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## **Meal Planning and Preparation Resource List June 2007**

This publication is a compilation of resources for professionals involved in school food service. The resources are in a variety of information formats: articles, books and full-text materials on the World Wide Web. Resources chosen provide information on many aspects of school food service.

The resources included for this list contain reliable information and are available nationwide. Your local library or bookstore can help you locate these materials. Other items can be obtained from the source listed. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

Resources that are part of the National Agricultural Library (NAL) collection have an NAL Call Number listed. Lending and copy service information can be found at <http://nal.usda.gov/services/request.shtml>. URLs are included when the material is available online in full text. Materials cannot be purchased from the Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/service/mealplanning.pdf>.

A complete list of FNIC publications can be found at [http://www.nal.usda.gov/fnic/resource\\_lists.shtml](http://www.nal.usda.gov/fnic/resource_lists.shtml).

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## I. Meal Planning and Preparation

### A. Books

#### **Advanced Professional Cooking**

Wayne Gisslen

**NAL Call Number:** TX820.G52 1992

**ISBN:** 0471836834

**Description:** Discusses the development of modern cookery and contains information on preparation and recipes for sauces, soups, salads, pastas and other first courses, fish and other seafood, poultry and feathered game, beef, lamb, pork, veal, miscellaneous meats, vegetables, and various cold foods. The theme is contemporary North American cuisine. Contains over 200 photographs and over 600 recipes. This book is an advanced food-preparation text designed to help prepare students for careers, and to help professional cooks advance their careers, in the culinary arts as practiced today in American food service operations.

#### **Chef's Book of Formulas, Yields and Sizes**

Arno Schmidit

New York, NY: Wiley, John & Sons, Inc., 2002. 368 pp.

**ISBN: 0471227161**

**Description:** Encyclopedia reference or any food service professional who must calculate costs for inventory management or determine exact measurements for portion control. Includes informative, easy-to-read tables and diverse entries.

#### **Chef's Compendium of Professional Recipes 3<sup>rd</sup> edition**

John Fuller and Edward Renold

Oxford; Boston: Butterworth-Heinemann, 1992. 401 pp.

**NAL Call Number:** TX820 F84 1992

**ISBN:** 0750604905

**Description:** Presents essential recipes based on traditional and classic methods, but simplified and adapted to meet the needs and conditions of hospitals, schools, colleges and in travel catering such as aircraft, rail and at sea. Most recipes have been reduced to steps sufficiently simple to be followed by beginners as well as chefs.



**Choice Plus: A Reference Guide for Food and Ingredients – Team Nutrition**

University, MS: National Food Service Management Institute, 1996. 202 pp.

**Web Site:**

<http://teamnutrition.usda.gov/Resources/choiceplus.html>

**Description:** USDA reference guide on foods and ingredients to assist purchasers in developing food specifications consistent with nutritional goals and knowledge. Provides information to help program operators make informed decisions when purchasing products for use in school lunch and breakfast programs.

**Connecticut Cooks for Kids**

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1996. 181 pp.

**NAL Call Number:** TX715 S53

**Web Site:**

<http://www.nfsmi.org/Information/2003resourceguide.htm#choice>

**Description:** Compilation of 130 recipes submitted by Connecticut child care providers who participate in the Child and Adult Care Food Program (CACFP). Recipes were selected from submissions by Child Care Providers. University of Connecticut students in the Department of Nutritional Sciences kitchen-tested the selected recipes for accuracy and taste-tested them for acceptance. Included with each recipe is a detailed nutrient analysis per serving of the recipe as well as the contribution a serving makes to the CACFP meal pattern.

**Connecticut Cycle Menus**

**Connecticut Team Nutrition Program**

USDA, Connecticut Team Nutrition

**Web Site:** <http://teamnutrition.usda.gov/Resources/connecticutcyclemenu.html>

**Description:** The menus are designed for grades K-6, but can be adapted for grades K-8. The menus include basic items that are accepted by children and used regularly in school nutrition programs. Each cycle menu includes recipes and food specifications (in alphabetical order) and production sheets. The breakfast cycle menu includes four weeks of cold breakfast menus and six weeks of cold and hot menus.



**Conscious Cuisine: A New Style of Cooking from the Kitchens of Chef Cary Neff**

Cary Neff

Sourcebooks, Incorporated, 2005. 352 pp.

**ISBN:** 1402204051

**Description:** Goal is to encourage individuals to become more conscious and mindful of the food they eat and prepare. Book provides recipes and techniques that will help food service professionals discover new healthful foods, cooking methods and nutritional awareness. Cooking terminology is explained, and a full nutritional analysis of each recipe is provided. This book contains descriptive photos, seasonal shopping tips, information on procuring hard-to-find natural ingredients, and how to choose less-processed foods.

**Cooking Essentials for the New Professional Chef**

Mary Deirdre Donovan, Editor, The Food and Beverage Institute

New York, NY: John Wiley & Sons, 1996. 816 pp.

**ISBN:** 0471292184

**Description:** Textbook is for use by both food service educators and professionals. This volume contains over 300 recipes, a foundation in every aspect of food preparation and training features.

**Cultural Foods: Traditions and Trends**

Pamela Goyan Kittler and Kathryn P. Sucher

Belmont, CA: Wadsworth Publishing Company, 2000. 500 pp.

**NAL Call Number:** TX725.A1-K545-2000

**ISBN:** 0534573398

**Description:** Provides information on the health, culture, food, and nutritional habits of most ethnic and racial groups living in the United States. It is designed to help students, chefs and others in the food service industry, and health professionals work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It may be used in a course that fulfills a multicultural requirement for a general education student.

**Dictionary of Food Ingredients, Fourth Edition**

Robert S. Igoe and Y.H. Hui

Gaithersburg, MD: Aspen Publishers, 2001. 234 pp.

**NAL Call Number:** TX551 I26 2001

**ISBN:** 0834219522

**Description:** Completely updated, this edition is a concise, easy-to-use resource, covering over 1,000 food ingredients and additives, including natural ingredients and additives, FDA approved artificial ingredients, and compounds used in food processing.



### **Eating from the Earth: Celebrating Cultural Diversity**

Ann Curtis

Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, 1995. 56 pp.

**NAL Call Number:** TX725 A1E37 1995

**Description:** A collection of recipes from around the world, designed to include some history, anthropology, geography, agriculture, and ecology about the food important to different regions of the earth. The recipes are designed for early childhood programs and can be used by families. The recipes are in standardized form and may contribute to meeting the meal pattern requirements of the USDA Child and Adult Care Food Program.

### **Essentials of Cooking**

James Peterson

New York: Workman Publishing, 2003. 312 pp.

**ISBN:** 1579652360

**Description:** Provides answers to several common cooking questions, from the basic to the intricate. Includes 150 recipes and techniques that are clearly described. An annotated glossary is also provided.

### **Exploring Quantity Food Production and Service Through Problems, 2<sup>nd</sup> edition**

Elizabeth M. Lieux and Patricia K. Luoto

Upper Saddle River, NJ: Prentice Hall, 2000. 134 pp.

**Web Site:**

<http://vig.prenhall.com/catalog/academic/product/1,4096,013083534X,00.html>

**Description:** A manual/workbook for Quantity Food Production and Service which teaches using case studies. In solving each problem, students search for underlying principles and concepts regarding the production and service of food in large organizations. By completing worksheets, consulting reference materials, and participating in discussions, they learn the important food service principles which guide dietitians' and food service managers' practice in terms of food safety, menu planning, purchasing and inventory control, controlling production, delivery and service systems, and the financial impact of management decisions.



### **Feeding Infants: A Guide for Use in the Child Nutrition Programs**

USDA, Team Nutrition, 2002.

**Web Site:** [http://teamnutrition.usda.gov/Resources/feeding\\_infants.html](http://teamnutrition.usda.gov/Resources/feeding_infants.html)

**Description:** The guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, sanitary food preparation and safe food handling, commercially prepared and home-prepared baby food, and some of the Infant Meal Pattern requirements.

### **Five (5) A Day Quantity Cookbook**

New Hampshire Department of Education Bureau of Nutrition Programs and Services, New Hampshire Department of Health and Human Services, 2003.

**Web Site:**

<http://www.ed.state.nh.us/education/doe/organization/programsupport/TeamNutrition.htm>

**Description:** The 5 A Day Quantity Cookbook was created by the Bureau with funds from USDA Team Nutrition and in collaboration with the New Hampshire 5 A Day for Better Health Program. This cookbook was created to assist schools in offering children a daily variety of fruits and vegetables and therefore increasing children's consumption of such. The recipes in the cookbook are written in quantity size and in family size. The family size recipes can be found in the appendix in the back of the book. The recipes utilize USDA commodity foods and New Hampshire produce and, most importantly, are kid tested.

### **Food Buying Guide for Child Nutrition Programs**

USDA, Food and Nutrition Service, 2001.

**Web Site:**

<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

**Description:** The Food Buying Guide for Child Nutrition Programs has been expanded and updated. It includes an updated design, including color-coded tabs for each section, pictures, new charts and graphics. The guide will help with the purchasing process and menu planning.



**Food for Fifty, 12<sup>th</sup> edition**

Mary Molt

Upper Saddle River, NJ: Prentice Hall, 2005. 944 pp.

**ISBN:** 0131138715

**Description:** Features a broad variety of tested recipes designed to feed large groups of people. This new edition contains recipes that reflect current food preferences and modern eating styles. Also includes production, service, and storage procedures which will prevent or reduce the hazards of potentially hazardous foods. Designed as a text for use by students in quantity food production and as a reference for persons in food service management.

**Food Preparation for the Professional, 3<sup>rd</sup> edition**

David A. Mizer

New York: John Wiley & Sons, 1999. 549 pp.

**NAL Call Number:** TX820 .F63 2000

**ISBN:** 0471251879

**Description:** Presents a comprehensive knowledge of the principles, skills, and techniques necessary to prepare food in the food service environment. Covers cooking methods, food preparation, safety and sanitation, storage and handling, equipment, and menu planning, as well as contemporary cuisine preferences and dietary trends.

**Food Service Menus: Pricing and Managing the Food Service Menu for Maximum Profit**

Lora Arduser

Florida: Atlantic Publishing Company, 2003. 144 pp.

**ISBN:** 0910627231

**Description:** Detailed information on designing and pricing for profit; learn menu costing, pricing, layout, design, and menu analysis; provides practical and realistic examples on maximizing profits.

**Fruits and Vegetables Galore, Helping Kids Eat More**

United States Department of Agriculture, Food Nutrition Services, 2004.

**Web Site:**

[http://teamnutrition.usda.gov/Resources/fv\\_galore.html](http://teamnutrition.usda.gov/Resources/fv_galore.html)

**Description:** A kit featuring CD-ROMS and two books entitled: Quality Food for Quality Meals - Buying Fruits and Vegetables and Tricks of the Trade-Preparing Fruits and Vegetables. The latter contains recipes for fruits and vegetables.





**Fundamentals of Menu Planning, 2<sup>nd</sup> Edition**

Paul J. McVety, Bradley J. Ware, Claudette Levesque  
New York, NY: John Wiley & Sons, 2001. 240 pp.

**NAL Call Number:** TX911.3.M45 M38 2001

**ISBN:** 0471369470

**Description:** Offers a complete and thoroughly accessible review of the principles of planning a menu, from concept development and design mechanics to menu pricing and marketing issues.

**The HACCP Cookbook and Manual, 4<sup>th</sup> Edition**

Ann Lachey

Eatonville, WA: Nutrition Development Systems, 2002.

**ISBN:** 09659957747

**Description:** The intent of this book is to provide a comprehensive tool, reference, and starting point for implementing a HACCP program, beginning with the recipe. Each recipe appears in HACCP flowchart format, tracing the flow of food from purchase to consumption. HACCP procedures and critical control points are inserted where applicable. Contains nearly 100 home-style recipes, which have been written for the general diet and have been extended for low sodium, low fat/low cholesterol, and diabetic diets (using the 1995 exchange system) where possible in order to make menu planning easier. Nutrition information has been included for each recipe, and portions have been scaled to 10, 25, 50, 75, and 100.

**Healthy and Delicious: 400 Professional Recipes**

Sandy Kapoor

New York, NY: John Wiley & Sons, 1999. 522 pp.

**ISBN:** 0471318779

**Description:** Contains hundreds of recipes for dishes that are low in fat, cholesterol, sodium, sugar, and calories and at the same time high in nutrients and fiber. The recipes cover a range of dishes--from appetizers, soups, and main courses to sauces, salads, vegetables, and desserts. Includes dishes with strong ethnic influences as well as perennial favorites based on mainstream American cuisine. Each recipe is accompanied by its nutritional profile per serving, including calories, protein, fat, carbohydrates, fiber, cholesterol, and sodium. Also contains information on the basic concepts of nutrition as well as tips on how to modify ordinary recipes for healthier cuisine.





**Large Quantity Recipes, 4<sup>th</sup> Edition**

Margaret E. Terrell and Dorothea B. Headlund  
New York, NY: John Wiley & Sons, 1989. 506 pp.

**NAL Call Number:** TX820 T412 1989

**ISBN:** 0471288543

**Description:** Designed for food service managers, the book provides large-quantity recipes for all food groups. Recipes range from breads (quick and yeast), soups (soup stock, stews, chilled, cream, chowders), cheese, egg, cereal, and vegetables, fish, meats (beef, veal, lamb, and pork), poultry (chicken and turkey), salads, cakes and frostings, cookies, sandwiches, pastries, to puddings.

**Management Practice in Dietetics, 2<sup>nd</sup> Edition**

Nancy R. Hudson  
Brooks/Cole, 2005. 480 pp.

**ISBN:** 0534516572

**Description:** Hudson (University of California-Berkeley) presents management principles applicable across diverse specialties in dietetics and food service, providing readers with practical tools for supervising work and financial and human resources. This second edition features real-life examples and "in practice" sections in every chapter, plus an expanded focus on food service management, with material on unionized employees, menu planning, nutritional technology, and food safety. Content has been updated to reflect the latest industry trends and management concepts.

**Math Principles for Food Service Occupations**

Anthony J. Strianese  
Thomson Delmar Learning, 2006. 360 pp.

**ISBN:** 1418016462

**Description:** Teaches readers that the understanding and application of mathematics is critical for all food service jobs, from entry level to executive chef or food service manager. All the mathematical problems and concepts presented are explained in a simplified, logical, step by step manner. This book guides food service students and professionals in the use of mathematical skills to successfully perform their duties as a culinary professional or as a manager of a food service business. Part 1 trains the reader to use the calculator, while Part 2 reviews basic math fundamentals.



### **Measuring Success with Standardized Recipes**

Team Nutrition USA, National Food Service Management Institute, 2002.

**Web Site:** <http://www.nfsmi.org/Information/measuring-success.html>

**Description:** This kit (video, manual and CD-ROM) is a “how to” guide for managers and employees to help understand the recipe standardization process. The video is designed to provide information for managers and show employees as part of an in-service training session on the importance of recipe standardization.

### **Menu Magic for Children**

USDA Child and Adult Care Food Program.

**NAL Call Number:** aTX353 U5 No.328

**Web Site:** <http://teamnutrition.usda.gov/Resources/menumagic.html>

**Description:** This Child and Adult Care Food Program (CACFP) menu planner will allow you to learn more about the CACFP meal pattern requirements; as well as help you find practical advice on how to serve high quality meals and snacks. Further, you will get ideas for menu planning and grocery shopping. The planner comes complete with sample menus, grocery lists, menu planning tools, and recipes.

### **Menu Planner for Healthy School Meals**

Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, 1998. 270 pp.

**NAL Call Number:** aTX353.U5 no.303

**Web Site:**

<http://teamnutrition.usda.gov/Resources/menuplanner.html>

**Description:** Developed for schools to help plan, prepare, serve, and market appealing meals. New version expected in 2007.

### **Menu Planning Guidance for School Nutrition Programs**

Middletown, CT: Connecticut State Department of Education.

**NAL Call Number:** LB3479 .U63M46 2001

**Description:** This planner includes comprehensive information on a variety of menu planning issues, including Food Based meal pattern requirements, avoiding common menu problems, criteria for Nutrient Standard Menu Planning meals and accommodating children with special dietary needs. An extensive guide to crediting foods allows menu planners to look specific food items and determine whether they are creditable in the Enhanced Food Based meal patterns. The manual also includes information on nutrition basics and food safety and sanitation.



**Menu Solutions: Quantity Recipes for Regular and Special Diets**

Sandra J. Frank, Robert E. Baker

New York, NY: John Wiley & Sons, 1996. 784 pp.

**ISBN:** 0471554588

**Description:** Consists of 400 tested recipes offering the option of preparing regular or special diets in large (50) or small (4) quantities, with complete nutritional analyses and instructions. Contains guidelines for compliance with state and federal regulations. Describes the principles of planning modified diets such as sodium restricted, calorie controlled, fat and cholesterol modified, vegetarian, and kosher. Includes a ready-to-use cyclical menu plus menus for school lunches, holidays, and senior citizen nutritional programs. Comprehensive charts illustrate foods, ingredients or additives which should be allowed or restricted.

**Now You're Cooking: Healthful Options for a New Century**

Alexandria, VA: School Nutrition Association and California Prune Board, 1998.

**NAL Call Number:** RM237.7.N69 1998

**Description:** This dynamic, hands-on, seven-hour workshop was created especially for kitchen/production staff and managers. Designed to teach creative new approaches to recipe modification and menu thinning using a variety of methods including USDA commodities. Participants will gain the skills necessary to put these techniques into action in their school kitchens. This course is worth seven School Nutrition Association Continuing Education Units.

**Nutrient Analysis Protocols: How to Analyze Menus for  
USDA's School Meals Programs**

USDA, Team Nutrition.

**Web Site:** <http://teamn nutrition.usda.gov/Resources/nutrientanalysis.html>

**Description:** This guide establishes procedures for conducting an accurate nutrient analysis. It is developed for school food authorities conducting their own nutrient analysis and for state agencies conducting SMI reviews.

**Nutrition for Food service and Culinary Professionals, 6<sup>th</sup> Edition**

Karen Eich Drummond, Lisa Armando Brefere

New York, NY: John Wiley & Sons, 2007. 688 pp.

**NAL Call Number:** TX353 .D78 2007

**ISBN:** 047159976X

**Description:** The sixth edition has been completely revised to address the importance of nutrition for the culinary and food service industry.



### **Offer Versus Serve**

USDA, Team Nutrition, 2004.

**Web Site:** [http://teamn nutrition.usda.gov/Resources/offer\\_v\\_serve.html](http://teamn nutrition.usda.gov/Resources/offer_v_serve.html)

**Description:** Offer versus Serve (OVS) is a concept that allows students to decline some of the food offered in a school breakfast or lunch. This training program applies the OVS concept to menu planning and the determination of reimbursable school meals. It can be used in all menu planning approaches (traditional food-based, enhanced food-based, and nutrient standard menu planning). The resource pack includes a reference guide, Leader's guide for each meal planning approach, a CD of print materials, and a video showing an overview of each menu-planning option in VHS and DVD formats.

### **Principles of Food, Beverage, and Labor Cost Controls, 8<sup>th</sup> edition**

Hoboken, NJ: Wiley, c2006. 638 pp.

**NAL Call Number:** TX911.3.C65 D57 2006

**ISBN:** 0471429929

**Description:** Textbook for use in course introducing food, beverage, and labor cost controls for food and beverage management students. Basic terms and concepts are discussed, followed by an in-depth exploration of a four-step control process used in the primary phases of food service and beverage operations: purchasing, receiving, storing, issuing, and production. Subsequent chapters address labor cost factors, performance standards, training, and performance monitoring. The accompanying student workbook contains exercises, a study outline for each chapter, and a practice test of 80 multiple choice questions that has been developed to help prepare students for the National Restaurant Association's Professional Management certification program.

### **The Professional Chef -8<sup>th</sup> Edition**

Culinary Institute of America

New York: NY: John Wiley & Sons, 2006. 1232 pp.

**ISBN:** 0764557343

**Description:** Tools and techniques for today's chef, with almost 900 recipes and recipe variations.

### **The Professional Chef's Techniques of Healthy Cooking**

Jennifer Armentrout

Wiley, John & Sons, Incorporated, 2000. 634 pp.

**ISBN:** 0471332690

**Description:** Easy-to-use guide to the exciting world of healthful cuisine. It enables home gourmets to prepare the same delicious, healthful foods using the same techniques that professional chefs labor years to perfect. 300 recipes. 175 full-color photographs.



**Profitable Menu Planning, 3<sup>rd</sup> Edition**

John A. Drysdale

Upper Saddle River: Prentice Hall, 2002. 418 pp.

**NAL Call Number:** TX911.3.M45 D79 2002

**ISBN:** 0130891649

**Description:** A comprehensive book on menu planning available. It covers every operation needed to properly design and develop menus, including determining who your customers are and how to market the menu to them; available kitchen equipment; recipe costs; how to make a profit; and how to figure selling prices. Menu analysis, nutrition, printing the menu (including desktop publishing), menu accuracy, and all the different types of menus are discussed.

**Quantity Food Production, Planning, and Management, 3<sup>rd</sup> Edition**

John Barton Knight and Lendal H. Kotschevar

New York, NY: John Wiley & Sons, 2000. 500 pp.

**NAL Call Number:** TX943 .K57 2000

**ISBN:** 0471333476

**Description:** When it comes to handling the demands of the food service industry, there is no single approach. Quantity Food Production, Planning, and Management goes beyond the mere teaching of technical skills to address the multitude of situations and challenges facing operators today. This book covers all aspects of preparing large amounts of food in commercial operations, including planning, management, and related issues such as nutrition, equipment, service, purchasing, profitability, and property.

**Quick Steps to Success**

New Jersey Team Nutrition, New Jersey Department of Agriculture, Department of Nutritional Services, Rutgers University, 2001.

**NAL Call Number:** TX364 .Q85 2003

**Web Site:**

[http://njteamnutrition.rutgers.edu/quick\\_success.htm](http://njteamnutrition.rutgers.edu/quick_success.htm)

**Description:** 10-15 Minute lessons for school food service personnel- covering customer service, food safety, nutrition, menus and portion control.



### **The Road to SMI Success - A Guide for School Food service Directors**

USDA, Food & Nutrition Service, Team Nutrition, 2005.

**Web Site:**

<http://teamnutrition.usda.gov/Resources/roadtosuccess.html>

**Description:** This manual provides guidance to school food service directors, supervisors and managers on successfully implementing USDA's School Meals Initiative (SMI) for Healthy Children within the scope of daily practices. It includes information on menu planning options, daily food service practices and tips to meet nutritional requirements for school meals, Team Nutrition, and preparing for an SMI review.

### **Rotational Bon Appetit!**

Environmental Health Center

Dallas, TX: Environmental Health Center, 1992. 148 pp.

**NAL Call Number:** RC596.R65 1992

**Description:** This cookbook was developed to help create tasty meals while rotating foods. The recipes are designed to coordinate with the four-day rotation diet pattern, which is generally used for individuals with multiple food sensitivities. Topics covered include common food sensitivities (including corn, soy, wheat, egg, cow's milk, calcium, and mold and yeast); food substitutions; food preparation; sack lunch ideas; whole grain cookery; e-z tortillas; dried bean and pea cookery; thickeners and binders; fish, poultry and meat cookery; herbs and spices; freezing fruit; storage of foods; sources of nutrients; etc.

### **School Breakfast for First Class Learning Toolkit**

University, MS: National Food Service Management Institute; Midwest 5-Star Child Nutrition Task Force, 1999. 16 pp.

**NAL Call Number:** LB3475 .S2774 1999

**Web Site:**

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1&tax\\_subject=413](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=413)

**Description:** Toolkit to assist in promoting and operating a school breakfast program. The toolkit is organized into three sections: Value of Breakfast, How to Implement a School Breakfast Program, and Enhancing School Breakfast Programs. Includes handouts and a PowerPoint presentation on disk.

### **Serving Up Success**

Team Nutrition, 1997.

**Web Site:** <http://teamnutrition.usda.gov/Resources/serving.html>

**Description:** This booklet features actual nutrition education activities created by schools across the country.





**Team Nutrition's Food, Family and Fun a Seasonal Guide to Healthy Eating: Commemorating 50 Years of School Lunch**

TEAM Nutrition, U.S. Department of Agriculture.

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996. 122 pp.

**NAL Call Number:** aTX661.T43 1996

**Description:** A collection of 50 recipes, organized by season, featuring family nutrition education activities. Some recipes are lower fat versions of typical family dishes; others combine food in creative ways. Includes a resource section that contains community resources; hotline numbers, Internet addresses, and sources for additional nutrition information; and healthful eating suggestions.

**USDA Recipes for Child Care**

University, MS: National Food Service Management Institute, 2006.

**Web Site:** [http://teamnutrition.usda.gov/Resources/childcare\\_recipes.html](http://teamnutrition.usda.gov/Resources/childcare_recipes.html)

**Description:** Collection of 187 new recipes for child care from the USDA.

Many provide directions for one or more variations and include old favorites and popular new dishes. Each recipe contributes to a reimbursable meal served to children in the Child and Adult Care Food Program (CACFP). Written for 25-50 servings, the recipe can easily be adjusted to serve larger or smaller groups.

**USDA Recipes for Schools**

Washington, DC: U.S. Department of Agriculture, Food and Nutrition Service, 2006.

**Web Site:** [http://teamnutrition.usda.gov/Resources/usda\\_recipes.html](http://teamnutrition.usda.gov/Resources/usda_recipes.html)

**Description:** This classic reference for school food service contains about 200 recipes. Each recipe has been standardized for both 50 and 100 servings and includes a nutrient analysis. Marketing guidance included when fresh vegetables are specified.

**What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program (CACFP)**

United States Food and Nutrition Service, Midwest Region, Special Nutrition Programs

Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Special Nutrition Programs, 2003.

**NAL Call Number:** aTX361.C5 U5 2003

**Description:** Manual includes nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation, and crediting foods for CACFP.





### **Your Journey to Better Health: Healthy Living Through the Commodity Program**

U.S. Department of Agriculture Food and Nutrition Service, Midwest Regional Office

Chicago: IL, U.S. Department of Agriculture Food and Nutrition Service, 2000. 121 pp.

**NAL Call Number:** aTX353 .Y68 2000

**Description:** Attractive, colorful 121-page spiral-bound booklet written for the American Indian population to teach about the link between diet and health. Includes chapters on basic nutrition, health, physical activity, food safety, and menu planning. The creative, easy-to-understand writing style makes this a useful resource that appeals to all population segments.

## **B. Kits**

### **Culinary Techniques for Healthy School Meals**

University, MS: National Food Service Management Institute, 1996.

**NAL Call Number:** Kit no. 345

**Description:** This is a 13-hour training program for school food service professionals. The focus of the lessons is basic food production principles and culinary techniques.

### **Kitchen Math Basic Skills**

Linda Fox Simmons, Brenda J. Miller, and Yvonne M. Buonamici  
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training Program, 1995.

**NAL Call Number:** Kit no. 311

**Description:** The goal of this kit is to USDA Child Nutrition Programs personnel with information about basic math skills so that the correct amount of foods are purchased for the number of children and adults participating in their program.

### **Menu Planning Tools**

South Dakota Team Nutrition

**Web Site:**

<http://teamnutrition.usda.gov/Resources/southdakotamenuplanningtools.html>

**Description:** 10-hour training session composed of 5 sections for use by participants in an instructor-led training session. These materials were developed as part of a Team Nutrition grant awarded to the South Dakota Department of Education & Cultural Affairs, Child & Adult Nutrition Services.



**Nutrition 101 a taste of food and fitness**

University, MS: National Food Service Management Institute, 2005.

**NAL Call Number:** Kit no. 484

**Description:** Provides a basic overview of nutrition for school children. Topics covered include healthful eating, food choices, and physical activity.

**On the Road to Professional Food Preparation**

University, MS: National Food Service Management Institute, Division of Education and Training, University of Mississippi, 1993. Currently being revised.

**NAL Call Number:** Kit no. 194

**Web Site:** [http://www.nfsmi.org/epubs/et5-93/pdf\\_list.htm](http://www.nfsmi.org/epubs/et5-93/pdf_list.htm)

**Description:** Designed to be used by the school food service manager to provide training for new employees and/or review for other employees. Four one-hour lessons are designed to be taught in short segments. The subjects of the lessons are the recipe, weights and measures, portion control and recipe adjustment.

**C. Posters****Basics at a Glance Poster**

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2005.

**Web Site:** <http://www.nfsmi.org/Information/basicsindex.html>

**Description:** Colorful 17" x 22" poster from *On the road to Professional Food Preparation*. Includes recipes abbreviations, equivalent volumes and weights, scoop sizes, pan size/capacity chart, and cutting diagrams for portioning.

**Meal Pattern Chart Mini-Poster**

Team Nutrition, 2002.

**Web Site:** <http://teamnnutrition.usda.gov/Resources/mealpatternchartmini.html>

**Description:** This chart is intended to accompany Menu Magic for Children and details the menu patterns for child day care homes participating in the Child and Adult Care Food Program (CACFP).



## D. Videos

### **Braising**

Philip Miller and Skip Thela, Culinary Learning Resources  
Hyde Park, NY: Culinary Learning Resources, 1988.

**NAL Call Number:** Videocassette no.2307

**Description:** Defines braising, describes the braising process, and lists the types of meats that this cooking method is appropriate for. Discusses mise en place, cooking equipment, cooking temperature, flavorings and thickening agents, finishing ingredients, garnish, larding, marinating, etc.

### **Bread and Baker**

Culinary Institute of America and the Bread Bakers Guild of America  
Hyde Park, NY: Learning Resources Center, Culinary Institute of America,  
1994.

**NAL Call Number:** Videocassette no.2316

**Description:** This three-part series examines the principles and techniques of French bread baking as set forth by Professor Calvel. Part one: Traditions of French bread baking (30 min.). Part two: Baguettes and pain de campagne (27 min.). Part three: Specialty breads (31 min.).

### **Broiling and Grilling**

Philip Miller and Skip Thela, Culinary Learning Resources  
Hyde Park, NY: Culinary Learning Resources, 1989.

**NAL Call Number:** Videocassette no.2308

**Description:** Explains the difference between broiling and grilling and lists food items for which these types of preparation are appropriate. Gives the mise en place, lists equipment needed, and describes broiling and grilling procedures.

### **Building Quality Meals: Standardized Recipes and Portion Control**

National Food Service Management Institute  
University, MS: National Food Service Management Institute, 2000.

**NAL Call Number:** Videocassette no.3042

**Web Site:** <http://www.nfsmi.org/Education/Satellite/ss21/satinfo.html>

**Description:** 60-minute satellite seminar videotape provides an opportunity for Child Nutrition Program personnel to better understand standardized recipes, culinary terms, weighing and measuring, portion control techniques, and recipe modification to prepare quality meals for customers.



### **Chicken Fabrication by the Professional Chef**

Philip Miller and Joanne A. Meyer, Culinary Learning Resources, Culinary Institute of America.

Hyde Park, NY: The Culinary Institute, 1996.

**NAL Call Number:** Videocassette no.2408

**Description:** An instructional program that teaches you how to cut chicken or other poultry into a variety of portion cuts. Cooking techniques and presentation for each fabricated cut are explained.

### **Commodities 101**

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2000.

**Description:** 48-minute video provides fundamental information on the commodity programs. Subjects include purchase planning, federal and state roles, basic commodity ordering concepts, and how commodity procurement supports agriculture markets.

### **Cooking a World of New Tastes – Team Nutrition**

TEAM Nutrition, U.S. Department of Agriculture, Food and Nutrition Service, Alexandria, VA: Food and Nutrition Service, 1998.

**NAL Call Number:** aTX353 U5 no.304

**Description:** Culinary video training series contains 4 self-instructional videos (approximately 20 minutes each) that promote healthy cooking techniques for school nutrition professionals. Videos explore innovative and creative approaches to the production of healthy, tasty, and attractive foods for the school meals programs, with an emphasis on enhancing culinary skills. Series includes a 111-page Quick Reference Guide.

### **Cooking for the New Generation**

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1997.

**NAL Call Number:** Videocassette no.2803

**Description:** Breakfast Lunch Training (BLT) module designed to be used by the directors and managers to instruct food service assistants in the preparation of multi-ingredient, processed food products. Chapter topics are: Manufacturer's Instructions, Checking Temperatures, and Cooking and Holding. Includes a 74-page manual, an 18-minute video, and 8 ½" \* 11" *Temperature Wall Chart*.



**Get Ready, Get Set, Go for Quality Service**

National Food Service Management Institute  
University, MS: National Food Service Management Institute, 1996.

**NAL Call Number:** Videocassette no.2755

**Description:** Breakfast Lunch Training (BLT) module designed for school food service managers to use with employees. Defines and describes value added productivity, preparation of items using a batch process, and customer service. Includes ready-to-use food production and product comparison forms, 80–page manual, and 14-minute video.

**Kids a Cookin'. [Where Cooking is Fun]**

Dept. of Communications, Kansas Regents Educational Communications Center, 2004.

**NAL Call Number:** Videocassette no.3442

**Description:** The goals of these video programs include teaching children good nutrition and basic cooking skills, making healthy food choices and making cooking fun.

**Knife Skills: Vegetables**

Ellen O'Brien and Skip Thela, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1987.

**NAL Call Number:** Videocassette no.2313

**Description:** Demonstrates the various techniques of cutting vegetables for cooking.

**Poaching and Steaming**

Steven Kolpan and Skip Thela, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1989.

**NAL Call Number:** Videocassette no.2310

**Description:** Master Chef Richard Czack demonstrates how to poach or steam fish.

**Roasting**

Steven Kolpan and Skip Thela, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1989.

**NAL Call Number:** Videocassette no.2311

**Description:** Describes the roasting method of cooking, which is used for large or whole multi-portion cuts of meat. Discusses larding, trussing, seasoning, kitchen equipment, cooking techniques and times, food safety, etc. Also covers jus, gravies, etc.



**Stocks: Brown, White & Fish**

Steven Kolpan and Skip Thela, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1987.

**NAL Call Number:** Videocassette no.2314

**Description:** Combining the expertise of several chefs, the programs demonstrate step-by-step procedures to produce the basic stocks: brown, white and fish. Also covers kitchen equipment, ingredients and cooking techniques.

**The Way to Sauté**

Steven Kolpan and Skip Thela, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1988.

**NAL Call Number:** Videocassette no.2312

**Description:** Defines the cooking technique known as sauté, lists cooking equipment needed, and describes the three essential components and three optional components of sautéing.

**Vegetable Cuts Videorecording: Dicing**

Megan Piela and Mary Alice Russo, Culinary Institute of America  
Hyde Park, NY: The Culinary Institute, 1982.

**NAL Call Number:** Videocassette no.2315

**Description:** Shows how to dice celery, carrots, potatoes, onions, leeks and cabbage.

**Work Simplification Satellite Seminar**

National Food Service Management Institute  
University, MS: National Food Service Management Institute, 2001.

**Web Site:** <http://www.nfsmi.org/Education/Satellite/ss24/satinfo.html>

**Description:** 60-minute satellite seminar videotape gives child nutrition professionals the opportunity to see how using work simplification can increase efficiency while providing the highest quality of service in their operation. Situations are identified where work simplification principles can benefit the food service operation and work simplification tips are provided. (Closed captioned for hearing impaired.)





## E. Web sites

### **Dietary Guidelines for Americans 2005**

USDA, Department of Health and Human Services.

**Web Site:** [http://www.usda.gov/cnpp/dietary\\_guidelines.html](http://www.usda.gov/cnpp/dietary_guidelines.html)

**Description:** The Dietary Guidelines for Americans are the cornerstone of Federal nutrition policy and nutrition education activities. They are jointly issued by USDA and DHHS and updated every 5 years.

### **Healthy Meals Resource System**

**Web Site:** <http://healthymeals.nal.usda.gov/>

**Description:** The Healthy Meals Resource System (HMRS) provides information to persons working in USDA's Child Nutrition Programs. It is maintained by the National Agricultural Library's (<http://www.nal.usda.gov>) Food and Nutrition Information Center (<http://fnic.nal.usda.gov>) and the University of Maryland (<http://www.umd.edu>) in collaboration with USDA's (<http://www.usda.gov>) Food and Nutrition Service (<http://www.fns.usda.gov>).

### **MyPyramid**

**Web Site:** <http://www.mypyramid.gov/>

**Description:** One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you.

### **NFSMI Insight – How Can We Be Sure the Students Are Eating a Nutritious School Lunch? Serve Healthful Entrees!**

National Food Service Management Institute, 1997.

**Web Site:** [http://www.nfsmi.org/Information/Newsletters/Insight\\_index.html](http://www.nfsmi.org/Information/Newsletters/Insight_index.html)

**Description:** Summarizes NFSMI research on point-of-choice nutrition education and its effectiveness with elementary school children.

### **Team Nutrition**

**Web Site:** <http://www.teamnutrition.usda.gov/>

**Description:** Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.





## F. Other

### **Culinary Techniques: Cooking with Flair CD-ROMs**

- **Fruits Vegetables, and Salads**
- **Breads and Grains**
- **Meats and Other Protein Foods**

University, MS: National Food Service Management Institute, 2000.

**NAL Call Number:** TX801 C85 2000

**Web Site:**

<http://www.nfsmi.org/interactive/culindex.html>

**Description:** Interactive, self-paced, computer-based instructional programs designed for food service assistants. Maintaining food quality is a consistent theme in all three programs. Each includes interactive learning activities, glossary, recipes, video clips, activity index, and links to resources on the Web. One copy may be loaded on multiple computer hard drives or on a network. Hardcopy ordering information available on Web site.

### **A Tool Kit for Healthy School Meals: Recipes and Training Materials: USDA's New School Lunch and Breakfast Recipes**

U.S. Department of Agriculture

Washington, DC: U.S. Dept. of Agriculture, 1995.

**NAL Call Number:** aLB3479 U6T66 1995

**Web Site:**

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1&tax\\_subject=415](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=415)

**Description:** Contains recipes which were developed with today's kids and their tastes in mind. Includes ethnic foods, meatless dishes and low-fat desserts made with fresh ingredients, and contains the nutritional content per serving for each recipe. Intended to help school food service professionals provide children with the nutrition they need using new and exciting recipes that are simple, nutritious, and easy to implement.



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Locate additional FNIC publications at [http://www.nal.usda.gov/fnic/resource\\_lists.shtml](http://www.nal.usda.gov/fnic/resource_lists.shtml).

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Web site: <http://fnic.nal.usda.gov>

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