



Meal Planning and Preparation Resource List June 2007

This publication is a compilation of resources for professionals involved in school food service. The resources are in a variety of information formats: articles, books and full-text materials on the World Wide Web. Resources chosen provide information on many aspects of school food service.

The resources included for this list contain reliable information and are available nationwide. Your local library or bookstore can help you locate these materials. Other items can be obtained from the source listed. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

Resources that are part of the National Agricultural Library (NAL) collection have an NAL Call Number listed. Lending and copy service information can be found at <http://nal.usda.gov/services/request.shtml>. URLs are included when the material is available online in full text. Materials cannot be purchased from the Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

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

Table of Contents:

- A.** Books
- B.** Kits
- C.** Posters
- D.** Videos
- E.** Web sites
- F.** Other

I. Meal Planning and Preparation

A. Books

Advanced Professional Cooking

Wayne Gisslen

NAL Call Number: TX820.G52 1992

ISBN: 0471836834

Description: Discusses the development of modern cookery and contains information on preparation and recipes for sauces, soups, salads, pastas and other first courses, fish and other seafood, poultry and feathered game, beef, lamb, pork, veal, miscellaneous meats, vegetables, and various cold foods. The theme is contemporary North American cuisine. Contains over 200 photographs and over 600 recipes. This book is an advanced food-preparation text designed to help prepare students for careers, and to help professional cooks advance their careers, in the culinary arts as practiced today in American food service operations.

Chef's Book of Formulas, Yields and Sizes

Arno Schmidit

New York, NY: Wiley, John & Sons, Inc., 2002. 368 pp.

ISBN: 0471227161

Description: Encyclopedia reference or any food service professional who must calculate costs for inventory management or determine exact measurements for portion control. Includes informative, easy-to-read tables and diverse entries.

Chef's Compendium of Professional Recipes 3rd edition

John Fuller and Edward Renold

Oxford; Boston: Butterworth-Heinemann, 1992. 401 pp.

NAL Call Number: TX820 F84 1992

ISBN: 0750604905

Description: Presents essential recipes based on traditional and classic methods, but simplified and adapted to meet the needs and conditions of hospitals, schools, colleges and in travel catering such as aircraft, rail and at sea. Most recipes have been reduced to steps sufficiently simple to be followed by beginners as well as chefs.



Choice Plus: A Reference Guide for Food and Ingredients – Team Nutrition

University, MS: National Food Service Management Institute, 1996. 202 pp.

Web site:

<http://teamnutrition.usda.gov/Resources/choiceplus.html>

Description: USDA reference guide on foods and ingredients to assist purchasers in developing food specifications consistent with nutritional goals and knowledge. Provides information to help program operators make informed decisions when purchasing products for use in school lunch and breakfast programs.

Connecticut Cycle Menus

Connecticut Team Nutrition Program

USDA, Connecticut Team Nutrition

Web site: <http://teamnutrition.usda.gov/Resources/connecticutcyclemenu.html>

Description: The menus are designed for grades K-6, but can be adapted for grades K-8. The menus include basic items that are accepted by children and used regularly in school nutrition programs. Each cycle menu includes recipes and food specifications (in alphabetical order) and production sheets. The breakfast cycle menu includes four weeks of cold breakfast menus and six weeks of cold and hot menus.

Conscious Cuisine: A New Style of Cooking from the Kitchens of Chef Cary Neff

Cary Neff

Sourcebooks, Incorporated, 2005. 352 pp.

ISBN: 1402204051

Description: Goal is to encourage individuals to become more conscious and mindful of the food they eat and prepare. Book provides recipes and techniques that will help food service professionals discover new healthful foods, cooking methods and nutritional awareness. Cooking terminology is explained, and a full nutritional analysis of each recipe is provided. This book contains descriptive photos, seasonal shopping tips, information on procuring hard-to-find natural ingredients, and how to choose less-processed foods.

Cooking Essentials for the New Professional Chef

Mary Deirdre Donovan, Editor, The Food and Beverage Institute

New York, NY: John Wiley & Sons, 1996. 816 pp.

ISBN: 0471292184

Description: Textbook is for use by both food service educators and professionals. This volume contains over 300 recipes, a foundation in every aspect of food preparation and training features.



Cultural Foods: Traditions and Trends

Pamela Goyan Kittler and Kathryn P. Sucher
Belmont, CA: Wadsworth Publishing Company, 2000. 500 pp.

NAL Call Number: TX725.A1-K545-2000

ISBN: 0534573398

Description: Provides information on the health, culture, food, and nutritional habits of most ethnic and racial groups living in the United States. It is designed to help students, chefs and others in the food service industry, and health professionals work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It may be used in a course that fulfills a multicultural requirement for a general education student.

Dictionary of Food Ingredients, Fourth Edition

Robert S. Igoe and Y.H. Hui
Gaithersburg, MD: Aspen Publishers, 2001. 234 pp.

NAL Call Number: TX551 I26 2001

ISBN: 0834219522

Description: Completely updated, this edition is a concise, easy-to-use resource, covering over 1,000 food ingredients and additives, including natural ingredients and additives, FDA approved artificial ingredients, and compounds used in food processing.

Eating from the Earth: Celebrating Cultural Diversity

Ann Curtis
Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services,
1995. 56 pp.

NAL Call Number: TX725 A1E37 1995

Description: A collection of recipes from around the world, designed to include some history, anthropology, geography, agriculture, and ecology about the food important to different regions of the earth. The recipes are designed for early childhood programs and can be used by families. The recipes are in standardized form and may contribute to meeting the meal pattern requirements of the USDA Child and Adult Care Food Program.

Essentials of Cooking

James Peterson
New York: Workman Publishing, 2003. 312 pp.

ISBN: 1579652360

Description: Provides answers to several common cooking questions, from the basic to the intricate. Includes 150 recipes and techniques that are clearly described. An annotated glossary is also provided.



Exploring Quantity Food Production and Service Through Problems, 2nd edition

Elizabeth M. Lieux and Patricia K. Luoto

Upper Saddle River, NJ: Prentice Hall, 2000. 134 pp.

Web site:

<http://vig.prenhall.com/catalog/academic/product/1,4096,013083534X,00.html>

Description: A manual/workbook for Quantity Food Production and Service which teaches using case studies. In solving each problem, students search for underlying principles and concepts regarding the production and service of food in large organizations. By completing worksheets, consulting reference materials, and participating in discussions, they learn the important food service principles which guide dietitians' and food service managers' practice in terms of food safety, menu planning, purchasing and inventory control, controlling production, delivery and service systems, and the financial impact of management decisions.

Feeding Infants: A Guide for Use in the Child Nutrition Programs

USDA, Team Nutrition, 2002.

Web site: http://teamnutrition.usda.gov/Resources/feeding_infants.html

Description: The guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, sanitary food preparation and safe food handling, commercially prepared and home-prepared baby food, and some of the Infant Meal Pattern requirements.

Five (5) A Day Quantity Cookbook

New Hampshire Department of Education Bureau of Nutrition Programs and Services, New Hampshire Department of Health and Human Services, 2003.

Web site:

<http://www.ed.state.nh.us/education/doe/organization/programsupport/TeamNutrition.htm>

Description: The 5 A Day Quantity Cookbook was created by the Bureau with funds from USDA Team Nutrition and in collaboration with the New Hampshire 5 A Day for Better Health Program. This cookbook was created to assist schools in offering children a daily variety of fruits and vegetables and therefore increasing children's consumption of such. The recipes in the cookbook are written in quantity size and in family size. The family size recipes can be found in the appendix in the back of the book. The recipes utilize USDA commodity foods and New Hampshire produce and, most importantly, are kid tested.



Food Buying Guide for Child Nutrition Programs

USDA, Food and Nutrition Service, 2001.

Web site:

<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

Description: The Food Buying Guide for Child Nutrition Programs has been expanded and updated. It includes an updated design, including color-coded tabs for each section, pictures, new charts and graphics. The guide will help with the purchasing process and menu planning.

Food for Fifty, 12th edition

Mary Molt

Upper Saddle River, NJ: Prentice Hall, 2005. 944 pp.

ISBN: 0131138715

Description: Features a broad variety of tested recipes designed to feed large groups of people. This new edition contains recipes that reflect current food preferences and modern eating styles. Also includes production, service, and storage procedures which will prevent or reduce the hazards of potentially hazardous foods. Designed as a text for use by students in quantity food production and as a reference for persons in food service management.

Food Preparation for the Professional, 3rd edition

David A. Mizer

New York: John Wiley & Sons, 1999. 549 pp.

NAL Call Number: TX820 .F63 2000

ISBN: 0471251879

Description: Presents a comprehensive knowledge of the principles, skills, and techniques necessary to prepare food in the food service environment. Covers cooking methods, food preparation, safety and sanitation, storage and handling, equipment, and menu planning, as well as contemporary cuisine preferences and dietary trends.

Food Service Menus: Pricing and Managing the Food Service Menu for Maximum Profit

Lora Arduser

Florida: Atlantic Publishing Company, 2003. 144 pp.

ISBN: 0910627231

Description: Detailed information on designing and pricing for profit; learn menu costing, pricing, layout, design, and menu analysis; provides practical and realistic examples on maximizing profits.



Fruits and Vegetables Galore, Helping Kids Eat More

United States Department of Agriculture, Food Nutrition Services, 2004.

Web site:

http://teamnutrition.usda.gov/Resources/fv_galore.html

Description: A kit featuring CD-ROMS and two books entitled: Quality Food for Quality Meals - Buying Fruits and Vegetables and Tricks of the Trade-Preparing Fruits and Vegetables. The latter contains recipes for fruits and vegetables.

Fundamentals of Menu Planning, 2nd Edition

Paul J. McVety, Bradley J. Ware, Claudette Levesque

New York, NY: John Wiley & Sons, 2001. 240 pp.

NAL Call Number: TX911.3.M45 M38 2001

ISBN: 0471369470

Description: Offers a complete and thoroughly accessible review of the principles of planning a menu, from concept development and design mechanics to menu pricing and marketing issues.

The HACCP Cookbook and Manual, 4th Edition

Ann Lachey

Eatonville, WA: Nutrition Development Systems, 2002.

ISBN: 09659957747

Description: The intent of this book is to provide a comprehensive tool, reference, and starting point for implementing a HACCP program, beginning with the recipe. Each recipe appears in HACCP flowchart format, tracing the flow of food from purchase to consumption. HACCP procedures and critical control points are inserted where applicable. Contains nearly 100 home-style recipes, which have been written for the general diet and have been extended for low sodium, low fat/low cholesterol, and diabetic diets (using the 1995 exchange system) where possible in order to make menu planning easier. Nutrition information has been included for each recipe, and portions have been scaled to 10, 25, 50, 75, and 100.



Healthy and Delicious: 400 Professional Recipes

Sandy Kapoor

New York, NY: John Wiley & Sons, 1999. 522 pp.

ISBN: 0471318779

Description: Contains hundreds of recipes for dishes that are low in fat, cholesterol, sodium, sugar, and calories and at the same time high in nutrients and fiber. The recipes cover a range of dishes--from appetizers, soups, and main courses to sauces, salads, vegetables, and desserts. Includes dishes with strong ethnic influences as well as perennial favorites based on mainstream American cuisine. Each recipe is accompanied by its nutritional profile per serving, including calories, protein, fat, carbohydrates, fiber, cholesterol, and sodium. Also contains information on the basic concepts of nutrition as well as tips on how to modify ordinary recipes for healthier cuisine.

Large Quantity Recipes, 4th Edition

Margaret E. Terrell and Dorothea B. Headlund

New York, NY: John Wiley & Sons, 1989. 506 pp.

NAL Call Number: TX820 T412 1989

ISBN: 0471288543

Description: Designed for food service managers, the book provides large-quantity recipes for all food groups. Recipes range from breads (quick and yeast), soups (soup stock, stews, chilled, cream, chowders), cheese, egg, cereal, and vegetables, fish, meats (beef, veal, lamb, and pork), poultry (chicken and turkey), salads, cakes and frostings, cookies, sandwiches, pastries, to puddings.

Management Practice in Dietetics, 2nd Edition

Nancy R. Hudson

Brooks/Cole, 2005. 480 pp.

ISBN: 0534516572

Description: Hudson (University of California-Berkeley) presents management principles applicable across diverse specialties in dietetics and food service, providing readers with practical tools for supervising work and financial and human resources. This second edition features real-life examples and "in practice" sections in every chapter, plus an expanded focus on food service management, with material on unionized employees, menu planning, nutritional technology, and food safety. Content has been updated to reflect the latest industry trends and management concepts.



Math Principles for Food Service Occupations

Anthony J. Strianese

Thomson Delmar Learning, 2006. 360 pp.

ISBN: 1418016462

Description: Teaches readers that the understanding and application of mathematics is critical for all food service jobs, from entry level to executive chef or food service manager. All the mathematical problems and concepts presented are explained in a simplified, logical, step by step manner. This book guides food service students and professionals in the use of mathematical skills to successfully perform their duties as a culinary professional or as a manager of a food service business. Part 1 trains the reader to use the calculator, while Part 2 reviews basic math fundamentals.

Measuring Success with Standardized Recipes

Team Nutrition USA, National Food Service Management Institute, 2002.

Web site: <http://www.olemiss.edu/depts/nfsmi/Information/measuring-success.html>

Description: This kit (video, manual and CD-ROM) is a “how to” guide for managers and employees to help understand the recipe standardization process. The video is designed to provide information for managers and show employees as part of an in-service training session on the importance of recipe standardization.

Menu Magic for Children

USDA Child and Adult Care Food Program.

NAL Call Number: aTX353 U5 No.328

Web site: <http://teamnutrition.usda.gov/Resources/menumagic.html>

Description: This Child and Adult Care Food Program (CACFP) menu planner will allow you to learn more about the CACFP meal pattern requirements; as well as help you find practical advice on how to serve high quality meals and snacks. Further, you will get ideas for menu planning and grocery shopping. The planner comes complete with sample menus, grocery lists, menu planning tools, and recipes.

Menu Planner for Healthy School Meals

Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, 1998. 270 pp.

NAL Call Number: aTX353.U5 no.303

Web site:

<http://teamnutrition.usda.gov/Resources/menuplanner.html>

Description: Developed for schools to help plan, prepare, serve, and market appealing meals. New version expected in 2007.



Menu Planning Guidance for School Nutrition Programs

Middletown, CT: Connecticut State Department of Education.

NAL Call Number: LB3479 .U63M46 2001

Description: This planner includes comprehensive information on a variety of menu planning issues, including Food Based meal pattern requirements, avoiding common menu problems, criteria for Nutrient Standard Menu Planning meals and accommodating children with special dietary needs. An extensive guide to crediting foods allows menu planners to look specific food items and determine whether they are creditable in the Enhanced Food Based meal patterns. The manual also includes information on nutrition basics and food safety and sanitation.

Menu Solutions: Quantity Recipes for Regular and Special Diets

Sandra J. Frank, Robert E. Baker

New York, NY: John Wiley & Sons, 1996. 784 pp.

ISBN: 0471554588

Description: Consists of 400 tested recipes offering the option of preparing regular or special diets in large (50) or small (4) quantities, with complete nutritional analyses and instructions. Contains guidelines for compliance with state and federal regulations. Describes the principles of planning modified diets such as sodium restricted, calorie controlled, fat and cholesterol modified, vegetarian, and kosher. Includes a ready-to-use cyclical menu plus menus for school lunches, holidays, and senior citizen nutritional programs. Comprehensive charts illustrate foods, ingredients or additives which should be allowed or restricted.

Now You're Cooking: Healthful Options for a New Century

Alexandria, VA: School Nutrition Association and California Prune Board, 1998.

NAL Call Number: RM237.7.N69 1998

Description: This dynamic, hands-on, seven-hour workshop was created especially for kitchen/production staff and managers. Designed to teach creative new approaches to recipe modification and menu thinning using a variety of methods including USDA commodities. Participants will gain the skills necessary to put these techniques into action in their school kitchens. This course is worth seven School Nutrition Association Continuing Education Units.

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs

USDA, Team Nutrition.

Web site: <http://teamnutrition.usda.gov/Resources/nutrientanalysis.html>

Description: This guide establishes procedures for conducting an accurate nutrient analysis. It is developed for school food authorities conducting their own nutrient analysis and for state agencies conducting SMI reviews.



Nutrition for Food service and Culinary Professionals, 6th Edition

Karen Eich Drummond, Lisa Armando Brefere
New York, NY: John Wiley & Sons, 2007. 688 pp.

NAL Call Number: TX353 .D78 2007

ISBN: 047159976X

Description: The sixth edition has been completely revised to address the importance of nutrition for the culinary and food service industry.

Offer Versus Serve

USDA, Team Nutrition, 2004.

Web site: http://teamnutrition.usda.gov/Resources/offer_v_serve.html

Description: Offer versus Serve (OVS) is a concept that allows students to decline some of the food offered in a school breakfast or lunch. This training program applies the OVS concept to menu planning and the determination of reimbursable school meals. It can be used in all menu planning approaches (traditional food-based, enhanced food-based, and nutrient standard menu planning). The resource pack includes a reference guide, Leader's guide for each meal planning approach, a CD of print materials, and a video showing an overview of each menu-planning option in VHS and DVD formats.

Principles of Food, Beverage, and Labor Cost Controls, 8th edition

Hoboken, NJ: Wiley, c2006. 638 pp.

NAL Call Number: TX911.3.C65 D57 2006

ISBN: 0471429929

Description: Textbook for use in course introducing food, beverage, and labor cost controls for food and beverage management students. Basic terms and concepts are discussed, followed by an in-depth exploration of a four-step control process used in the primary phases of food service and beverage operations: purchasing, receiving, storing, issuing, and production. Subsequent chapters address labor cost factors, performance standards, training, and performance monitoring. The accompanying student workbook contains exercises, a study outline for each chapter, and a practice test of 80 multiple choice questions that has been developed to help prepare students for the National Restaurant Association's Professional Management certification program.

The Professional Chef -8th Edition

Culinary Institute of America

New York, NY: John Wiley & Sons, 2006. 1232 pp.

ISBN: 0764557343

Description: Tools and techniques for today's chef, with almost 900 recipes and recipe variations.



The Professional Chef's Techniques of Healthy Cooking

Jennifer Armentrout

Wiley, John & Sons, Incorporated, 2000. 634 pp.

ISBN: 0471332690

Description: Easy-to-use guide to the exciting world of healthful cuisine. It enables home gourmets to prepare the same delicious, healthful foods using the same techniques that professional chefs labor years to perfect. 300 recipes. 175 full-color photographs.

Profitable Menu Planning, 3rd Edition

John A. Drysdale

Upper Saddle River: Prentice Hall, 2002. 418 pp.

NAL Call Number: TX911.3.M45 D79 2002

ISBN: 0130891649

Description: A comprehensive book on menu planning available. It covers every operation needed to properly design and develop menus, including determining who your customers are and how to market the menu to them; available kitchen equipment; recipe costs; how to make a profit; and how to figure selling prices. Menu analysis, nutrition, printing the menu (including desktop publishing), menu accuracy, and all the different types of menus are discussed.

Quantity Food Production, Planning, and Management, 3rd Edition

John Barton Knight and Lendal H. Kotschevar

New York, NY: John Wiley & Sons, 2000. 500 pp.

NAL Call Number: TX943 .K57 2000

ISBN: 0471333476

Description: When it comes to handling the demands of the food service industry, there is no single approach. Quantity Food Production, Planning, and Management goes beyond the mere teaching of technical skills to address the multitude of situations and challenges facing operators today. This book covers all aspects of preparing large amounts of food in commercial operations, including planning, management, and related issues such as nutrition, equipment, service, purchasing, profitability, and property.

Quick Steps to Success

New Jersey Team Nutrition, New Jersey Department of Agriculture, Department of Nutritional Services, Rutgers University, 2001.

NAL Call Number: TX364 .Q85 2003

Web site: http://njteamnutrition.rutgers.edu/quick_success.htm

Description: 10-15 Minute lessons for school food service personnel- covering customer service, food safety, nutrition, menus and portion control.



The Road to SMI Success - A Guide for School Food service Directors

USDA, Food & Nutrition Service, Team Nutrition, 2005.

Web site:

<http://teamnutrition.usda.gov/Resources/roadtosuccess.html>

Description: This manual provides guidance to school food service directors, supervisors and managers on successfully implementing USDA's School Meals Initiative (SMI) for Healthy Children within the scope of daily practices. It includes information on menu planning options, daily food service practices and tips to meet nutritional requirements for school meals, Team Nutrition, and preparing for an SMI review.

Rotational Bon Appetit!

Environmental Health Center

Dallas, TX: Environmental Health Center, 1992. 148 pp.

NAL Call Number: RC596.R65 1992

Description: This cookbook was developed to help create tasty meals while rotating foods. The recipes are designed to coordinate with the four-day rotation diet pattern, which is generally used for individuals with multiple food sensitivities. Topics covered include common food sensitivities (including corn, soy, wheat, egg, cow's milk, calcium, and mold and yeast); food substitutions; food preparation; sack lunch ideas; whole grain cookery; e-z tortillas; dried bean and pea cookery; thickeners and binders; fish, poultry and meat cookery; herbs and spices; freezing fruit; storage of foods; sources of nutrients; etc.

School Breakfast for First Class Learning Toolkit

University, MS: National Food Service Management Institute; Midwest 5-Star Child Nutrition Task Force, 1999. 16 pp.

NAL Call Number: LB3475 .S2774 1999

Web site:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=413

Description: Toolkit to assist in promoting and operating a school breakfast program. The toolkit is organized into three sections: Value of Breakfast, How to Implement a School Breakfast Program, and Enhancing School Breakfast Programs. Includes handouts and a PowerPoint presentation on disk.

Serving Up Success

Team Nutrition, 1997.

Web site: <http://teamnutrition.usda.gov/Resources/serving.html>

Description: This booklet features actual nutrition education activities created by schools across the country.



Team Nutrition's Food, Family and Fun a Seasonal Guide to Healthy Eating: Commemorating 50 Years of School Lunch

TEAM Nutrition, U.S. Department of Agriculture.

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996. 122 pp.

NAL Call Number: aTX661.T43 1996

Description: A collection of 50 recipes, organized by season, featuring family nutrition education activities. Some recipes are lower fat versions of typical family dishes; others combine food in creative ways. Includes a resource section that contains community resources; hotline numbers, Internet addresses, and sources for additional nutrition information; and healthful eating suggestions.

USDA Recipes for Child Care

University, MS: National Food Service Management Institute, 2006.

Web site: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

Description: Collection of 187 new recipes for child care from the USDA. Many provide directions for one or more variations and include old favorites and popular new dishes. Each recipe contributes to a reimbursable meal served to children in the Child and Adult Care Food Program (CACFP). Written for 25-50 servings, the recipe can easily be adjusted to serve larger or smaller groups.

USDA Recipes for Schools

Washington, DC: U.S. Department of Agriculture, Food and Nutrition Service, 2006.

Web site: http://teamnutrition.usda.gov/Resources/usda_recipes.html

Description: This classic reference for school food service contains about 200 recipes. Each recipe has been standardized for both 50 and 100 servings and includes a nutrient analysis. Marketing guidance included when fresh vegetables are specified.

What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program (CACFP)

United States Food and Nutrition Service, Midwest Region, Special Nutrition Programs

Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Special Nutrition Programs, 2003.

NAL Call Number: aTX361.C5 U5 2003

Description: Manual includes nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation, and crediting foods for CACFP.



Your Journey to Better Health: Healthy Living Through the Commodity Program

U.S. Department of Agriculture Food and Nutrition Service, Midwest Regional Office

Chicago: IL, U.S. Department of Agriculture Food and Nutrition Service, 2000. 121 pp.

NAL Call Number: aTX353 .Y68 2000

Description: Attractive, colorful 121-page spiral-bound booklet written for the American Indian population to teach about the link between diet and health. Includes chapters on basic nutrition, health, physical activity, food safety, and menu planning. The creative, easy-to-understand writing style makes this a useful resource that appeals to all population segments.

B. Kits

Culinary Techniques for Healthy School Meals

University, MS: National Food Service Management Institute, 1996.

NAL Call Number: Kit no. 345

Description: This is a 13-hour training program for school food service professionals. The focus of the lessons is basic food production principles and culinary techniques.

Kitchen Math Basic Skills

Linda Fox Simmons, Brenda J. Miller, and Yvonne M. Buonamici
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training Program, 1995.

NAL Call Number: Kit no. 311

Description: The goal of this kit is to USDA Child Nutrition Programs personnel with information about basic math skills so that the correct amount of foods are purchased for the number of children and adults participating in their program.

Menu Planning Tools

South Dakota Team Nutrition

Web site:

<http://teamnutrition.usda.gov/Resources/southdakotamenuplanningtools.html>

Description: 10-hour training session composed of 5 sections for use by participants in an instructor-led training session. These materials were developed as part of a Team Nutrition grant awarded to the South Dakota Department of Education & Cultural Affairs, Child & Adult Nutrition Services.



Nutrition 101 a taste of food and fitness

University, MS: National Food Service Management Institute, 2005.

NAL Call Number: Kit no. 484

Description: Provides a basic overview of nutrition for school children. Topics covered include healthful eating, food choices, and physical activity.

On the Road to Professional Food Preparation

University, MS: National Food Service Management Institute, Division of Education and Training, University of Mississippi, 1993. Currently being revised.

NAL Call Number: Kit no. 194

Web Site: <http://www.olemiss.edu/depts/nfsmi/epubs/et73-07/index.html>

Description: Designed to be used by the school food service manager to provide training for new employees and/or review for other employees. Four one-hour lessons are designed to be taught in short segments. The subjects of the lessons are the recipe, weights and measures, portion control and recipe adjustment.

C. Posters

Basics at a Glance Poster

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2005.

Web site: <http://www.olemiss.edu/depts/nfsmi/Information/basicsindex.html>

Description: Colorful 17" x 22" poster from *On the road to Professional Food Preparation*. Includes recipes abbreviations, equivalent volumes and weights, scoop sizes, pan size/capacity chart, and cutting diagrams for portioning.

Meal Pattern Chart Mini-Poster

Team Nutrition, 2002.

Web site: <http://teamnnutrition.usda.gov/Resources/mealpatternchartmini.html>

Description: This chart is intended to accompany Menu Magic for Children and details the menu patterns for child day care homes participating in the Child and Adult Care Food Program (CACFP).



D. Videos

Braising

Philip Miller and Skip Thela, Culinary Learning Resources
Hyde Park, NY: Culinary Learning Resources, 1988.

NAL Call Number: Videocassette no.2307

Description: Defines braising, describes the braising process, and lists the types of meats that this cooking method is appropriate for. Discusses mise en place, cooking equipment, cooking temperature, flavorings and thickening agents, finishing ingredients, garnish, larding, marinating, etc.

Bread and Baker

Culinary Institute of America and the Bread Bakers Guild of America
Hyde Park, NY: Learning Resources Center, Culinary Institute of America,
1994.

NAL Call Number: Videocassette no.2316

Description: This three-part series examines the principles and techniques of French bread baking as set forth by Professor Calvel. Part one: Traditions of French bread baking (30 min.). Part two: Baguettes and pain de campagne (27 min.). Part three: Specialty breads (31 min.).

Broiling and Grilling

Philip Miller and Skip Thela, Culinary Learning Resources
Hyde Park, NY: Culinary Learning Resources, 1989.

NAL Call Number: Videocassette no.2308

Description: Explains the difference between broiling and grilling and lists food items for which these types of preparation are appropriate. Gives the mise en place, lists equipment needed, and describes broiling and grilling procedures.

Building Quality Meals: Standardized Recipes and Portion Control

National Food Service Management Institute
University, MS: National Food Service Management Institute, 2000.

NAL Call Number: Videocassette no.3042

Web site: <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=43>

Description: 60-minute satellite seminar videotape provides an opportunity for Child Nutrition Program personnel to better understand standardized recipes, culinary terms, weighing and measuring, portion control techniques, and recipe modification to prepare quality meals for customers.



Chicken Fabrication by the Professional Chef

Philip Miller and Joanne A. Meyer, Culinary Learning Resources, Culinary Institute of America.

Hyde Park, NY: The Culinary Institute, 1996.

NAL Call Number: Videocassette no.2408

Description: An instructional program that teaches you how to cut chicken or other poultry into a variety of portion cuts. Cooking techniques and presentation for each fabricated cut are explained.

Commodities 101

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2000.

Description: 48-minute video provides fundamental information on the commodity programs. Subjects include purchase planning, federal and state roles, basic commodity ordering concepts, and how commodity procurement supports agriculture markets.

Cooking a World of New Tastes – Team Nutrition

TEAM Nutrition, U.S. Department of Agriculture, Food and Nutrition Service, Alexandria, VA: Food and Nutrition Service, 1998.

NAL Call Number: aTX353 U5 no.304

Description: Culinary video training series contains 4 self-instructional videos (approximately 20 minutes each) that promote healthy cooking techniques for school nutrition professionals. Videos explore innovative and creative approaches to the production of healthy, tasty, and attractive foods for the school meals programs, with an emphasis on enhancing culinary skills. Series includes a 111-page Quick Reference Guide.

Cooking for the New Generation

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1997.

NAL Call Number: Videocassette no.2803

Description: Breakfast Lunch Training (BLT) module designed to be used by the directors and managers to instruct food service assistants in the preparation of multi-ingredient, processed food products. Chapter topics are: Manufacturer's Instructions, Checking Temperatures, and Cooking and Holding. Includes a 74-page manual, an 18-minute video, and 8 ½" * 11" *Temperature Wall Chart*.



Cooks for Kids

National Food Service Management Institute

Web site: <http://nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTQz>

Description: Cooks for Kids is a series of satellite training programs. Participants will learn techniques used by culinary professionals to produce high quality foods that are flavorful, nutritious, and appealing. Each episode features a school that is putting these principles to practice.

Get Ready, Get Set, Go for Quality Service

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1996.

NAL Call Number: Videocassette no.2755

Description: Breakfast Lunch Training (BLT) module designed for school food service managers to use with employees. Defines and describes value added productivity, preparation of items using a batch process, and customer service. Includes ready-to-use food production and product comparison forms, 80–page manual, and 14-minute video.

Kids a Cookin'. [Where Cooking is Fun]

Dept. of Communications, Kansas Regents Educational Communications Center, 2004.

NAL Call Number: Videocassette no.3442

Description: The goals of these video programs include teaching children good nutrition and basic cooking skills, making healthy food choices and making cooking fun.

Knife Skills: Vegetables

Ellen O'Brien and Skip Thela, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1987.

NAL Call Number: Videocassette no.2313

Description: Demonstrates the various techniques of cutting vegetables for cooking.

Poaching and Steaming

Steven Kolpan and Skip Thela, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1989.

NAL Call Number: Videocassette no.2310

Description: Master Chef Richard Czack demonstrates how to poach or steam fish.



Roasting

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1989.

NAL Call Number: Videocassette no.2311

Description: Describes the roasting method of cooking, which is used for large or whole multi-portion cuts of meat. Discusses larding, trussing, seasoning, kitchen equipment, cooking techniques and times, food safety, etc. Also covers jus, gravies, etc.

Stocks: Brown, White & Fish

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1987.

NAL Call Number: Videocassette no.2314

Description: Combining the expertise of several chefs, the programs demonstrate step-by-step procedures to produce the basic stocks: brown, white and fish. Also covers kitchen equipment, ingredients and cooking techniques.

The Way to Sauté

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1988.

NAL Call Number: Videocassette no.2312

Description: Defines the cooking technique known as sauté, lists cooking equipment needed, and describes the three essential components and three optional components of sautéing.

Vegetable Cuts Videorecording: Dicing

Megan Piela and Mary Alice Russo, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1982.

NAL Call Number: Videocassette no.2315

Description: Shows how to dice celery, carrots, potatoes, onions, leeks and cabbage.

Work Simplification Satellite Seminar

National Food Service Management Institute
University, MS: National Food Service Management Institute, 2001.

Web site:

<http://www.olemiss.edu/depts/nfsmi/Education/Satellite/ss24/satinfo.html>

Description: 60-minute satellite seminar videotape gives child nutrition professionals the opportunity to see how using work simplification can increase efficiency while providing the highest quality of service in their operation. Situations are identified where work simplification principles can benefit the food service operation and work simplification tips are provided. (Closed captioned for hearing impaired.)



E. Web sites

Dietary Guidelines for Americans 2005

USDA, Department of Health and Human Services.

Web site: http://www.usda.gov/cnpp/dietary_guidelines.html

Description: The Dietary Guidelines for Americans are the cornerstone of Federal nutrition policy and nutrition education activities. They are jointly issued by USDA and DHHS and updated every 5 years.

Healthy Meals Resource System

Web site: <http://healthymeals.nal.usda.gov/>

Description: The Healthy Meals Resource System (HMRS) provides information to persons working in USDA's Child Nutrition Programs. It is maintained by the National Agricultural Library's (<http://www.nal.usda.gov>) Food and Nutrition Information Center (<http://fnic.nal.usda.gov>) and the University of Maryland (<http://www.umd.edu>) in collaboration with USDA's (<http://www.usda.gov>) Food and Nutrition Service (<http://www.fns.usda.gov>).

MyPyramid

Web site: <http://www.mypyramid.gov/>

Description: One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you.

NFSMI Insight – How Can We Be Sure the Students Are Eating a Nutritious School Lunch? Serve Healthful Entrees!

National Food Service Management Institute, 1997.

Web site:

<http://www.olemiss.edu/depts/nfsmi/Information/Newsletters/insight9.pdf>

Description: Summarizes NFSMI research on point-of-choice nutrition education and its effectiveness with elementary school children.

Team Nutrition

Web site: <http://www.teamnutrition.usda.gov/>

Description: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.



F. Other

Culinary Techniques: Cooking with Flair CD-ROMs

- **Fruits, Vegetables, and Salads**
- **Breads and Grains**
- **Meats and Other Protein Foods**

University, MS: National Food Service Management Institute, 2000.

NAL Call Number: TX801 C85 2000

Web site: <http://www.olemiss.edu/depts/nfsmi/interactive/culindex.html>

Description: Interactive, self-paced, computer-based instructional programs designed for food service assistants. Maintaining food quality is a consistent theme in all three programs. Each includes interactive learning activities, glossary, recipes, video clips, activity index, and links to resources on the Web. One copy may be loaded on multiple computer hard drives or on a network. Hardcopy ordering information available on Web site.

A Tool Kit for Healthy School Meals: Recipes and Training Materials: USDA's New School Lunch and Breakfast Recipes

U.S. Department of Agriculture

Washington, DC: U.S. Dept. of Agriculture, 1995.

NAL Call Number: aLB3479 U6T66 1995

Web site:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=415

Description: Contains recipes which were developed with today's kids and their tastes in mind. Includes ethnic foods, meatless dishes and low-fat desserts made with fresh ingredients, and contains the nutritional content per serving for each recipe. Intended to help school food service professionals provide children with the nutrition they need using new and exciting recipes that are simple, nutritious, and easy to implement.



This resource list was compiled by:

Desiré Stapley, M.Ed., R.D., Nutrition Information Specialist
Christina Tighe, B.S., Dietetic Intern

Acknowledgment is given to the following FNIC reviewers:

Shirley King Evans, M.Ed., R.D., Budget Analyst/Mission Support
Corey Scarpero, R.D., Nutrition Information Specialist
Jamie Rasmussen, Nutrition Information Specialist

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

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

Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>
Web site: <http://fnic.nal.usda.gov>

The National Agricultural Library (NAL) provides lending and photocopying services to USDA employees and USDA program staff. Non-USDA users can obtain materials from NAL through the interlibrary lending services of their local, corporate, or university library. For further information on NAL's document delivery services visit their Web site at <http://www.nal.usda.gov/services/request.shtml>.

For questions on document delivery services please call 301-504-5717 or email <http://request.nal.usda.gov/access/contact.htm>.

The use of trade, firm, or corporation names in this publication (or page) is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the United States Department of Agriculture or the Agricultural Research Service of any product or service to the exclusion of others that may be suitable.



The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

