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Introduction - OFB Strategic Plan and Recipe Demos

Welcome! You are now part of Oregon Food Bank’s “Healthy Foods Ambassadors.” We are here to share information and skills about cooking and healthy foods with our community, through recipe demonstrations.

At OFB, we believe that no one should be hungry and that the solutions lie in the power of food. Food is universal as a daily need, as a celebration of culture and family, as medicine, as a connection to the natural world; food links us together, human to human.

Food solves hunger today, by filling plates with nutritious meals. The power of food can also be harnessed to energize communities to solve hunger tomorrow. At Oregon Food Bank, we are dedicated to eliminating hunger and its root causes. We will concentrate on the power that healthy food can have by shifting our focus from pounds to people – the people facing hunger and their caring neighbors. We will put the power of food to work on health, on communities and on the strength and impact of the anti-hunger system.

As a community member, you’re in the ideal position to share recipes, showcase new skills or techniques, and share nutrition information with pantry participants. Use this toolkit, and OFB staff members, to support you with your food demo projects.

Thank you for coming to a Food Demo Training with Oregon Food Bank and for being a Healthy Foods Ambassador. We can’t achieve our mission without you.
Food Demonstration Goals and Outcomes

Consider the following goals and intended outcomes of a recipe demo when filling out your lesson plan on the next page. What goal will you achieve through your efforts?

<table>
<thead>
<tr>
<th>Program Goals</th>
<th>Short Term Outcomes (right after a demo)</th>
<th>Long Term Outcomes (months to a year after many demos)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Participants are more likely to take foods they wouldn’t have tried before</td>
<td>♦ Participants take home and try items that they wouldn’t have tried without a demo</td>
<td>♦ Participants are encouraged to attend a demo training and feel empowered to hold demos at their food distribution site</td>
</tr>
<tr>
<td>2. Participants try new recipes at home</td>
<td>♦ Participants engage with pantry staff/volunteers/other participants in a positive manner</td>
<td>♦ Participants and their children eat more fruits and vegetables and make healthier choices</td>
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<tr>
<td>3. Participants learn healthier techniques for cooking with pantry ingredients</td>
<td>♦ Participants have something to do while they’re waiting</td>
<td>♦ Families feel empowered to cook at home more with new ingredients</td>
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<tr>
<td>4. Participants learn a new technique to employ in the kitchen</td>
<td>♦ Participants learn one new nutrition nugget or skill to employ in the kitchen at every demo</td>
<td>♦ Participants share recipes they’ve created with others at the food distribution site</td>
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<tr>
<td>5. Demos serve as a gateway to increased interest in a more in-depth cooking or gardening class</td>
<td>♦ Participants go home and recreate recipes with pantry ingredients</td>
<td>♦ Participants attend a longer cooking or garden class</td>
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<tr>
<td>6. Demos engage participants in a positive manner that creates more connection between participants and pantry staff/volunteers</td>
<td></td>
<td></td>
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</tbody>
</table>
Pre-Checklist for Food Demos
Things to consider before doing a food demo

Site information
☐ Location within building/site? (set up a demo table where people are likely to pass you)
☐ Parking? Place to drop off supplies if needed?
☐ Outside or inside?
☐ Electrical Capabilities (outlets)?
☐ Additional utensils/appliances?
☐ Sink/washing capabilities? (hand washing station, preferably not a restroom)
☐ Fridge access?
☐ Flow of space- will demo need to be set up in a separate area?
☐ Timeline- what is the time commitment? (including set up and clean up)
☐ Time of day? What type of recipe to demo? Are people going to be hungry?

Participant Information
☐ How many participants should I prepare food for? (for amount of food and recipe handouts)
☐ Are there cultural dietary restrictions/language barriers? (for recipe creation/printing etc.)
☐ If there are language barriers, how can you visually illustrate your message?
☐ Do most participants have access to basic kitchen appliances?
☐ Should recipe be kid-friendly?

Food Information
☐ What specific TEFAP ingredient(s) should be included in the demo? What’s in the pantry currently?
☐ Is the recipe relatively simple/easy to recreate?
☐ Are all ingredients readily available? If not, who is purchasing extra items?
☐ Are spices available?
☐ Any known food allergies?

Pre-work
☐ Where will prep happen? Make sure it’s a sanitary, clean space.
☐ Which items need to be prepped ahead of time/which items will be prepared on site?
☐ How long will prep take?
☐ Will food need to be transported to site?
Food Demo Safety Best Practices

**Food Safety**

- Please refer to the food safety documents at the end of the toolkit for more in-depth reminders.

- **Time and temperature:**
  - The food safety danger zone is from 41°F to 135°F, make sure food isn’t between these temperatures for more than 2 hours (including the time it takes to cool down and heat back up).
  - Use a thermometer to check the temperature of your food before serving.

- **Wash your hands with soap and warm water and wear gloves when serving food:**
  - Change gloves after you change tasks—make sure you have a box of gloves on hand.

- **Food transportation:**
  - Make sure food is stored in clean containers and that your vehicle is clean if transporting.
  - Store ready-to-eat foods away from chemicals; raw meat, poultry, or seafood.
  - Transport cold foods in a cooler bag or ice chest.

- **Sanitizing:**
  - Use a sani-bucket and bleach to sanitize any surfaces you’ll be using for demo serving or preparation (or use chemical disinfectant wipes).
  - Remember, 1 tablespoon of bleach per 1 gallon of water.

- **It is ideal to do food prep at the site of the demo or in a certified kitchen.**

- **If preparing food in a non-certified kitchen: use extreme caution and sanitize all surfaces, dishes, and cooking utensils. Wash hands and wear gloves.**

**Demo Display**

- **Have the “allergy alert” visible at your demo.**

- **Common allergens include: peanuts, tree nuts, milk, eggs, wheat, soy, fish, shellfish.**

- **Have the “food prep disclaimer” sign visible at your demo.**

- **If you have room, display recipe ingredients from the pantry on the table.**

- **Make sure you’re reaching people with samples before they’ve shopped, so they have a chance to grab the ingredients in your recipe.**

**Recipe Considerations**

- **Have recipes printed to hand out to interested participants so that participants can see ALL ingredients.**

- **Translate recipes into other languages if possible.**

- **Use photos or drawings to show unfamiliar ingredients/steps if translating isn’t an option.**

- **Offer tips on alternatives/substitute ingredients and ask participants for other ideas.**
Food Demo Cooking Kit

These are the recommended supplies:

Sanitation
- Sponge
- Dish soap
- Paper towels
- Garbage bags
- Disposable gloves

Food Storage/Tasting Supplies
- Foil
- Toothpicks
- Tasting spoons
- Paper “boats”
- Rubbermaid tote for supplies

Demo equipment/supplies
- Knives
- Cutting boards
- Mixing Bowls
- Spatulas
- Large spoons
- Measuring cups, spoons
- Can Opener
- Hot pads

Food Items
- Salt & Pepper
- Spices
- Cooking oil
- Sauces

Cooking Devices
- Electric Skillet
- Extension cord
Engaging Participants in a Food Demo

You’ve done the pre-work, choosing a recipe, filling out your lesson plan, and preparing ingredients. Now, follow these steps to make sure you can engage pantry participants in the demo.

- Advertise the food demo ahead of time so that participants will attend
- Smile and look at the audience
- Use a pleasant voice, but speak loud enough so that everyone can hear you and so you can get everyone’s attention
- Narrate what you’re doing while you’re doing it—think of the demo not just as a sampling but as a lesson
- If there are language barriers - focus more on physically demonstrating the recipe
- Bring a visual aid like a poster or pictures of the recipe
- Encourage participants to ask questions, and don’t be afraid to ask questions of them:
  - Do you like this fruit/veggie?
  - How do you usually prepare it?
  - What ingredients do you normally use when you cook?
- Make your demo table a display
  - Have recipes on hand to give out with samples
  - Display the food ingredients on the table so it’s clear what you’re demoing
  - Have other brochures or educational/nutritional materials on hand
- Find a community spokesperson or leader to sample; it will encourage others to try as well
What is the goal of food demos?
The goal for my food demos was to provide pantry clients with simple, healthy recipes that utilized ingredients accessible to them at the food pantry.

Why healthy eating is important:
Obtaining nutritious food is more difficult when you live on a limited income. Of the households served by the Feeding America network, 58% have at least one member living with high blood pressure, and more than one-third have a member living with diabetes. These conditions can often be managed with improvements in one’s diet. However, if people don’t have access to nutritious foods, they can’t improve their diets. People who struggle to afford groceries may turn to the most accessible, cheap, high-caloric foods to stay full, especially if they don’t know where their next meal will come from, don’t have adequate kitchen equipment, or have limited time to prepare food. Many of those cheap, filling foods are packaged products that are high in sodium and sugar. I wanted to inform food pantry clients that they could eat healthier without spending lots of money and by utilizing foods from the pantry. For example, canned fruit in syrup has about 7 extra grams of sugar per serving than canned fruit in juice (For reference, the daily max. for recommended sugar intake is 25-35 grams per day). Simple swaps like lower-sugar or lower-sodium canned goods can make a sizable difference in people’s diets. My recipes are all easy to make and use ingredients common at my local food pantry. All of them are high in protein and have lots of nutrients from fruits and/or vegetables.

• In general, poor dietary intake (e.g., excess saturated or trans fat intake, a diet low in fruits and vegetables) has been linked to a number of diseases and chronic conditions, including cardiovascular disease, Type 2 diabetes, some types of cancer, and osteoporosis.
• Americans consume an average of 3466 mg of sodium per day, more than two times the recommended daily limit, mostly from processed foods.
• 14.6% of Oregonians are food insecure, and 48% of households inOregon have one or more members with high blood pressure.
Materials you’ll need:
Food handlers license (Not all pantries require this, but I got one to make clients feel more comfortable, and so I could prepare food safely for others. It’s pretty simple to get one by taking a quick online course)
Table (ask your food pantry if they have a table you can use)
*Electric skillet (clients may have limited cooking materials, so one-pot meals that can be easily made on a stove, hot-plate, or electric skillet are great)
Cutting board
*Knives
Spatula
*Serving spoon
*Measuring cups
*Can opener
*Pot holders
*Extension cord
Apron
Dishes to serve (I used paper cups for softer foods, and paper muffin liners for the others)
*Utensils (plastic forks or spoons for clients to eat with)
*Plastic gloves
Mask or face shield (for post-Covid)
Signs indicating what you’re sampling and to get clients’ attention
*Oil (canola or olive oil)
*Salt & pepper
*Dish soap (my pantry didn’t actually have a sink I could use, so I had to wash dishes at my house)
*Sponge
*Disinfecting wipes
*Paper towels (because something will always spill)
*A large bin with a lid to store your materials at the pantry between demos
Any other ingredients needed for your recipes
~all of the items marked with * were in a bin that the Oregon Food Bank had provided to my local food pantry, check if your food pantry has a food demo bin already!~

Common ingredients at food pantries:
*my local food pantry has refrigerators and freezers, some smaller pantries may not offer perishable items
Canned fruit & vegetables
Pasta
Rice
Beans
Long-lasting produce like apples, onions, and potatoes
Eggs
Milk
**Testimonial of Food Demo Chef Tessa**

**Suggested recipe links:**
*These recipes made enough for me to hand out small samples (not full meals) to clients during a 2-hour demo*
*All recipes could be made in an electric skillet (except for the oatmeal, I made that in my slow cooker and then brought it prepared to the pantry)*

- **Chili**
  - Use low sodium canned beans
  - High in protein from the meat and beans
- **Frittata**
  - High in protein from the eggs and cheese
  - A great way to get in lots of vegetables!
- **Chicken Potato Soup**
  - High in protein from the milk and chicken
  - A great way to get in vegetables
- **Apple Compote**
  - An easy & healthy sweet treat, kids will love this too!
- **Oatmeal Toppings**
  - Breakfast is the most important meal of the day. Make your simple oatmeal more filling by adding some fun toppings!
  - Add some fruit & protein to your mornings
- **"Baked" Ziti Recipe**
  - A great way to add some vegetables to your pasta
  - This recipe doesn't even require boiling & draining the pasta in a separate pot!
- **Chicken/Pork with Apple & Onion**
  - An easy protein rich meal that also has some fruits & vegetables
  - This recipe can be made with a variety of chicken or pork options
- **Spaghetti with Tuna**
  - A great way to add some protein to a basic spaghetti dinner
  - Canned tuna is often available at food pantries
- **Matzah brei**
  - I would only make this if your pantry has a lot of matzah after Passover
  - Recipes for specialty items (like matzah!) that a pantry has a lot of are always helpful!

**Recipe Translations**
Many of the clients at my local food pantry, and at other food pantries around the state of Oregon, don’t speak English as their first language. After contacting the Oregon Food Bank, I learned that the most common languages spoken at pantries around Oregon are Spanish, Arabic, Russian, Vietnamese, Chinese. I wasn’t able to find a Vietnamese translator, but I managed to get my recipes translated into the other four languages OFB suggested.

*Spanish Translation Recipes*
*Arabic Translation Recipes*
*Chinese Translation Recipes*
*Russian Translation Recipes*
Making your demo special:
Even if I was sampling a savory meal, I found that clients loved a little sweet treat. For example, around Christmas time I had a cup of candy canes on my demo table. This provided some festive cheer and kids especially loved them. Another idea I think would be fun would be to have festive cookies around the holidays, or having a bowl of candy if it’s near Halloween. When I made the chili, I also made spice packets that included all the spices needed to make one batch of chili. I had a couple volunteers put the spice mix into small Ziploc bags, then stapled those to the recipe cards that I handed out. Spices aren’t very common at the food pantry (salt is the main “spice” that clients get regularly) so the chili spice packets were very popular. I also thought the oatmeal topping demo was fun because clients got to select which oatmeal toppings they wanted, so it was customizable!

How did I make my recipes healthier?
When using canned products, I used low-sodium varieties and rinsed the beans and vegetables before using them. I also minimized added salt in the recipes. I used fruits and vegetables as often as possible in my recipes.

How did I pick appealing recipes?
I am a self-proclaimed foodie and I am very adventurous in the kitchen. However, for this project, I had to resist the urge to make complicated meals like I would make for my own family. I focused on highlighting the ingredients I saw at the food pantry in simple and healthy ways, and brainstormed recipes that my family loves to have for dinner. I also tested the recipes before I made them at my demo to be sure they tasted delicious.
Procedure:

- Check if your local food pantry has a food demo box that contains most of the supplies you’ll need, these boxes are provided by the Oregon Food Bank. OFB has provided 15 pantries in the Portland-Metro area with demo kits. If your pantry doesn’t have one, you can obtain the materials you’ll need to make one for around $150. Although the kits can be costly, you can try asking the community for donations (places like Nextdoor can be great for finding cheap or free kitchen tools). Most of the materials you’ll buy will last for a long time and food demos will be very beneficial for the clients of your local food pantry.
- Check with your pantry to see what their busiest times are so your demo reaches the most clients.
- A few days before, or up to a week before you want to do a food demo, go to your food pantry and see what ingredients they have a lot of, or are having trouble moving through the pantry.
- Figure out what recipe to make for your demo using those ingredients. As you can see above, I have attached some recipes I made for my demos, feel free to use those! If making a recipe other than the ones I’ve provided, I recommend using minimal ingredients, using ingredients common at the pantry, and focusing on “healthier” ingredients like fruits, vegetables and protein whenever possible. Also keep in mind that spices & herbs aren’t common at the food pantry, so try to limit those in your recipes as best you can, or list them as an optional ingredient.
- My recipes made enough to serve all the clients during my two-hour food demos. However, if your food pantry is really busy, you may need to make a bigger batch. I would say on average I served 20-30 people during my food demos.
- A couple days before your demo, go grocery shopping to get the ingredients you’ll need. The food pantry will likely also let you use some ingredients from their stock.
Procedure continued:

- Also a couple days before, print out the recipe you’re making (I usually printed 25-30 copies per demo) and cut them up into recipe cards (my recipe documents have three recipes per page) to hand out to clients at your demo.
- When you arrive at the food pantry to set up for your demo, find a space that doesn’t block anything important. I used a space off to the side in the waiting area of my food pantry.
- You will need to set up your table and signage (I wiped down my table every time with a disinfectant wipe and then put a plastic tablecloth on it- you can find tablecloths at the dollar store).
- Once you’re set up, start cooking! I found it helpful to bring a friend with me to help with food prep. Be sure to wear gloves and keep your work area clean so it’s sanitary!
- You should explain to clients what you’re doing while you’re cooking, and describe what the recipe is.
- Once the food is prepared, keep your electric skillet on warm (to keep the food hot while you serve) and start putting out a couple samples on a tray. Only put a couple out at a time or else they’ll get cold.
- Be sure to ask clients as they come into the pantry if they’d like to try a sample, emphasizing that the ingredients to make it are available at the pantry. Also offer them a recipe card to make it for themselves at home.
- Additionally, encourage the staff and volunteers at the pantry to sample what you’re making, as they can give good feedback and help encourage the clients to sample.
- Once you’ve completed your food demo (and hopefully handed out all your samples!) you can clean up and wash your dishes. My pantry doesn’t have a sink in it other than the small ones in the bathroom, so I took the dishes home to wash. If you have leftover recipe cards at the end of your demo, you can leave them out for clients to take.
- Lastly, remember to have fun! These demos should be fun and educational for the clients.
Testimonial of Food Demo Chef Tessa

What didn’t work for me:
When I had a survey on my demo table for clients to fill out about how they liked the recipe sample, they often didn’t fill it out. It worked better to ask verbally if they liked it.
Try to do demos at your pantry’s busiest times (generally right when they open), attendance was low at some of my demos.

Things I would do differently:
In the future, I would decorate my food demo table to make it more fun and inviting. For example, I would decorate it seasonally, making it festive around different holidays. It’s also very important to be outgoing and talk to clients during your demos. This is something I struggled with, because I am generally more introverted. If I do more demos in the future, I will make an effort to talk and connect even more with clients. At times, the pantry wasn’t very busy during my demos, so try to run your demos at busier times. This is important so that you reach the maximum number of people through your demos.

How I adapted my demos in the time of COVID-19:
When covid-19 caused things to shut down, the pantry no longer allowed clients to walk in, instead resorting to curbside pickup. Therefore, I had to stop my food demos. However, more than ever, there was a need for recipes to help clients use foods they were given by the pantry. Pantry clients could no longer pick which foods they wanted, instead they were given a pre-packed box of food. So, I began printing all my recipes from my demos, plus a couple new ones, and stapled them in booklets to include in the food boxes. I continued volunteering regularly at the pantry packing boxes of food, and as I noticed surpluses of certain ingredients on the shelves, I made recipes that included those specific ingredients. For example, a couple months after Passover, the grocery stores donated boxes and boxes of matzah. For anyone who’s never had matzah before, it would be difficult to figure out what to do with a giant bland cracker. So, I typed up my recipe for matzah brei and taped it to the boxes of matzah the next time I went to the pantry.
Recipe Demonstration Lesson Plan

Date: ______________________  Volunteer Name: ______________________
Food Distribution Site: ___________________________________________
Featured Ingredient(s): _______________  Recipe: ______________________

What is the key message you are sharing today? (at least one)
☐ Nutrition Fact/Info: ____________________________________________
☐ Cooking Skill: ________________________________
☐ Sharing Information: ____________________________________________

What substitutions can you offer?
__________________________________________________________________

Post Recipe Demonstration Evaluation

Volunteer Hours  |  Prep _____ + Demo _____ = Total _____
Participant Count |  Adult _____ + Children _____ = Total ______

What was your message? Do you feel like you were successful in conveying it?
__________________________________________________________________

Did your recipe turn out as planned? If not, what could have been done better?
__________________________________________________________________

What was the overall feedback from the participants?
__________________________________________________________________

Is there any support we can offer to help you be successful next time?
__________________________________________________________________
Featured Food item: ________________________

1. **BEFORE** Taste Test  → **AFTER** Taste Test
   (circle one)  (circle one)

   ![Mood Icons]

2. **AFTER** Taste Test
   Are you likely to **EAT** this **FOOD** again at home? (circle one)
   Less Likely  ( - )  Same likelihood  ( = )  More Likely  ( + )

*Thank you for your participation in supporting Healthy Foods and Healthy Futures!*

---

Alimento de muestra: ________________________

1. **ANTES** de probar  → **DESPUÉS** de probar
   (circule uno)  (circule uno)

   ![Mood Icons]

2. **DESPUÉS** de probar
   ¿Es probable que **COMA** esta **COMIDA** de nuevo en casa? (circule uno)
   Menos probable  ( - )  Misma probabilidad  ( = )  Más probable  ( + )

*Gracias por su participación en el apoyo de alimentos saludables y futuros sanos!*
## Food Demo Reporting

<table>
<thead>
<tr>
<th>Date of Demonstration</th>
<th>Recipe</th>
<th>Number of participants</th>
<th>Hours (prep + demo)</th>
<th>Notes</th>
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</table>
Featured Food Item:

Display your featured item!

Alimento de Muestra:
Resources: ChooseMyPlate.gov
FoodHero.org was developed by Oregon State University Extension Service. Their mission is to help low-income Oregonians improve their health by inspiring families to increase their fruit and vegetable consumption.

Food Hero is divided into two main sections: Recipes and Tips & Tools.

The recipe bank is available in both English and Spanish and has a wide range of tasty ideas categorized by the main food ingredient.

Tips and tools offer great ideas to track budget, smart shopping, ways to be creative with what you have, planning ahead, storing food, and much more!

There’s also a monthly newsletter (pictured below) that is available in English, Spanish, and Vietnamese.
**Resources: Recipe Rainbow**

*Recipe Rainbow* is a convenient app that was designed by the Greater Pittsburgh Community Food Bank for their Recipe Demonstration and Nutrition Education programs.

The database offers affordable and healthy meals based on the ingredients you have. The extensive set of recipes are accompanied by health tips and full nutrition facts.

**Tip:** Enter the name of the ingredient as it appears in the droplist. (i.e. carrots)

---

**Minnestrone Soup (Alternate Recipe)**

*Freeze leftovers in plastic containers or zipper baggies and use within 6 months.*

- 1 cup chopped onion
- 1 (15 oz) can carrots, drained
- 1 (15 oz) can diced tomatoes
- 6 cups water
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 (15 oz) can green beans, drained
- 1 cup elbow macaroni, uncooked
- 1 1/2 tsp oregano
- Black pepper to taste
- 2 Tbsp canola oil (or other oil)

1. Heat oil in a large pan over medium heat. Add onions, cook, stirring regularly, for 5-7 minutes or until they have softened and started to brown.
2. Add all other ingredients except macaroni into the pot. Bring to a boil, then add macaroni.
3. Let macaroni cook 12-15 minutes or until it is done to your liking.

Makes 8 Servings
General Resource List

Visit these other websites to get more great ideas on recipes (including recipes in other languages), and cooking techniques to share.

Recipes

- Good and Cheap Cookbook: great recipes on a budget
- Jamie's Home Cooking Skills: recipes and videos to showcase certain skills
- Cooking Matters Recipes
- FoodHero.org
- Just Say Yes to Fruits and Vegetables Cookbook (English)
- Just Say Yes to Fruits and Vegetables Cookbook (Spanish)
- EatFresh.org—recipes for a SNAP budget

Online Articles and Research

- What It's Really Like to Cook on a Food Stamp Budget
- Food as medicine: Getting a perspective
- Feeding America Health Research
- Healthy Eating Plate Translations
- Is Food the Next Health Care Frontier?
Nutrition Talking Points

Not sure what kind of nutrition information to message when filling out your lesson plan and doing your demo? Try one of these.

**Vegetables:** Dark green, red, and orange vegetables; beans and peas; and starchy vegetables

- 1 serving of vegetables is equivalent to 1 cup of raw or cooked vegetables
  - Sweet potatoes, tomatoes, spinach, and beans provide a great source of potassium.
  - Vegetables offer dietary fiber which promotes a healthy digestive system and keeps us satisfied throughout the day.
  - Orange and yellow vegetables, broccoli, and spinach are rich in Vitamin A which helps maintain healthy eyesight, teeth, and skin. “Eat rainbows!”

**Grains:** Whole grains, wheat, rice, oat, cornmeal, barley, brown rice, quinoa, popcorn, and buckwheat

- 1 serving of grains is equivalent to 1 slice of bread, 1 cup cereal, ½ cup cooked rice or pasta
  - Whole grain breads, cereals, and pastas are high in dietary fiber which keeps our hearts healthy.
  - Whole grains provide a variety of B vitamins including riboflavin, niacin and thiamin that contribute to a healthy nervous system.
  - Magnesium, a mineral found in many grains, supports the building and maintenance of strong bones.

**Protein:** Lean meat, poultry, seafood, beans, eggs, and nuts

- 1 serving of protein is equivalent to 1 ounce of meat, poultry, seafood; ¼ cup beans, 1 egg, or a handful of nuts
  - These protein sources are all good sources of iron which helps deliver oxygen to our tissues and improve brain function.
  - Fish and nuts are rich in healthy fats which promote heart health.

**Fruits:** Fresh, canned, frozen, dried, and juice

- 1 serving of fruit is equivalent to 1 cup fruit or fruit juice, or ¼ cup dried fruit
  - Vitamin C-rich fruits, such as berries, watermelon, and pineapple, help maintain strong immune systems and speed up the wound healing process.
  - Fruits are high in folic acid, a B vitamin that helps the body make new cells and is essential during pregnancy and other lifecycle stages of rapid development.

**Dairy:** Low fat milk, yogurt, and cheese

- 1 serving of dairy is equivalent to 1 ½ ounces of cheese, or 1 cup of milk or yogurt
  - Dairy foods are a great source of calcium which helps build strong bones and teeth.
  - Vitamin D-fortified milks and yogurts help the body absorb calcium, further protecting our bone health.
  - Substitute milk alternatives to minimize food allergens at your recipe demonstration.
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
<td>1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar OR 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>1 cup</td>
<td>1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats</td>
</tr>
<tr>
<td>Butter (salted)</td>
<td>1 cup</td>
<td>1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 1 cup room temperature refined coconut oil plus a pinch salt OR 7/8 cup lard plus 1/2 teaspoon salt</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk or non-dairy milk to make 1 cup (let mixture sit for 5 minutes to allow curdling)</td>
</tr>
<tr>
<td>Chocolate (semisweet)</td>
<td>1 ounce</td>
<td>1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening</td>
</tr>
<tr>
<td>Chocolate (unsweetened)</td>
<td>1 ounce</td>
<td>3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil</td>
</tr>
<tr>
<td>Cocoa</td>
<td>1/4 cup</td>
<td>1 (1-ounce) square unsweetened chocolate</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>1 cup</td>
<td>1 cup farmer's cheese OR 1 cup ricotta cheese</td>
</tr>
<tr>
<td>Cracker crumbs</td>
<td>1 cup</td>
<td>1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats</td>
</tr>
<tr>
<td>Cream (half and half)</td>
<td>1 cup</td>
<td>7/8 cup milk plus 1 tablespoon butter OR 1/2 cup refrigerated full coconut cream plus 1/2 cup soy milk OR 3/4 cup soy or rice milk plus 1/4 cup of melted margarine or oil</td>
</tr>
<tr>
<td>Cream (heavy)</td>
<td>1 cup</td>
<td>1 cup evaporated milk OR 3/4 cup milk plus 1/3 cup butter OR 1/4 cup refrigerated full fat coconut cream plus 1/4 cup soy milk OR 1 cup blended silken tofu OR 2/3 cup soy or rice milk plus 1/3 cup melted margarine or oil</td>
</tr>
<tr>
<td>Cream (whipped)</td>
<td>1 cup</td>
<td>1 cup frozen whipped topping, thawed OR 1 cup chilled coconut cream plus 2 tablespoons powdered sugar OR 1/2 cup soy milk plus 1/2 cup canola oil plus 1 tablespoon corn syrup or maple syrup plus 1/2 teaspoon vanilla extract</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>1 cup</td>
<td>1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Amount</td>
<td>Substitution</td>
</tr>
<tr>
<td>-----------------</td>
<td>----------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Egg – for baking</td>
<td>1 whole (3 tablespoons or 1.7 oz.)</td>
<td>2 1/2 tablespoons of powdered egg substitute plus 2 1/2 tablespoons water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu pureed OR 3 tablespoons mayonnaise OR half a banana mashed with 1/2 teaspoon baking powder OR 1 tablespoon powdered flax seed soaked in 3 tablespoons water</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td>1 cup</td>
<td>1 cup light cream</td>
</tr>
<tr>
<td>Fats for baking</td>
<td>1 cup</td>
<td>1 cup applesauce OR 1 cup banana/fruit puree</td>
</tr>
<tr>
<td>Flour--Cake</td>
<td>1 cup</td>
<td>1 cup all-purpose flour minus 2 tablespoons</td>
</tr>
<tr>
<td>Flour--Self-Rising</td>
<td>1 cup</td>
<td>7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon of salt</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove</td>
<td>1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt-- reduce salt in recipe</td>
</tr>
<tr>
<td>Ginger--fresh</td>
<td>1 teaspoon, minced</td>
<td>1/2 teaspoon ground dried ginger</td>
</tr>
<tr>
<td>Green onion</td>
<td>1/2 cup, chopped</td>
<td>1/2 cup chopped onion, OR 1/2 cup chopped leek</td>
</tr>
<tr>
<td>Herbs--fresh</td>
<td>1 tablespoon chopped fresh</td>
<td>1 teaspoon (chopped or whole leaf) dried herbs</td>
</tr>
<tr>
<td>Honey</td>
<td>1 cup</td>
<td>1 1/4 cup white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup OR 1 cup maple syrup OR 1 cup agave syrup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 teaspoon</td>
<td>1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
<td>1 cup sour cream OR 1 cup plain yogurt OR 1 small ripe avocado mashed OR 1/2 cup canola oil plus 1/4 cup soy milk plus 1 teaspoon lemon juice plus pinch of salt plus pinch of ground mustard or 1/2 teaspoon of Dijon mustard</td>
</tr>
<tr>
<td>Milk--whole</td>
<td>1 cup</td>
<td>1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR 1/4 cup dry milk powder plus 1 cup water OR 2/3 cup evaporated milk plus 1/3 cup water</td>
</tr>
</tbody>
</table>
**Cooking Ingredient Substitutions** (continued)

*Please use this list as a guide for substitutions in your recipes.*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ricotta</td>
<td>1 cup</td>
<td>1 cup dry cottage cheese <strong>OR</strong> 1 cup mashed firm tofu plus ½ teaspoon salt</td>
</tr>
<tr>
<td>Cream of tartar</td>
<td>1 teaspoon</td>
<td>2 teaspoons lemon juice or vinegar</td>
</tr>
<tr>
<td>Sour cream</td>
<td>1 cup</td>
<td>1 cup plain yogurt (dairy or non-dairy) <strong>OR</strong> 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup <strong>OR</strong> 3/4 cup buttermilk mixed with 1/3 cup butter <strong>OR</strong> 1 cup silken tofu plus 1 and ½ teaspoon lemon juice plus 1 tablespoon apple cider vinegar plus pinch ground garlic plus pinch salt <strong>OR</strong> 1 cup raw cashews soaked overnight then drained plus 1/2-3/4 cup water plus 2 teaspoons fresh lemon juice plus 1 teaspoon apple cider vinegar plus 1/4-1/2 teaspoon salt, pureed</td>
</tr>
<tr>
<td>Vegetable oil—for baking</td>
<td>1 cup</td>
<td>1 cup applesauce <strong>OR</strong> 1 cup banana/fruit puree</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 teaspoon</td>
<td>1 teaspoon lemon or lime juice</td>
</tr>
<tr>
<td>Yogurt</td>
<td>1 cup</td>
<td>1 cup sour cream <strong>OR</strong> 1 cup buttermilk <strong>OR</strong> 1 cup sour milk <strong>OR</strong> 1 cup silken tofu blended with 2 tablespoons lemon juice plus 1/4 tea-</td>
</tr>
</tbody>
</table>

Adapted from Allrecipes.com
Cooking Tips Talking Points

Not sure what kind of cooking skill to message when filling out your lesson plan and doing your demo? Try one of these.

♦ Safe and efficient knife skills:
  ◊ Secure your cutting board by putting a wet paper towel under the board
  ◊ The claw - make sure when cutting that you curl your fingers under for safe and precise cuts
  ◊ When cutting a round object, your first cut should be to make a flat surface
  ◊ Rest your knife on your cutting board, not close to the edge of the table
  ◊ Don’t put dirty knives in the sink

♦ Focus on measuring:
  ◊ Use measuring cups and spoons when following recipes
  ◊ Measuring will help specifically when working with less healthy ingredients such as salt, sugars, or butter
  ◊ Use small, tiered measuring cups for dry items, and scrape top with a knife to measure the perfect amount
  ◊ Use a larger measuring cup with a spout for liquids and bend down to make sure you have the right amount

♦ Herbs and spices :
  ◊ Make your food healthier and more flavorful by using more herbs and spices and less salt!
  ◊ Use dried spices at the beginning of the cooking process
  ◊ Use fresh herbs as the end of the cooking process
  ◊ Recipe call for fresh herbs and you only have dry, or vice versa? Use a 3:1 ratio - 1 teaspoon of dried oregano = 3 teaspoons of fresh oregano, or 1 teaspoon of fresh oregano = 1/3 teaspoon of dried oregano.
  ◊ To keep fresh herbs good longer, treat them like fresh flowers. Trim the ends and put them in a glass with about an inch of water (basil, parsley, cilantro)

♦ Focus on a particular hard to prepare fruit or vegetable:
  ◊ It’s easy to be intimidated by a squash, an eggplant, or bok choy if you've never prepared one before - find online tutorials for preparing these unique vegetables and cover the basics of how to clean, cut, and prepare them

♦ Share common substitutions for less healthy items
  ◊ Ex: use unsweetened applesauce instead of oil or butter
  ◊ Ex: use ground chicken or ground turkey in place of ground beef
  ◊ Ex: use Greek yogurt instead of sour cream
SPLIT PEA SOUP
MAKES 8 CUPS

INGREDIENTS:
- 1 cup carrots, sliced or grated
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 teaspoon oil
- 2 cups dry split peas (yellow or green)
- 7 cups broth (any flavor)

NOTES:
- Make broth by adding 1 teaspoon or cube of bouillon (any flavor) for each cup of water.

INSTRUCTIONS:
1. In a large saucepan, saute carrots, onion, and celery in oil until just beginning to brown.
2. Add split peas and broth. Bring to a boil then cover and reduce heat to low.
3. Simmer until peas are as soft as you like, 45-60 minutes or longer.
4. Refrigerate or freeze leftovers within 2 hours.

ADDITIONS:
- Ham: Use a ham bone or ham hock with the broth or water. Add 1 cup of chopped ham and a dash of ground cloves to the soup.
- Curry: Add 1 Tablespoon curry powder and 1/2 teaspoon each garlic powder, cumin, and turmeric. Taste and adjust seasonings as you like.

SPLIT PEA SALAD
MAKES 2 CUPS

INGREDIENTS:
- 1/2 cup dry split peas (green, yellow, or a mix)
- 1 1/2 cups broth (any flavor) (optional)
- 2 green onions (or 1/4 cup onion, finely chopped)
- 1 cup tomatoes, diced
- 1/4 cup parsley, chopped
- 1/4 cup Italian salad dressing

INSTRUCTIONS:
1. In a small saucepan, combine split peas and water or broth. Bring to a boil. Reduce heat and simmer until just tender but still holding their shape, 20 minutes. Drain if needed. Set aside to cool.
2. In a bowl, combine the cooked split peas, onion, tomatoes and parsley. Add the dressing and toss lightly.
3. Chill 20 minutes or serve warm.
4. Refrigerate leftovers within 2 hours.
RAW ALMOND BUTTER, APPLE, RAISIN, & OAT BARS
Prepares: 10 bars
Preparation Time: 20 minutes

Ingredients:

- 1 medium apple, diced small
- 1.5 cup rolled or quick oats
- 2 tsp cinnamon
- 6 tbsp almond butter
- 1/4 cup raisins
- 1 tbsp of oil

Instructions:

1. In a large bowl, mix apple, oats, cinnamon, almond butter, raisins, and oil.
2. Form into balls using your hands.
3. Line a 8 X 8 pan with wax paper.
4. Arrange the oat balls on a baking sheet.
5. Freeze until set or refrigerate overnight, and serve.

Materials:

- Sharp Knife
- Cutting Board
- Large Bowl
- Mixing Spoon
- Baking Sheet
- Spatula
- Measuring Cups and Spoons
- Wax Paper

Notes:

This is a great kid-friendly recipe!
Add nuts, seeds, dry fruit or chocolate chips for variety!
**BARRAS de CREMA de ALMENDRA, AVENA, MANZANAS, Y PASAS**

Prepara: 10 barras  
Tiempo para Preparar: 20 minutos

**Ingredientes:**

- 1 manzana mediana, cortada en cubitos pequeños
- 1.5 tazas de avena
- 2 cucharaditas de canela
- 6 cucharadas de crema de almendras
- 1/4 taza de pasas
- 1 cucharada de aceite

**Preparación:**

1. En un tazón grande, mezcle la avena, manzana, canela, pasas, y crema de almendras.
2. Formar bolitas con las manos.
3. Forrar un molde de 8 x 8 con papel encerado.
4. Arreglo las bolas de avena en una bandeja para horneador.
5. Congele hasta que cuaje o refrigere durante la noche, y servir.

**Materiales:**

Cuchillo afilado • Tabla para picar • Tazón grande • Cuchara para mezclar • Cucharas y tazas para medir • Bandeja para Hornear • Papel Encerado

**Sugerencias de la chef:**

Esta receta es Buena para los niños!  
Agregue nueces, semillas, fruta seca, o chips de chocolate para variedad!

¡Encuentre los ingredientes que necesita para esta receta, y otros ingredientes saludables, en la
| Allergy Alert: This recipe contains ________________.
| Precaución: Ésta receta tiene ____________________.
Common Food Allergens

It is important to know and list any food allergens that are being served at your food demo. Use the Food Allergen Alert display on page 39, along with the Disclaimer on page 40 to notify your clients that the food may have not been inspected by local county health department for best practice and as a way to be considered under the Good Samaritan Law.

- Dairy
- Eggs
- Soy
- Fish
- Tree nuts
- Peanuts
- Shellfish
- Wheat
DISCLAIMER: The food at this table may not have been inspected by the local county health department.

ATENCIÓN: La comida a esta mesa no estaba examinada por el Departamento de Salud del Condado.
Loading and Transporting Food Safely

Keep food at safe temperatures in unrefrigerated vehicles.

- Cover cold food with thermal blankets or use coolers with ice packs
- Keep drive times to 30 minutes or less
- Check food temperatures after arriving at the destination

Prevent contamination:

- DON’T store raw food over ready-to-eat food
- DON’T store allergens over other products
- DON’T store chemicals with food products

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OREGON FOOD BANK
Storing Food Safely

Store refrigerated food at 41°F (5°C) or lower

Keep frozen food frozen solid

Store food away from walls and at least six inches (15cm) off the floor

Store ready-to-eat food above raw meat, seafood, and poultry

Store food only in containers made for food

Store food only in designated storage areas
How To Wash Your Hands

1. Wet your hands and arms
   Use running water as hot as you can comfortably stand

2. Apply soap
   Apply enough to build up a good lather

3. Scrub your hands and arms vigorously for 10 to 15 seconds
   Clean under fingernails and between fingers

4. Rinse your hands and arms thoroughly
   Use running warm water

5. Dry your hands and arms
   Use a single-use paper towel or hand dryer
Discard Cans With These Defects

Severe dent in seam

Deep dents in can body

Missing or unreadable labels

Swollen or bulging ends

Holes or signs of leaking

Rust that cannot be wiped off
Oregon Food Bank thanks your for joining our team of Healthy Food Ambassadors!

Together we can promote healthy foods for healthy futures in our communities.