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## **Holiday Food and Nutrition Resource List September 2008**

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 2002 or later.

The books on this list may be available to borrow from your local library or can be purchased from your local book store. Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL.

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

### **Around the World Cookbook**

Abigail Johnson Dodge

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

**Description:** Provides information about different regions worldwide and explains how to make some of their food staples. Highlights unique traditions and includes maps and photos of each region.

### **Cooking Around the Calendar with Kids: Holiday and Seasonal Food and Fun**

Amy Houts

Maryville, MO: Saptail Press, 2002. 115 pp.

**Description:** Organized by season; provides recipes as well as activity suggestions. Note: References the 1996 Food Guide Pyramid which has since been replaced with MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)).

### **The Everything Holiday Cookbook**

Margaret Kaeter

Avon, MA: Adams Media, 2004. 287 pp.

**Description:** Presents recipes and cooking tips for specific holidays as well as general sections on seasonal foods, ethnic foods, foods for individuals with diabetes and low-fat foods.

### **Holiday Cooking Around the World**

Kari A. Cornell

Minneapolis, MN: Lerner Publications Company, 2002. 72 pp.

**Description:** Separated by meal categories (i.e. appetizers, soups, side dishes). Includes low-fat and vegetarian recipes.

### **The Kids' Holiday Baking Book: 150 Favorite Dessert Recipes From Around the World**

Rosemary Black

New York, NY: St. Martin's Griffin, 2003. 254 pp.

**Description:** Covers 19 different holidays with explanations of the significance of each celebration.

### **Vegetarian Cooking Around the World**

Allison Behnke

Minneapolis, MN: Lerner Publications Company, 2002. 72 pp.

**Description:** Discusses vegetarianism around the world and highlights a selection of holiday and festival foods.



## 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.cfsan.fda.gov/~dms/fssummer.html>

**Description:** Provides tips to prevent foodborne illness when preparing and storing food for picnics and barbecues. Also available in Spanish.

#### **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](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: Highlights**

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

**Web site:** <http://www.cfsan.fda.gov/~pregnant/newsumm.html>

**Description:** Year-round food safety guide; includes seasonal resources and addresses myths regarding foodborne illness. Also available in Spanish.

#### **Food Safety in All Seasons**

Fight BAC! Partnership for Food Safety Education

**Web site:** <http://www.fightbac.org/content/view/92/87/>

**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/consumer/updates/foodsafetytips111307.pdf>

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

#### **Grill it Safely**

Extension, University of Nebraska-Lincoln

**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.



### **Halloween Food Safety Tips**

Department of Food Science and Human Nutrition, Michigan State University

**Web site:**

[http://www.fooddomain.msu.edu/docs/bulletin/HALLOWEEN%20FOOD%20SAFETY%20TIPS\\_Revised2.pdf](http://www.fooddomain.msu.edu/docs/bulletin/HALLOWEEN%20FOOD%20SAFETY%20TIPS_Revised2.pdf)

**Description:** Highlights safety measures for trick-or-treating and planning/attending Halloween parties.

### **Playing It Safe with Eggs**

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

**Web site:** <http://vm.cfsan.fda.gov/~dms/fs-eggs.html>

**Description:** Highlights the 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](http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp)

**Description:** Series of fact sheets promoting food safety practices. Topics include: cooking for groups, holiday cooking, cooking in the summer and sending food gifts in the mail. Also available in Spanish.

### **Tailgating Tips: Be on the Offense Against Foodborne Illness**

Department of Food Science, College of Agricultural Sciences, The Pennsylvania State University

**Web site:** <http://www.foodsafety.psu.edu/tailgating/uk135.pdf>

**Description:** Provides guidance on planning for and cooking at a tailgate event.

### **Thanksgiving Day Food Safety Tips**

Department of Food Science and Human Nutrition, Michigan State University

**Web site:**

[http://www.fooddomain.msu.edu/docs/bulletin/THANKSGIVINGDAYFOODSAFETYTIP\\_S\\_ed.pdf](http://www.fooddomain.msu.edu/docs/bulletin/THANKSGIVINGDAYFOODSAFETYTIP_S_ed.pdf)

**Description:** Presents tips for preparing turkey and other Thanksgiving foods in a safe manner. Also covers serving and storing the food.

### **Tips to Prevent Foodborne Illness this Holiday Season**

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

**Web site:** <http://www.cfsan.fda.gov/~dms/fsholida.html>

**Description:** Covers specific holiday foods as well as general ways to prevent foodborne illness.



### **Turduckens Require Safe Food Handling**

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

**Web site:**

[http://www.fsis.usda.gov/PDF/Turduckens\\_Require\\_Safe\\_Food\\_Handling.pdf](http://www.fsis.usda.gov/PDF/Turduckens_Require_Safe_Food_Handling.pdf)

**Description:** Explains the safe-handling techniques for preparing this holiday food.

### **B. Healthy Eating**

#### **8 Steps to Surviving Holiday Weight Gain**

The Cleveland Clinic

**Web site:**

[http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12\\_01.aspx](http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12_01.aspx)

**Description:** Contains information on preventing weight gain over the holidays.

#### **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 how to decrease food allergy risks during holiday meals.

#### **Healthy Eating at the Holidays**

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.

#### **Healthy Eating for the Holidays**

The Regents of the University of California

**Web site:**

[http://www.dining.ucla.edu/housing\\_site/dining/SNAC\\_pdf/GiftOfGoodHealth.pdf](http://www.dining.ucla.edu/housing_site/dining/SNAC_pdf/GiftOfGoodHealth.pdf)

**Description:** Discusses making healthful food choices and modifying recipes to decrease the fat and calories.

#### **Holiday Eating**

Utah State University Extension

**Web site:** [http://extension.usu.edu/files/publications/publication/pub\\_7908978.pdf](http://extension.usu.edu/files/publications/publication/pub_7908978.pdf)

**Description:** Provides suggestions for limiting caloric intake and increasing physical activity during the holidays. Includes a calendar for planning activities.



### **Holiday Meal Planning**

American Diabetes Association

**Web site:** <http://diabetes.org/nutrition-and-recipes/holiday-meals.jsp>

**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:** Collection of 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.

### **Tips for a Heart-Healthy Holiday Season**

American Heart Association

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=3016281>

**Description:** Details ways to manage intake of fat and calories at the holidays in order to promote heart-health. Includes guidance on increasing physical activity.

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