We are glad you came back!!!

Shelly

Jean
Agenda Part 2

• Food Safety & Sanitation – Shelly & Jean
• Food Costing & Ordering – Shelly & Jean
• Break
• Menu Planning – Shelly & Jean
FOOD SAFETY & SANITATION
Overview

• Sanitation and Safety
• Recipes
• Purchasing Food and Supplies
• Tricks of the Trade
Older Americans Act Nutrition Requirements
Sections 339, 601, 602, 614

• Meals are to meet:
  • 2015-2020 Dietary Guidelines for Americans
  • Dietary Reference Intakes
  • Food Safety Code
  • Appeal to program participants
  • If practical, meet special dietary needs
Sanitation and Safety

- We are working with a very frail and susceptible group of people.
- This has to be the highest priority for any Title VI Program
- Not about “clean floors”—much more about:
  - Time
  - Temperature
  - Organization
  - Sanitizing solution!
Bacteria

- Cause the most Foodborne Illness
  - One of six Americans
  - 48 M cases every year
  - 3-5,000 deaths annually
- Single cell living creatures which live on food, skin, kitchen surfaces, and in the air
- Grow by splitting in half and each half becomes a new organism

Any food can be potential hazardous if it has a source of food for the bacteria, sufficient water, the correct amount of acid, the proper temperature, and time to allow bacteria to grow.
How Bacteria Causes FBI

- Improper holding temperature
- Inadequate cooking, such as undercooking raw shell eggs
- Contaminated equipment
- Food from unsafe sources
- Poor personal hygiene
Jean Asks

Can I serve eggs, over-easy? Is that undercooked?
Personal Hygiene

- Bare hand contact/poor personal hygiene
  - 1 gram fecal material = 1 trillion virus or 100 million bacteria
- Use a hand sink
  - Don’t use a production sink
- Clean hands and finger nails
- No fingernail polish or fake nails
- Watch jewelry—gold band okay. Others not.
- Hair neat/pulled back in net or hat
- Clean clothing daily
- Don’t work when ill
Hand Washing

- Arrive at work
- After breaks
  - Smoking
- After using restroom
- Personal hygiene, coughing, sneezing
- Contact with hazardous foods
- Between tasks
  - Emptying trash
  - Handling money
Hand Washing

- Apply warm water and soap
- Vigorously rub hands and forearms for at least 20 seconds
  - Happy Birthday
- Clean under fingernails
- Rinse off
- Use paper towel
- Do not use cloth towels, aprons, etc.
Gloves

- Worn when hand contact with foods is unavoidable
- Change gloves frequently
  - Meat vs. vegetables
  - Raw vs. cooked foods
- Wash hands between glove changes
Potentially Hazardous Foods (PHF)

- Foods of animal origin
  - Meat and poultry
  - Dairy products
  - Eggs (pooled)
- Cooked legumes (refried beans)
- Sprouts
- Cooked rice, potatoes and pasta
- Cut melons (especially cantaloupe)
Jean Asks

Why are refried beans hazardous, its not like beans are meat?
Jean Asks

What do you mean wash my melons, what about watermelons, they don’t fit in the sink? What’s so special about cantaloupe?
## Cooking Temperatures

<table>
<thead>
<tr>
<th>Food</th>
<th>Internal Temperature/Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Pork, Lamb, Veal</td>
<td>145°F / 3 minutes</td>
</tr>
<tr>
<td>Hamburger</td>
<td>160°F</td>
</tr>
<tr>
<td>Wild Game (non-commercial)</td>
<td>160°F</td>
</tr>
<tr>
<td>Fully Cooked Ham; USDA Inspected</td>
<td>140°F</td>
</tr>
<tr>
<td>All Poultry</td>
<td>165°F</td>
</tr>
<tr>
<td>Rabbit</td>
<td>160°F</td>
</tr>
<tr>
<td>Eggs</td>
<td>160°F</td>
</tr>
<tr>
<td>Fish and Shellfish</td>
<td>145°F</td>
</tr>
<tr>
<td>Leftovers</td>
<td>165°F</td>
</tr>
<tr>
<td>Casseroles</td>
<td>165°F</td>
</tr>
</tbody>
</table>
Time and Temperature Controls

- Minimize the amount of time that food is at temperatures that allow for bacterial growth (40°-140° F).
- Move quickly through the temperature “danger zone”.
- Accurate thermometers
  - Calibrate frequently
- Check at center of foods
Jean Asks

How do you take the temperature of a thin piece of fish?
Danger Zone

- Keep hot foods hot and cold foods cold
- Time and temperature
  - Keep food out of the danger zone as much as possible
- Temperatures that allow for bacterial growth

40° F 140° F
Hot Holding

• Cook to required temperature first to kill pathogens (bacteria, viruses, parasites)
• Hold at 140° F or greater
• Some foods don’t taste right unless hotter than this (soup) but never hold food at lower temperatures
• Recheck frequently
• Batch Cook so you can hold as little as possible
Jean Asks

How do I keep that thin piece of fish hot?
Jean Asks

How do I keep foods hot on a home-delivered route?
Jean Asks

Can I reheat vegetables on the steam table?
Cooling

• Must be done in 2 hours or less
• Shallow pans (metal best)
  • Thick foods
  • Soups
• Do not cover until cold
• Do not double stack pans
• Meat cut into 4 lb. chunks or smaller
• Ice baths and buckets
• Stir foods frequently
Cold Holding Temperature

- 40° F or less
- Ready-to-eat foods should be stored on top shelf
- Level of food below ice on salad bars
- Rotate or stir food to even temperature on salad bars
- Chill raw ingredients before you make the food
Jean Asks

How do I keep foods cold on a home-delivered route?
Cold Food Storage

- 40° F or less
- Covered
- Dated containers
- Watch the order in which you store the foods.

Ready to serve food
Raw vegetables
Dairy Products
Raw meats
Thawing Meats & PHFs

• Refrigerator
  • Bottom shelf
  • Pan to catch fluids
• Totally submerged in cold running water
• Microwave
  • Not really practical for large quantities
  • COOK IMMEDIATELY
Jean Asks

How do you thaw several turkeys? They are big, but they are cheaper and better than some of those “processed” turkey products.
Jean Asks

Can we use wooden cutting boards? I thought we weren’t supposed to use them?
Cross Contamination

• Chemical storage
  • Hazardous chemicals stored or used near food

• Thawing
  • Dripping on foods stored below

• Utensils, equipment, cutting boards
  • Wash and sanitize between uses
  • Clean food contact surfaces continuously during the day
Jean Asks

We have a really small kitchen and not much room, we put a shelf over the stove, can I store detergents there, or can I only store dry spices?
Storing Food

• Food must be stored in a safe way
  • Temperature
  • Moisture; Floods/plumbing leaks
  • Rodents and Insects
  • Pilferage or theft
    • Some items need more protection than others

• **Make sure that food arrives at a safe temperature and store it quickly**

• Follow the chart about food storage times
  • Be certain that you date foods when they come into your kitchen
Jean Asks

What do you recommend that we do about field mice? They always come in during the fall.
Jean Asks

Do you mean that we should be checking the temperature of the milk or the meat when the food supplier drops it off?
Cleaning

- Surfaces which will touch foods must be cleaned of visible food.
- Washed with hot, soapy water.
- Rinsed.
- Sanitized.

Chlorine Bleach
- 1 tsp. bleach to 1 gallon cool water.
- Make new solution ~1 - 2 hours.
- Store cloth in solution.
- Don’t Mix Chemicals.
- Detergent destroys bleach sanitizing power.
- Can Be Dangerous.
Jean Asks

Are we supposed to clean and sanitize the containers that we use on home-delivered routes?
Preparing Foods Safely

• We talked about the menu but thinking about safety is critical when we menu as well
• Oven space?
• Refrigeration space and recovery time
• Lots of hand work
• Utensils

• Production order
• Not begin with the main course—Why?
• Begin in the sanitized kitchen with the foods which would not heated again—fruit, salad, Jell-O
• Prep the vegies
• Do the main course!
Jean Asks

We buy most of our utensils at Wal-Mart or the local store, is that a problem? Why are home-style utensils a problem?
Recipes Can Affect Safety

- Sometimes things we do at home, don’t work in the big kitchen
  - Pooling eggs
  - Meringues and sauces
  - Cooking turkeys in a paper bag all night
  - Using vinegar to sanitize
  - Using glass utensils
  - Mixing with our hands

- Look at recipes carefully for practice that won’t work in a commercial kitchen

- Where you see a potential problem, add a note to the recipe
  - Chill ingredients overnight for salad dressings, cold dishes, sandwich spreads
  - Cut large pieces of meat into smaller portions if you will be slicing them
Jean Asks

Do you mean that I have to put cans of tuna into the refrigerator before I make tuna salad?
Jean Asks

How do we safely use turkeys for holiday meals, we always buy whole turkeys on sale at the local store and then roast and cut them for holiday meals.
Recipes Help Control Costs, Assure Consistency, Keep Food Safe

- Cooks need to have recipes to prepare the meals
  - Makes foods the same every time, consistency
  - Standardizes the amount and servings available, control serving sizes
  - Helps you to know what to order from your purchasing company
  - Helps control costs
  - If the usual cook is ill, the substitute will know what to do

- Make sure you have a recipe for each menu item—look on-line for examples
- Use an existing book like Food for Fifty
- Download for free!
Purchasing Food

- Once the menu is written and the recipes decided upon, it is time to buy the food.
- Use a commercial food provider if you are feeding twenty or more elders.
  - May find it is just as easy to purchase from grocery store with less than that.
  - Combine purchasing with other tribal programs.
    - Prices are based on the total amount purchased so get better prices if you combine purchasing with other programs.
    - Casino, Head Start, Childcare, Schools.
Purchasing

• Remember that everything that the company sells is not in their weekly catalogue
  • They include the things you usually order
  • Ask for alternatives
  • Be sure you are purchasing the best product for the purpose
    • Olives—sliced, chopped, whole with pits, whole without pits
    • Ham—4x4; bone in, spiral sliced, chopped,
• Remember that the person who is selling you the food works on COMMISSION
• Purchase only from known, approved sources
• NEVER break a case!
  • You pay double or triple the cost
  • Most things will keep long enough to use it up
• Don’t use home canned products
• Watch out for home processed meats and fish
  • Air tight could mean trouble
Keep Track of Purchases

• Each month you will buy food and should have some way to keep track of bills
• Use a spread sheet which can help you keep records
• It is important to track your food costs so that you don’t run out of money
Controlling Costs

• Many ways to control costs in foodservice
  • Purchasing proper products; watching for waste
  • Watching for over production—extra food can go to waste
• Traditional foods are cheap or free if gathered or donated
• Use locally produced foods—check with gleaners, food banks for extra, commercial stores or bakeries for products
• Also ask for damaged bags of pet food!!!
Jean Asks

Can we make fiddlehead ferns in the spring?
Jean Asks

Can we pick berries and use them in the recipes?
Jean Asks

What about the deer brought to the senior center by the hunter?
Controlling Costs

• Pay attention to elder’s preferences
  • Usually like simple foods
• Make versus Buy
• Have a Special Dinner
  • Movie Day
  • Hot Cobbler Day
• Try “serve yourself bars” for potatoes, salads, soups
  • Put the cheapest foods first
• Measure! Watch portion sizes.
• Buy in amounts that make sense
If we have a salad bar, how do we control portion size?
Jean Asks

What about the elder who insists on putting 2 or 3 times more meat on his salad than we planned for? How do you control costs with a salad bar?
Record Keeping

• Need to keep financial records
  • Keep track of what you spend; keep copies of all invoices

• Keep track of services
  • Congregate, home-delivered, Supportive Services, Caregiver Services

• Keep track of personnel costs
  • Largest portion of our budget is personnel
  • Don’t have people working if they don’t WORK!
MEAL COSTING
Overview

• Food Costs
• Labor Costs
• Other Costs
Why do we need to determine costs?

- To determine whether we are spending our revenues appropriately.
- To be accountable to our funders...Older Americans Act Title VI, Tribal Leaders, State Funders, others???
- To determine if we can make/serve more meals for the same or less money.
- To determine if we can afford expand our meals?
- To determine what to charge staff/guests for meals.

Who Cares??????
What Items Do I Include in the Full Cost of a Meal?

- **Raw Food Cost**
  - How much it costs to buy the food
  - Generally, food cost should be around 30-35%
  - Generally calculated per meal

- **Labor Cost**
  - You are paying someone to prepare the food, serve the food, and clean up after the food
  - Staff benefits, to include sick leave, vacation, meals served to staff, etc.
  - Generally, labor cost should be around 25-35%
  - Generally calculated per meal
What Items Do I Include in the Full Cost of a Meal?

• *Other Costs*
  • The cost of plates, cups, napkins, utensils, detergent, hair nets, etc.
  • The cost of the electricity, water, maintenance necessary to for the building
  • Indirect costs
  • Generally calculated per meal

• *Full or Total Cost Per Meal*
  • Refers to the total cost of a served meal. The total cost includes all of the above into the calculation
  • It may seem like your total cost per meal is a lot more than necessary, but keep in mind that the total meal cost is more than just the food itself
Several Ways to Figure This Out...

- **Simple:**
  - Get the total cost of providing your meals from your finance office and divide by the total number of meals served
    - Every dollar (cooks wages, your wages, food, electricity, rent, supplies, equipment, van & gas costs for home-delivered meals)
    - **Every** meal (eligible, ineligible, staff meals, guest meals)

- **Pros**
  - It’s easy. No records to keep. Get the numbers at the end of the grant period and divide by the number of meals on your PPR

- **Cons**
  - It’s close, but there will be some costs missed, and there will be some other services included if your people do more than one thing...
    - Congregate Cook and Driver
    - Information and Assistance and Home-delivered Driver
Exceedingly Difficult

- Determine your cost of goods each month with a beginning inventory
- Add all of your purchases
- Take an ending inventory
- Subtract your ending inventory from the sum of your beginning inventory plus your purchases
- Add total personnel costs
- Divide by the number of meals

Pros
- It is accurate. If you are running a restaurant or large establishment, this is the way it is done.

Cons
- If you miss one inventory, it messes everything up and it is tremendously time consuming
Manageable…but You Need to Manage

- Find out how much your payroll costs were in total last year
  - Spreadsheet will help with this
- Keep track of all of your purchases for each month.
  - Enter them into a spreadsheet each month
  - Spreadsheet auto calculates

Pros
- Spreadsheet does the work for you
- Pretty simple if you remember to do it every month

Cons
- Not accurate until after about six months, but gets better at a year
- Have to remember to do it!
What is Included in Total Cost per Meal?

- **ALL** of the activities, supplies, and expenses involved in making the meal
- These vary by location
- Take time to write these down
  - Do you really pay?
  - Built into your indirect?
  - Do you include indirect?

- Rent
- Utilities
- Staff wages and benefits
- Small tools and equipment
- Supplies and food
- Home-delivered meal transportation cost
- Repair and maintenance
- Insurance
Open the Spread Sheet

Click Here
You Should be Looking at This:
The Part We Will be Working on Is Here:

• You will see an example at the top
• You will see some colored boxes at the bottom
  • Total of Invoices
  • Total Personnel Cost
  • Total Meals Served (month)
• Cost per Meal (month)
Stash All of Your Invoices or a Copy in an Envelope
At the End of the Month—

• Pull your invoices out and enter into the spreadsheet
First Invoice

• Determine which store it is from.
• Enter the amount and the store into the spreadsheet.
Like This:

<table>
<thead>
<tr>
<th>Invoice Name</th>
<th>Date</th>
<th>Invoice Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred Meyer's Grocery</td>
<td>04/06/16</td>
<td>$77.93</td>
</tr>
</tbody>
</table>
This is Your Total Costs for the Month

- Add each of your invoices in the same way
- The Cost of Meal Spreadsheet will add up the total of your invoices
- Now let’s look at the next step
Now Let’s Do the Hard Part...

• Go to the Finance Office and talk to an accountant...

• Ask for the total amount of personnel cost that was charged to your nutrition program in the last year.

• Now let’s put it in the spreadsheet.
Meanwhile...Back at the Spreadsheet

- Click on the ➤
- This will take you to the last “worksheet” in the “workbook”
- It is called “Cost per Meal”
- This is the page which automatically calculates your annual cost per meal
Now Look at the Cost Per Meal Tab

- Click on the Tab which says “Cost Per Meal”
The Cost Per Meal Worksheet

- The last worksheet in the workbook looks like this.
- You will see that April’s Invoice total is already added in.
- As other months are added, this total will grow automatically.
Enter Your Personnel Costs

- Put the TOTAL amount of the Personnel Costs you got from in the Bright Yellow Box on the Spreadsheet:
  - This should include wages, insurance, benefits, all costs associated with your meal program
  - It automatically calculates the amount you should put in each month.
Put Personnel Costs in the Monthly Spreadsheet

- Simply enter the monthly amount in the Yellow Box
- This is where we will put the $6,543.00 from the Cost per Meal Page
Now April Looks Like This

• We have added our Invoices, one by one
• We put our total personnel costs on the back page which gave us our monthly cost
• We entered our monthly cost on the April Worksheet
• What is left?
Now Add your Total Meals

- In the Blue Box, put in the total number of meals you served
- This is the TOTAL MEALS
  - Congregate
  - Home Delivered
  - Guest Meals
  - Staff Meals
Holy Smokes!

- $20.62!
- Your first month will not be accurate!
- Your second month will not be accurate!
- By six months....you will be getting warmer!
- When March comes around, you will have a very accurate cost per meal!
Annual Cost per Meal

- After a full year, your Cost per Meal will be calculated well.
- This is what you should charge your guests who come to dinner or other ineligible folks.
What Should I Look At?

- Look at your food cost per meal. Divide your total food costs by the total meals served.
- Look at your labor costs per meal? How?
- Look at what may be missing from your program...
  - Fuel, Rent, Utilities, Supplies such as detergent, dishware, etc.
  - Many tribes include these costs in their indirect, others charge each program
- You may have to go back to for additional information
What are some of these other costs?

- Supplies, detergent, sanitizing solutions, etc.
- Rent
- Utilities
- Telephone
- Gas for vehicles for home-delivered
- Small equipment such as supplies for delivering meals
- Small repair costs
- Another spreadsheet can be developed to keep track of these expenses & be included in the full or total cost of a meal
Jean Asks

When should I calculate the full or total cost of a meal?
Jean Asks

Where do we put donated foods?
Where do we put volunteers?
BREAK
MENU WRITING EXERCISE
Each region, tribe, village, or family will have different traditions.

Relied upon the protein source which was in the area.

Relied upon vegetation for seeds, shoots, roots.

LOTS of TRADE.
Traditional Foods Vary

- Northeast
- Southeast
- North Central Plains
- Southern Plains
- Southwest
- Southwest Coast
- Northwest Coast
- Alaska Natives
- Native Hawaiians
- BLENDING
Traditional Foods are Not Everyone’s Tradition!

Way-North Indian Ice Cream

Not-so-North Indian Ice Cream

Whipped Cloud Berries

Commercial American Hot Fudge Sundae
Include Traditional Foods or Modern Alternatives

- **Traditional**
  - Venison
  - Fiddlehead ferns
  - Wild rice
  - Wild greens
  - Salmon berries

- **Modern alternate**
  - Round steak
  - Asparagus
  - Brown rice
  - Spinach, kale, collards
  - Raspberries
Traditional Foods are Healthy Foods
American Indian/Alaska Native

- Fiddlehead Ferns
- Dried Beans
- Squash
- Corn
- Salmon Soup
- Fiddlehead Ferns
- Dried Beans
- Squash
- Corn
- Sunflower Seed Bread
- Acorn Bread
- Caribou Stew
- Seafood Stew
- Elk Roast
Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher in good fat
- High in complex carbohydrates
- High in fiber

AND THEY TASTE GOOD!!!!
Program Menus
Include Traditional Foods

• Can be added, but must be used safely
• Prepare non-traditional foods in traditional ways
• Stay away from convenience, processed foods
• Increase use of vegetables, fruits, whole grains to make the content closer to what people ate in times past
• Consult with tribal environmental health authorities for safety
• Consult with state environmental health authorities for safety
Common Menu Pattern Form, Develop One or Ask for One

<table>
<thead>
<tr>
<th>Food</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein food</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain #2</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable #1</td>
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<tr>
<td>Vegetable #2</td>
<td></td>
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<tr>
<td>Fruit</td>
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<tr>
<td>Milk/Alternate</td>
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<tr>
<td>Dessert Optional</td>
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<td></td>
</tr>
<tr>
<td>Beverage</td>
<td></td>
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</tbody>
</table>

Make sure your form matches your program
Days per week
Type of Meal (breakfast, lunch, dinner)
Now comes the Fun Part

• Gather possible menu items from
  • Cookbooks and Magazines
  • Elders—Let them Help with the Menus
  • Satisfaction Survey—What do the Elders like?
  • Cooks
  • Other Senior Nutrition Programs—Titles III and VI
  • Old Menus
  • Who else or what other resource could help you?
When Planning Menus—Start with the Protein

• Sometimes called the Main Course—it is usually the answer to the question:
  “What are we having for dinner?”

• It provides much of the protein elders need

• Often we think of meat or flesh foods
  • Traditional diets included many protein sources which were not flesh foods
    • Corn, beans, nuts, seeds

• Mix it up. Make sure you use a variety of meats and at least one meatless meal per week
# Start with the Protein

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<tr>
<td>Protein food</td>
<td>Grilled fish 3-4 oz</td>
<td>Roast duck 3-4 oz</td>
<td>Venison 3-4 oz</td>
<td>Lentil Soup 1.5 c</td>
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<tr>
<td>Grain #1</td>
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<tr>
<td>Vegetable #1</td>
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<td>Starchy</td>
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<td>Vegetable #2</td>
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Make sure you don’t repeat any protein in a week (pork chop suey, pork chops, pulled pork sandwiches) AND try to keep one day meatless!
## Next Do the Grains

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</tr>
<tr>
<td>Grain #1</td>
<td>Oven-roasted Potatoes (= to 1 small potato)</td>
<td>Brown and Wild Rice (1 cup)</td>
<td>Baked Potato with Sour Cream (1 small)</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td>Grain #2</td>
<td>White Dinner Roll</td>
<td>Not needed—gave a whole cup of rice!</td>
<td>Whole Grain Roll</td>
<td>Whole Grain bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1</td>
<td>Starchy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable #2</td>
<td>Non-Starchy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk/Alternate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dessert</td>
<td>Optional</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beverage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Then do the Vegetables (Keep them colorful)**

<table>
<thead>
<tr>
<th>Food</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein food</td>
<td>Grilled fish 3-4 oz</td>
<td>Roast duck 3-4 oz</td>
<td>Venison 3-4 oz</td>
<td>Lentil Soup 1.5 c</td>
</tr>
<tr>
<td>Grain #1</td>
<td>Oven-roasted Potatoes (= to 1 small potato)</td>
<td>Brown and Wild Rice (1 cup)</td>
<td>Baked Potato with Sour Cream (1 small)</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td>Grain #2</td>
<td>White Dinner Roll</td>
<td>Not needed—gave a whole cup of rice!</td>
<td>Whole Grain Roll</td>
<td>Whole Grain bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1</td>
<td>Fiddlehead Ferns/Asparagus (½ cup)</td>
<td>Winter Squash (½ cup)</td>
<td>Spinach/ Wild Greens (½ cup)</td>
<td>Carrot Sticks (5 pieces)</td>
</tr>
<tr>
<td>Vegetable #2</td>
<td>Sliced Tomatoes (2 slices)</td>
<td>Tossed Salad (1 cup)</td>
<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk/ Alternate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dessert Optional</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beverage</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Wednesday</td>
<td>Thursday</td>
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<td>Whole Grain bread from sandwich</td>
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<td>Tossed Salad (1 cup)</td>
<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Strawberries ½ c</td>
<td>Cranberry sauce ¼ cup</td>
<td>Orange slices (1/2 c)</td>
<td>Mixed berries (1/2 c)</td>
</tr>
<tr>
<td>Milk/ Alternate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dessert Optional</td>
<td>Pudding (1/3 c) Parfait w/strawberries</td>
<td></td>
<td>2 vanilla wafers</td>
<td></td>
</tr>
<tr>
<td>Beverage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Don’t Forget the Milk (or substitute) & Other Beverages

<table>
<thead>
<tr>
<th>Food</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
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<td>Roast duck 3-4 oz</td>
<td>Venison 3-4 oz</td>
<td>Lentil Soup 1.5 c</td>
</tr>
<tr>
<td>Grain #1</td>
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<td>Grain #2</td>
<td>White Dinner Roll</td>
<td>Not needed—gave a whole cup of rice!</td>
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<td>Whole Grain bread from sandwich</td>
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<tr>
<td>Vegetable #1</td>
<td>Fiddlehead Ferns/Asparagus (½ cup)</td>
<td>Winter Squash (½ cup)</td>
<td>Spinach/ Wild Greens (½ cup)</td>
<td>Carrot Sticks (5 pieces)</td>
</tr>
<tr>
<td>Vegetable #2</td>
<td>Sliced Tomatoes (2 slices)</td>
<td>Tossed Salad (1 cup)</td>
<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Strawberries ½ c</td>
<td>Cranberry sauce ¼ cup</td>
<td>Orange slices (1/2 c)</td>
<td>Mixed berries (1/2 c)</td>
</tr>
<tr>
<td>Milk/ Alternate</td>
<td>Milk (1 cup) + ½ c milk in pudding</td>
<td>OJ w/ Calcium (½ cup)</td>
<td>Cheese (1oz) with cauliflower</td>
<td>Cheese from Sandwich (1½ oz)</td>
</tr>
<tr>
<td>Dessert Optional</td>
<td>Pudding (1/2 c) Parfait w/strawberries</td>
<td></td>
<td></td>
<td>2 vanilla wafers</td>
</tr>
<tr>
<td>Beverage</td>
<td>Coffee/tea</td>
<td>Coffee/tea</td>
<td>Nettle Tea</td>
<td>Coffee/tea</td>
</tr>
</tbody>
</table>
LET’S PLAN USING THE FORMS
RESOURCES
Resources

- Department of Health and Human Services
  - Dietary Guidelines for Americans 2015-2020
    http://health.gov/dietaryguidelines/
- United States Department of Agriculture - nutrition
  - Dietary Guidelines for Americans 2015-2020
    www.cnpp.usda.gov/dietaryguidelines.htm
  - Choose My Plate www.ChooseMyPlate.gov
  - Choose My Plate Information www.ChooseMYPlate.gov/guidelines/index.html
  - Choose My Plate printable tip sheets http://www.choosemyplate.gov/10-tips-nutrition-education-series
  - Choose My Plate food safety information
    http://www.choosemyplate.gov/food-safety
- USDA Food Composition Database https://ndb.nal.usda.gov/
Resources-Food Ordering & Buying

• United States Department of Agriculture - nutrition
  • Food Buying Guide for Schools
  • Food Buying Guide for Child Nutrition Programs
Resources

• Indian Health Services [https://www.ihs.gov/](https://www.ihs.gov/)
  • My Native Plate Icon [https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/MyNativePlate1_508c.pdf](https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/MyNativePlate1_508c.pdf)
  • My Native Plate Suggestions for Professional Use [https://www.ihs.gov/diabetes/includes/themes/newihstheme/display_objects/documents/printmat/My_Native_Plate_Edu_Tips_508c.pdf](https://www.ihs.gov/diabetes/includes/themes/newihstheme/display_objects/documents/printmat/My_Native_Plate_Edu_Tips_508c.pdf)
  • Health Topics [https://www.ihs.gov/forpatients/healthtopics/](https://www.ihs.gov/forpatients/healthtopics/)
  • Health Promotion [https://www.ihs.gov/hpdp/](https://www.ihs.gov/hpdp/)
Resources

• Centers for Disease Control and Prevention
  https://www.cdc.gov/
  • Chronic Disease Prevention and Health Promotion in Indian Country
    https://www.cdc.gov/chronicdisease/tribal/index.htm
  • Traditional Foods Project – 4 Parts https://www.cdc.gov/diabetes/ndwp/traditional-foods/index.html
  • Native Diabetes Wellness Program https://www.cdc.gov/diabetes/ndwp/index.html

• National Institutes of Health https://www.nih.gov/
  • American Indian and Alaska Native Health Health: Information for People and Communities
  • American Indian Health-Recipes http://americanindianhealth.nlm.nih.gov/eating.html
Resources

• Food and Drug Administration
  • Food Code  
    https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/default.htm
  • Food Recalls, Outbreaks and Emergencies  
    https://www.fda.gov/Food/RecallsOutbreaksEmergencies/default.htm
  • Foodborne Illness and Contaminants  
    https://www.fda.gov/Food/FoodborneIllnessContaminants/default.htm
Resources

• Administration for Community Living – Older Indians
  https://olderindians.acl.gov/
  • Nutrition resource links https://olderindians.acl.gov/links#nutrition
  • Title VI manual https://olderindians.acl.gov/manuals-and-toolkits

• National Resource Center on Nutrition and Aging
  http://nutritionandaging.org/
  • Resources for Native Americans https://nutritionandaging.org/nutrition-food-health/native-foods/
Health & Human Services Recipe Websites

- Healthy Recipes http://www.cdc.gov/healthyweight/healthy_eating/recipes.html
- Keep the Beat: Heart Healthy Recipes
- Recipe books from the National Heart Lung Blood Institute
  http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipess.htm
  • Recipe books from National Heart Lung Blood Institute
    https://healthyeating.nhlbi.nih.gov/
  • American Indian Health-Recipes
  • Listing of recipes from the Departments of Health and Human Services and Agriculture
    http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
United States Department of Agriculture Recipe Websites

• Recipe Finder http://healthymeals.nal.usda.gov/recipes
• What’s Cooking? USDA Mixing Bowl, recipes, cookbooks, menus http://www.choosemyplate.gov/recipes-cookbooks-and-menus
• Listing of recipes from the Departments of Healthy and Human Services and Agriculture http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
• Quantity Standardized Recipes from USDA https://www.fns.usda.gov/usda-standardized-recipe
Food for Fifty Quantity Cookbook

- **Food for Fifty** is a basic United States quantity recipe book which may be downloaded.
- Older editions are free of charge.
Health Organization Recipe Websites

- American Heart Association, recipes, healthy cooking, physical activity http://www.heart.org/
Traditional Foods Sites

- American Indian Health and Diet Project, including traditional recipes http://aihd.ku.edu/index.html
- Seeds of Native Health https://seedsofnativehealth.org/
  - Resources: https://seedsofnativehealth.org/resources/
  - Conference: https://seedsofnativehealth.org/conference/
Traditional Foods Sites

- American Indian Cancer Foundation Resources
  https://www.americanindiancancer.org/resources-2
- Healthy Native Foods Toolkit
- Alaska Traditional Food Resources, including recipe books, research, etc.
- Sources of American Indian Food Products
  - American Indian Foods http://www.americanindianfoods.com/
  - Intertribal Bison Cooperative http://itbcbuffalo.com/view/recipes
Thanks

Jean  Shelly
Contact With Questions!

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206-615-2299  
Rachelle.zylstra@acl.hhs.gov

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Consultant  
jlloyd095@gmail.com