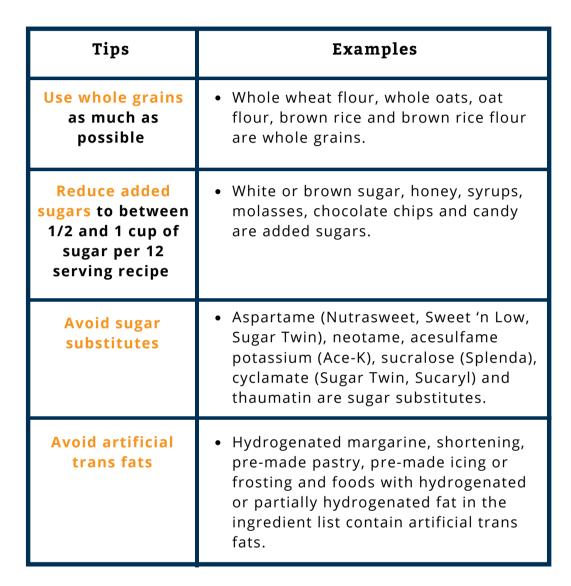
## **BAKING GETS PEOPLE INVOLVED**

in creating nutritious and affordable meals and snacks for kids!

## MAKE AND CHOOSE BAKED FOODS THAT FIT WITHIN THE MB SCHOOL NUTRITION GUIDELINES:





## Moving Forward with MB School Nutrition

Manitoba's School
Nutrition guidelines
will help you with
menu planning and
choosing baked
foods. See pages 27 31 to learn what to
look for on ingredient
lists and nutrition
labels.

## Did you know?

Meats, milk and butter contain small amounts of naturally occurring trans fat.

Natural trans fat is not considered to be harmful.

Vegetables and fruit can be mashed, grated, chopped, sliced and puréed for use in baking.

For example: purée cooked apple, pumpkin, sweet potato and squash; grate carrots, beets and zucchini, mash or slice bananas and chop rhubarb. You can also toss in prepared produce like canned sliced peaches and whole frozen berries.

