



Nurture Recipe Development Training Manual

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Nurture Mission and Nutrition Philosophy

Nurture is a non-profit organization whose mission is to empower family members of all ages (children, teens, and adults) with the tools and resources needed to prepare healthy and delicious meals, even when faced with limited time and budget. What separates Nurture from other nutrition programs is its innovative teaching philosophy:

Nurture believes in promoting a positive relationship with food. We do not classify food as “good” or “bad”, but rather promote a balanced diet of wholesome, unprocessed foods. We believe that good nutrition is not centered on the exclusion of foods, but rather the inclusion of and emphasis on: fruit, vegetables, whole grains, lean protein, and water.

The Nurture curriculum reinforces general nutrition guidelines set forth by the USDA dietary guidelines. It does not promote the exclusion of any food group or strict consumption of select “super” foods. The Nurture nutrition message is broad; its primary goals are to emphasize balance and a healthy relationship with food.

Nurture advocates 6 nutrition goals:

1. Eat more home-cooked meals
2. Choose whole grains
3. Pick lean proteins
4. Eat a variety of colorful fruits and vegetables
5. Stay hydrated
6. Be physically active every day

Food Committee Role Descriptions

Recipe Developers are great cooks who can create complex flavors on a very limited budget. They follow the guidelines set forth in this document, working either independently or in teams. All recipes may be modified in order to suit multiple palettes or nutrition/pricing requirements.

Cooks and Kitchen Managers are well versed in food sanitation and safety and are good cooks. They serve two primary purposes: they prepare the food for our cooking classes so the teacher can focus on teaching, and they are the caterers for our special events. They arrange all the behind the scenes logistics related to the food ensuring food is served at the right time and temperature and all the supplies needed to prepare and serve the food are on hand.

Food Stylists - can make food look delicious. They photograph our meals for inclusion on our recipes and provide guidance to committee members on ways of making the food look good.

Food Sanitation and Safety Procedures

To ensure the health and safety of our participants, volunteers must use these procedures.

Hand Washing

- Always wash hands with soap and warm water for 20 seconds before beginning food preparation, after handling food, and after using the bathroom, changing diapers, or touching pets.
- After hands are washed do not touch face, hair or other body parts. If this happens, go through the hand washing process again to prevent food contamination.

Proper Hand Washing Technique

- Wet hands and arms with warm (100 degrees F.) running water.
- Apply soap
- Scrub hands and arms vigorously for 10 to 15 seconds.
- Rinse hands thoroughly
- Dry hands and arms with a single paper towel or warm air hand dryer

Surfaces and Utensils

- Wash cutting boards, dishes, and countertops with hot, soapy water before you begin cooking, **after** preparing each food item and **before** you go on to the next item.
- Knives are not allowed in Nurture classes except for butter knives or plastic knives. Pizza cutters can function as an alternative when a butter knife will not suffice.

Kitchen Cleanup

Use hot, soapy water and a clean dishcloth (or paper towels) to clean kitchen surfaces and wipe up spills.

Important Food Safety and Sanitary Tips

- Do not handle foods if you are sick
- Wear clean and appropriate clothing when handling food.
- Always use gloves to handle food if you have a cut or infection, or are handling ready to eat foods. Wash hands before putting on gloves and after taking them off.
- Abstain from eating, drinking, smoking and chewing gum while handling food.
- Do not sneeze or cough into food.
- Use ice tongs to get ice
- Keep hair tied back and in hair net at all times while in the kitchen
- Place garbage disposal containers away from food preparation and serving areas.

When Preparing Raw Meats, Poultry, Fish and Eggs

- Each item, meat, poultry, eggs, fish should have their own cutting boards, utensils and containers.
- Prepare raw meat, seafood and poultry in specially designated areas
- Properly clean equipment and utensils after each task
- Wash hands properly after handling raw meat, fish, poultry and eggs
- Work with small quantities and keep remaining products refrigerated
- Hot food must be at 135 degrees Fahrenheit or higher and cold food must be at 41 degrees Fahrenheit or lower
- Clean and sanitize all work surfaces
- Minimize bare hand contact with food

Recipe Framework and MyPlate

The Recipe Framework is a tool used to teach adults how to adapt and create nutritionally balanced recipes. While frameworks vary slightly based on the piece of equipment or meal served, the overall concept is the same across all frameworks:

Whole Grain + Vegetables/Fruits + Seasonings + Protein = Balanced Meal

During classes after introducing and tasting a recipe, we use a flip chart to draw the appropriate recipe framework and ask the participants to brainstorm ways of adapting the ingredients to better suit their tastes and the tastes of their family. This process helps participants start to envision how they would make a recipe at home, thereby encouraging behavior change.

Whole Grain	Vegetables/Fruits	Seasonings	Protein
Rice Barley Quinoa	Onions Jalapenos Tomatoes Celery	Oregano Paprika Garlic Pepper Vinegar Olive Oil	Chicken Black beans

My Plate was created by the United States Department of Agriculture (USDA) to help Americans understand the foundation of a healthy diet. To learn more about MyPlate please visit: www.choosemyplate.gov. The general recommendations are that for each meal:

1/2 the plate contains fruits and vegetables

~1/4 of the plate contains grain

~1/4 of the plate contains protein

Serve meal with a glass of milk



General Guidelines for Creating a New Recipe

- Strive to utilize Nurture equipment: Slow cooker, Rice Cooker, Hand Blender. All adult recipes must use Nurture equipment.
- Adult recipes should strive to cost \$1.50/serving or less. This is because LINK Card users (our target audience) get a \$4.65 allowance per individual per day.
- Kids recipes must be low cost as well, but we don't cost them out like adult recipes. Just keeping them simple seems to keep the costs down.
- Avoid packaged ingredients and trans fats.
- The principle ingredients we use are: beans, lentils, split peas, brown rice, oats – rolled or steel cut, barley, bulgur, millet, quinoa. There are more grains of course, but they start to get more expensive per pound.
- Along with the principle ingredients we use vegetables, fruit, nuts, seeds, and dairy.
- Entrees should strive to meet MyPlate guidelines.
- Our participants have limited food budgets so strive to use spices that they will use repeatedly. This may vary by ethnicity. For example, allspice is very common in Jamaican recipes.
- We are looking for breakfast, lunch, and dinner recipes.
- Strive to utilize Recipe Frameworks. Here's a link to one: http://www.nurtureyourfamily.org/sitebuildercontent/sitebuilderfiles/Grain_Recipe_Framework_lunch_dinner.pdf
- Be familiar with the recipes on our website so you aren't creating something very similar to something we already have.

Guidelines for Recipe Cost Analysis

- We price what we use in the recipe, not what the whole item costs. If we use ½ cup of chicken broth, we don't price for a can of chicken broth, just what the ½ cup would be.
- Indicate pricing source. Generally we use Peapod.com because it is very easy and gives cost per oz/weight. If something looks a little expensive, we will check out the cost at Jewel and use that price, but we've rarely had to do that.
- Spices and small amounts of oil and vinegar are always .25 per teaspoon of spice or tablespoon of oil/vinegar.

Nutrition Guidelines for Recipes

Nutrient	Guideline	How to achieve this	RDA/General Recommendation
Fiber	-5 or more grams per serving for meals -3 or more grams per serving for snacks	-increasing whole grains, fruits, vegetables and legumes will help to increase fiber	-25-30 grams or more of fiber per day
Protein	-7 or more grams per serving for meals - 3 or more grams per serving for snacks	- beans, lentils, quinoa, seeds and nuts are good vegetarian sources of protein. -Eggs and lean cuts of meat, chicken, fish and pork are good animal sources of protein	-Intake varies per individual - Protein should be consumed with every meal/snack
Saturated fat	-25-30% or less of the of the recommended percentage of calories from saturated fat per meal - 10% or less for snacks	- reduce high fat animal products such as cheese, high fat cuts of meat and butter	-10% or less of daily calories should come from saturated fat (i.e. 200 calories or 22 grams of saturated fat for a 2000 calorie diet)
Sugar	-9 or less grams per serving (ideally less from added sugars)	-Reduce added sugars (brown sugar, honey, maple syrup etc.) -1 tsp of the above has about 4 grams of sugar -fresh fruit instead of dried fruit is often a better alternative	- Intake varies per individual -Most added sugar has little to no nutritional value
Serving size	- A serving for a meal should be roughly 350 to 400 calories+/- to be substantial enough for an adult meal. - No specific recommendation for snacks		- Varies per individual/age/sex/activity level etc.
Sodium	-400 mg or less per meal - 200 mg or less for snacks <i>* If you feel this is difficult to achieve for some recipes, we can discuss putting a "how to cut back the salt" tip on those recipes</i>	- Canned foods should be no salt added or rinsed well if they do contain salt - 1 tsp of table salt has 2300 mg of sodium - Processed and packaged foods are almost always high in sodium	-The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day — or 1,500 mg if you're age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease.

* If some of the guidelines aren't being met, take a look at the serving size and see if it can be changed to make it work.

*These are simply guidelines. If you have a great recipe that doesn't meet some of these guidelines, please contact Heather Sullivan, RD, LDN at hlsullivan@gmail.com to discuss making an exception.

If you want to perform the nutrition analysis of the recipe, please use Supertracker (free online).

Steps for Creating and Submitting a New Adult Recipe

1. Create a recipe you and your family/friend like.
2. Price out the recipe and get basic nutritional analysis done.
3. Adapt recipe to meet price and nutrition guidelines.
4. Write instructions for using the Nurture piece of equipment, but provide secondary instructions whenever possible. Here's an example of how to do that: <http://www.nurtureyourfamily.org/wp-content/uploads/Rice-and-Beans-Red-and-Green-FINAL1.pdf>
5. In the ingredients/instructions, specify quantities in both rice cooker cups and standard cups as needed.
6. Take a photo of the new recipe making it look as appealing as possible.
7. Create a list of all the equipment necessary to create the recipe (equipment, hot mitts, measuring cups, bowls, spoons, etc).
8. Include a fun nutrition fact and fitness tip. Heather Sullivan can help with this as needed.
9. If you are creating a recipe for a specific program/event, submit at least 2 to 3 weeks in advance to ensure there's sufficient time to edit it, perform nutrition analysis, format it, and get it translated.