



BULK UP ON VALUE

The bulk department offers amazing values on many colorful, tasty and healthy foods!

Find beans, grains, pasta, rice, dried veggies and fruits, nuts, seeds, cereals, flours, herbs, spices and loads of other ingredients. Some bulk aisles even offer peanut butter, soy sauce, olive oil, honey and more. Bulk quantities of these foods are contained in large, self-serve bins so you can buy just the amount you need, big or small.

WHY SHOP THE BULK BINS?

- **It's an adventure for kids of all ages!** Exploring the colors and textures is a sensory delight, and it's fun to experiment with new tastes.
- **It saves money.** Typically the price per ounce is lower in bulk, compared to the same item when you buy it pre-packaged.
- **Nothing goes to waste.** Buy the exact amount you need for a recipe or get just a small sample of a new food to try.
- **Bulk shopping requires less packaging,** which helps keep the cost lower and is better for the environment. **TIP:** Bring your own lightweight, refillable containers or bags from home to reduce waste even more!
- **You can see the ingredients,** which makes it easy to assess freshness, color and aroma before you buy. **TIP:** Buy spices in small amounts and refill old spice jars. This saves money and packaging and keeps your supply fresher (old spices and dried herbs lose their flavor).



GO A STEP FURTHER

Get a Nutrition Boost in Bulk

- **Look for mixes** in the bulk section that make instant soups, veggie burgers or falafel patties.
- **Go beyond rice** and try some new grains you've never had. Consider quinoa, millet or couscous, which have similar cooking times and methods to rice.
- **Swap your usual pasta** for whole wheat pasta.
- **Swap your usual cereal** for granola or other whole grain cereals in the bulk bins.
- **Add a spoonful** of wheat germ or ground flaxseed to smoothies, cereal, oatmeal or yogurt for a fiber boost.
- **Sprinkle a spoonful** of nutritional yeast on garlic bread or baked potato dishes.
- **Try a recipe** that calls for whole wheat flour or almond flour instead of white flour.

TIPS FOR PARENTS

How to Have a Blast in Bulk

- **Let them pick their snacks.** The bulk bins are an opportunity to give kids choices and let them feel in control, while still guiding them to nutritious options.
- **Let kids scoop or pull the levers.** Using the bins is great hands-on fun that helps kids conceptualize quantities and reinforces units of measure they may be learning at school. It's also an opportunity to talk about reasonable serving sizes and portion control.
- **Make it a game.** On each shopping trip, find an item in bulk that starts with a different letter of the alphabet. Or challenge kids to read the Nutrition Facts labels on the bins and find the items with the highest amount of protein or fiber per serving.
- **Use bulk ingredients for hands-on crafts.** Make bracelets or necklaces with colorful, tubular dried pastas; seal dried beans inside a plastic container with a lid to make a shaker instrument; sprout dried beans and plant them in a pot.

HANDS-ON ACTIVITY

Build Your Own Trail Mix

In just minutes, mix up custom trail mix packed with only your favorite ingredients in exactly the amounts you want!

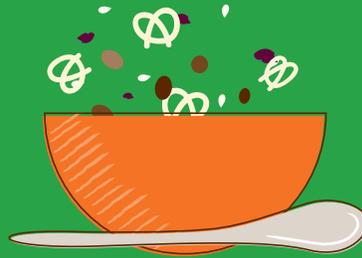
Step 1

Visit the bulk bin aisle at your grocery store and choose 4–6 ingredients to mix together (between $\frac{1}{4}$ – $\frac{1}{2}$ cup of each). Get creative with a variety of nuts, seeds, dried fruits, dried veggies, dried soybeans, yogurt pretzels, sesame sticks, granola or whole grain cereal pieces.

HINT: Go for a balance of savory and sweet ingredients (especially since some dried fruits can be high in sugar).

Step 2

Bring the ingredients home and mix them together in a large bowl.



Step 3

Divide your trail mix into 4–6 individual airtight containers. Seal and store in the pantry. Grab a serving for lunch or snack anytime!



RECIPES

Let kids help with the simple steps in **bold!**

BREAKFAST

Overnight Oatmeal

Put it in the fridge before bed and wake up to a hearty breakfast!

2 cups rolled oats (not instant or quick cooking)	$\frac{1}{4}$ cup chopped pecans, almonds or walnuts
2 cups lowfat milk	Fresh or dried fruit of your choice
$\frac{1}{2}$ teaspoon vanilla extract	Honey or maple syrup for drizzling

Step 1: Combine oats, milk and vanilla in a bowl, cover and refrigerate overnight. **Step 2:** The next morning scoop oatmeal into bowls (heat in microwave if desired) and top with nuts and your favorite fresh or dried fruits. **Step 3:** Drizzle with a little honey or maple syrup if you wish.

LUNCH

Mediterranean Whole Wheat Pasta Salad

This quick pasta salad can be made ahead at the beginning of the week, stored in the fridge and used for lunches.

12 ounces whole wheat pasta (elbow macaroni or penne work best)	$\frac{1}{2}$ cup chopped Kalamata or Black olives (optional)
$\frac{1}{4}$ pound fresh baby spinach	3 tablespoons lemon juice
1 can garbanzo beans, drained	1 tablespoon olive oil
1 cup cherry tomatoes, halved	Salt and pepper to taste
	Crumbled feta (optional)

Step 1: Cook whole wheat pasta in a large pot of water until al dente, 8–10 minutes, then drain in a colander and rinse with cold water.

Step 2: In a large bowl, toss the pasta with remaining ingredients.

DINNER

Red Beans and Quinoa

Quinoa (pronounced KEEN-wah) is a quick-cooking, boil-and-serve grain. It can be used as a substitute for rice in many dishes and has a superior nutrition profile.

1 pound dried red beans	1 teaspoon salt (or more to taste)
1 white onion, diced	Black pepper to taste
2 garlic cloves	Hot sauce (optional)
2 bay leaves	1 cup quinoa
1 tablespoon Cajun seasoning	2 cups water or broth

Step 1: Rinse the beans thoroughly and transfer them to a medium stockpot. Fill the pot with water until it reaches a level about two inches above the beans. **Step 2:** Add the onion, bay leaf, garlic, Cajun seasoning and 1 teaspoon salt to the pot and give it a stir. **Step 3:** Bring to a boil and simmer, covered, stirring occasionally for up to two hours. Check for doneness before serving and add salt and pepper to taste. Beans should be soft. **TIP:** If the beans absorb all the liquid part way through cooking, add more water $\frac{1}{4}$ cup at a time. **Step 4:** When beans are almost done, place quinoa in a fine sieve and give it a rinse under running water. **Step 5:** Add water or broth and the quinoa to a medium stockpot, give it a good stir, and bring it to a boil, then simmer, covered, for about 15 minutes or until liquid is absorbed. **Step 6:** Turn the heat off and let it sit in the pot for about 5 minutes. **Step 7:** Fluff the quinoa with a fork, then spoon into individual bowls and top each serving with steaming hot red beans. Add hot sauce if desired.

RESOURCES

For more ideas about using bulk ingredients, visit WholeKidsFoundation.org to download *Better Bites: Beans*.