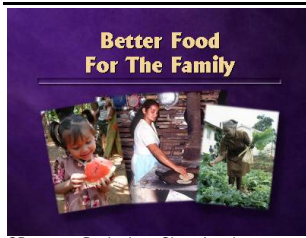


Better Food for the Family



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To buy food for a family can take a lot of money. Often people go without good food because they cannot afford to buy it. Today we want to talk about how to get more food and better food with very little money.



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There are many different kinds of food, and some of them are more expensive than others. Actually, the foods that cost the most money are the ones that come from **animals**.



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The most common are:

- Milk and
- Meat (including fish)

There are problems with eating foods from animal sources.



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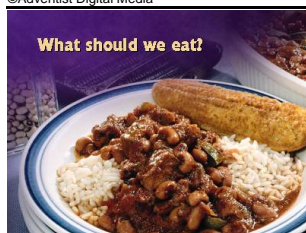
Animal foods are:

- ➔ Expensive and
- ➔ Animals **use much more land** (for the amount of food they provide).
- ➔ These foods are also **not best for our health**.



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Eating meat or other foods from animals can cause sicknesses like heart disease and cancer because these foods have a lot of bad fat.



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So what foods should we eat?

We can be **better** nourished, and **spend less money**, when we grow or buy **plant-foods** like:

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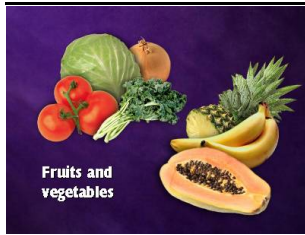


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- Beans
- Peas
- Lentils



- Groundnuts (peanuts) (together with a main traditional food like)
- Maize (corn) or
- Unpolished rice (and)



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- (Plenty of fresh) Fruits
- and Vegetables



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But **can we be strong** and have good health when eating plant-foods, with little or even no food from animals?

The answer is yes!

Today many health officials are making statements like this one:

“People can be strong and healthy when most of their foods come from plants.”—*Where There is No Doctor*.



“People can be strong and healthy when most of their foods come from plants.”

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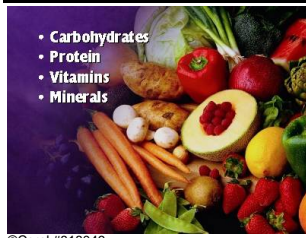


©Dick Duerksen

How can you be sure your family gets the most benefits from plant-foods?

Eat a **variety** of plant foods. Each food contains ingredients that are important.

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When we eat plant foods of different colours and kinds, we supply our bodies with the best nutrients possible.



Plant foods supply us with:

- Carbohydrates
- Protein
- Vitamins (and)
- Minerals



For example, beans are high in protein (building blocks) and maize or rice is high in carbohydrates (energy). Together beans and maize or rice make a healthful combination.



Here are some practical **suggestions** of how to feed your children healthfully at the **lowest cost**.



A mother eating plenty of **plant foods** can turn them into perfect **baby food**—breast milk.



Breast milk is the best food you can give your baby. Carry on breastfeeding your baby even when he starts eating other foods – until 2 years of age if possible. Doctors who care for babies, agree that breast milk is the:



Most nutritious baby food



(the) Most affordable (and it)



Prevents sickness and disease in babies

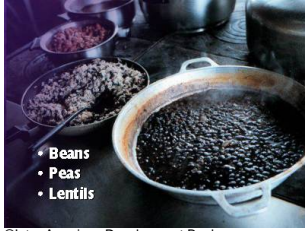
What is the next best baby food?

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©Chris Brevig

Baby food may be made from well-cooked beans by either straining them or mashing them. Well-cooked grains and vegetables should be given as well, and fruit whenever possible.



©Inter American Development Bank

What are some good protein foods for the rest of the family? We mentioned earlier that plant foods are best and that they are good for the whole family.



- Beans
- Peas (and)
- Lentils

...are excellent foods to give our whole family the protein we need.



©Jerilyn Ah Sam

Sprouting these foods, letting them grow little stems before cooking, increases their value to us and they also cook faster. To sprout your beans, first wash them in clean water, and then soak them for half a day or overnight. Then rinse them and lay the beans on a damp cloth and keep them covered with another damp cloth until they start growing. In order for them to sprout, the beans must be kept from drying out.



©Jerilyn Ah Sam

Another way is to wash them in a jar, cover with a lid punched full of holes, then drain off the water. Rinse them two or three times each day (depending on how hot it is outside) and leave them covered on a damp cloth or in the jar for two or three days. When they sprout, cook them as usual.



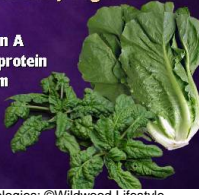
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Beans, peas, and other legumes are not only a low-cost form of protein, but growing them also makes the soil richer for future crops.

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Dark Green Leafy Vegetables

- Iron
- Vitamin A
- Some protein
- Calcium



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There are other inexpensive, nutritious foods, good for your children and the whole family. These are the dark green leafy vegetables which give us a good source of:



- Iron
- Vitamin A
- Some protein (and)
- Calcium



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The **leaves** of many plants such as, sweet potatoes, beans and peas, pumpkins and squash as well as kale, spinach, and collards are especially nutritious.

Cassava leaves



©Wildwood Lifestyle Center

Cassava (manioc) **leaves** contain more vitamins and seven times more protein than the root. Eating **both** the root and leaves adds food value at no extra cost.

Maize



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Another food good for the family that is available in most countries is maize.

Maize



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Some cultures increase the food value of maize by soaking it in lime water before cooking. When soaked before cooking (a common practice in Latin America) maize is:

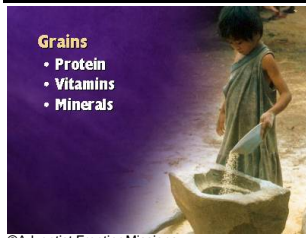
Maize

- Richer in calcium
- More vitamins
- More protein



- Richer in calcium (and)
- Allows more vitamins (niacin) (and)
- More protein (to be used by the body)

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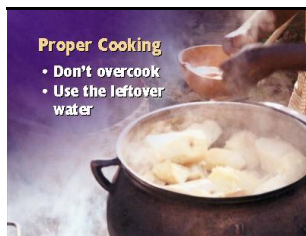
Rice, wheat, and other grains are cheap to grow or buy in most countries. They are more helpful to the body if their **outer skins** are **not** removed by milling; leave them brown. This is the most healthful way to eat them.

Compared to the common white, over-milled or polished grain, grains that have not been milled contain more:



- Protein (building blocks)
- Vitamins
- (and) Minerals (the parts of the grain that help our body be strong and healthy).

The protein in rice, maize, and other grains is better used by the body when eaten **with** beans, lentils or other legumes or nuts sometime during the same day.



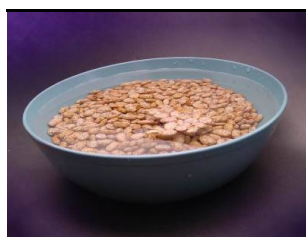
Another way to give your family more food value for the money is by proper cooking. Cook vegetables and other foods in as **little** water as possible.



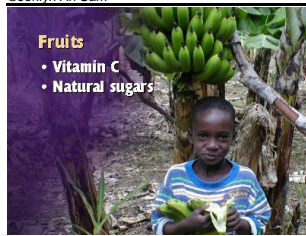
Don't over-cook (Overcooking destroys some of the vitamins and proteins) (and)



Drink the leftover water (Or use it in soups or other foods that need liquid—there are many good nutrients there)



If cooking fuels are expensive, you can save money by **soaking** foods like corn, rice, or beans, in water for several hours or overnight before cooking them. This shortens the time it takes to cook them.



You should be happy if you live in a country where fruits grow wild or can be planted. They are very good for you and should be eaten in abundance.

Fruits and berries are:



- Rich in **vitamin C** (Important for our every day health) (and)
 - Rich in **natural sugars** (Giving us a good supply of energy)
-

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Another way to have lots of good food for your family is to grow your own. Seeds do not cost much and you can have many of your favourite foods frequently.



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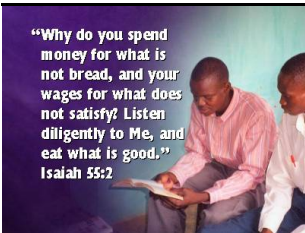
If you live in a country that has cold winters when gardens don't grow, it is important to preserve some food when it is available and abundant. You can dry the food or can it in jars. It takes some work to do these things but your family will benefit.



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Remember, if you have little money and want to help your children grow strong, **do not** buy them soft drinks or sweets—instead buy them some fresh fruit or a handful of nuts.

When you think about it, by choosing your foods wisely, your family can have good health.



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“Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen diligently to Me, and eat what is good.”
Isaiah 55:2

The Bible teaches us to be wise in the use of our money, and to eat those things that make us healthy and strong.



It says, “*Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen diligently to Me, and eat what is good.*” Isaiah 55:2

When we refuse to waste our money on foods that cannot make us strong, like alcohol, soft drinks, coffee, tea, or candy, and spend it instead on good fruits, vegetables, beans, and grains, our families will have enough good food to eat and will grow strong and healthy.

Reference: Where There is No Doctor—A Village Health Care Handbook, by David Werner, Hesperian Foundation, Berkeley, California, 115-117.