**Guidelines for Using Recipes**

**DO use a recipe to …….**

► Support a healthy eating recommendation, MyPlate, etc. (i.e. increase fruits/vegetables, add/substitute whole grains, highlight low-fat dairy, illustrate portion size for protein foods, etc.)

► Illustrate a healthful cooking method or to use an appliance for healthful food preparation.

► Introduce a healthful new food into one’s diet (i.e. kale, spaghetti squash, fish, etc.)

► Illustrate how to prepare/store/preserve a healthful food (i.e. large winter squash – roast and then freeze in smaller amounts and include recipe(s) for using squash; tomatoes – healthful recipes for fresh, instructions to freeze or can, etc.)

► Prepare healthful meals that will be frozen for later – program emphasis is on meal management, healthful foods in less time and less $, family meal time. (Do not advertise as “Freezer Meal Workshop”)

► Illustrate comparison of recipe made from scratch with a pre-made, processed version. (Compare nutritional content, cost, etc.)

► Support education on food choices for special needs (i.e. diabetes, allergies, gluten free, vegetarian, and more.)

► Teach basic cooking skills. Again, the focus is on healthful meal preparation.

► Help audiences use healthful food items from commodity or pantry offering, and seasonal food items that are in great supply.

**Do NOT use a recipe to …….**

► Fill space in a newsletter (recipe must connect to a theme or educational article.)

► Connect to a holiday or season without educational content and does not support healthful eating. (i.e. Christmas cookies or baking, Halloween treats, etc.)

► Simply show how a small appliance can be used. Make the focus on healthful, time-saving food prep for family meals. (i.e. cheesecake recipe for Instant Pot)

► Simply share recipes submitted or provided by others.

**ALL recipes should:**

► Include nutritional analysis that lists the number of servings in the recipe and the following per serving:  Calories, total fat grams, saturated fat grams, carbohydrates, sodium, fiber and protein.

► Give credit for the source. If the source is USDA, list the webpage if possible. When using recipes from a cooking blog, look for copyright or wording on how information can be used. If recipe comes from a cookbook, try to get permission for distribution. If the recipe is from a published source, at the very least give credit. If you make adaptions to the recipe, say “adapted from” and list the source.

 If you have questions about copyright and sharing a recipe, contact Linda Gilmore, 785-532-2253, lindagi@ksu.edu.

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