

Healthy Recipe and Meal Planning Resources

Recipe Suggestions

Loaves and Fishes Healthy Menu Planning Guide

website: http://www.loavesandfishesmn.citymax.com/f/Healthy_Menu_Guide.pdf

Community Farmers Markets Food Stamp Challenge Recipes

website: <http://www.farmatl.org/wp-content/uploads/2013/11/FoodStampChallengeRecipes.pdf>

NH Obesity Prevention Program Fruit and Veggie Quantity Cookbook

website: <http://www.licares.org/wp-content/uploads/Healthy-Quantity-Cookbook-from-NH-Obesity-Prevention-Program-for-Soup-Kitchens-Shelters.pdf>

Produce Recipes from RTable

website: <http://agencies.2harvest.org/resources/documents/ProduceRecipesRTable.pdf>

USDA Food and Nutrition Service: Cookbooks

website: http://www.whatscooking.fns.usda.gov/usda_cookbooks

University of MN Extension Recipe Box and Farmers Market Recipes

website: <http://www.extension.umn.edu/family/health-and-nutrition/for-families/home-cooking/the-recipe-box/>

website: <http://www.extension.umn.edu/family/health-and-nutrition/for-families/home-cooking/the-recipe-box/farmers-market/>

Searchable Recipe Databases

Greater Pittsburgh Community Food Bank Recipe Rainbow

website: <http://pittsburghfoodbank.org/recipe/database/>

USDA Food and Nutrition Service: Recipe Box (includes large quantity recipes)

website: <http://www.whatscooking.fns.usda.gov/search/solr-results>

Reinhart Food Service

website: <http://www.rfsdelivers.com/Recipes.aspx>

Healthy Food Bank Hub Recipes

website: <http://healthyfoodbankhub.feedingamerica.org/tools-and-resources/?tag=Recipes>

General Nutrition Information

MyPlate Dietary Recommendations

website: <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>

