



Holiday Food and Nutrition Resource List November 2010

This publication is a collection of food and nutrition resources for holidays and celebrations. Topics include cooking holiday foods, planning holiday celebrations, food safety at the holidays and healthy holiday eating. Resources include books and Web sites and are limited to those published in 2008 or later. The books can be borrowed from your local library or purchased from your local book store.

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This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/holiday.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Cookbooks

The All American Christmas Cookbook: Family Favorites from Every State

Georgia Orcutt and John Margolies

San Francisco, CA: Chronicle Books, 2008. 128 pp.

Description: Highlights regional favorites and classic holiday recipes from each state.

Around the World Cookbook

Abigail Johnson Dodge

New York, NY: DK Publishing, 2008. 125 pp.

Description: Provides information about different world regions and explains how to prepare select food staples from those regions.

Betty Crocker's Party Book

Hoboken, NJ: John Wiley & Sons, 2009. 176 pp.

Description: Gives recipes for holidays celebrated throughout the year, as well as tips on hosting meals, meal planning, spice use, and food presentation.

The Christmas Table

Diane Morgan

San Francisco, CA: Chronicle Books, 2008. 240 pp.

Description: Contains recipes for each part of the holiday season, including breakfast ideas and holiday dinner menus.

Cooking Light Annual Recipes Cookbook

Des Moines, IA: Oxmoor House, 2010. 432 pp.

Description: Features low-fat recipes created by dietitians and culinary professionals.

Cooking Light Cooking Through the Seasons

Des Moines, IA: Oxmoor House, 2010. 400 pp.

Description: Presents recipes that highlight foods during their peak seasons.

Fix-It and Forget-It® Christmas Cookbook: 600 Slow Cooker Holiday Recipes

Phyllis Pellman Good

Intercourse, PA: Good Books, 2010. 284 pp.

Description: Offers holiday-themed recipes for preparing in a slow cooker. Includes tips and ideas for planning holiday gatherings.

Holiday Secrets

Weston, FL: Food and Health Communications, 2010. 114 pp.

Description: Offers healthy holiday recipes. Includes tips for managing weight as well as guidance for individuals with diabetes.

Jewish Holiday Cooking

Jayne Cohen

Hoboken, NJ: John Wiley & Sons, 2008. 572 pp.

Description: Includes recipes for all of the major Jewish holidays, along with guidance on celebrating each occasion.

The Light Jewish Cookbook: Recipes from Around the World for Weight Loss and Health

Sylvie Jouffa and Annick Champetier De Ribes

London, England: Souvenir Press, 2009. 208 pp.

Description: Presents low-fat versions of traditional Jewish recipes and meals.



The New Thanksgiving Table

Diane Morgan

San Francisco, CA: Chronicle Books, 2009. 224 pp.

Description: Includes traditional Thanksgiving recipes used in different parts of the country. Also contains tips to alleviate stress on Thanksgiving Day.

Winter Harvest Cookbook

Lane Morgan

Gabriola Island, Canada: New Society Publishers, 2010. 288 pp.

Description: Provides ideas on how to incorporate local produce into meals during the winter months. Includes ingredient definitions, menu suggestions, and lists of resources.

A World of Recipes: Christmas Foods

Jenny Vaughan and Penny Beauchamp

Chicago, IL: Heinemann, 2009. 48 pp.

Description: Includes traditional Christmas recipes and their origins from countries around the world. Also provides a section on healthy eating.

II. Electronic Resources

A. Food Safety

Eating Outdoors: Handling Food Safely

Center for Food Safety and Applied Nutrition, U.S. Food and Drug Administration

Web site: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm>

Description: Provides tips to prevent foodborne illness when preparing and storing food for picnics and barbecues.

Foodborne Illness Peaks in Summer - Why?

Food Safety and Inspection Service, U.S. Department of Agriculture

Web site:

http://www.fsis.usda.gov/Fact_Sheets/Foodborne_Illness_Peaks_in_Summer/index.asp

Description: Discusses the increased rate of foodborne illnesses during the summer months, as well as ways to prevent infection.

Food Safety for Moms-to-Be: Entertaining All Year

Center for Food Safety and Applied Nutrition, U.S. Food and Drug Administration

Web site:

<http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm083680.htm>

Description: Offers a year-round food safety guide; includes seasonal resources and addresses myths regarding foodborne illness.



Food Safety in All Seasons

Fight BAC! Partnership for Food Safety Education

Web site: <http://www.fightbac.org/safe-food-handling/safety-in-all-seasons>

Description: Selection of articles on food safety measures for special events throughout the year.

Food Safety Tips for Healthy Holidays

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>

Description: Discusses four ways (clean, separate, cook, chill) to prevent foodborne illnesses during the holidays.

Grill it Safely

University of Nebraska-Lincoln Extension

Web site: <http://lancaster.unl.edu/food/grill-flyer.pdf>

Description: Guides consumers on how to apply food safety principles when shopping for, preparing and grilling foods.

Holiday Food Safety Success

Partnership for Food Safety Education

Web site: <http://holidayfoodsafety.org/>

Description: Uses videos, recipes, e-cards, kids' activities and articles to promote food safety awareness during the holiday season.

Holiday or Party Buffets

Food Safety and Inspection Service, U.S. Department of Agriculture

Web site: http://www.fsis.usda.gov/PDF/Holiday_or_Party_Buffets.pdf

Description: Offers suggestions for safe buffet-style serving, including basic facts about the most common pathogens that can cause foodborne illness.

Holidays: General Information

U.S. Department of Health and Human Services

Web site: <http://www.foodsafety.gov/keep/events/holidays/index.html>

Description: Includes links to podcasts on keeping food safe during the holidays, also provides tips for mailing and receiving food packages.

Holiday Health and Safety Tips

Centers for Disease Control and Prevention, Department of Health and Human Services

Web site: <http://www.cdc.gov/family/holiday/>

Description: Summarizes food safety precautions to enforce during the holidays and contains resources for further information.



Playing It Safe with Eggs: What Consumers Need to Know

Center for Food Safety and Applied Nutrition, U.S. Food and Drug Administration

Web site: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm>

Description: Highlights cautions to take when cooking and storing eggs for recipes or holiday decorating.

Seasonal Food Safety Fact Sheets

Food Safety and Inspection Service, U.S. Department of Agriculture

Web site:

http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp

Description: Promotes food safety practices through a series of fact sheets. Topics include sending food gifts in the mail, holiday cooking and cooking for groups.

Thanksgiving Food Preparation Tips

University of Nebraska-Lincoln Extension

Web site: <http://food.unl.edu/web/safety/thanksgiving-food-prep>

Description: Offers food safety and cooking suggestions for planning and preparing a Thanksgiving meal.

B. Healthy Eating

Celebrating Holidays with Food Allergies

Kids with Food Allergies

Web site:

[http://www.kidswithfoodallergies.org/resourcespre.php?id=88&title=Celebrating%20holidays%20with%20food%20allergies%20\(from%20Valentines%20to%20Christmas\)](http://www.kidswithfoodallergies.org/resourcespre.php?id=88&title=Celebrating%20holidays%20with%20food%20allergies%20(from%20Valentines%20to%20Christmas))

Description: Guides families in decreasing food allergy risks during holiday meals.

Healthy Holiday Eating

Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

Web site: <http://family.samhsa.gov/be/holidayeat.aspx>

Description: Presents guidance on making healthy choices during the holiday season. Includes tips for choosing healthy beverages and monitoring portion sizes.



Holiday Meal Planning

American Diabetes Association

Web site: <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/>

Description: Summarizes guidelines for managing diabetes during the holidays.

Holiday Resources

Food and Health Communications

Web site: <http://www.foodandhealth.com/products.php?cat=10>

Description: Displays handouts, fact sheets and recipes on healthy holiday eating.

MyPyramid Tips for a Healthier Holiday Season

U.S. Department of Agriculture

Web site: <http://www.mypyramid.gov/holiday-tips.html>

Description: Communicates ways to stay healthy at the holidays, including making nutritious choices when eating out, keeping food safe and watching portion sizes.

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.



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