

Guidelines for Healthy Recipes Used in Extension Programming

1. Choose recipes that promote eating patterns of the Dietary Guidelines and help teach at least one Dietary Guideline principal.
2. Consider the audience when making recipe selections. For instance:
 - a. If working with low-income audiences, select recipes using low-cost ingredients and minimal cooking equipment.
 - b. If working with immigrant populations, select recipes that utilize familiar ingredients and techniques for their culture.
 - c. If working with youth audiences, consider age-appropriate recipes and equipment.
3. Recipes should be easy to read and follow.
4. Recipes should be flexible so participants can use fresh fruits and vegetables when in season or substitute frozen or canned when not in season.
5. Specify ingredients, amounts, and pan sizes for consistent results.
6. Choose recipes with ingredients that are easy to find in local stores or Farmers' Markets.
7. Consider sources for recipes: NC Extension nutrition curricula, EFNEP cookbook, SNAP-Ed recipe finder, and Extension publications. We prefer that you use recipes, such as these, that have been tested through the NC State Extension FCS program and by FCS Specialists.

General criteria for selecting recipes for programming:

- Number of servings is included.
- All ingredients are listed.
- Ingredients listed in their order of use.
- Ingredients listed the way they are measured (i.e. 1/2 cup chopped onion).
- Steps are numbered.
- Steps are in simple, short sentences.
- Recipes are tasty as well as healthy.
- Temperatures (both cooking and serving) are listed.
- Nutrition information is included.

Remember to test every recipe before using in a program. If you have trouble with a step or with the quality of the product, your participants will have trouble as well.