

Vegetable Frittata (D-01). Lentil Soup (H-07). Stir-Fry Chicken (D-18). Taco Salad (E-13). Whole-Wheat Muffin Squares (A-11A). Sound good?

These are just a few of the more than 150 standardized recipes developed by USDA that are identified by either name or letter and number. The recipes are designed to help you serve quality meals to your young customers. Quality meals are meals that:

- Taste good,
- Offer good nutrition, and
- Are attractive.

As recommended in the *Dietary Guidelines for Americans*, these recipes will help you add variety to your menus with plenty of fruits, vegetables, and whole-grain products. All of the recipes were carefully developed and tried—and retried—for product quality, consistency, and yield.

They are written for 25 and 50 servings, so they can easily be adjusted to serve larger or smaller groups. From old favorites like Pancakes and Sloppy Joes, to popular dishes like Taco Salad and Mexican Pizza, these recipes will help you put together and serve great-tasting, nutritious meals and snacks that children will love.

USDA Recipes for Child Care

This publication has three components: a) this printed booklet, b) a CD-ROM containing recipes, the booklet, and supplemental information resources including food safety posters, and c) a bonus CD-ROM of Team Nutrition's *Food Buying Guide* to help with purchasing food for your program.

Printed Booklet

This printed booklet discusses adjusting recipes, nutrient information, and safe food handling, and contains many helpful reference charts.

USDA Recipes for Child Care CD-ROM Content

1) Recipes

A collection of recipe files is listed by recipe name alphabetically and by recipe number. The recipes can be printed from the disk individually, by recipe category (Grains/Breads, Desserts, Main Dishes, etc.), or by the entire recipe file. Each recipe contributes to a reimbursable meal served to children in the Child and Adult Care Food Program (CACFP). Computer system requirements are listed on the CD face.

For this publication, we updated and revised the *Child Care Recipes: Food for*

Health and Fun (1999) using yields from the *Food Buying Guide for Child Nutrition Programs* (Revised 2008) and using the 2005 Food Code for the Hazard Analysis Critical Control Points.

These updated recipes supersede all previous recipe versions and provide updated crediting, nutrient values, and critical control points. To avoid using the wrong recipe, child care program operators should discard previous versions. Indexes of the recipes are located at the end of this printed booklet.

2) Supplemental Information

This CD-ROM contains additional guidance on techniques for purchasing, preparing, and storing food items that will be served to the children in your care.

3) Booklet Content

The booklet content is also on the CD to make it easy for you to print sections for your use or to share with others.

4) Bonus Mini Posters

Mini posters on hand washing and thermometer usage are included. Print them and display in areas where these two tasks are performed.

Introduction

continued

Food Buying Guide CD-ROM

This CD-ROM can help you buy the right amount of food and buy it economically. It can help you determine the specific contribution each food makes toward the meal pattern requirements. It has yield data for more than 1,200 food items and can provide ideas for adding new foods or new forms of familiar foods to your menus.

Why are quality meals important?

Because children's health is important! Child care programs have a special role in enhancing and maintaining children's health, since children may spend many years in this environment. Child care programs can help foster healthful behaviors, particularly in the areas of nutrition and physical fitness.

By serving wholesome and attractive meals, you can help children improve their attitudes toward healthy eating. You can also help them have healthier lives...now and in years to come.

To help you use the recipes from USDA, this guide:

- Gives you background on how the recipes were selected, developed, and field-tested.
- Takes you through each section of the recipe format, explaining how the information is organized.
- Explains and demonstrates the uses of the nutrient analysis provided for each recipe.
- Includes instructions on substituting ingredients and adjusting recipes, as well as tips for maximizing quality.

The recipes in this package will help you to tickle the appetites of the children in your care with nourishing meals and snacks that look good and taste good! Read on for more information about the recipes and other materials in this package. Additional information for child care can be found online in *Building Blocks for Fun and Healthy Meals* at teamnutrition.usda.gov/Resources/buildingblocks.html.

