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## **POLICY**

Recipes used must support the *Dietary Guidelines for Americans* and FNEC program goals. Recipes distributed in connection with FNEC nutrition programs must include a nutrient analysis and comply with copyright laws.

## **BACKGROUND**

Recipes used in FNEC programs **MUST** promote the mission and values of FNEC. The distribution of recipes through FNEC programs should encourage people to eat a balanced, healthful diet that includes a variety of foods.

## **PROCEDURE**

Choose recipes that support the lesson being taught. For instance, if a lesson is promoting fruit and vegetable intake, choose a recipe in which the main ingredients are fruits or vegetables. Make a clear connection between the dish being served and the dietary guidelines it supports. Recipes that are not pre-approved FNEC recipes should be reviewed using the FNEC Recipe Review Form on page 4 of this policy.

The following checklist should be used to choose recipes that promote nutritional health and that are acceptable for participants.

### **Appropriate for Audience:**

Recipes should:

- be culturally appropriate for the intended audience
- be affordable
- use readily available ingredients
- use supplies and equipment available to participants
- be considerate of participant time, reading level, interests and the skill level necessary to prepare the recipe
- use short sentences and simple words to describe the steps of the recipe
- be chosen to meet the expressed needs of the target audience

Food allergy guidance is contained in Section 900.7.

### **Promotes good health**

Recipes should:

- have minimal added sugars. A recipe with more than 2 teaspoons of added sugar per serving must **NOT** be used with FNEC participants.
- use non-fat, low-fat or reduced-fat dairy products. Milk used should be skim or 1%.
- use lean cuts of meat. Instructions for preparing meat in the recipe should include fat-reducing tips such as trimming off visible fat, removing skin from poultry, and draining or skimming fat from cooked meats.



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- have 35 percent or fewer calories from fat OR 5 grams of total fat or less per serving. It is highly recommended that recipes have 25 percent or fewer calories from fat.

#### **Exceptions**

- A recipe in which the only substantial ingredient is meat, such as meatloaf, may have a higher percentage of fat, but no more than 50 percent of calories from fat and no more than 15 grams of fat per serving.
- Mixed dishes, such as casseroles, must have 35 percent or fewer calories from fat.
- A condiment recipe (such as salad dressing, jam or jelly) does not have to comply with the requirements for fat and sugar.

#### **Precise and consistent recipes**

Recipes should:

- have been successfully tested for taste and overall appeal prior to lesson.
- have FNEC logos and disclaimers are appropriately located on the recipe. The recommended templates for distributed recipes are located on the FNEC website ([www.fnec.cornell.edu](http://www.fnec.cornell.edu)) under the “Recipes” section.
- cite the original source if modified.
- include the required nutrient analysis in a food label format noting the serving size, number of servings in the recipe, calories per serving, fat grams per serving, trans fat and fiber. If space is limited on a resource such as a newsletter, formatting of nutrition information can be in paragraph format if absolutely necessary.
- provide the percent of calories from fat somewhere on the recipe if not in the nutrient analysis.
- list ingredients in the order they are used

#### **Copyrighted recipes**

Follow the same copyright procedures for recipes as with other materials. Include source and get permission in writing to use if not Cornell Cooperative Extension/FNEC recipes (see Copyright policy, section 600.2).

#### **GUIDANCE**

Recipes may be modified to model healthy choices (for example, modify the recipe to decrease fat and added sugars, increase fiber, or increase amount of fruits or vegetables). However, quality of the recipe, e.g. taste, should be maintained.

A number of approved, properly-formatted recipes are available on the FNEC website, under the “Recipes” section.

The USDA is a source of many useful recipes, though not all are compliant with the



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nutritional requirements of FNEC-provided recipes. Suggested USDA sources for recipes that can be formatted or adjusted for compliance with FNEC requirements are:

USDA Recipe Finder:

<http://recipefinder.nal.usda.gov/>

Additionally, the USDA has a free database that can be used to do nutrient analyses on certain ingredients. This can be located at;

<http://www.nal.usda.gov/fnic/foodcomp/search/>. The recommended nutrient analysis software for recipes is the most recent version of *Food Processor* from ESHA Research, Inc.

For recipes that have not been approved by campus, use the FNEC Recipe Review sheet below to determine whether recipe is appropriate for use.



## **FNEC Recipe Review**

**For recipes developed or identified by CCE staff**

**Name of Resource:**

**Author(s):**

**Name of reviewer:**

**County submitting recipe:**

**Date reviewed:**

**Is this recipe copyrighted?**

- No
- Yes (If yes, have you received approval from recipe originator to distribute recipe? Y/N)

**Mark if the recipe:**

- Is affordable
- Uses readily available ingredients
- Uses supplies and equipment available to participants
- Is considerate of participant time, reading level, interests and the skill level necessary to prepare the recipe
- Uses short sentences and simple words to describe the steps of the recipe
- Is formatted properly (lists ingredients in order used, displays appropriate logos)
- Has been tested for quality of taste and ease of preparation
- Displays nutrition information as a nutrition facts label (unless in newsletter) and % calories from fat
- Contains less than 2 teaspoons of added sugar per serving

*If the recipe is not a condiment, check if the following characteristics apply to the recipe. If yes, check items below each characteristic and fill in blanks if necessary.*

**This recipe does not contain any meat**

- The recipe contains less than 35% of calories from fat OR less than 5 grams of fat per serving. The percent of calories from fat in this recipe is \_\_\_\_\_.

**This recipe contains meat**

- The recipe uses lean cuts of meat and clearly instructs how to reduce fat (e.g. removing poultry skin, trimming excess fat, draining/skimming fat from cooked meats)
- The meat is not a main component of the dish (e.g. part of a casserole) and the percent of calories from fat is less than 35%. The percent of calories from fat in this recipe is \_\_\_\_\_.
- The meat is a main component of the dish (e.g. meatloaf) and the percent of calories from fat is less than 50%. The percent of calories from fat in this recipe is \_\_\_\_\_.

**This recipe contains dairy**

- The dairy used in this recipe is reduced-fat, low-fat or non-fat (milk used is 1% or skim).