Guidelines for SNAP-Ed Recipe Selection

Many of our programs utilize recipes – in tasting events, classes or indirect educational materials such as newsletters, bulletin boards and social media posts. Recipes used in the Washington State SNAP-Ed program should follow the current Dietary Guidelines for Americans. It is also important to select recipes that are low-cost, budget friendly.

Recipes are included in most Washington State SNAP-Ed approved curriculum. Educators are encouraged to use recipes that are provided in the curriculum. However, there may be times when a similar recipe might work better for the group you are working with. When selecting a recipe please remember that it must tie to your lesson objective.

Recipe Tips:

- **Consider choosing a recipe from one of the sources below** – many are in both English and Spanish!
- It is ok to adapt a recipe and/or re-type it in a new format. Be sure to credit the original recipe source ie: “Recipe from (or adapted from) Food Hero - Oregon State University”
  - Acceptable adaptations include substituting seasonal fruits, vegetables, or ingredients that will make a recipe more culturally acceptable to your audience.
- For recipes in Spanish: check your recipe source to see if it is already available in Spanish!
- If you are printing just a recipe for handout or visual (whether in original form or adapted), you DON'T need to add the required SNAP-Ed disclaimer statements but can if you want to!

Suggested Recipe Sources for SNAP-Ed Programs:

- **Washington State SNAP-Ed Provider website** [https://wasnap-ed.org/resources/recipes/](https://wasnap-ed.org/resources/recipes/)
- **Spend Smart, Eat Smart – Iowa State University Extension** [https://spendsmart.extension.iastate.edu/recipes/](https://spendsmart.extension.iastate.edu/recipes/)
- **Food Hero – Oregon State University Extension** [https://www.foodhero.org/recipes/healthy-recipes](https://www.foodhero.org/recipes/healthy-recipes)
- **California’s EatFresh.org**: [http://eatfresh.org/](http://eatfresh.org/)
- **Capital Area Food Bank (English/Spanish)** [https://www.capitalareafoodbank.org/programs/capacity-building/recipes/](https://www.capitalareafoodbank.org/programs/capacity-building/recipes/)
- **Recipes from ANY Washington State SNAP-Ed approved Curriculum. Ex: Eating Smart Being Active:** [http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/recipes/](http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/recipes/)
- **Recipes from Chop Chop magazine** [http://www.chopchopmag.org/recipes](http://www.chopchopmag.org/recipes)
- **Good and Cheap – Cookbook by Leanne Brown** [https://www.leannebrown.com/cookbooks/](https://www.leannebrown.com/cookbooks/)

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