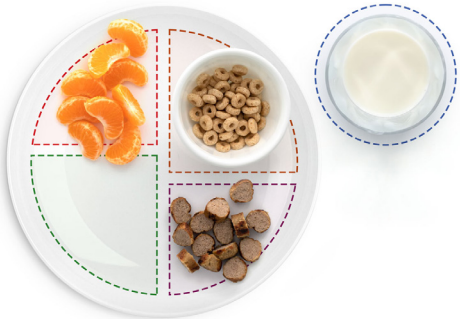
WIC New Jersey

Ide Manje ak Ti Goute pou Timoun Piti (1-3 An)

Bon abitid alimantè enpòtan nan tout laj. Eseye ofri yon varyete fwi, legim, grenn antye, manje ki gen pwoteyin ak pwodui ki gen lèt(oswa altènativ pwodui ki gen lèt ranfòse). Konsantre sou manje ak bwason ki rich nan eleman nitritif pandan w ap limite sik ajoute, sodyòm ak grès satire. Pataje repa an fanmi epi enplike timoun yo nan preparasyon manje fè lè manje a pi agreyab! Vizite **MyPlate** pou plis konsèy sou manje ki bon pou sante pou timoun ki nan lekòl matènèl.

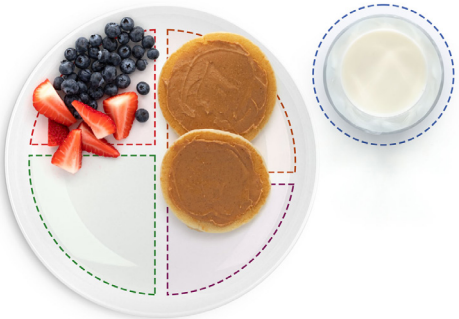
Ide pou Manje maten

Sosis kodenn, mandarin, ak sereyal



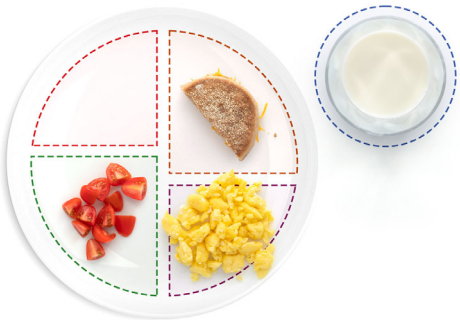
- 1 ti mandarin, kale
- ¼ tas sereyal avwàn griye
- 2 sosis kodenn, kwit epi koupe an ti moso
- ½ tas lèt

Ti krèp ak Manba, Mitiy ak Frèz Koupe



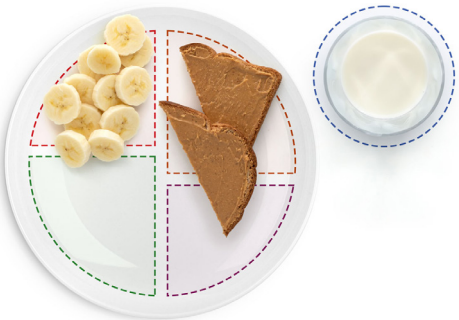
- ¼ tas frèz, koupe an kat ¼ tas mitiy
- 2 ti krèp
- 1 Gwo kiyè manba, vide oswa etale mens sou krèp yo
- ½ tas lèt

Mòfin Anglè Ble Antye ak Fwomaj, Ze Mikse epi Tomat



- 3 tomat rezen, koupe an kat
- ½ ble antye ti gato Anlè, ki griye epi mete an sanndwich ak 1 Gwo kiyè fwomaj cheddar graje
- 1 ze, mikse
- ½ tas lèt

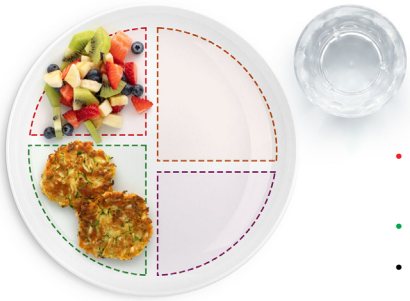
Pen griye ble antye ak manba epi bannann



- ½ bannann, koupe an tranch
- 1 tranch pen ble antye, griye
- 1 gwo kiyè manba, etale mens sou pen griye a
- ½ tas lèt

Ide pou Manje midi

Kokiyòl Konkonm ak fwi koupe an kib



- ½ tas fwi koupe an kib
- Kokiyòl Konkonm
- Dlo!

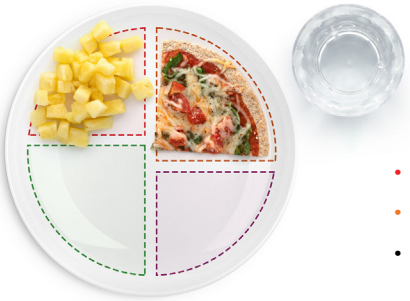
Engredyan Pou Kokiyòl Konkonm

- 1 gwo konkonm, graje
- ¼ tas fwomaj ra che(Ameriken, Cheddar, Mozzarella oubyen yon melanj)
- 1 ze
- ¼ tas ti moso pen
- 2 Gwo kiyè fwomaj Parmesan
- Pwav nwa ak poud lay
- Sprey pou kwit manje oswa lwil oliv

Enstriksyon Pou Kokiyòl Konkonm

Rape konkonm nan epi peze konkonm nan nan sèvyèt papye pou retire dlo anplis la. Melanje tout engredyan yo, eksepte lwil oliv, nan yon bòl epi brase byen brase. Fòme yon gwo kiyè plen ak melanj lan an 8 galèt. Chofe lwil oliv nan yon chodyè sou chalè medyòm. Yon fwa yo chofe, ajoute galèt yo epi kwit jiskaske yo vin mawon dore, apeprè 3 a 4 minit pou chak bò. Sèvi

Pitza Tomat ak Epina epi anana



- ½ tas anana koupe
- Pidza 1 moso Tomat ak Epina
- Dlo!

Engredyan Pou Pidza Tomat ak Epina

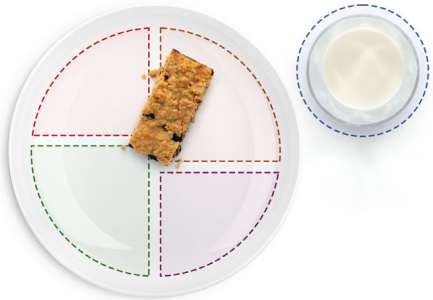
- 1 tòtiya ble antye
- ¼ tas sòs tomat
- 5 a 6 tomat wouj seriz, koupe an mwatye
- ¼ tas epina, rache
- ½ tas fwomaj mozzarella, rache
- ½ tas fwomaj parmesan
- Origàn ak poud lay pou asezonnen

Enstriksyon Pou Pidza Tomat ak Epina

Flite chodyè a ak sprey pou kwit manje epi chofe sou dife tou piti. Lè li cho, mete yon tòtiya ble antye nan chodyè a epi etale 2 gwo kiyè sòs tomat oswa sòs marinara sou tòtiya a. Mete fwomaj rache, epina rache ak tomat koupe sou tèt tòtiya a. Poudre l ak bazilik, poud zonyon ak poud lay sou li epi kouvri. Kite l kwit pou anviwon 1 minit, oubyen jiskaske fwomaj la fonn. Tòtiya a ta dwe sèk, men san boule. Retire li nan chodyè a pou l frèt. Tranche epi sèvi.

Ide pou Ti goute

Mitiy ak Ba Farin Avwàn Kawòt



- 1 Mitiy ak Baton Kawòt Avwàn
- ½ tas lèt

Engredyan Pou Mitiy ak Baton Kawòt Avwàn Fasil

- ¾ tas farin avwàn rapid oswa enstantane
- ½ tas farin
- ½ ti kiyè bikabonat
- ½ ti kiyè kannèl
- ¼ ti kiyè sèl
- ¼ tas lwil kokoye oswa bè fonn (fonn li epi kite l frèt pou yon minit pou li pa ponpe chalè lè w ajoute l nan pat la)
- ¼ tas manba san sik (oswa yon fanmi manba)
- ¼ tas siwo erab oswa siwo myèl (evite siwo myèl pou timoun ki poko gen 1 an)
- ½ tas kawòt graje
- ½ tas mitiy (koupe gwo yo an mwatye)
- 1 ze (si ou vle): ajoute pou fè ba yo plis tankou gato pase olye tankou sèk

Enstriksyon Pou Baton Mitiy ak Kawòt Avwàn

Chofe fou a a 375 degre Farennay. Kouvri yon mwazi 8×8 pous ak papye pachemen pou li depase sou de bò (sa ap fè li pi fasil pou retire ba yo yon fwa yo fin kwit epi yo frèt). Melanje tout engredyan yo nan yon bòl mwayen eksepte mitiy yo. (Ajoute ze a si w ap itilize l.) Brase mitiy yo dousman. Peze nan chodyè a pou pat la vin menm jan epi peze rive nan bò yo. Kwit pandan 24-26 minit oswa jiskaske bò yo vin yon ti jan mawon dore epi yo pran. Kite l frèt nèt. Koupe an ba epi sèvi oubyen sere.

Po Pouri Bannann, Zoranj, Anana

Engredyan Pou Po Pouri Bannann, Zoranj, Anana

- 2 tas bannann mi koupe (anviwon 3 bannann)
- ½ tas anana fre kale koupe
- 4 moso zoranj kale
- 1 tas yogout senp
- 1 tas glas

Enstriksyon Pou Po Pouri Bannann, Zoranj, Anana

Melanje engredyan yo nan machin manje tibebe, wobo manje oswa blenndè. Blennde jiskaske li lis; pi bon lè l sèvi frèt.

Po Pouri Frèz

Engredyan Pou Po Pouri Frèz

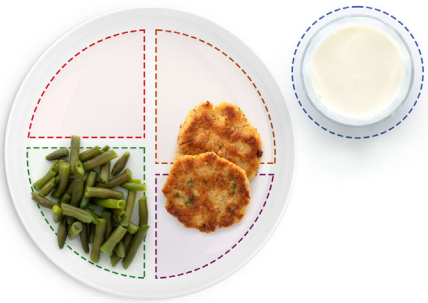
- 2 tas fwi ki konjele (frèz ak bannann mache byen)
- 1/3 tas lèt, yogout natirèl oswa ji zoranj
- 5 kib glas

Enstriksyon Pou Po Pouri Frèz

Mete fwi ki konjele yo nan yon blenndè. Ajoute ji zoranj lan, lèt la oswa yogout natirèl la. Ajoute kib glas. Melanje jiskaske li lis. Eseye ak lòt fwi oubyen ji fwi 100%.

Ide pou Manje Aswè

Bègè Ton (oswa Somon) ak pwa vèt



- ½ tas pwa kuit, chou oswa pwa vèt
- Bègè Ton (oswa Somon)
- 1 tas lèt

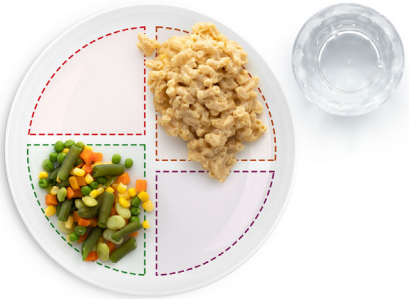
Engredyan Pou Bègè Ton (oswa Somon)

- 2 bwat ton (6,5 oz) OSWA 1 bwat somon, san dlo epi koupe an flokon
- 1 pòmdetè bouyi, kale epi kraze
- 2 zonyon vèt, koupe an ti moso fen
- 1 ti kiyè pèsi sèk
- ½ ti kiyè tim sèch
- Yon ti kras sèl ak pwav (pou gou)
- 1 tas ti kal pen (oswa ti kal biskwit oswa farin avwàn enstantane)
- Ji sitwon (pou wouze)
- Si ou vle: ½ ti kiyè piman kayèn sèch, 1-2 branch anèt (byen koupe) OSWA konfiti dous, tranch sitwon fre oswa tomat (pou dekorasyon)

Enstriksyon Pou Bègè Ton (oswa Somon)

Nan yon gwo bòl, ajoute pwason an, pòmdetè kraze a, zonyon yo, pèsi a, anèt la, tim lan, piman kayèn lan, sèl la ak pwav la. Brase tout bagay ansanm, goute melanj lan epi ajoute epis jan ou vle. Bay melanj lan fòm ti pate. Vide ti kal pen yo sou yon plat; tranpe chak fòm ti pate nan ti kal pen an. Chofe lwil la nan yon chodyè sou dife mwayen-wo, epi fri fòm ti pate a sou chak bò jiskaske li vin sèk. Seche sou sèvyèt papye oswa sachè papye. Peze ji sitwon sou chak bègè pwason epi sèvi sou ti pen si ou vle.

Fwomaj Mac 'N' ak legim melanje



- ½ tas legim melanje kuit
- Grenn Antye Makaroni 'N' Cheese
- Dlo!

Engredyan Pou Mac 'N' Cheese Rapid epi Fasil

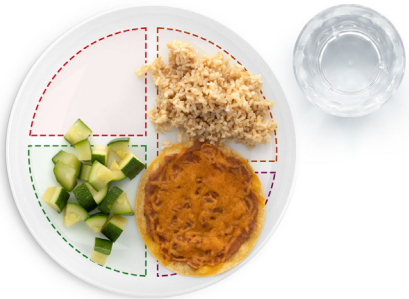
- 1 tas makawoni ble antye
- 2 gwo kiyè magarin oswa bè
- 2 gwo kiyè farin
- 1 tas lèt san grès
- 1 tas fwomaj cheddar ki pa gen anpil grès, graje
- Sèl ak pwav (pou gou)

Enstriksyon Pou Mac 'N' Cheese Rapid epi Fasil

Kwit makaroni an dapre enstriksyon ki sou pake a. Vide dlo a epi mete l sou kote. Nan yon chodyè mwayen, fonn magarin nan. Brase nan farin lan. Ajoute lèt la dousman, brase san rete. Kwit epi brase jiskaske melanj lan bouyi epi li epè. Sou dife fèb, ajoute fwomaj la epi brase jiskaske fwomaj la fonn epi sòs la vin lis. Ajoute makawoni epi melanje dousman. Brase sou dife fèb jiskaske melanj lan cho. Ajoute sèl ak pwav selon gou ou. Si ou vle, ou ka mete yon ti fwomaj graje sou li anvan ou sèvi.

Otè: SDWIC.org

Pwa Tostada, diri ak konkonb koupe an kib



- ½ tas konkonb koupe an kib, kwit
- ½ tas diri grenn antye, kuit
- Tostada Fasil ak Pwa epi Fwomaj
- Dlo!

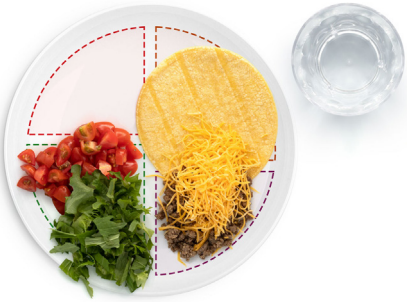
Engredyan Pou Tostada Fasil ak Pwa epi Fwomaj

- 1 bwat pwa refri, san grès, ki pa gen anpil sodyòm
- Tòtiya mayi
- Fwomaj Cheddar, ki pa gen anpil grès, rache

Enstriksyon Pou Tostada Fasil ak Pwa epi Fwomaj

Chofe fou a rive 400 °F. Gaye pwa yo sou chak tòtiya mayi. Etale fwomaj menm jan sou pwa yo ki sou chak tòtiya. Mete sou yon fèy boulanjri ki pa grese epi kwit pandan 7 minit oswa jiskaske fwomaj la fonn. Si ou vle: sèvi ak tomat koupe an kib ak krèm tounen.

Tako vyann bèf oswa pwa



- ½ tas tomat koupe an kib
- ½ tas leti rache
- 1 tòtiya mayi
- ¼ tas fwomaj rache
- ½ tas vyann bèf (oswa pwa)
- Dlo!