweep the kitchen when the floor is dry, to avoid stirring up dust. Garbage should be put in trash pails lined with a plastic bag, that close with a lid, in order not to attract bugs and animals.
- Always use clean water (filtered, chlorinated, bottled or boiled). Keep the water tank clean.

Food preparation

Step-by-step instructions for washing fruits and vegetables

With proper washing, you can avoid dirt and micro-organisms, such as bacteria and fungi. Take special care with fruits and vegetables. But remember: cans, jars and eggs also need to be washed;

- Separate any damaged leaves, vegetables or fruits, and wash each leaf one by one under running water;
- For cleaning, soak leaves, vegetables and whole fruits in chlorinated water.
- **TECHNIQUE:** Use one tablespoon of bleach (without whitening agents) for each liter of water, and leave the food immersed for 15 minutes; fully drain out the water, then cut and prepare the food for the dishes.

For thawing:

- Transfer the food from the top to the bottom part of the fridge, so that no other foods get contaminated (at least the night before preparation); or
- In case of urgency, place the food in a well sealed plastic bag and leave it in a bowl with warm water until it thaws. The package is important to avoid food contamination; or
- Place the food directly in a pot on the stove, and cook it. 🌿

TAKE CARE TO:

- Carefully sort the grains, such as rice and beans, removing stones, pieces of wood, glass or metal;
- To prevent contamination and waste, serve meals on time;
- Do not mix raw and cooked foods, and separate foods in different containers;
- Identify and seal foods with plastic wrap, or put them in containers with plastic lids.

Healthy regional recipes

Now that you know the importance of regional food, and can even plant and harvest in your backyard, it's easier to come up with your own healthy and tasty daily recipes.

And to encourage you even more, here's a selection of nutritious, mouthwatering recipes, with regional ingredients, put together by school cooks, families and community leaders who participated in the workshops of the Project for Healthy Food Eating Habits.

All simple and easy to prepare, at home or school.

However, there's one very important thing that can't be missing: prepare meals with affection, pleasure and creativity.

Let's get down to work, and have a good meal!

SOUPS AND SALTED PAP

Maranhense pap

Local Recipes for children from 6 to 24 months - Ministry of Health

INGREDIENTS

3 tablespoons meat (knuckle, rump, topside or shank - ground or chopped)

1 small unit of West Indian gherkin

1 level tablespoon green amaranth

2 small units of okra

3 tablespoons of peeled and chopped pumpkin

1 tablespoon roselle

1 teaspoon onion

1 level teaspoon garlic

1 coffee spoon oil

1 level coffee spoon salt

2 cups of water



DIRECTIONS

Separate all the ingredients and utensils that will be used. In a pressure cooker, fry the oil, onion, garlic and cubes of meat. Add salt and water. Close the pressure cooker and cook for approximately 10 minutes. Open and check to see whether the meat is already cooked. Add the green amaranth, roselle and vegetables, starting with the hardest and respecting the time interval between them, so that they are all cooked: okra, West Indian gherkin and pumpkin. Finally, mash the vegetables on a plate with a fork.

MAKES

1 dish

NUTRITIONAL IMPORTANCE

Pumpkin is rich in vitamin A, which is good for eyesight. Roselle is rich in iron, which helps prevent anemia; in vitamin C, which boosts the body's defense system and helps prevent disease; in calcium, which helps with bone formation; it's also a source of vitamin A; and rich in fiber, which helps relieve constipation. Green amaranth is rich in iron. West Indian gherkin is rich in vitamin C, which strengthens the body's defense system and helps prevent disease.

SOUPS AND SALTED PAP

Meat, vegetables and bean soup

Families and community leaders from Magalhães Barata (PA)

INGREDIENTS

½ kg meat (knuckle, rump, topside or shank - ground or chopped)

2 cassavas

2 carrots

200 g or 1 cup of beans

½ onion

1 tomato

½ sweet pepper

4 chicory leaves

1 tablespoon oil

1 teaspoon salt

2 cloves of garlic

2 cups of water and, if necessary, add more



MAKES

11 servings

NUTRITIONAL IMPORTANCE

This dish supplies energy, helps build body tissues, stimulates digestion and prevents eye and prostate diseases, hypertension and anemia.

PREPARATION

Wash the food and remove any unwanted parts. Unfreeze the meat, cut it in small pieces and set aside in a container. Cut the cassava and vegetables in small pieces. Chop the vegetables and set aside. In a pressure cooker, add the oil and vegetables, fry a little, and then add the meat, salt, beans, carrot, cassava and enough water for cooking. Cook in the pressure cooker for 10 minutes and remove from heat. Sauté the onion, tomato, sweet pepper and garlic in a saucepan and cook for another few minutes. Remove from heat and serve.

SALADS

Different salad

*Projeto Cozinha Brasil (Brazilian Cuisine Project) - SESI
Adapted by the team from the Federal University of Maranhão*

INGREDIENTS

Sufficient water to moisten the bread (approximately ½ cup)

2 pieces moistened bread

2 cups chopped tomato

1 shredded carrot

5 cooked and chopped roselle leaves

3 cooked and chopped green amaranth leaves

½ cup chopped onion

1 teaspoon oregano

2 tablespoons oil

1 teaspoon salt

1 tablespoon vinegar

2 tablespoons green onions and parsley



DIRECTIONS

In a bowl with water, moisten the bread cut into cubes, add remaining ingredients and mix well. Let sit for half an hour in the fridge, so the bread can absorb the seasonings. Serve cold.

MAKES

10 servings (2 full tablespoons)

NUTRITIONAL IMPORTANCE

It's healthy to eat salad because vegetables are rich in fiber, which relieves constipation, as well as in vitamins and minerals that help strengthen our bodies.

SALADS

Bean salad with vegetables and watermelon rind

Families and community leaders from Magalhães Barata (PA)
Adjusted by the team from the Federal University of Pará

INGREDIENTS

200 g or 1 cup of cowpea or black-eyed beans

½ large onion

½ sweet pepper

3 West Indian gherkins

1 tomato

1 garlic clove

1 level plate of watermelon rinds

1 teaspoon salt

1 kale leaf

½ carrot

1 small piece of cassava

½ bunch of cariru (waterleaf)



MAKES

10 servings

NUTRITIONAL IMPORTANCE

Well-balanced dish, excellent source of energy, prevents anemia and eye diseases, and reduces the risks of diseases such as diabetes and cardiovascular diseases. Watermelon rind, besides helping to reduce waste, is rich in minerals, such as calcium, magnesium, and fiber, and helps strengthen the bones and proper functioning of the intestine.

DIRECTIONS

Wash the food and remove any unwanted parts. Cook the beans in a pressure cooker for about 10 minutes. Release the pressure and set aside the beans. Chop the onion, tomato, sweet pepper, cariru, garlic and kale. Fry them and add the beans and salt. Leave in the refrigerator to cool. Cut the carrot, cassava and West Indian gherkin into smaller pieces, chop the watermelon rinds and cook them until they are soft. Cool the vegetables in the refrigerator. When cold, mix them with the beans, season to taste and serve the salad.

SIDE DISHES

Rice with cuxá

*Diracy Nunes Bandeira, Maria Ivoneide V. S. Sousa, Sandra Pacheco Pereira, Maria Suely, Cinde Noame C. L. Almeida
Sítio Novo do Tocantins (TO)*

INGREDIENTS

2 cups rice

2 tablespoons oil

2 tablespoons chopped onion

3 tablespoons chopped tomato

2 tablespoons green pepper

1 cup chopped roselle

3 tablespoons green onions and parsley

1 level teaspoon salt

1 garlic clove



DIRECTIONS

In a pot, heat the oil and sauté the garlic, onion, tomato and sweet pepper. Add chopped roselle and salt and fry. Then, add rice and green onions and parsley and stir a little more. Pour in the water and cook until ready. Serve right away.

MAKES

5 servings

HEALTH TIP OR IMPORTANCE

Roselle is an excellent source of iron and rich in fiber. It is low in calories, constitutes an important food item in weight loss diets and promotes good intestinal movement.

APPLICATION

It can be included in the school and family menu.

SIDE DISHES

Enriched rice

*Francisca da Conceição Oliveira, Maria Linalva da Silva Abreu
Praia Norte (TO)*

INGREDIENTS

2 cups rice

chopped peels of 4 lady finger bananas

2 kale leaves with stem

1 medium grated carrot

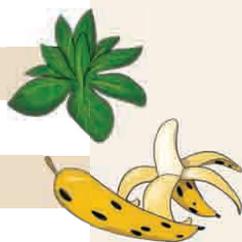
2 cloves of crushed garlic

2 tablespoons chopped onion

2 tablespoons chopped green onions and parsley

2 tablespoons oil

1 level teaspoon salt



DIRECTIONS

In a pot, heat the oil and sauté the garlic and onion, until browned. Add kale, carrot and banana peel. Add rice, green onions and parsley and salt and fry. Add water until covered and cook. Serve afterwards.

MAKES

5 servings

HEALTH TIP OR IMPORTANCE

Banana peel is rich in potassium. Kale is a vegetable rich in calcium, phosphorus and iron. Besides all these minerals that are important for bones, teeth and blood, its leaves also contain vitamins A, B and C, excellent for treating diseases and improving eyesight, skin and the digestive and nervous systems. Furthermore, it is a natural laxative, due to the quantity of fiber it contains.

APPLICATION

It can be included in the school and family menu.

SIDE DISHES

Baião for two with pumpkin

*Lidia Pereira de Freitas, Maria Pereira de Sousa e Sousa, Maria Sinobre Coelho Costa, Soilene Diedrich Nascimento, Maria Undina da Silva Sousa
Carrasco Bonito (TO)*

INGREDIENTS

4 cups rice

2 cups beans

2 small slices of pumpkin or squash

4 tablespoons oil

1 clove of chopped garlic

1 cup chopped onion

½ cup soybean oil

1 tablespoon chopped green onions and parsley

1 chopped sweet pepper

1 chopped tomato

1 level teaspoon salt



DIRECTIONS

Wash the green onions and parsley, sweet pepper, tomato, beans, rice and pumpkin. Cook the beans, fry the condiments in oil, along with the grated pumpkin, beans and rice, and cook for 30 minutes.

MAKES

15 servings

HEALTH TIP OR IMPORTANCE

Pumpkin, which has high nutritional value, contains lots of vitamin A, essential for eyesight, keeps skin and mucous membranes healthy, prevents infections and also contributes toward growth.

APPLICATION

It can be included in the school and family menu.

SIDE DISHES

Banana peel farofa

*Maria Deuza Damasceno de Sousa and Rosenilda Rodrigues de Sousa Santos
Sítio Novo do Tocantins (TO)*

INGREDIENTS

chopped peels of 4 lady finger bananas

4 cups sifted manioc flour

1 cup chopped onion

2 cloves of crushed garlic

1 peeled and pressed sweet pepper

1 peeled tomato

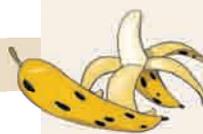
1 tablespoon chopped green onions and parsley

1 tablespoon chili pepper (pimenta-de-cheiro)

½ cup soybean oil

1 tablespoon annatto

1 level teaspoon salt



DIRECTIONS

Place a medium-sized pot on the stove, with oil, and heat. Add the banana peel and let brown, stirring constantly. Lower the heat and add the onions, garlic and let fry. Add the sweet pepper, tomato, chili pepper and annatto. Last, add the flour, green onions and parsley and salt. Stir and serve.

MAKES

10 servings

HEALTH TIP OR IMPORTANCE

A banana peel has 0.9 g potassium, twice of that found in the pulp of the fruit, which is 0.4 g. Potassium deficiency causes weakness, mental disorientation and muscle fatigue.

APPLICATION

It can be included in the school and family menu. The soybean oil can be replaced with babassu oil. The banana can be eaten at the meal.

SIDE DISHES

Cashew meat pie

Dough: Maria da Cruz – Urbano Santos (MA)

Filling: Projeto Cozinha Brasil - Adjusted by the team from the Federal University of Maranhão

INGREDIENTS

DOUGH

3 eggs

13 tablespoons wheat flour

1½ cups milk

1 teaspoon yeast

a little under ½ cup oil

1 level teaspoon salt

FILLING

10 cashew nuts

3 tablespoons oil

1 cup tomato

½ cup grated onion

½ cup sweet pepper

1 garlic clove

1 level teaspoon salt



DIRECTIONS

PREPARATION OF THE DOUGH: beat all the ingredients in the blender. Last, add the yeast.

PREPARATION OF THE FILLING: put the cashews in a pot and cook, until brought to a boil. After boiling, remove the cashews and beat in the blender. Strain and separate the cashew husks. Put the oil, cashew husks and salt in a pot. Fry for approximately 15 minutes, until browned. Add tomato and cook for a few more minutes. Last, add the onion, garlic and sweet pepper. Cook until the fiber is soft and browned. Grease a rectangular tray with margarine and sprinkle some flour. Fill with dough and carefully spread the filling on top of the dough. Bake in a preheated oven, for approximately 40 minutes.

MAKES

6 servings

NUTRITIONAL IMPORTANCE

Cashews are rich in vitamin C, which boosts the body's defense system and helps prevent disease.

TIP

Cashew meat can be used as a pie filling and other recipes.

MAIN DISHES

Local shrimp with West Indian gherkin and pumpkin puree

Families and community leaders from São Domingos do Capim (PA)

INGREDIENTS

- 200 g local shrimp
- ½ chopped onion
- 7 chopped West Indian gherkins
- ½ chopped tomato
- 5 chopped chili peppers
- 1 tablespoon oil
- 1 coffee spoon salt
- ½ bunch of coriander
- ½ bunch of scallions
- ½ bunch of chicory
- 3 lemons
- 1 clove of garlic
- ½ small pumpkin
- 1 tablespoon margarine
- 1 tablespoon powder milk or ½ cup of liquid milk



MAKES

5 servings

NUTRITIONAL IMPORTANCE

Well-balanced dish. Shrimp is rich in proteins; West Indian gherkin, chicory, tomato and pumpkin are rich in vitamins and minerals, which are important to strengthen the body's defense system, eyes, skin, bones and muscles. Additionally, it contains fibers that help the proper functioning of the intestines.

TIP

Shrimp should be eaten in moderation to avoid increasing the cholesterol level and the risk of heart problems. Its consumption with West Indian gherkin and pumpkin helps reduce cholesterol.

DIRECTIONS

Wash the food and remove any unwanted parts. Wash the shrimp well to reduce the salt content, squeeze the juice from the lemons and sprinkle the shrimp with the juice. Set aside. Place the small pumpkin pieces in a pot and cook with a little salt. Once cooked, mash the pieces with a fork, add milk and margarine and mix until pureed. Set aside. Cut the tomato, onion, chili pepper and West Indian gherkin and pepper, mash the garlic and sauté them in oil, adding the shrimp. Chop the coriander, green onions and parsley, scallions and chicory and add to the sautéed shrimp. Serve the shrimp with the puree.

MAIN DISHES

Chicken stew with vegetables

Families and community leaders from Maracanã (PA)

INGREDIENTS

1 chicken breast
1 lemon
1 carrot
1 medium piece of cassava
½ sweet pepper
2 kale leaves
½ onion
½ tomato
3 cloves of garlic
1 tablespoon oil
1 level teaspoon salt
½ chayote with peel
2 chicory leaves
Annatto and chili peppers to taste



DIRECTIONS

Rinse the chicken with lemon and cut in pieces. Cut the greens and vegetables. Sauté the spices (garlic, onion, tomato, sweet pepper, chili pepper, oil and annatto), add the chicken and salt and let it fry a little. Add ½ cup of water, cover and cook for 5 minutes. Add the cassava and the other green vegetables. Add another ½ cup of water and cook for about 15 to 20 minutes.

MAKES

5 servings

NUTRITIONAL IMPORTANCE

Well-balanced dish, in that it contains foods rich in protein, carbohydrates, vitamins and minerals. It assists in the formation of tissues and with digestion, and prevents eye and prostate diseases, anemia, and cardiovascular diseases. It's a source of calcium and prevents aging.

MAIN DISHES

Omelet with vegetables

Team from the Federal University of Maranhão

INGREDIENTS

4 eggs

1 level teaspoon salt

1 cup finely chopped vegetables (green amaranth, roselle and green onions and parsley)

1 medium tomato cut in cubes

1 medium onion cut in cubes

2 tablespoons oil



DIRECTIONS

Beat the eggs with salt; mix with the vegetables and tomato and onion cubes. Heat the oil in a saucepan and fry the omelet, first on one side, and then the other. Remove the omelet from the saucepan, cut in half and serve.

MAKES

6 servings (average piece is two-fingers thick)

NUTRITIONAL IMPORTANCE

The vegetables are rich in fibers that help alleviate constipation, and the dark green vegetables (roselle and green amaranth) are rich in iron that helps prevent anemia.

APPLICATION

Family

MAIN DISHES

Salted fish with *farofa* with stalks and topped with banana

Families and community leaders from São Domingos do Capim (PA)
Adjusted by the team from the Federal University of Pará

INGREDIENTS

300 g salted fish
½ onion
½ tomato
2 lemons
5 chili peppers
2 tablespoons oil
1 bunch of coriander
1 bunch of green onions
1 bunch of chicory
½ bunch of cariru (waterleaf)
3 cloves of garlic
200 g fine flour
3 bananas
vegetable stalks to taste (green onions and parsley, green onions, chicory, and cariru)



DIRECTIONS

Cut the fish into small pieces, put them in a recipient with water (enough to cover them) and let soak for about 20 minutes. Drain the water and rinse the fish with lemon, to complete the desalting. Shred the fish. Chop all the seasonings and sauté them using a spoonful of oil. Add the shredded fish and, when well-cooked, set aside. Chop the stalks, boil them for 5 minutes and sauté them in a tablespoon of oil. Add flour and mix. Set aside. Cut the bananas in fine slices. In a pan, put one layer of fish and one of *farofa*. Cover with slices of bananas and bake in a preheated oven for about 5 minutes.

MAKES

8 servings

NUTRITIONAL IMPORTANCE

Fish is high in protein, which is important for the body's growth and development. The other ingredients make the dish rich in minerals, vitamins and dietary fiber, due to the stalks.

MAIN DISHES

Ground beef with vegetables

School cooks from Pará

Adjusted by the team from the Federal University of Pará

INGREDIENTS

3 tablespoons meat (knuckle, rump, topside or shank - ground or chopped)

1 medium peeled cassava

1 small carrot

1 teaspoon chopped onion

1 teaspoon chopped tomato

3 tablespoons cooked beans

garlic to taste

1 coffee spoon salt

1 coffee spoon oil

1 tablespoon coriander

1 coffee spoon annatto

2½ cups of water



MAKES

5 servings

NUTRITIONAL IMPORTANCE:

Nutritionally complete, since it contains meat, which is rich in protein, and thus good for the growth and development; in carbohydrates, such as cassava and beans, which provide energy; and in vitamins from the other ingredients, such as carrots and tomatoes, which are rich in vitamin A, calcium, iron and phosphorus.

DIRECTIONS

Put the oil, onion and garlic in the pot and sauté. Add the minced or ground beef, salt, cassava and carrot, cut into small pieces. Pour 2½ cups of water, cover the pot and cook for 20 minutes. Next, add the tomato, coriander, annatto and beans, cook for another 5 minutes, and then it's ready.

MAIN DISHES

Pumpkin puree with cassava and shredded chicken

School cooks from Pará

INGREDIENTS

2 cooked and shredded chicken breasts

1 medium pumpkin

½ kg cassava

1 bunch of coriander

2 tomatoes

1 coffee spoon salt



DIRECTIONS

Wash the food, remove any unwanted parts, chop the green onions and parsley, peel and cut the cassava and pumpkin in small pieces. Put the cut pieces of cassava and pumpkin in a pot, and cook in water with salt, until they are soft. Afterwards, remove from heat and mash them with a fork. Prepare the chicken and cook until it is ready. Shred the chicken breasts and set aside. Chop the onion, tomato and green onions and parsley, sauté the chopped onion with a little oil, add the shredded chicken and fry until browned. Add water, tomato and green onions and parsley, and cook a little. In an oven proof dish, place layers of puree and chicken. If you like, you can decorate the puree with other ingredients.

MAKES

10 servings

NUTRITIONAL IMPORTANCE

It is a complete meal that contains all the necessary nutrients for the proper growth. It has meat, which helps build body tissue, and carbohydrates from the cassava and pumpkin, which supplies energy, in addition to vitamins and minerals.

TIP

The chicken can be replaced with ground beef, jerked beef or fish.

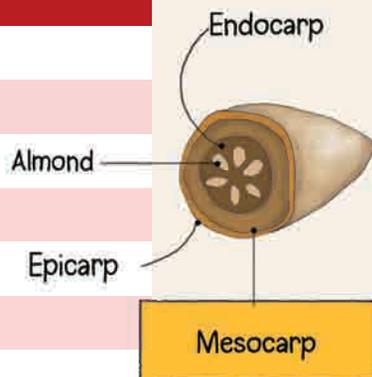
SWEETS

Babassu mesocarp cake

Coconut Breakers Association
Canto Ferreira / Chapadinha (MA)

INGREDIENTS

1½ cup babassu mesocarp flour
1 cup wheat flour
2 cups milk
1 cup sugar
100 g shredded coconut
1 tablespoon yeast
3 whole eggs
3 tablespoons margarine



DIRECTIONS

Put the babassu mesocarp, flour and sugar in a bowl and mix. In another bowl, put the butter, eggs and coconut, and mix until it becomes a cream. Combine with the babassu mesocarp mixture. Continue stirring and adding milk, and last, add yeast. Place in a greased pan and bake in the oven at medium heat for 35 minutes.

REGARDING BABASSU MESOCARP: babassu mesocarp is the substance gathered between the epicarp and the endocarp of the babassu nut. Flour is obtained from the mesocarp, which is sold throughout Maranhão, and produced by drying and grinding the mesocarp. The mesocarp, transformed into powder, is sifted, moistened and then toasted on high heat (BALICK, 1988).

MAKES

15 servings (average piece is two-fingers thick)

NUTRITIONAL IMPORTANCE

Babassu mesocarp flour is rich in fiber that helps relieve constipation.

APPLICATION

Family

SWEETS

Buriti jam

*Luiza do Nascimento Ferreira and Maria Ivanilda de Sousa da Silva
Chapadinha (MA)*

INGREDIENTS

1 kg buriti pulp

1 kg sugar

½ cup of water



DIRECTIONS

Remove the pulp (select a very ripe buriti) and strain it. Put the pulp in a pot, add water and sugar, and cook on low heat, for about an hour. Stir continually until it comes off the bottom of the pot and is browned.

WASHING OF JARS: The jars in which the jam will be stored must be very clean. There are some important steps to follow so that the jam can last for a longer period of time. These steps include: wash the jars with soap and water; put the jars in a pot of water and boil for 15 minutes; dry the jars upside down on a clean cloth (do not use a dish cloth to dry the jars, but let them air dry).

FOR STORING THE JAM: Once the jam is ready, do the following so that it will be preserved longer: put the jam in an already-washed jar; remove the remaining air bubbles in the jar, with the help of a knife, and close it. Place the jar in a pot of water; boil for 10 minutes and turn off the heat.

SHELF LIFE: When sealed, up to three months outside the fridge; once opened: up to 1 month stored in the fridge.

MAKES

3 large jars of jam

NUTRITIONAL IMPORTANCE

Buriti is a fruit of high nutritional value, with one of the highest sources of vitamin A (good for eyesight) found in nature. It is rich in vitamin C, which boosts the body's defense system and helps prevent disease; in calcium, which helps with bone formation; in iron, which helps prevent anemia; and in fiber, which alleviates constipation.

APPLICATION

Family

TIP

You can add shredded coconut and cloves.

SWEETS

Mango jam

Recipe suggested by nutritionists from the Federal University of Pará

INGREDIENTS

1 kg mango pulp (approximately 4-5 Tommy Atkins or pink mangoes)

Juice from 1 lime

4 cups sugar



DIRECTIONS

Put the ingredients in a pot, mix and cook for 10 minutes, stirring occasionally. Remove from heat and beat in blender. Return to heat and cook in a covered pot, stirring occasionally to prevent the mixture from sticking to the bottom, until it becomes a jam. To test, place a teaspoon of jam in the center of a plate and turn it: if the jam doesn't drip, it means it's ready. The jam acquires more consistency as it cools.

TIP: You can use any seasonal fruit (papaya, guava, rose apple, passion fruit, etc.), adjusting the cooking time and amount of sugar (the more water the fruit contains, the longer the cooking time, and the sweeter the fruit, less the amount of sugar). It is a good recipe for avoiding waste, plus it can generate income. The jar must be properly sterilized, so that the jam can last six months (without being opened). In order to better preserve the product and maximize shelf life, it should be stored in jars that have been properly sterilized in hot water. Once opened, it should be kept in the refrigerator and consumed within a short period of time.

HERE'S ANOTHER TIP: After filling the jar with jam, heat in a double-boiler for 5 minutes. This will help seal the jar and preserve the jam for a longer period of time outside the fridge.

MAKES

1 500 gram jar

NUTRITIONAL IMPORTANCE

Mangoes are rich in nutritional properties, such as: plenty of fiber, which aids in digestion, in addition to being a fruit rich in minerals, especially potassium, which helps strengthen the immune system and prevent cramps and hypertension.

APPLICATION

Family

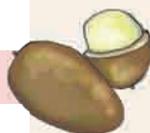
SWEETS

Cupuacu mousse

Jane Yarla Martins
Sítio Novo do Tocantins (TO)
Adjusted by the Federal University of Pará

INGREDIENTS

1 can condensed milk
1 can cream (without whey)
same amount of cupuacu
same amount of milk



DIRECTIONS

Beat all the ingredients in the blender. Place on a platter and chill for 4 hours in the refrigerator before serving.

ADJUSTMENTS: it can be made with any seasonal fruit (mango, passion fruit, bacuri, etc.), using the same base. It is recommended, if possible, to use skim versions of both the milk and its derivatives.

MAKES

10 servings

NUTRITIONAL IMPORTANCE

Since it contains milk and its derivatives, it is a recipe rich in calcium and animal protein, and enhanced by the nutritional qualities of the fruit. Due to the cupuacu, this recipe contains vitamin C, calcium, phosphorus and dietary fiber, and also helps reduce cholesterol.

APPLICATION

Family

BREAD

Homemade bread with roselle

Maria dos Milagres Cardoso Costa

Milagres do Maranhão (MA)

Adjusted by the team from the Federal University of Maranhão

INGREDIENTS

3 roselle leaves

1 cup (American) milk

3 eggs

2 tablespoons margarine

2 tablespoons oil

5 tablespoons sugar

1 teaspoon salt

4 cups flour

1 tablespoon yeast

½ cup shredded coconut



DIRECTIONS

Beat the roselle, milk, eggs, margarine, oil, sugar and salt in the blender. Pour the mixture into a bowl and add the flour, yeast and coconut, stirring quickly until smooth. Pour into a tray (only greased) and let sit 45 minutes. Bake at medium temperature for around 20 minutes.

MAKES

20 servings (average piece is two-fingers thick)

NUTRITIONAL IMPORTANCE

Roselle is rich in fiber, which helps relieve constipation; in iron, which helps prevent anemia; in vitamin C, which boosts the body's defense system and helps prevent disease; in calcium, which helps in bone formation; and is a source of vitamin A, which is good for eyesight.

APPLICATION

Family

JUICES

Garden juice

Projeto Cozinha Brasil (Brazilian Cuisine Project) – SESI

INGREDIENTS

2 teaspoons kale

1 liter of water

1 cup passion fruit pulp

1 cup sugar

½ cup lemon juice



DIRECTIONS

Wash the kale leaves well, chop and put them in the blender and beat with water and lemon juice. Add the passion fruit pulp and beat quickly. Strain and combine the other ingredients. Serve well chilled.

MAKES

5 servings (250 ml glass)

NUTRITIONAL IMPORTANCE

Passion fruit, lemon and collard greens are rich in vitamin C, which boosts the body's defense system and helps prevent disease.

TIPS

You can replace the passion fruit with 2 cups of acerola and the kale with ½ cup of green amaranth. It's also possible to add ginger, instead of passion fruit.

JUICES

Lime, kale and ginger juice

Prepared by the families from Magalhães Barata (PA)

INGREDIENTS

1½ Tahiti limes (or your choice)

2 slices of ginger

1 kale leaf

4 tablespoons sugar

1 liter of water



DIRECTIONS

Peel the lime, wash and cut the kale and beat in the blender with ginger, sugar and water. Strain, if necessary.

MAKES

1 liter of juice

NUTRITIONAL IMPORTANCE

Juice that is rich in vitamin C (from the lime); vitamins A1 (retinol) and B2 (riboflavin), and minerals, such as calcium, potassium and iron (from the kale); in oils with decongestant and anti-inflammatory properties (from the ginger).

References

BALICK, M. J. As palmeiras economicamente importantes do Maranhão. In: Prance, G.T. Manual de botânica econômica do Maranhão. São Luís, MA. Gráfica Universitária da Universidade Federal do Maranhão, 1988.

BRAZIL. Conselho Nacional de Segurança Alimentar e Nutricional (CONSEA). **Lei de Segurança Alimentar e Nutricional** (Food and Nutrition Security Law) – Conceitos, Law No. 11346, of September 15, 2006, Brasília. Available at: http://www.planalto.gov.br/ccivil_03/_ato2004-2006/2006/lei/111346.htm

_____. Ministério da Saúde. Secretaria de Atenção à Saúde. Coordenação Geral da Política de Alimentação e Nutrição. **Dez Passos da Alimentação Saudável: para crianças brasileiras menores de dois anos**, Brasília- DF, 2010. Poster. Available at: <http://nutricao.saude.gov.br/publicacoes.php>

_____. Ministério da Saúde. Secretaria de Atenção à Saúde. Coordenação Geral da Política de Alimentação e Nutrição. **Dez Passos para a Promoção da Alimentação Saudável nas Escolas**, Brasília- DF. Poster. Available at: <http://189.28.128.100/nutricao/docs/geral/dezPassosPasEscolas.pdf>

_____. Ministério da Saúde. Secretaria de Atenção à Saúde. Coordenação Geral da Política de Alimentação e Nutrição. **Guia Alimentar para a População Brasileira: promovendo a alimentação saudável**. Brasília: Ministério da Saúde, 2006. Available at: http://189.28.128.100/nutricao/docs/geral/guia_alimentar_conteudo.pdf

_____. Ministério da Saúde. Secretaria Executiva. Secretaria de Atenção à Saúde. **Glossário temático: Alimentação e Nutrição**. Brasília: Editora do Ministério da Saúde, 2008. Available at: http://bvsmis.saude.gov.br/bvs/publicacoes/glossario_alimenta.pdf

CECANE Paraná, UFPR, FNDE e Ministério da Educação. **Manual da Merendeira**. Curitiba, 2010. Available at: http://www.rebrae.com.br/banco_arquivos/arquivos/cecanes/manual_merendeira_pr.pdf.

Fundação Roberto Marinho. Educação à Mesa – Comer é um direito humano – Caderno de capacitação 01. Rio de Janeiro, RJ, 2004. 36p.

Fundação Konrad Adenauer. **Projeto Agricultura Familiar, Agroecologia e Mercado**. Cartilha Número 3. Agroecologia, garantindo a Segurança Alimentar. Fortaleza, 2009.

Lima, Claudia. **Tachos e Painéis: Historiografia da Alimentação Brasileira**. Recife: Ed. da Autora, 1999.

SESI. Cozinha Brasil

Web sites consulted and recommended:

- Handbook on “Controle Social na Alimentação Escolar” (Social Control regarding School Meals). Available at: www.institutokairos.org
- How to donate milk. Visit: www.redeblh.fiocruz.br/cgi/cgilua.exe/sys/start.htm?tpl=home
- To find out who is part of the CAE (School Meal Council) in your region: www.fnde.gov.br/pnaeweb/publico/consultaEspelhoCae.do
- Programs for TV and radio from the series “Educação à Mesa” (“Education at the Table”). Visit: <http://www.educacaoamesa.org.br/main.asp?>
- Publications and spots on food education. Available at:
 - <http://portalsaude.saude.gov.br/portalsaude/>;
 - <http://nutricao.saude.gov.br/publicacoes.php>; and
 - <http://www.blog.saude.gov.br/tag/programa-saude-na-escola/>
- About healthy food. Available at:
 - <http://www.portalsaofrancisco.com.br/> and
 - http://pt.wikipedia.org/wiki/Alimenta%C3%A7%C3%A3o_saud%C3%A1vel

Acknowledgements

The Project for Healthy Food Habits in the North and Northeast was developed with the sponsorship of Save the Children Italy and the institutional support of the Ministry of Health, as well as the State Health Departments of Maranhão, Pará and Tocantins, especially the Food and Nutrition Coordination and the Food and Nutrition Security Council (CONSEA) in the states, to whom, we are deeply thankful.

We also thank to all administrators of the 10 municipalities and the teams assigned to follow the actions. To the Municipal Education Departments, which enabled the participation of the general cooks, school cooks, besides making available the schools for the realization of workshops. To the Municipal Health Departments, which made available the information and had the role of involving and allowing the participation of the health community agents. To the Municipal Social Assistance Departments, which collaborated assisting in mobilizing the families and granting spaces for the workshops.

Our thanks to the civil society, which had a relevant role in the Project, mobilizing the families, participating in the workshops and granting spaces for the training sessions. Particularly, to the partners of Children's Pastoral, Coconut Breakers Association and the Rural Workers Union.

The role of the Federal Universities of Maranhão, Pará and Tocantins in the development of local actions was fundamental for accomplishing the actions and reaching results, including the revision of the recipes presented in this handbook.

Our sincere thanks to:

FEDERAL UNIVERSITY OF MARANHÃO

Professor Master Deysianne Costa das Chagas – professor in charge

Denisy Pinto Lima – Academic in Nutrition

Marcos Thadeu Everton Macedo – Academic in Nutrition

FEDERAL UNIVERSITY OF PARÁ

Professor Master Ana Paula Pereira – professor in charge

Professor Master Rosilene Costa Reis – professor in charge

Layna Monteiro de Lima – Academic in Nutrition

Rafaela Ramos – Academic in Nutrition

FEDERAL UNIVERSITY OF TOCANTINS

Professor Mestre Clemilson Antonio da Silva – professor in charge

Hayla Sousa – Academic in Nutrition

Natália Rodrigues – Academic in Nutrition

Rafayanny Silva – Academic in Nutrition



Save the Children

SÃO PAULO OFFICE

Av. Santo Amaro, 1386 • 1º andar
Vila Nova Conceição • 04506-001 • São Paulo/SP
55 11 3848-8799

PERNAMBUCO OFFICE

Ernesto Paula Santos Street, 1260 • 4º andar
Boa Viagem • 51021-330 • Recife/PE
55 81 3033-1282

www.fundabrinq.org.br

