

# How to Plan a Healthy Food Pantry Demo



## 1

### Keep it simple

- Choose recipes that are easy to prepare in 30 minutes or less
- Use ingredients that are commonly known, easy to find, and inexpensive. Try to use 10 ingredients or less.
- Stick to recipes that use common kitchen equipment only (microwave, stove top, blender, toaster, etc.)
- Keep kids in mind - would they eat this recipe?

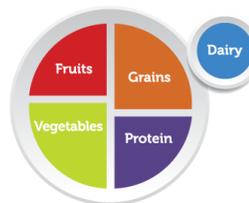
## 2

### Stay safe

- Wash your hands well before and after handling foods
- Pull hair back or wear a hat/hair net.
- Wear disposable gloves and change them often
- Cook foods to a safe internal temperature
- Keep hot foods hot and cold foods cold
- Separate raw meat, fish, and eggs from other foods
- Use safe knife handling skills. Do not leave knives unattended.
- Keep surfaces clean and tidy

## 3

### Promote good nutrition



- Focus on fruits and vegetables
- Include whole grains, low-fat dairy, and lean proteins (beans, poultry, fish, 90% lean ground meat, etc.) whenever possible
- Limit sodium, added sugars, and saturated fat in recipes
- Include nutrition and allergen information if available

## 4

### Be prepared

- Practice the recipe ahead of time
- Check to see what is available to use at the pantry
- Gather all ingredients and supplies and decide how to safely transport them to the pantry
- Prepare as much of the recipe in advance as possible
- Arrive early to get set up

# Frequently Asked Questions

## What kind of supplies will I need?

- Paper towels
- Sanitizing wipes
- Gloves
- Sink, dish soap, and dish scrubber
- Cloth towel(s)
- Refrigerator or cooler
- Electric skillet or slow cooker
- Serving spoons, spatulas, scrapers
- Cutting board and knives
- Meat thermometer
- Can opener
- Colander
- Measuring cups/spoons
- Hot pad/oven mitt
- Apron
- Sample cups/plates
- Plastic forks/spoons
- Printed recipes (half sheets)



## How can I get pantry clients interested?

- Work with the pantry manager to advertise regular "Tasting Tables" and choose a location with the most client traffic
- Make your station attractive with a colorful tablecloth and a pretty display of the finished recipe
- Set up signs that say "free samples" and the title of the recipe
- Highlight ingredients that are available in the pantry that day
- Engage with the clients by being friendly and inviting! If clients are not coming up to your station, bring samples and recipes around to them on a tray.
- Make it exciting! Come up with a fun name for your recipe, hand out coloring sheets to kids, or add seasonal decorations to your station.

## Where can I find recipes?

- Gleaners NutritionHub - [gleanersnutritionhub.org](http://gleanersnutritionhub.org)
- Cooking Matters website - [cookingmatters.org/recipes](http://cookingmatters.org/recipes)
- FoodLink website - [purdue.edu/FoodLink](http://purdue.edu/FoodLink)
- Nutrition Education Program website - [eatgathergo.org/recipes](http://eatgathergo.org/recipes)
- USDA Mixing Bowl website - [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)
- Your favorite cookbooks and family recipe cards
- Cooking and nutrition magazines

