

Guidelines for SNAP-Ed Recipe Selection

Many of our programs utilize recipes – in tasting events, classes or indirect educational materials such as newsletters, bulletin boards and social media posts. Recipes used in the Washington State SNAP-Ed program should follow the current Dietary Guidelines for Americans. It is also important to select recipes that are low-cost, budget friendly.

Recipes are included in most Washington State SNAP-Ed approved curriculum. Educators are encouraged to use recipes that are provided in the curriculum. However, there may be times when a similar recipe might work better for the group you are working with. When selecting a recipe please remember that it must tie to your lesson objective.

Recipe Tips:

- **Consider choosing a recipe from one of the sources below** – many are 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 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!

Suggested Recipe Sources for SNAP-Ed Programs:

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

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

Spend Smart, Eat Smart – Iowa State University Extension <https://spendsmart.extension.iastate.edu/recipes/>

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/>

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

Recipes from any SNAP-Ed toolkit resource. Ex: Cooking Matters in Your Food Pantry – Share Our Strength <https://cookingmatters.org/sites/cookingmatters.org/files/CMYFP.pdf>

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

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

