Important Foodservice and Menu Planning Tips

Shelly Zylstra, ACL Region X
Jean Lloyd, Consultant
We are glad you came back today!!!

Shelly

Jean
FOOD SAFETY & SANITATION
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!
• 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
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, it's 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 food like 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!
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

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Jean Asks

Do you mean that I have to put cans of tuna into the refrigerator before I make tuna salad?
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, controls 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!
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 caribou 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
MENU WRITING EXERCISE
What is Traditional?

• 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 Ice Cream

Not-so-North Ice Cream
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

- Alaskan Berries
- Fiddlehead Ferns
- Dried Beans
- Squash
- Corn
- Sunflower 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

<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>
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<tr>
<td>Grain #2</td>
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<tr>
<td>Vegetable #1</td>
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<tr>
<td>Vegetable #2</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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<tr>
<td>Beverage</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
<table>
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<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></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Grain #2</td>
<td>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!</td>
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<tr>
<td>Vegetable #1</td>
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<tr>
<td>Starchy</td>
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<td>Vegetable #2</td>
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Next Do the Grains

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<td>Oven-roasted Potatoes (= to 1 small potato)</td>
<td>Brown and Wild Rice (1 cup)</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 bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
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<td></td>
</tr>
<tr>
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<td></td>
<td></td>
</tr>
<tr>
<td>Non-Starchy</td>
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<td></td>
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<tr>
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<td></td>
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</tr>
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<td>Milk/Alternate</td>
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</tr>
</tbody>
</table>
Then do the Vegetables (Keep them colorful)

<table>
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</tr>
<tr>
<td><strong>Vegetable #1</strong></td>
<td>Fiddlehead Ferns/Asparagus (½ cup)</td>
<td>Winter Squash (½ cup)</td>
<td>Carrot Sticks (5 pieces)</td>
</tr>
<tr>
<td><strong>Vegetable #2</strong></td>
<td>Sliced Tomatoes (2 slices)</td>
<td>Tossed Salad (1 cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
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<td></td>
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<tr>
<td><strong>Milk/Alternate</strong></td>
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</table>
# Now do fruit & dessert

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<td>Whole Grain bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1 Starchy</td>
<td>Fiddlehead Ferns/Asparagus (½ cup)</td>
<td>Winter Squash (½ cup)</td>
<td>Carrot Sticks (5 pieces)</td>
</tr>
<tr>
<td>Vegetable #2 Non-Starchy</td>
<td>Sliced Tomatoes (2 slices)</td>
<td>Tossed Salad (1 cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Strawberries</td>
<td>Cranberry Sauce</td>
<td>Oranges</td>
</tr>
<tr>
<td>Dessert</td>
<td>Vanilla Wafers</td>
<td></td>
<td>Cherry Cobbler</td>
</tr>
<tr>
<td>Milk/Alternate</td>
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<td>Tossed Salad (1 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</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 from Sandwich (1½ oz)</td>
</tr>
<tr>
<td>Dessert Optional</td>
<td>Pudding (1/2 c)</td>
<td>2 vanilla wafers</td>
<td></td>
</tr>
</tbody>
</table>
Resources

- Department of Health and Human Services
- United States Department of Agriculture - nutrition
  - Choose My Plate [www.ChooseMyPlate.gov](http://www.choosemyplate.gov)
  - Choose My Plate Information [www.ChooseMYPlate.gov/guidelines/index.html](http://www.choosemyplate.gov/guidelines/index.html)
  - Choose My Plate printable tip sheets [http://www.choosemyplate.gov/10-tips-nutrition-education-series](http://www.choosemyplate.gov/10-tips-nutrition-education-series)
  - Choose My Plate food safety information [http://www.choosemyplate.gov/food-safety](http://www.choosemyplate.gov/food-safety)
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/
  • My Native Plate Icon 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
  • Meals for Gatherings-Suggestions from Community https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/HNL_Nutr_Potlucks_508c.pdf
  • Health Topics https://www.ihs.gov/forpatients/healthtopics/
  • Diabetes Educator Tools https://www.ihs.gov/diabetes/diabetes-educator-tools/
  • Health Promotion 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
- Keep the Beat: Heart Healthy Recipes
- Recipe books from the National Heart Lung Blood Institute
  - Recipe books from National Heart Lung Blood Institute
    [https://healthyeating.nhlbi.nih.gov/](https://healthyeating.nhlbi.nih.gov/)
  - American Indian Health-Recipes
  - Listing of recipes from the Departments of Health and Human Services and Agriculture
United States Department of Agriculture Recipe Websites

• Listing of recipes from the Departments of Healthy and Human Services and Agriculture [http://www.nutrition.gov/shopping-cooking-meal-planning/recipes](http://www.nutrition.gov/shopping-cooking-meal-planning/recipes)
• Quantity Standardized Recipes from USDA [https://www.fns.usda.gov/usda-standardized-recipe](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 Diabetes Association, food, fitness, recipes, healthy cooking, [http://www.diabetes.org](http://www.diabetes.org)
• American Heart Association, recipes, healthy cooking, physical activity [http://www.heart.org/](http://www.heart.org/)
Traditional Foods Sites

- American Indian Health and Diet Project, including traditional recipes
  [http://aihd.ku.edu/index.html](http://aihd.ku.edu/index.html)
- Seeds of Native Health [https://seedsofnativehealth.org/](https://seedsofnativehealth.org/)
  - Resources: [https://seedsofnativehealth.org/resources/](https://seedsofnativehealth.org/resources/)
  - Conference: [https://seedsofnativehealth.org/conference/](https://seedsofnativehealth.org/conference/)
- University of Minnesota Healthy Lives Healthy Lives Institute [https://www.hfhl.umn.edu/node/516/portal51](https://www.hfhl.umn.edu/node/516/portal51)
Traditional Foods Sites

- American Indian Cancer Foundation Resources [https://www.americanindiancancer.org/resources-2](https://www.americanindiancancer.org/resources-2)
- Alaska Traditional Food Resources, including recipe books, research, etc. [http://dhss.alaska.gov/sites/takeheart/documents/traditionalfoods.pdf](http://dhss.alaska.gov/sites/takeheart/documents/traditionalfoods.pdf)
- Sources of American Indian Food Products
Thanks
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