

Snack **Outside the Box**

Menus that include 240 snack ideas!



Snack Outside the Box

Between planning and preparation, it's easy to get stuck in a rut with snack menus. **Snack Outside the Box** provides snack ideas for young children, pairing two of the four food components in each snack. Using the Wisconsin Department of Public Instruction, Child and Adult Care Food Program's (CACFP) original document as a base, 240 snack ideas are provided to allow for different snacks to be served all year long without repeating the same snack twice.

Snack Outside the Box menus challenges sponsors to provide a variety of snacks and young children to try snacks "outside the box." Crackers and similar packaged snacks are simple and inexpensive items often used as whole grain components. These ideas will help introduce snacks with a variety of nutrients, tastes, and textures. By providing children with foods they are unfamiliar with, life-long and healthy eating habits can be established at a young age.

Snack ideas vary in complexity, preparation time and include processed, fresh foods, store-bought, and homemade combinations. Some snacks are more suitable for small groups and others work better for large groups. Program needs will determine food purchases and food preparation.

Whole Grain Rich (WGR) Items: The CACFP meal pattern requires one WGR item to be served each day. WGR menu items are noted as "WGR". Options include serving the WGR version of the grain or the non-WGR version in the menu as long as the daily CACFP meal pattern is met. Reminder that grain based desserts are not allowed. If a child would consider an item a dessert or sweet treat, choose a healthier grain option instead.

Meal Pattern Requirements: Amounts of foods served to children must meet CACFP meal pattern requirements for age groups. Always refer to the CACFP meal patterns when planning menus, purchasing, preparing and serving foods.

Michigan Produce: Researchers have found that by eating locally grown foods, a person consumes foods that are in-season, less expensive, and richer in flavor and nutrients. With these considerations in mind, there is a section that outlines local Michigan crops that could be used in the menu and shows when these crops are in-season. Resources to help locate local produce are also provided.

Recipes: Some snack ideas include a recipe, which can be found at the end of the document. Snack ideas with recipes are noted in the menu with an asterisk (*). Recipes provide ingredients and quantities to use, instructions for preparation, and the number of portions it makes. It also includes crediting information for the CACFP meal pattern.

Choking risks: Some menu items and recipes are not appropriate for young children due to being choking hazards and other foods may need to be substituted. Size, shape, and consistency should be considered when choosing foods that are best for the children. To minimize choking risk, cut food into small pieces (no larger than ½ inch), grate, or finely chop. Be sure that children are closely supervised when eating.

Enjoy these menu ideas and recipes!



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MENUS

Meat/Meat Alternative & Grain

Serve the minimum required amount of each component per the CACFP meal pattern

Mini Cheddar Rice Crisps topped with Slices of natural cheese	Ham/cheese rollup on WGR tortilla	Cheese sandwich on WGR bread (hot or cold)	Breakfast Burrito: WGR tortilla with cheesy scrambled eggs	Vanilla yogurt and Granola or other WGR cereal
Mini Chocolate Rice Crisps Vanilla yogurt	Peanut/nut butter roll up on WGR tortilla	Egg salad sandwich on WGR bread	Scrambled eggs/egg patty on English muffin	WGR Toast Hard-boiled egg
Mini Caramel Rice Crisps Cottage cheese	Baked tortilla chips* Taco Soup*	Turkey/ham and cheese sandwich on WGR bread	Pasta salad with tuna and cheese chunks	Homemade Trail/Cereal Mix: Nuts/seeds and WGR cereal
Chocolate Rice Cakes topped with Peanut/nut butter	Plain popcorn Cheddar cheese cubes	Chicken or tuna salad sandwich on WGR bread	WGR Pancake with Peanut/nut butter	Oatmeal topped with Peanut/nut butter
Apple Cinnamon Rice Cake Vanilla yogurt (Use Michigan apples if possible)	French bread pizzas: French bread and melted mozzarella cheese (add marinara, veggies)	Cottage cheese Warmed bread stick	Taco Bowl: Brown rice and Taco-seasoned ground beef (garnish with shredded cheese)	Baked Apple Cinnamon Oatmeal* Yogurt (Use Michigan apples if possible)
White Cheddar Rice Cake topped with Turkey and cheese slice	Pita triangles Hummus*	Peanut/nut butter and jelly sandwich on WGR bread	Huevos Breakfast Bowl: Brown rice and Scrambled eggs (garnish with salsa and shredded cheese)	Homemade spaghetti bake: WG pasta and homemade meat sauce with cheese
Rice Cake topped with Peanut/nut butter and jelly	Sloppy Joes or Sloppy Janes: Ground beef/Turkey on WGR bun	Crispy Baked Tofu* Brown rice	String cheese and WGR tortilla rollup	WGR pita stuffed with tuna or chicken salad
Rice Cake topped with Egg salad	Cheese quesadilla: WGR tortilla and Shredded cheese (optional: add chicken or ground beef)	Banana bread Cheese stick	Cheese bread: French bread and melted mozzarella cheese with Italian seasonings	Cheese Toast: Toasted WGR bread with melted shredded cheddar cheese

*Snack Inspiration Recipe
WGR = Whole Grain Rich

Reminder: All yogurts served in CACFP must not have more than 23 grams of sugar per 6 ounces and breakfast cereal (including granola) must not have more than 6 grams of sugar per dry ounce.

Vegetable and Grain

Serve the minimum required amount of each component per the CACFP meal pattern

Rice Cake topped with Tomato slices and corn salsa	WGR tortilla chips Refried beans and salsa mix	Warmed Bread Sticks Baked spaghetti squash (with marinara & cheese)	Sweet potato grain bowl: Quinoa and Roasted diced sweet potato	Southwest Fajita Bowl: Brown rice with Sautéed pepper strips, onions, and corn (garnish with shredded cheese)
Mini Rice Crisps with Hummus* dip	Roasted Cauliflower 'Popcorn'* Bread 'sticks' (WGR bread toasted and cut into sticks)	Whole Wheat Cornbread* Roasted asparagus spears	Cheesy Cornbread* Roasted Vegetables*	Vegetarian Salad Bowl: Brown rice with Shredded/diced cucumbers, tomatoes, carrots, and black beans (garnish with ranch & shredded cheese)
Tomato & Basil Rice Cake Creamy Cucumber Dill Salad*	Cucumber sandwiches: Mini rye bread topped with Cucumber slices (spread flavored cream cheese on bread)	Canned beet slices Toasted WGR bread	Irish Brown Bread* Sweet carrot sticks*	Red beans and rice
Guacamole Dip* WGR pita bread	White Bean Ranch Dip* WGR tortilla chips	Roasted broccoli with parmesan cheese Pumpernickel bread	Veggie rollup: WGR tortilla rolled with spinach, tomato, shredded carrot, pepper slices (spread cream cheese on tortilla)	Bean burrito: Whole and/or mashed black or pinto beans in WGR tortilla (add shredded cheese and salsa)
WGR Mini Bagels Michigan Rhubarb	Cheesy Ranch Chex cereal mix* Baby cucumber coins	Sautéed Mushrooms English muffin	Blueberry Muffin Jicama sticks	Fresh green beans
Sliced French bread topped with Easy bruschetta*	Cabbage Salad* Corny Cornbread *	Macaroni Salad*	Roasted Brussels Sprouts Flaky biscuit	WGR Cereal Avocado slices
Blueberry CornBread* Carrots sticks	Toasted bread sticks Warmed marinara/sauce	WGR toast topped with Michigan tomatoes	Cheesy French bread topped with Michigan tomato slices	Cactus salad* Garlic and herb naan bread
Michigan cucumbers	Roasted zucchini and eggplant WGR toast	Kidney beans Cheese muffins*	Garlic bread Tomato soup	Roasted baby red potatoes Cheese Muffins*

*Snack Inspiration Recipe
WGR = Whole Grain Rich

Fruit and Grain

Serve the minimum required amount of each component per the CACFP meal pattern

Oatmeal with Peaches	Oatmeal with cinnamon Applesauce	Oatmeal topped with berries (Fresh or frozen raspberry, blueberry, berry mix, etc.)	Whole Grain Cereal Craisins	Fruit Breakfast Bowl: Brown rice and Sliced/diced bananas or apples (garnish with brown sugar, cinnamon, or raisins)
Cantaloupe Blueberry Muffins*	Raisins Mini bagels (spread cream cheese or peanut/nut butter on bagel)	Raspberries with Zucchini Muffins*	Crescent rolls Plums	Cheese Muffin* Mango (fresh or use frozen and thaw)
Soft pretzel bites Canned mandarin oranges	Toasted WGR English muffin Apples slices sprinkled with cinnamon	Homemade pumpkin muffin Fresh pear slices	Homemade cinnamon tortilla triangles Fruit salsa	Indian rice pilaf* Watermelon slices
Cereal mix Strawberries	Zucchini bread Sliced bananas	Blueberry muffin Fruit cocktail	WGR tortilla chips Mango salsa	Carrot quinoa muffins* Baked apple halves sprinkled with cinnamon
Banana tortilla roll-up: Whole banana rolled in WGR tortilla (spread flavored cream cheese or peanut/nut butter on tortilla)	Baked French toast Pineapple (canned or fresh)	Banana chip muffins* Pear slices	Whole wheat banana bread Watermelon chunks	Healthy Maple Oatmeal Muffin* Cantaloupe
Pancakes Banana slices and frozen berry fruit puree topping	Toasted raisin bread Nectarine slices	Smoothie bowl: Pureed frozen fruit topped with Granola	Fruit Bagel 'Pizza': Bagels/mini bagels topped with Sliced fruit (spread flavored cream cheese or peanut/nut butter on bagels)	Fruit on a Raft* (Waffles with Apples)
Fruit Salad* Pretzel rods	Mandarin Oranges WGR mini bagel cinnamon raisin	Kiwi wedges Crescent rolls	Fuji Apples slices Lunch Box Zucchini Muffins*	Applesauce WGR cinnamon toast
Grapes Cereal Mix	Clementine Popcorn	Banana Irish Brown Bread*	Dried fruit Buttermilk Corn Bread*	Blueberries Chili Cheese Cornbread*

*Snack Inspiration Recipe
WGR = Whole Grain Rich

Vegetable and Meat/Meat Alternative

Serve the minimum required amount of each component per the CACFP meal pattern


Vegetarian baked beans Scrambled eggs	Deviled eggs Yellow cherry tomatoes	Baked Zucchini 'Chips'* Deli ham or turkey slices	Roasted eggplant topped with meat sauce	Sweet potato 'fries' Hard-boiled egg
White Bean Ranch dip* Dipping Veggies (carrot sticks, celery, jicama)	Hash brown patties Scrambled eggs	Baked zucchini spears Cheese stick	Vegetable 'sliders' with m/ma topping (Zucchini slices with hard-boiled egg slices or egg salad)	Veggie Egg Pops: Hard-boiled eggs and Carrot/celery 'sticks'
Sugar snap peas Cheese stick	Sweet carrot sticks* Hummus*	Jicama sticks Cottage cheese	Roasted red potatoes Roasted chickpeas*	Sheet Pan Eggs* topped with Sautéed mushrooms
Mixed nuts Sliced red cherry tomatoes	Baked potato topped with Shredded cheese	Butternut squash soup Cheese slices	Roasted asparagus spears Yogurt dip (plain yogurt mixed with ranch or dill seasoning)	Avocado Slices Tuna Salad
Broccoli and Cauliflower florets Cottage cheese dip*	Bean and corn salad (Black eyed peas, black beans as meat alternates and corn as vegetable)	Ranch mashed potatoes Deli turkey slices	Tofu stir-fry*	Roasted sweet potato wedges Scrambled eggs
Roasted potato wedges All meat sausage links	Celery sticks and Peanut/nut butter	Roasted turnip slices Hard-boiled egg	Black bean dip Raw veggies	Sweet carrots sticks* Cheese stick
Lightly breaded baked mozzarella stick Marinara sauce	Egg roll in a bowl (cooked cabbage and ground beef/turkey)	Roasted Vegetables* Cheese stick	Creamy Cucumber Dill Salad* Deli ham slices	Fajita peppers and onions with seasoned diced chicken
Cheese slices Black Bean Soup	Homemade baked potato 'fries' White Bean Ranch Dip*	Sheet Pan Eggs* and Shredded hash browns	Cheese Cubes Raw broccoli florets with dressing or dip	Sliced hard-boiled egg Roasted butternut squash

*Snack Inspiration Recipe

Please note that popcorn, nuts and seeds also nut butters may be a choking hazard for some populations. Nuts are not recommended for children under 4 years of age. When including nuts and nut products in menus, you should consider the nut allergies or intolerances of participants.

Fruit and Meat/Meat Alternative

Serve the minimum required amount of each component per the CACFP meal pattern

Strawberries Cheese cubes	Honeycrisp apple Roasted soy nuts	Honeydew melon Shredded cheese	Yogurt Michigan cherries	Fruit Salad* Canadian bacon
Canned peaches Cottage cheese	Hard-boiled eggs Orange slices	Smoothie bowl (pureed frozen fruit) topped with Yogurt	Yogurt Sundae Split: Banana half topped with Vanilla yogurt	(Frozen) banana on a stick with Peanut/nut butter to dip
Canned mandarin oranges Crispy Baked Tofu*	Grape halves / quarters Sunflower seeds	Apples Tahini (Sesame Seed Butter)	Yogurt Watermelon balls	Fruit cocktail Mixed nuts
Grapefruit halves/ quarters topped with cinnamon Cottage cheese	Blueberries Tuna or chicken salad	Apples and Yogurt Dip*	Orange slices All meat breakfast sausage	Applesauce Hard-boiled eggs
Apricots Cheese stick	Fresh Pear slices Roasted Chickpeas* (Garbanzo Beans)	Michigan Blueberries Cheese stick	Raisins Baked tempeh	Peaches Edamame
Mango (buy frozen and thaw) Cheddar cheese slices	Papaya Almonds	Cherries Greek Yogurt	Green grapes halves/quarters Cheddar cheese slices	Red grapes Scrambled eggs
Banana slices Sheet Pan Eggs*	Melon wrapped in  thin-sliced ham	Cranberry relish Breakfast sausage links	Cantaloupe melon balls Cheddar cheese slices	Watermelon slices Pumpkin seeds
Canned pear halves Sunflower seeds	Fresh peach slices Taco Soup*	Homemade trail mix (craisins and raisins with mixed nuts)	Fresh pineapple chunks Fruity Dip*	Baked apples Yogurt

*Snack Inspiration Recipe

Reminder: All yogurts served in CACFP must not have more than 23 grams of sugar per 6 ounces.

Fruit and Vegetable

Serve the minimum required amount of each component per the CACFP meal pattern

Baked Zucchini "Chips" Bananas	Carrot Coins Kiwi Slices	Cantaloupe Bites Kohlrabi sticks	Sliced Bell Peppers Michigan Strawberries	Peach Slices Roasted Edamame
Minty Watermelon Cucumber Salad*	Mango Chunks Baked Sweet Potato Fries	Crockpot Michigan Apples with Cinnamon* Tomato Wedges	Crinkle cut carrots Michigan plums	Roasted Cauliflower 'Popcorn'* Peach slices
Whole Baby Corn Grape halves/quarters	Broccoli Florets Diced Pears	Green Beans Clementine	Bananas Steamed Edamame	Dates Celery Sticks
Pineapple Tidbits Celery	Fruit Cocktail Roasted Green Beans	Cinnamon Applesauce Mixed Vegetables	Baked Avocado Fries* Raisins	Apricots Fresh Green Beans
Cherry Tomatoes Orange Wedges	Roasted Chickpeas* Mandarin Oranges	Baked Summer Squash Slices Dried Figs	Honey Roasted Michigan Asparagus* Craisins	Tangelo Roasted Brussel Sprouts
Baby Carrots Michigan Apple Slices	Peas Pineapple Slices	Baked sweet potato chunks Apples slices	Diced Pears Raw Broccoli Florets	Papaya Roasted Broccolini
Peaches Sugar Snap Peas	Spiralized Sweet Potato Honeydew Melon	Refried Beans Apple Wedges	Grape halves/quarters Roasted sweet potato cubes	Radishes Michigan Blackberries
Melon Balls Carrot Sticks	Raw Cauliflower Sweet Cherries	Water Chestnuts Bananas	Berry Smoothie Jicama sticks	Mashed Michigan Potatoes Tropical Fruit Mix

*Snack Inspiration Recipe

GRAINS

Baked Apple Cinnamon Oatmeal

Recipe makes 9 squares (1 square = 1 oz. equivalent grains)

Ingredients:

1½ cups fat-free milk or soy milk
½ cup packed brown sugar (or less)
2 large eggs, beaten
1 Tablespoon melted butter
½ teaspoon cinnamon
2 cups rolled oats (not instant)
1 teaspoon baking powder
1½ cups chopped apples

Crediting Information:

1 square = 1 oz. equivalent grains

Serving Information:

1-5-year-old: ½ square
6+-year-old: 1 square

Instructions:

Preheat oven to 350°F.

Grease 8x8 inch pan with cooking spray.

In a bowl, combine milk, brown sugar, eggs, butter, and c

In another bowl, combine oats and baking powder.

Mix the wet mixture with oats; add apples and stir to com

Pour mixture into the pan. Bake for 30 - 40 minutes, until

firm, and a toothpick comes out clean in the center.

Cut into 9 equal-sized squares.



Baked Tortilla Chips

Recipe makes 6 triangles per tortilla (6 triangles = 1 ½ oz. equivalent grains)

Ingredients:

Whole wheat flour tortillas (8-inch)
Cooking oil spray and salt (dash, optional)

Instructions:

Preheat oven to 400°F.

Grease baking sheet with cooking spray.

Cut tortillas into 6 equal-size triangles and place them on a baking sheet.

Spray tops of tortilla sections with cooking spray and lightly salt.

Bake 10 min, until crisp & light brown. Watch so chips do not burn.

Crediting Information:

4 triangles = 1 oz. equivalent grains

Serving Information:

1-5-year-old: 2 triangles
6+ year old: 4 triangles

Irish Brown Bread

Recipe makes 28 slices (1 slice = 1 oz. equivalent grains)

Ingredients:

4 cups whole-wheat pastry flour
2 - 3 Tablespoons sugar
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons baking powder
1 ½ cups buttermilk
2 Tablespoons vegetable oil or melted butter

Crediting Information:

1 slice = 1 oz. equivalent grains

Serving Information

1-5-year-old: ½ slice

6+ year old: 1 slice

Instructions:

Preheat oven to 400°F.

Lightly grease a 9 x 5 x 3-inch loaf pan.

In large bowl, combine flour, sugar, salt, baking soda, and baking powder. Make a well in dry mix and pour in the buttermilk and oil or butter. Stir together until blended (some lumps will remain).

Place dough on a floured board and knead about 10 times, until dough holds together.

Place dough into loaf pan.

Bake for 40 minutes, or until a tester inserted into the center of bread comes out clean.

Remove bread from pan and cool.

Cut loaf in half lengthwise. Cut each half into 16 pieces (for a total of 28 pieces).



Indian Rice Pilaf

Recipe makes 26 (½ cup servings) (½ cup = 1 oz. equivalent grains)

Ingredients:

1 cup and 2 Tablespoons water
Two 32-ounce cans chicken broth
1 ¾ pounds (or 4 ½ cups) basmati rice
1 Tablespoon and 1 ½ teaspoon curry powder
2 ¼ teaspoons garlic powder
1 teaspoon ground cinnamon
½ teaspoon paprika
1 teaspoon ground cloves
4 small onions, coarsely chopped

Serving Information:

1-5-year-old: ¼ cup

6+ year old: ½

cup

Crediting

Information:

1 slice = 1 oz.

equivalent grains

Instructions:

In a large pot, bring water and chicken broth to a boil.

In a bowl, combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves.

Add rice mixture and onion to boiling broth.

Cover and cook until rice is tender, 20-25 minutes.

Crediting Information:

½ cup serving = ½ cup rice (1 oz. equivalent grains)



Cheese Muffins

Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

Ingredients:

1 $\frac{3}{4}$ cups flour
1 $\frac{1}{2}$ Tablespoons sugar
1 Tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
3 cups shredded Colby-jack cheese
1 cup milk
1 egg
 $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) melted butter

Instructions:

1. Preheat oven to 375° F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Whisk together dry ingredients, then stir in cheese.
4. In separate bowl, whisk egg, milk, and butter together. Pour milk mixture into dry ingredients and stir with a spoon to combine.
5. Divide batter evenly between the prepared muffin cups.
6. Bake for 20–25 minutes, until a toothpick inserted into the center of a muffin comes out clean.
7. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1 oz. equivalent grains

Serving Information:

- 1–5-year-old: $\frac{1}{2}$ muffin
- 6+ year old: 1 muffin



Cheesy Ranch Chex Cereal Mix

Recipe makes 13 (1 $\frac{1}{2}$ cup servings) (1 $\frac{1}{2}$ cups = 1 oz. equivalent grains)

Ingredients:

20 cups Corn Chex™, Rice Chex™, Wheat Chex™, or combination
6 Tablespoons butter
2 ounces dry ranch dressing mix
1 cup grated parmesan cheese

Instructions:

Preheat oven to 250° F.
Line a baking sheet with parchment paper.
In a large bowl, combine Chex cereal(s).
Melt butter and stir in the ranch seasoning mix. Pour over the cereal mix and stir to combine.
Place on prepared baking sheet. Sprinkle with parmesan cheese.
Bake for 1 hour, stirring every 15 minutes.
Cool completely before serving.

Crediting Information:

1 $\frac{1}{2}$ cups = 1 oz. equivalent grains

Serving Information:

1–5-year-old: $\frac{3}{4}$ cup
6+ year old: 1 $\frac{1}{2}$ cups

Zucchini Muffins

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

Ingredients:

1 cup shredded zucchini
¾ cup coconut sugar or brown sugar
¼ cup vegetable oil
2 large eggs
1 ¼ cups milk
2 teaspoons vanilla extract
2 cups whole wheat flour
4 teaspoons baking powder
½ teaspoon salt

Instructions:

Preheat oven to 425°F.

Line 12 muffin tins with paper liners or lightly coat with cooking spray.

Shred zucchini and squeeze out excess liquid.

In large bowl, whisk sugar, oil, eggs, milk, and vanilla.

In medium bowl, combine flour, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined (batter will be thick).

Fold in shredded zucchini.

Divide batter evenly between the prepared muffin cups.

Bake muffins at 425°F for 5 minutes, then reduce heat to 375°F and bake for an additional 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1.25 oz. equivalent grains

Serving Information:

1-5-year-old: ½ muffin

6+ year old: 1 muffin



Corn Bread

Recipe makes 12 pieces (1 piece = 1.25 oz. equivalent grains)

Ingredients:

1 cup cornmeal, enriched or whole grain
1 cup all-purpose flour
2 Tablespoons sugar
1 Tablespoon baking powder
1 egg
¼ cup vegetable oil
1 cup milk, non-fat

Instructions:

Preheat oven to 425° F.
Grease 8- or 9-inch square pan.
In a large bowl combine cornmeal, flour, sugar, and baking powder.
In a small bowl, crack the egg and beat with a fork.
Add egg, oil, and milk to the flour mixture. Mix until well blended.
Pour batter into prepared pan.
Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center, comes out clean.
Cut into 12 equal-sized pieces.

Crediting Information:

1 piece = 1.25 oz. equivalent grains

Serving Information:

1-5-year-old: ½ piece
6+ year old: 1 piece

Additional Corn Bread Flavors:

Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add ¼ teaspoon baking soda. Substitute 1 cup buttermilk for non-fat milk.

Whole Wheat Corn Bread. Use 1 cup whole-wheat flour in place of all-purpose flour.

Corny Corn Bread. Add 1 cup corn kernels in step 4.

Cheesy Corn Bread. Add ½ cup shredded cheddar cheese in step 4.



Healthy Maple Oatmeal Muffins

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

Ingredients:

1 cup whole wheat flour
¾ cup old fashioned rolled oats
½ cup oat flour
1 Tablespoon baking powder
1½ teaspoons ground cinnamon
½ teaspoon kosher salt
¼ teaspoon ground nutmeg
1 cup plus 2 tablespoons non-fat milk
½ cup pure maple syrup
¼ cup melted and cooled coconut oil (or melted and cooled unsalted butter)
2 large eggs, at room temperature
1 teaspoon vanilla extract

Crumb topping:

1 Tablespoon cold butter, cut in small pieces
3 Tablespoons flour
1 Tablespoon brown sugar
¼ – ½ teaspoon cinnamon

Instructions:

Preheat oven to 400° F.

Line 12 muffin tins with paper liners or lightly coat with cooking spray.

In large bowl, mix combine whole wheat flour, oats, oat flour, baking powder, cinnamon, salt, and nutmeg.

In a separate bowl, whisk together milk, maple syrup, oil (or butter), eggs, and vanilla.

Make a well in the center of the dry ingredients. Pour wet ingredients into the center.

Stir the batter gently, just until combined (it will be somewhat lumpy).

Divide batter evenly between the prepared muffin cups.

Make crumb topping: In small bowl, quickly rub the butter, flour, brown sugar, and cinnamon together with your fingers until fine crumbs form. Sprinkle over each unbaked muffin.

Bake muffins 18-20 minutes, until golden brown and a toothpick in the center comes out clean.

Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:
1 muffin = 1.25 oz. equivalent grains

Serving Information:
1-5-year-old: ½ muffin
6+ year old: 1 muffin



Lunch Box Zucchini Muffins

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

Ingredients:

2 cups shredded zucchini
1 cup finely chopped red bell pepper
2 eggs, beaten
½ cup cottage cheese
½ cup + 1 Tablespoon milk
1/3 cup shredded cheddar cheese, plus more for topping
2 cups flour, all-purpose
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon Italian seasoning
½ teaspoon salt
½ teaspoon black pepper

Instructions:

Preheat oven to 375° F.

Line 12 muffin tins with paper liners or lightly coat with cooking spray.

Shred zucchini and squeeze out excess liquid.

In a large bowl combine shredded zucchini, chopped red bell pepper, eggs, cottage cheese, milk, and shredded cheddar cheese.

In a separate bowl combine flour, baking soda, baking powder, Italian seasoning, salt, and pepper.

Add the dry mixture to the wet mixture and stir to combine.

Divide batter evenly between prepared muffin cups. Sprinkle the tops of each muffin with shredded cheddar cheese (optional).

Bake muffins for 30-35 minutes, until golden brown on top and a toothpick comes out clean.

Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:
1 muffin = 1.25 oz. equivalent grains

Serving Information:
1-5-year-old: ½ muffin
6+ year old: 1 muffin



VEGETABLES

Baked Avocado Fries

Recipe makes 40 (½ cup) servings

Ingredients:

11 ½ pounds avocados (about 23 avocados)

10 cups Panko breadcrumbs

Juice of 6 limes (¾ cup)

Cooking spray

Salt and pepper

Instructions:

Preheat oven to 425°F.

Spray baking sheet with cooking spray.

Cut each avocado in half and remove pit. Scoop out avocado halves and slice each half the long way into ½ inch slices.

In a small bowl pour in lime juice.

In a separate bowl, combine breadcrumbs, salt, and pepper.

Dip avocado slices into juice and then coat with breadcrumb mixture.

Lay slices on baking sheet in single layer.

Bake for 12-15 minutes, until golden.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5-year-old: ½ cup = 4 slices (½ inch x 4 ½ inch slices)

6+ year old: ¾ cup = 6 slices (½ inch x 4 ½ inch slices)



Baked Zucchini 'Chips'

Recipe makes 30 (½ cup) servings

Ingredients:

6 pounds zucchini

15 eggs

5 ½ cups Italian seasoned breadcrumbs

Salt and pepper, to taste

2 cups grated parmesan cheese

Instructions:

Preheat oven broiler.

Spray baking sheet with cooking spray.

Wash and slice zucchini into 1/4 " rounds.

Lightly beat eggs in bowl.

Place zucchini slices in bowl and coat w/ egg wash.

Combine breadcrumbs, parmesan cheese, salt, and pepper in separate bowl.

In batches, coat zucchini in breadcrumb mixture. Place on baking sheet.

Broil 5-7 minutes. Turn zucchini. Broil for another 5-7 minutes, until tender.

Crediting Information:

½ cup serving = ½ cup vegetable

Crediting Information:

1-5-year-old: ½ cup zucchini slices

6+ year old: ¾ cup zucchini slices



Cabbage Salad

Recipe makes 16 ($\frac{1}{2}$ cup) servings

Ingredients:

5 cups shredded green cabbage
2 cups shredded red cabbage
1 cup shredded carrot

Dressing:

$\frac{1}{4}$ cup apple cider vinegar
2 Tablespoons oil (vegetable or light olive oil)
1 $\frac{1}{2}$ - 2 Tablespoons sugar (adjust to taste)
1 teaspoon Dijon mustard
 $\frac{1}{2}$ teaspoon salt

Instructions:

In a jar, combine dressing ingredients and shake.
In a large bowl, place salad ingredients. Pour dressing over and toss to combine.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup
6+ year old: $\frac{3}{4}$ cup



Cactus Salad

Recipe makes 32 ($\frac{1}{2}$ cup) servings

Ingredients:

5 pounds medium cactus leaves, cleaned of thorns
 $\frac{1}{2}$ pound green onions, chopped
3 pounds fresh medium tomatoes, diced
1 bunch cilantro, chopped
1 teaspoon dried oregano
 $\frac{1}{2}$ cup olive oil
Juice of 4 limes ($\frac{1}{2}$ cup)
Salt and pepper to taste
1 cup crumbled Queso Anejo, queso cotija or Feta

Instructions:

Clean cactus leaves of thorns and wash very well. Slice leaves thin or dice.

Put cactus leaves in a large pot and cover with water. Cook on medium-high heat until tender, for 15-20 min.

Meanwhile, chop green onions, tomatoes, and cilantro. Set aside.

When leaves are cooked, remove from stove, drain water, rinse, and place in cold icy water. When cool, assemble salad.

In a large bowl, place cactus leaves, onion, tomatoes, cilantro, and oregano.

In a small bowl, combine lime juice and oil. Add to salad bowl and mix. Add salt and pepper to taste.

Sprinkle crumbled cheese over salad and serve.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup
6+ year old: $\frac{3}{4}$ cup

Creamy Cucumber Dill Salad

Recipe makes 26 ($\frac{1}{2}$ cup) servings

Ingredients:

5 cups whole milk yogurt, plain
2 teaspoons garlic powder
Juice of 2 lemons ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ cup white vinegar
3 Tablespoons dried dill (or $\frac{1}{3}$ cup fresh minced dill)
1 $\frac{1}{2}$ Tablespoons white sugar
Salt and pepper, to taste
5 pounds medium-size cucumbers, peeled and thinly sliced

Instructions:

Wash, peel, and thinly slice cucumbers.
In a large bowl, whisk together yogurt, garlic powder, lemon juice, vinegar, dill, sugar, salt, and pepper.
Add in the cucumbers and toss to coat.
Refrigerate for at least 10 minutes before serving.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup

6+ year old: $\frac{3}{4}$ cup



Easy Bruschetta

Recipe makes 46 ($\frac{1}{2}$ cup) servings

Ingredients:

1 cup extra-virgin olive oil
Eight 28-ounce cans petite diced tomatoes, drained
5 cups chopped fresh basil
 $\frac{1}{2}$ cup minced garlic
3 teaspoons kosher salt
2 teaspoons black pepper

Instructions:

Combine olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl.

Serve with toasted French bread slices.

For bread: Preheat oven to 350°F. Slice French bread and place slices on a baking sheet. Brush tops with olive oil. Bake 12 to 15 minutes or until lightly toasted.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup

6+ year old: $\frac{3}{4}$ cup



Guacamole Dip

Recipe makes 25 ($\frac{1}{2}$ cup) servings

Ingredients:

10 pounds ripe avocados (about 20 avocados)

Juice of 6 limes ($\frac{3}{4}$ cup)

5-8 cloves fresh garlic

Salt, to taste

Instructions:

Cut avocados in half, remove pit, scoop avocado out from halves.

In a large bowl, mash avocado. Grate fresh garlic and add to bowl, along with juice from limes, and salt, to taste. Mix well. Or place all ingredients in a blender or food processor and blend until desired consistency is reached.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup

6+ year old: $\frac{3}{4}$ cup



Honey Roasted Asparagus

Recipe makes 24 ($\frac{1}{2}$ cup) servings

Ingredients:

10 pounds asparagus

Olive oil

Honey

Salt

Instructions:

Preheat oven to 375°F.

Drizzle olive oil on baking sheet.

Rinse asparagus and trim stems.

Spread asparagus spears evenly on baking sheet and mix around to coat asparagus in oil.

Drizzle honey over asparagus and sprinkle with salt.

Roast asparagus 25-30 minutes, until tender and lightly browned.

Crediting Information:

$\frac{1}{2}$ cup serving = $\frac{1}{2}$ cup vegetable

Serving Information:

1-5-year-old: $\frac{1}{2}$ cup

6+ year old: $\frac{3}{4}$ cup



Roasted Cauliflower 'Popcorn'

Recipe makes 35 (½ cup) servings

Ingredients:

8 pounds cauliflower, cut into florets
(or 5 pounds ready-to-use cauliflower florets)
¾ cup olive oil
½ Tablespoon each salt, pepper, smoked paprika,
onion powder, and garlic powder
1 ½ teaspoons chili power

Instructions:

Preheat oven to 425°F.
Spray baking sheet with cooking spray.
In large bowl, toss cauliflower florets with olive oil until
everything
is evenly coated.
In small bowl, stir together salt, black pepper, smoked
paprika, onion powder, and garlic powder.
Add spice mixture to cauliflower and mix well to combine.
Place cauliflower florets on baking sheet.
Roast 20-25 minutes or until cauliflower is tender and
golden.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5-year-old: ½ cup

6+ year old: ¾ cup



Roasted Vegetables

Recipe makes 40 (½ cup) servings

Ingredients:

2 pounds butternut squash, peeled and cubed
(or purchase frozen cubed squash)
1 pound red bell peppers, seeded and diced
3 pounds sweet potato, cubed
3 pounds red potatoes, cubed
2 Tablespoons thyme
4 Tablespoons chopped fresh rosemary
¼ cup olive oil
4 Tablespoons balsamic vinegar
Salt and black pepper

Instructions:

Preheat oven to 475°F.
Spray baking sheet with cooking spray.
In a large bowl, combine all vegetables.
In a small bowl, combine thyme, rosemary, olive oil,
balsamic vinegar, salt, and pepper. Toss with vegetables until
coated. Spread on a baking pan.
Roast for 35 to 40 minutes in oven, stirring every 10 minutes,
until vegetables are cooked through and browned.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5-year-old: ½ cup

6+ year old: ¾ cup





Sweet Carrot Sticks

Recipe makes 25 (½ cup) servings

Ingredients:

5 pounds carrots

48- or 64-ounces unsweetened pineapple juice

Instructions:

Peel and cut raw carrots into strips (4 inch by ½ inch in size).

Place carrots in a container and pour unsweetened pineapple juice over carrots to cover.

Chill for an hour or more before serving.

Drain juice from carrots before serving.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5-year-old: ½ cup

6+ year old: ¾ cup

VEGETABLE OR MEAT ALTERNATE

Roasted Chickpeas

Recipe makes 22 (½ cup) servings vegetable OR 84 (½ oz.) servings m/ma

Ingredients:

#10 can (105 oz.) chickpeas (garbanzo beans)

¾ teaspoon salt

2 Tablespoons garlic powder

Instructions:

Preheat oven to 375° F.

Spray baking sheet with cooking spray.

Drain and rinse chickpeas, pat dry.

Arrange chickpeas on a baking sheet and roast for 30-35 minutes.

Shake pan every 10 minutes. They will be golden brown and crunchy on the inside when done.

Watch so they do not burn.

In a bowl, combine the salt and garlic powder.

Remove chickpeas from the oven and spray with cooking spray.

Immediately

toss with seasoning while hot.

Cool before serving.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable

Meat/meat alternate: 1/8 cup serving =

½ ounce meat/meat alternate

Serving Information:

Vegetable:

1-5-year-old: ½ cup

6+ year old: ¾ cup



Hummus

Recipe makes 13 (½ cup) servings of vegetable
OR 53 (½ oz.) servings m/ma

Ingredients:

- Four 15-ounce cans chickpeas (drained and rinsed)
- 8 to 16 Tablespoons water
- 8 Tablespoons olive oil
- 4 Tablespoons lemon juice
- 4 large cloves garlic, minced
- 3 teaspoons ground cumin
- 1 teaspoons salt

Instructions:

Add chickpeas, 8 Tablespoons water, olive oil, lemon juice, garlic, cumin and salt to a food processor or bowl. Blend in processor or mash in bowl until mixture has consistency of a coarse paste (add water as needed). Cover hummus and refrigerate 1 hour or until use.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

Serving Information:

Vegetable:
1-5-year-old: ½ cup
6+ year old: ¾ cup

Meat/meat alternate:
1-5-year-old: 1/8 cup
6+ year old: ¼ cup



White Bean Ranch Dip

Recipe makes 8 (½ cup) servings vegetable OR 34 (½ oz.) servings m/ma

Ingredients:

- Four 14-ounce cans Great Northern Beans (drained and rinsed)
- 4 ounces dry ranch dressing mix
- ½ cup olive oil
- Water

Instructions:

Drain and rinse canned beans, place in food processor. Add ranch mix and olive oil. Blend until smooth and creamy. Add water until reach desired consistency.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

Serving Information:

Vegetable:
- - -

- - -



VEGETABLE AND MEAT ALTERNATE



Recipe makes 50 (1/8 cup) servings tofu and 50 (½ cup) servings vegetables

Ingredients:

Four 14-ounce packages extra firm tofu
¾ cup oil
6 Tablespoons minced garlic (6-12 cloves)
¾ cup brown sugar
1 cup soy sauce
7 pounds broccoli, cut into florets (about 18 cups)
2 pounds red bell peppers, cut into thin 1-inch-long strips
2 pounds red onions, thinly sliced

Instructions:

Drain tofu. Wrap each block in paper towels and pat dry, pressing down on the tofu to squeeze out moisture. Cut tofu into 3/4-inch cubes.
In a large nonstick skillet or wok, heat oil over medium-high heat. Add tofu and cook, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes.
Add garlic to tofu and cook until garlic becomes fragrant. Add sugar and ½ cup soy sauce to tofu. Stir until sugar blends with ingredients.
Remove tofu from pan to a plate. Allow some sauce to remain in the pan.
Add the broccoli, red pepper strips, onions, and ½ cup soy sauce to pan and cook for 3-4 minutes or until vegetables are tender.
Serve required minimum amount of vegetable on plate. Serve required minimum amount of tofu on top of vegetables.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
Meat/Meat Alternate: 1/8 cup tofu = ½ oz. m/ma

Serving Information:

1-5-year-old: ½ cup vegetables and 1/8 cup tofu
6+ year old: ¾ cup vegetables and ¼ cup tofu

VEGETABLE AND GRAIN



M

Recipe makes 50 cups (1 cup = ½ cup vegetable and 1 oz. equivalent grains)

Ingredients:

3 gallons water
3 pounds 2 ounces whole-grain elbow macaroni
1 pound 8 ounces fresh red bell peppers, diced
1 pound 8 ounces fresh green bell peppers, diced
¼ cup canned pimientos, diced, drained
1 pound 8 ounces fresh carrots, grated
1 pound 8 ounces fresh celery, diced
3 cups fresh red onions, diced
1 ½ teaspoon salt
1 teaspoon black pepper
2 teaspoons paprika

Dressing:

3 cups mayonnaise
½ cup white vinegar
2 cups sugar
¼ cup 2 Tablespoons mustard

Instructions:

Heat water to boil. Add macaroni and cook 10-12 minutes or until al dente. Stir occasionally. Do not overcook. Drain macaroni when done.
In a large bowl, combine macaroni, peppers, pimientos, carrots, celery, onions, salt, and pepper.
In a small bowl, combine mayonnaise, vinegar, sugar, and mustard. Pour dressing over vegetable and pasta mixture. Stir well.
Serve immediately or store in refrigerator until served.
Garnish with paprika.

Crediting Information:

1 cup serving = ½ cup vegetable and 1 oz. equivalent grains

Serving Information:

1-5-year-old: 1 cup
6+ year old: 1 ½ cups

FRUIT

Fruit Salad

Recipe makes 38 (½ cup) servings

Ingredients:

#10 can pineapple chunks, in juice or fresh chunked pineapple
2 pounds fresh Michigan blueberries
2 pounds fresh strawberries

Dressing:

½ cup pineapple juice (from can)
¼ cup honey
Zest of one lemon

Instructions:

Drain pineapple chunks, saving juice for later.
Cut whole strawberries into quarters.
Place pineapple chunks, strawberries, and blueberries into bowl.
In a small bowl, mix pineapple juice, honey, and lemon zest.
Toss with fruit.
Refrigerate until it is served.

Crediting Information:

½ cup serving = ½ cup fruit

Serving Information:

1-5-year-old: ½ cup
6+ year old: ¾ cup



Crockpot Apples with Cinnamon

Recipe makes 34 (½ cup) servings

Ingredients:

10 pounds fresh Michigan apples
4 Tablespoons cinnamon
2 cups sugar
1 stick of butter

Instructions:

Peel and core apples. Cut into 1/3 to 1/2-inch slices.
Place sliced apples in crockpot or large roaster.
Sprinkle with cinnamon and sugar and stir to coat them.
Place butter on top of the apples.
Close lid. Cook 3 hours (high) or 6 hours (low).
Stir occasionally.

Crediting Information:

½ cup serving = ½ cup fruit

Serving Information:

1-5-year-old: ½ cup
6+ year old: ¾ cup



Cottage Cheese Dip

Recipe makes 48 (1/8 cup) servings

Ingredients:

Two 24-ounce containers of cottage cheese
2 ounces dry ranch dressing mix

Instructions:

1. Place cottage cheese in blender or mixer and blend to desired consistency.
2. Stir in ranch dip mix and refrigerate.

Crediting Information:

1/8 cup cottage cheese = ½ oz. m/ma

Serving Information:

- 1-5-year-old: 1/8 cup
- 6+ year old: ¼ cup



Fruity Dip

Recipe makes 32 (¼ cup) servings

Ingredients:

Two 32-ounce containers plain yogurt
½ cup orange juice
4 teaspoons vanilla
Sprinkle of cinnamon

Instructions:

Mix all ingredients in a bowl.

Crediting Information:

¼ cup (2 oz.) = ½ oz. meat/meat alternate

Serving Information:

1-5-year-old: ¼ cup (2 oz.)
6+ year old: ½ cup (4 oz.)



MEAT AND MEAT ALTERNATE

Taco Soup

Recipe makes 50 (½ cup) servings

Ingredients:

2 pounds, 2 ounces ground beef, raw
(no more than 15% fat)
¼ cup chili powder
¼ cup, 1 Tablespoon ground cumin
2 Tablespoons garlic powder
2 teaspoons onion powder
1 teaspoon crushed red pepper
2 teaspoons black pepper
1 pound onions, diced
1 quart water
1 ounce dry ranch dressing mix
6 ½ cups canned, crushed tomatoes
2 cups salsa
2 ½ cups canned corn
9 ¼ cups canned kidney beans, drained

Instructions:

In large stock pot, brown ground beef over medium-high heat.
Add cumin, garlic powder, onion powder, crushed red pepper, and black pepper. Stir well. Remove beef mixture and set aside for step 5.
In same pot, cook onions over medium heat for 5-7 minutes, until soft.
Reduce heat to low. Add water, ranch dressing mix, tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
Add beef to pot and stir. Simmer uncovered for 15-20 minutes

Crediting Information:
½ cup provides = 1 oz. equivalent of
meat alternate and ¼ cup
vegetable

Serving Information:
1-5-year-old: ¼ cup
6+ year old: ½ cup



Crispy Baked Tofu

Recipe makes 50 (1/8 cup) servings

Ingredients:

Four 14-ounce packages extra firm tofu
4 Tablespoons tamari (or soy sauce or coconut aminos)
4 Tablespoons oil
1 teaspoons salt
1 teaspoons pepper
2 teaspoons garlic powder
4 Tablespoons cornstarch

Instructions:

Preheat oven to 400°F.
Line baking sheet with parchment paper.
Drain tofu. Cut tofu into ¾ inch cubes. Move tofu to side.
Line cutting board with paper towels. Lay tofu in an even layer
on towel and top with another towel. Add heavy things on top.
Let tofu sit for 15–30 minutes allowing the liquid to be squeezed out.
In a bowl, combine tamari (or soy sauce or coconut aminos), oil, salt, pepper, and garlic powder. Add tofu and gently toss until all tofu is covered in seasoning.
Sprinkle cornstarch over tofu and gently toss together.
Lay tofu on baking sheet and bake for 30 minutes, flipping tofu halfway through.
Tofu is done when crispy and golden brown on edges.

Crediting Information:

1/8 cup = ½ oz. meat/meat alternate

Serving Information:

1–5-year-old: 1/8 cup

6+ year old: ¼ cup



When Is It In Season?

Asparagus	April-early June
Rhubarb	May-June
Strawberries	Early June-Mid July
Beans	June-October
Sweet Cherries	End of June- August
Blueberries	July-September
Raspberries	July and September
Cucumbers	July-August
Blackberries	August-September
Potatoes	August-November
Tomatoes	August-September

Where To Get The Food:

- Co-ops
- Directly from farmers
- Farmer's Markets
(visit mifma.org to find your local market!)
- Food Stands
- Gardens



Additional Resources:

You aren't in this alone. Others are on a journey of sourcing their food more locally too. Use resources and guidance from others to lessen the burden of complete implementation by yourself.

Michigan State University, Center for Regional Food Sources, has a great resource – Local Food for Little Eaters: A Purchasing Toolbox for CACFP

<https://www.canr.msu.edu/foodsystems/uploads/files/Local-Food-for-Little-Eaters-CACFP-Guide-2021.pdf>

Keep It Safe!

Proper Hand washing

1. **Wet** hands with clean, warm running water, turn off the tap, and apply soap.
2. **Lather** hands by rubbing them together with the soap. Be sure to lather the backs of hands, between your fingers, and under nails.
3. **Scrub** hands for at least 20 seconds.
4. **Rinse** hands well under clean, warm running water.
5. **Dry** hands using a clean towel or paper towel.

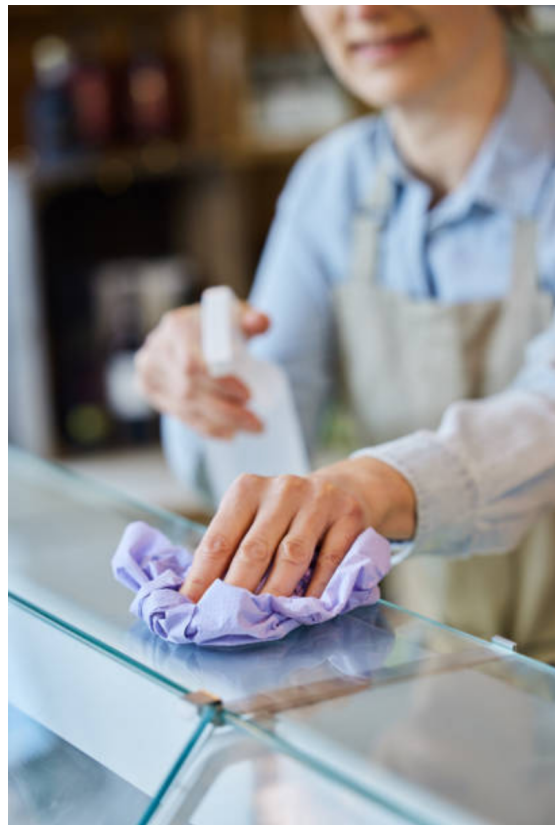


Partnership for Food Safety Education

<https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

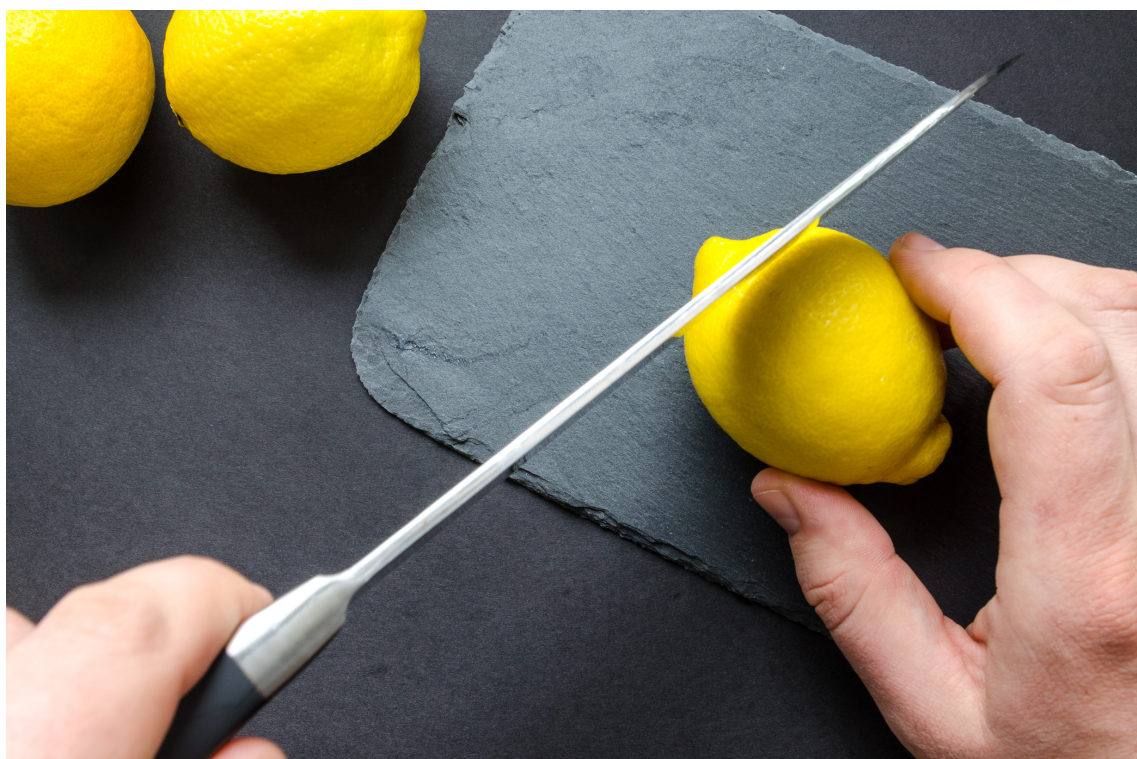
Clean!

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not often eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



Separate!

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce, and another for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.



Cook!

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- When taking temperatures, thermometer should be inserted into the thickest part of the food and should not touch any bone.
- Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand one or twice while cooking.
- Bring sauces, soup, and gravy to a boil when reheating. Heat leftovers thoroughly to 165 degrees Fahrenheit.



Chill!

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get home from the store.
- Never let raw meat, poultry, eggs, cooked food or fresh fruits or vegetables sit at room temperature more than two hours before putting in the refrigerator or freezer (one hour when the temperature is above 90 degrees Fahrenheit).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.



<https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

Safe Cooking Temperatures

Before consumption be sure the internal temperature has reached an appropriate and safe temperature.

Insert a food thermometer into the thickest part of the food and avoiding any fat, bone, or bottom of the container.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>