

## Bulletin Boards in a SNAP

Title: *Be Fiber-riffic.*

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Audience: *All ages*

Objective: *Provide information on fiber and increase fiber intake of viewers.*

Handout: *Be Fiber-riffic.*

Interactive Component:

1. *Food sample.*

**Mixed Dried-Cereal Snack**

2 tablespoons canola oil

2 ½ cups assorted unsweetened ready-to-eat whole-grain cereals

½ to 1 cup assorted nuts

¼ teaspoon onion powder

1/8 teaspoon garlic powder

1 ¼ teaspoon chili powder

1 teaspoon paprika

1. Add oil to bottom of large baking pan.
2. Pour in cereal and nuts. Stir well, so pieces are coated.
3. Sprinkle on seasonings; stir well again. Spread evenly in pan.
4. Bake uncovered at 250°F for 20 to 30 minutes or until cereal begins to brown.
5. Serve warm or cooled.
6. Store mixture in tightly closed container
7. If snack needs recrisping, reheat in oven at 250°F for a few minutes.
8. Put into small 1 ounce portion cups for tasting.

2. *Bring a 26 foot rope showing the length of the intestine. Have audience guess the length of the intestine. Have 2 people stretch out the rope.*

3. *Fiber Line up. Have food models and have participants line up the foods according to the amount of fiber contained in each food. See handouts.*

Instructions: For this display to print correctly, additional fonts must be downloaded to your computer. Directions for downloading the fonts and the fonts are included in the Fiber display files.

Background:

Health Benefits of consuming foods high in fiber:

- Consuming foods rich in fiber, such as whole grains, reduces the risk of coronary heart disease.
- Consuming foods rich in fiber, such as whole grains, may reduce constipation.
- Eating at least 3 ounce equivalents a day of whole grains may help with weight management.

Resources: *Cent\$ible Nutrition Curriculum, Fall 2007.*

Credit: *Cent\$ible Nutrition Program Display.*

Evaluation Request: Wyoming SNAP hopes you find this information useful in your educational setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at <https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K> .

Related files:

- Display elements
- Schematic/photograph of display
- Handout(s)
- Additional references

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