

AZDHS Food Demonstration and Recipe Standard Policy

Section VI Food Demonstrations

Policy

Food demonstrations are a simple, economical way to illustrate appetizing and healthful recipes, and they can be an effective method for changing dietary behaviors of the target population. Food demonstrations must follow basic guidelines on recipe standards and food safety. In order to conduct a simple food demonstration, basic culinary skills, communication skills, and food safety knowledge are essential.

Procedures

Contractors wishing to complete food demonstrations must complete AzNN Food Demonstration Training within one (1) year of first food demonstration. ADHS staff will announce the trainings as they become available. This training must be repeated every five (5) years as a refresher.

Before planning a food demonstration, review and use the document Food Demonstration Guide (available on eatwellbewell.org). Utilize recipes from the Fun Food News, AzNN website, or recipe cards for current social marketing campaigns frequently in food demonstrations.

The demonstrator must have a current Food Handler's Card. County Health Departments or tribal governments regulate testing for food handlers.

Demonstrations should be limited to one to two techniques and up to three (3) simple recipes per one-hour class. The message should be simple and the learning objective(s) should be defined prior to the demonstration.

The demonstrator should practice good hand washing techniques prior to handling any food products and proper use of gloves during demonstrations. (See Food Demonstration Guide on www.eatwellbewell.org)

Allow the participants to taste test the food after the demonstration. This is the most important part of the food demonstration. Serve only **sample size** portions in the food demonstrations. Food samples associated with a nutrition education lesson are an allowable expense but meal size portions or a complete meal service are not.

Distribute the recipes after the food demonstration, making sure each has a nutrient analysis and appropriate USDA statements required on printed materials, as specified in the AzNN Recipe Standards.

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Section VII Recipes Nutrient Standards

Policy Recipes used in food demonstrations, given as handouts, or otherwise used through AzNN should meet the following Recipe Criteria:

COST: Recipes should contain foods that are readily available, low cost, and consist of 10 ingredients or less (excludes water, salt, pepper, spices/seasonings, and nonstick cooking spray).

EASE: Preparation time for each recipe should be 30 minutes or less, if possible.

NUTRIENTS:

Nutrients	Recipe Standards
Saturated Fat	≤ 10% Kcals
Trans Fat	≤ 0.5 g/serving
Sodium	≤ 480 mg/serving
Fiber	≥ 0.014 g/Kcal ¹
Added Sugars	≤15% Kcals
Calcium	≥100 mg/serving ²

¹Fiber standard only applies to vegetables, fruits, and whole grain recipes.

²Calcium standard applies only to low-fat dairy recipes.

In addition to the criteria above, each recipe that carries the Fruits & Veggies- More Matters® logo must provide one (1) serving of fruit or vegetable per 250 calories and ≤35% total calories from total fat. One serving of fruit or vegetable is: 1 medium piece of fruit; ½ cup of cut-up fruit or vegetable, cooked or raw; ½ cup (4 oz.) unsweetened 100% fruit or vegetable juice; 1 cup leafy salad greens; ¼ cup dried fruit; or ½ cup cooked dry peas, beans, lentils, and/or kidney beans.

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Procedures ADHS provides many recipes that meet the criteria outlined above. They are available at www.eatwellbewell.org. It is recommended that these recipes be used by Contractors whenever possible.

Any recipes that are not provided by ADHS must be analyzed using Food Processor, SQL Edition, Version 9.8.1 or above. Any other recipes can be analyzed using Nutritionist Pro or other software approved by the ADHS Nutrition Specialist. ADHS staff will analyze a limited number of recipes for Contractors.

Required nutrients in the nutritional analysis are: Calories (Cal); Carbohydrate (g); Protein (g); Total Fat (g); Saturated Fat (g); Trans fat (g); Cholesterol (mg); Fiber (g); Total Sugars (g); Sodium (mg); Calcium (mg); Folate (mcg); Iron (mg) Optional nutrients in nutritional analysis are: Vitamin A (RE); Vitamin C (mg); and Potassium (mg).

Foods (or recipes) containing $\geq 20\%$ Daily Value for a nutrient may be indicated by the following phrases: "High In" or "Excellent Source of" or "Rich In." Foods (or recipes) containing 10-19% Daily Value for a nutrient may be indicated by the following phrases: "Good Source" or "Contains" or "Provides."

ADHS may request to review recipes used by Contractors at any time. All recipes should be MyPlate inspired and emphasize nutrient-rich options from the food groups including whole grains, vegetables, fruits, fat-free and low-fat dairy and lean proteins. Any recipe deemed not to align with this philosophy may be considered unacceptable for use.

No recipes containing alcohol will be used in Arizona Nutrition Network materials or activities.

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Section VIII Recipe Format

Policy Recipes that are developed or adapted by the Arizona Nutrition Network staff and Contractors will follow consistent formatting. This will allow nutrient standards to be maintained and provide a consistent look to materials.

Procedures The required recipe format is as follows:

Title

1. The first letter of each word should be capitalized.

Ingredients

1. Weights and measures used in the recipe ingredient list will be spelled out. These include: pound, ounce, teaspoon, tablespoon, and cup. Abbreviations will only be used for ounce (oz.) if space is limited. The use of more complex terms, such as pint and quart, will be avoided if possible.
2. The quantities of ingredients should be left justified when listed in whole numbers. If an ingredient contains a fraction, the denominations of the fractions should be aligned with the whole numbers.
3. Do not use brand names.
4. Avoid state of origin descriptions. For example, use 3 Red Delicious apples, not 3 Washington State apples.
5. Description of ingredients should be in lowercase letters. When using a whole ingredient, list the ingredient first, followed by preparation instructions. If appropriate, describe the size of the ingredient.
6. When an ingredient must be prepared before being measured, describe how to prepare it first, followed by the ingredient name.
7. Common preparation terms should be used, such as sliced, finely sliced, chopped, finely chopped, and cut into 2-inch strips. More complex terms such as julienne and mince should be avoided.
8. When using frozen fruits or vegetables, list the quantity of the ingredient (cup) instead of the weight of the bag (e.g. 1-16-ounce bag). Describe whether the frozen item should be thawed or frozen.

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9. When a recipe contains honey as an ingredient, place an asterisk at the end of the word 'honey' and reference the asterisk at the end of the recipe with * "honey should not be fed to infants less than one year of age."
10. Ingredients in the ingredient list should be in the same order as in the preparation instructions.

Directions

1. Directions must be written in plain language and easy to understand.
2. Each step should be numbered.
3. Begin the directions with the statement "wash hands with soap and warm water" when space permits.
4. If there is a fresh fruit or vegetable in the recipe, include the statement "wash fruit or vegetable before preparing."
5. When ingredients are placed in a bowl, saucepan, pot, or pan, describe the size of the container.
6. When a recipe is prepared on the stovetop, describe how hot the burner should be.
7. When a recipe is prepared in the oven, state the temperature in °F. When a recipe is prepared in the microwave oven, describe the power level of the microwave setting in capital letters.
8. When the recipe contains meat, state the internal cooking temperature in °F that the meat needs to reach in order to be safe for consumption.
9. End each recipe preparation description with an appropriate action statement, such as "serve immediately."

Yield

At the end of the directions, include the number of servings a recipe yields and the approximate serving size (i.e., Makes 6 servings, approximately ½ cup each).