Recipe Tips:

* **Choose a recipe from one of the sources below** – many in both English and Spanish!
* It is ok to adapt a recipe and/or re-type it in a new format. Be sure to credit the original recipe source ie: “Recipe from (or adapted from) Food Hero - Oregon State University”
  + Acceptable adaptations include substituting seasonal fruits, vegetables, or ingredients that will make a recipe more culturally acceptable to your audience.
* For recipes in Spanish: check your recipe source to see if it is already available in Spanish! If not, contact Mariah Brown-Pounds [Mariah.brown-pounds@wsu.edu](mailto:Mariah.brown-pounds@wsu.edu) , to request translation.
* If you are printing just a recipe for handout or visual (whether in original form or adapted), you DON’T need to add the required SNAP-Ed disclaimer statements, but can if you want to.

Recipe Sources for SNAP-Ed Programs:

**WA SNAP-Ed Live Well Website** [Recipes | Live Well (wasnap-ed.org)](https://wasnap-ed.org/live-well/recipes/)

**Washington State SNAP-Ed Provider website** <https://wasnap-ed.org/resources/recipes/>

**SNAP-Ed Connection** <https://snaped.fns.usda.gov/recipes-menus>

**Food Hero** **– Oregon State University Extension**  <https://www.foodhero.org/recipes/healthy-recipes>

**California’s EatFresh.org:** <http://eatfresh.org/>

**Discover MyPlate: Look and Cook recipes – Team Nutrition** (pictorial snack recipes for young children in English/Spanish) <https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

**Capital Area Food Bank (English/Spanish)** <https://www.capitalareafoodbank.org/programs/capacity-building/recipes/>

**Eating Well for Less – Washington State University Extension** <https://nutrition.wsu.edu/ew4l/#veggies>

**ANY Washington State SNAP-Ed approved Curriculum. Ex: Eating Smart Being Active:** <http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/recipes/>

**ANY SNAP-Ed toolkit resource. Ex: Cooking Matters in Your Food Pantry** <https://cookingmatters.org/sites/cookingmatters.org/files/CMYFP.pdf>

**Chop Chop magazine** <http://www.chopchopmag.org/recipes>

**Good and Cheap – Cookbook by Leanne Brown** <https://www.leannebrown.com/cookbooks/>