Tofu Basics

Shopping for Tofu
° Tofu is typically found in the produce section of the grocery store in a cooler.
° It comes packed in water as well as vacuum sealed with no water.
° Pick the right firmness of tofu for your recipe. Soft and silken tofu blends easily and is creamy. Medium texture tofu crumbles. Firm and extra firm will hold its shape.

Why Eat Tofu?
° Allergic to dairy? Lactose intolerant? Tofu is a great non-dairy source of calcium.
° Tofu is high in protein making it a good option for children who may not like eating meat.
° Tofu is easy for young children and infants 9 months and older to chew.
° Tofu can be used in a variety of meals including both savory and sweet dishes.

Tofu Banana Pudding

Ingredients: WIC foods***
- 16 ounces silken tofu***
- 3 ripe bananas ***
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract

Directions:
1. Mash two bananas
2. Combine tofu, mashed bananas and vanilla extract. Blend until smooth.
3. Pour into two bowls, cover and refrigerate until chilled.
4. Cut remaining banana into slices.
5. Top pudding with sliced bananas and serve.
Sun Safety

- Nicer weather means more opportunities to play outdoors. Even though spring is not typically as warm as summer, sunburns can still happen. Children and infants often burn very easily and even one sunburn can increase the risk of skin cancer later in life.
- Put sunscreen on children’s bare skin using SPF 30 or higher and reapply every couple of hours. Make sure not to miss the ears and the scalp where the hair part line is. Do not put sunscreen on infants under 6 months old.
- Keep infants in the shade as much as possible and consider using an umbrella when there are not natural shady areas. Put infants in long sleeves and have children and infants wear large brim hats to block the sun. Have children wear sunglasses to protect their eyes.

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