



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: Snpptail 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).

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

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

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

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

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

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

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

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

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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