

Tips for Using the FDPIR Sharing Gallery

TIP: Use Cookbooks and Recipes to Provide Nutrition Education



[Cookbooks and recipe collections](#) available on the FDPIR Sharing Gallery can be used to offer creative suggestions to program participants on how to use FDPIR foods. Printing out the entire cookbook for each participant would be time-consuming and costly. Instead, try the following:

1 Choose one (or several) food item(s) from the FDPIR food package.

Consider highlighting:

- A new item recently added to the food package, such as frozen blueberries.
- A traditional food item, such as ground bison.
- A food item that is healthy but may not be as popular, such as whole wheat pasta.

2 Search through a cookbook to find recipes that feature the food you are highlighting.

Here is an example cookbook from the FDPIR sharing gallery that contains simple yet delicious recipes that you can share with program participants:

[Healthy Recipes from Lac du Flambeau Using USDA Foods](#)

Marti Hunt, the nutrition educator from the Lac du Flambeau Band of Lake Superior Chippewa Indians in Wisconsin compiled this cookbook containing healthy recipes that utilize USDA Foods found in the FDPIR food package. These recipes have been tested and demonstrated at the food distribution program's weekly nutrition and healthy cooking classes.

- Pages 31, 155, and 179 feature recipes using frozen blueberries.
- Pages 93 and 108 feature recipes using ground bison.
- Pages 57, 101, and 116 feature recipes using whole grain rotini.

3 Print one (or more) healthy recipe(s) to include in the monthly food package.

- If your participants use email, send an email with the recipe(s) featuring the highlighted food.
- If you use social media, post the recipe(s) to your social media site.
- To engage participants, ask them to share a picture if they prepare the recipe.