



Food and Nutrition Information Center

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Meal Planning and Preparation Service Resource List May 2003

This publication is a compilation of resources for professionals involved in school food service. The resources are in a variety of information formats: articles, books and full-text materials on the World Wide Web. Resources chosen provide information on many aspects of school food service.

The resources included for this list contain reliable information and are available nationwide. Your local library or bookstore can help you locate these materials. Other items can be obtained from the source listed. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

Resources that are part of the National Agricultural Library (NAL) collection have an NAL Call Number listed. Lending and copy service information can be found at <http://www.nal.usda.gov/fnic/general/lending.html>. URLs are included when the material is available online in full text. Materials cannot be purchased from the Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

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I. Meal Planning and Preparation

A. Books

Advanced Professional Cooking

Wayne Gisslen

New York, NY: Wiley, John & Sons, 1992. 645 p.

NAL Call Number: TX820.G52 1992

Summary: Discusses the development of modern cookery and contains information on the preparation of and recipes for sauces, soups, salads, pastas and other first courses, fish and other seafood, poultry and feathered game, beef, lamb, pork, veal, miscellaneous meats, vegetables, and various cold foods. The theme is contemporary North American cuisine. Contains over 200 photographs and over 600 recipes. This book is an advanced food-preparation text designed to help prepare students for careers, and to help professional cooks advance their careers, in the culinary arts as practiced today in top-quality American food-service operations.

Applied Math for Food Service

Sarah Labensky

Saddle River, NJ: Prentice Hall PTR, 1997. 143 p.

Summary: This book covers the basics of food cost controls by providing a foundation of practical techniques useful in real-world situations. Among these are yield tests, the calculations of recipe costs, and the use of food cost percentages. It further ensures familiarity with accurate measurements, portion control and proper food handling, which are essential to healthy bottom line of any food service operation. Presents the mathematical skills necessary for food service professionals through a common sense, step-by-step approach using real life situations rather than algebraic formulas, providing real-world applications.

Assisted NuMenus: School Breakfast and School Lunch

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996.

NAL Call Number: TX945 A77 1996

Summary: A rule published by USDA on June 13, 1995 updated and expanded the nutrition standards for school meals to include the Dietary Guidelines for Americans, required nutrients, as well as recommended levels of fat and saturated fat. The rule established specific minimum standards for key nutrients and calories that schools must meet. To help schools implement the updated standards, the rule extended to schools a choice of three options for meal planning to consider. One of these options was nutrient standard menu planning (NuMenus). NuMenus provides a tool for improving the nutritional quality of school meals. This book was designed for those school food authorities who want to use a nutrient-based approach but do not necessarily want to independently

conduct NuMenus. Includes cycle menus, food production records, prep and pull lists, NuMenus recipes, food product specifications, and nutrient analyses.

Chef's Book of Formulas, Yields and Sizes

Arno Schmitz

New York, NY: Wiley, John & Sons, Inc, 1996. 358 p.

NAL Call Number: TX820 S35 1996

Summary: Encyclopedia reference indispensable for any foodservice professional who must calculate costs for inventory management or determine exact measurements for portion control. Packed with informative, easy-to-read tables and surprisingly diverse entries, this book will broaden the knowledge of all foodservice professionals.

The Chef's Compendium of Professional Recipes 3rd edition

John Fuller and Edward Renold

Oxford; Boston: Butterworth-Heinemann, 1992. 401 p.

NAL Call Number: TX820 F84 1992

Summary: Presents essential recipes based on traditional and classic methods, but simplified and adapted to meet the needs and conditions such as hospitals, schools, colleges and in travel catering such as aircraft, rail and at sea. Most recipes have been reduced to steps sufficiently simple to be followed by beginners as well as chefs.

C.H.E.F.S: Culinary and Healthful Enhancement of Food in Schools

Essex, MD: Essex Community College, Maryland Department of Education, Department of Nutrition and Transportation Services, 1995.

NAL Call Number: LB3479.U6C44 1995

Summary: Describes C.H.E.F.S., a project that utilizes the Washington area's finest chefs to evaluate and re-engineer school lunches in Prince George's County, Maryland.

Child Care Recipes: Food for Health and Fun

University, MS: National Food Service Management Institute, 1999.

NAL Call Number: aTX353 U5 no. 304a

Web Site: <http://www.nal.usda.gov/childcare/Recipes/childcare.html>

Summary: Collection of 141 new recipes for child care from USDA. Many provide directions for one or more variations and include old favorites and popular new dishes. Each recipe contributes to a reimbursable meal served to children in CACFP. Written for 25-50 servings, the recipe can easily be adjusted to serve larger or smaller groups.

Child Nutrition and the Food Industry: a Partnership for Healthy Children--executive summary--proceedings of the Shaping Healthy Choices Industry Roundtable

Shaping Healthy Choices Industry Roundtable

Sacramento, CA: California Dept. of Education; Available from the Nutrition Education and Training Program, 1996. 7 p.

NAL Call Number: TX361 C5S53 1996

Summary: The purpose of the Shaping Healthy Choices Industry Roundtable is to educate and motivate child nutrition programs and the food industry to work together to implement the Dietary Guidelines for Americans and provide children with nutritious, tasty food choices in schools. This document is intended to serve as a springboard for discussions and actions.

Choice Plus: A Reference Guide for Food and Ingredients – Team Nutrition

University, MS: National Food Service Management Institute; 1996. 202p.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#choice>

NAL Call Number: aLB3479 U6C46 1996

Summary: USDA reference guide on foods and ingredients to assist purchasers in developing food specifications consistent with nutritional goals and knowledge. Provides information to help program operators make informed decisions when purchasing products for use in school lunch and breakfast programs.

Connecticut Cooks for Kids

University, MS: National Food Service Management Institute; 1996. 181p.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#choice>

NAL Call Number: TX715 S53

Summary: Connecticut Cooks For Kids is a compilation of 130 recipes submitted by Connecticut child care providers who participate in the CACFP. The NET program asked providers for their favorite recipes, ones that the children in their care really do eat! University of Connecticut students in the Department of Nutritional Sciences kitchen-tested the selected recipes for accuracy and taste-tested them for acceptance. Included with each recipe is a detailed nutrient analysis per serving of the recipe as well as the contribution that a serving makes to the CACFP meal pattern.

Cooking Essentials for the New Professional Chef

Mary Deirdre Donovan (Editor), The Food and Beverage Institute

New York, NY: John Wiley & Sons, 1996, 816 p.

Web site:

<http://www.wiley.com/cda/product/0,,0471287172%7Cdesc%7C2960,00.html>

Summary: This textbook for use by both foodservice educators and professionals. This volume contains over 300 recipes, a foundation in every aspect of food preparation and training features.

Cooking Essentials for the New Professional Chef, Student Workbook

Mary Deirdre Donovan (editor), The Food and Beverage Institute

New York, NY: John Wiley & Sons, 1997, 224 p.

Web site: <http://www.wiley.com/cda/product/0,,0471292184,00.html>

Summary: Contains practice study questions, activities, and lessons to help culinary students become culinary professionals.

Cultural Foods: Traditions and Trends

Pamela Goyan Kittler and Kathryn P. Sucher

Belmont, CA: Wadsworth Publishing Company, 1999. 500 p.

NAL Call Number: TX725.A1-K545-2000

Summary: This book provides information on the health, culture, and food and nutritional habits of most ethnic and racial groups living in the United States. It is designed to help students, chefs and others in the food service industry, and health professionals work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It may be used in a course that fulfills a multicultural requirement for a general education student.

Dictionary of Food Ingredients, Fourth Edition

Robert S. Igoe and Y.H. Hui

Gaithersburg, MD: Aspen Publishers, 2001. 234 p.

NAL Call Number: TX551 I26 2001

Summary: Completely updated, this newly revised fourth edition is a concise, easy-to-use resource, covering over 1,000 food ingredients and additives, including natural ingredients and additives, including natural ingredients, FDA approved artificial ingredients, and compounds used in food processing. Organized alphabetically, definitions cover functionally, chemical properties, and applications, and through cross-referencing allows readers to follow related and similar ingredients.

Dietary Guidelines Pilot Program Summary: Fifteen Participating Schools, May 1, 1993 to June 1, 1995.

Springfield, IL: Illinois Nutrition Education and Training Program, 1995. 30 p.

NAL Call Number: LB3479.U6D548 1995

Summary: Summary of the dietary guidelines pilot program conducted in the state of Illinois to determine whether the Dietary Guidelines for Americans could be successfully implemented in school meal programs. The pilot program provided valuable information which can help to implement the new USDA regulations in the National School Lunch and school breakfast programs.

Eating from the Earth: Celebrating Cultural Diversity

Ann Curtis

Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, 1995. 56 p.

NAL Call Number: TX725 A1E37 1995

Summary: A collection of recipes from around the world, designed to include some history, anthropology, geography, agriculture, and ecology about the food important to different regions of the earth. The recipes are designed for early childhood programs and can be used by families. The recipes are in standardized form and may contribute to meeting the meal pattern requirements of the USDA Child and Adult Care Food Program.

Essentials of Cooking

James Peterson

New York: Workman Publishing, 2000. 299 p.

Summary: 150 recipes and 1,000 photographs unravel the mysteries of the method and provide practical application on the spot. Here are the answers to just about every cooking question, from the basic to the intricate. In this book you will find recipes and techniques that are clearly, meticulously, and encyclopedically described in the style that has won so many awards for Peterson's books, as well as an extensive annotated glossary that will turn to repeatedly.

Exploring Quantity Food Production and Service Through Problems, 2nd edition

Elizabeth M. Lieux and Patricia K. Luoto

Upper Saddle River, NJ: Prentice Hall, 2000. 134 p.

Web Site:

<http://vig.prenhall.com/catalog/academic/product/1,4096,013083534X,00.html>

Summary: A manual/workbook for Quantity Food Production and Service which teaches using case studies. In solving each problem, students search for underlying principles and concepts regarding the production and service of food in large organizations. By completing worksheets, consulting reference materials, and participating in discussions, they learn the important foodservice principles which guide dietitians' and foodservice managers' practice in terms of food safety, menu planning, purchasing and inventory control, controlling production, delivery and service systems, and the financial impact of management decisions.

Food Preparation for the Professional, 3rd edition

David A. Mizer

New York: John Wiley & Sons, 2000, 549 p.

NAL Call Number: TX820-.F63-2000

Summary: Presents a comprehensive knowledge of the principles, skills, and techniques necessary to prepare food in the foodservice environment. Covers

cooking methods, food preparation, safety and sanitation, storage and handling, equipment, and menu planning, as well as contemporary cuisine preferences and dietary trends.

Food for Fifty, 11th edition

Mary Molt

Upper Saddle River, NJ: Prentice Hall, 2001. 693 p.

NAL Call Number: TX820 F65 2001

Summary: Features a broad variety of tested recipes designed to feed large groups of people. This new edition contains recipes that reflect current food preferences and modern eating styles. Also includes production, service, and storage procedures which will prevent or reduce the hazards of potentially hazardous foods. Designed as a text for use by students in quantity food production and as a reference for persons in foodservice management.

Fundamentals of Menu Planning, 2nd Edition

Paul J. McVety, Bradley J. Ware, Claudette Levesque

New York, NY: John Wiley & Sons, 2001. 225 p.

NAL Call Number: TX911.3.M45-M38-2001

Summary: This book offers a complete and thoroughly accessible review of the principles of planning a menu, from concept development and design mechanics to menu pricing and marketing issues.

The HACCP Cookbook and Manual

Ann Lachey

Eatonville, WA: Nutrition Development Systems, 1999.

NAL Call Number: TC911.3 S3 L33 1999

Summary: The intent of this book is to provide a comprehensive tool, reference, and starting point for implementing a HACCP program, beginning with the recipe. Each recipe appears in HACCP flowchart format, tracing the flow of food from purchase to consumption. HACCP procedures and critical control points are inserted where applicable. Contains nearly 100 home-style recipes, which have been written for the general diet and have been extended for low sodium, low fat/low cholesterol, and diabetic diets (using the 1995 exchange system) where possible in order to make menu planning easier. Nutrition information has been included for each recipe, and portions have been scaled to 10, 25, 50, 75, and 100.

Healthy and Delicious: 400 Professional Recipes

Sandy Kapoor

New York, NY: John Wiley & Sons, 1996. 522 p.

NAL Call Number: TX820 K348 1996

Summary: Contains hundreds of recipes for dishes that are low in fat, cholesterol, sodium, sugar, and calories and at the same time high in nutrients and

fiber. The recipes cover a range of dishes--from appetizers, soups, and main courses to sauces, salads, vegetables, and desserts. Includes dishes with strong ethnic influences as well as perennial favorites based on mainstream American cuisine. Each recipe is accompanied by its nutritional profile per serving, including calories, protein, fat, carbohydrates, fiber, cholesterol, and sodium. Also contains information on the basic concepts of nutrition as well as tips on how to modify ordinary recipes for healthier cuisine.

Healthy School Meals Training

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996
Washington DC make-up training session, March 26-28, 1996/Team Nutrition
USDA

NAL Call Number: aTX361 C5H43 1996

Summary: This manual is designed to help school food service staff implement the USDA's School Meals Initiative for Healthy Children, and ensure school meals that will improve the health and education of children in the United States. Lessons cover program requirements for food-based menus; program requirements for NuMenus and Assisted NuMenus; the Dietary Guidelines as applied to children; standardized recipes and preparation techniques; food procurement; menu planning; nutrient databases and software for child nutrition programs; nutrient analysis; and marketing healthy school meals.

Healthy School Meals Training

Oklahoma City, OK: Oklahoma Dept. of Education, 1996.

NAL Call Number: instructor's key: LB3479 U6H434 1996

NAL Call Number: student handbook: LB3479 U6H433 1996

Summary: The purpose of this workbook is to assist trainers/instructors in teaching and students/participants in developing competencies for the successful implementation of USDA School Meal Initiative regulations. Discusses program requirements for food-based menus, NuMenus and assisted menus; the Dietary Guidelines as applied to children; standardized recipes and preparation techniques; food procurement; menu planning; nutrient databases and software for Child Nutrition Programs; nutrient analysis; and marketing healthy school meals.

Healthy School Meals Workbook: School Nutrition Programs

Richmond, VA: Virginia Dept. of Education, School Nutrition Programs, 1996.
108 p.

NAL Call Number: LB3479 U63H33 1996

Summary: Provides information on the background of the healthy school meals program and discusses the program's goals. Shows how to implement a new menu planning system and discusses food-based menus, standardized recipes and preparation techniques, food procurement, menu planning and production records, marketing the new school meals, etc.

Kitchen Math Basic Skills

1 curriculum and 1 workbook

Linda Fox Simmons, Brenda J. Miller, and Yvonne M. Buonamici

Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training Program, 1995.

NAL Call Number: Kit no. 311

Summary: The goal of this kit is to USDA Child Nutrition Programs personnel with information about basic math skills so that the correct amount of foods are purchased for the number of children and adults participating in their program.

Large Quantity Recipes, 4th Edition

Margaret E. Terrell and Dorothea B. Headlund

New York, NY: John Wiley & Sons, 1989. 506 p.

NAL Call Number: TX820 T412 1989

Summary: Designed for foodservice managers, the book provides large-quantity recipes for all food groups. Recipes range from breads (quick and yeast), soups (soup stock, stews, chilled, cream, chowders), cheese, egg, cereal, and vegetables, fish, meats (beef, veal, lamb, and pork), poultry (chicken and turkey), salads, cakes and frostings, cookies, sandwiches, pastries, to puddings.

Main Dish: Staff Development Course

Mary Jo Stites

Little Rock, AR: Arkansas Dept. of Education, Child Nutrition, 1993.

191 p.

NAL Call Number: TX740 S75 1993

Summary: A course designed to train foodservice workers to prepare main dishes made from the following products: red meat, poultry, fish, vegetables, protein products, cheese, eggs, and legumes. Includes pre/post tests.

Math Principles for Food Service

Robert G. Haines

Albany, NY: Delmar Publishers, 1996. 363 p.

NAL Call Number: TX911.3 M33H35 1996

Summary: A tool for the student preparing for a career in the food service industry.

Menu

Patricia D. Thomas and Brenda J. Miller

Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, 1995. 2 v. and 2 workbooks.

NAL Call Number: TX364.M43 1995

Summary: The purpose of the workshop materials is to provide information about the principal concepts and procedures for planning nutritious and economical meals for children and to provide hands-on experience in developing menus. Written for staff involved with planning or preparing menus for children at facilities participating in the Child and Adult Care Food Program.

Menu Planner for Healthy School Meals

Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, 1998. 270 p.

Web Site: <http://schoolmeals.nal.usda.gov/Recipes/menuplan/menuplan.html>

NAL Call Number: aTX353 U5 no.303

Summary: Developed for schools to help plan, prepare, serve, and market appealing meals.

Menu Planning Project: Implementation of the Dietary Guidelines in School Food Programs

John C. Stalker, Patricia K. Luoto and Patricia F. Plummer

Framingham, MA: Framingham State College, Massachusetts Dept. Education, Nutrition Programs and Services; Institute of Food and Nutrition, 1995. 97 p.

NAL Call Number: TX911.3 M45M48 1995

NAL Call Number: TX911.3 M45M48 1995 Project Implementation Manual

Summary: This project was created to position Massachusetts school food service directors to respond effectively to the current and future emphasis upon the U.S. Dietary Guidelines and the American School Food Service Association Nutrition Integrity Standards. The project was planned in two phases: phase I was a menu preference survey of Massachusetts students which formed a basis for the menu planning in phase II; in phase II, a standardized 5-week selective cycle menu was developed for voluntary use by school food programs in Massachusetts. Separate five-week cycle menus for elementary, middle and high schools were constructed. The use of USDA recipes and commodities was maximized in the menu planning process. New recipes were pilot tested in school food programs. The menus were developed and analyzed using Computrition Food Cost Management software. This packet contains revised elementary menus, a five-week menu cycle and computerized nutritional analysis for middle and high school, and a section of recipes.

Menu Pricing & Strategy 3rd Edition

Jack E. Miller

New York: Van Nostrand Reinhold, 1992. 210 p.

NAL Call Number: TX911.3.P7M55 1992

Summary: This text's primary purpose is to provide a body of basic information that addresses marketing strategies, menu development, and pricing methods for students and restaurant owners/operators. Each chapter examines economic,

marketing, and advertising strategies and gives them a practical application in menu planning. This book attempts to provide the means, methods and systems to achieve successful marketing and project in a foodservice operation.

Menu Solutions: Quantity Recipes for Regular and Special Diets

Sandra J. Frank, Robert E. Baker

New York, NY: John Wiley & Sons, 1996. 784 p.

Web Site: <http://www.wiley.com/cda/product/0,,0471554588,00.html>

Summary: Consists of 400 tested recipes offering the option of preparing regular or special diets in large (50) or small (4) quantities, with complete nutritional analyses and instructions. Contains guidelines for compliance with state and federal regulations. Describes the principles of planning modified diets such as sodium restricted, calorie controlled, fat and cholesterol modified, vegetarian, and kosher. Includes a ready-to-use cyclical menu plus menus for school lunches, holidays, and senior citizen nutritional programs. Comprehensive charts illustrate foods, ingredients or additives which should be allowed or restricted.

NFSMI Insight – Healthy Cuisine for Kids

National Food Service Management Institute, 1997.

Web Site: <http://www.nfsmi.org/Information/Newsletters/insight7.pdf>

Summary: Describes NFSMI's three-day train-the-trainer workshop that provides hands-on food preparation experience to support the nutrition principles in the Dietary Guidelines for Americans.

Now You're Cooking: Healthful Options for a New Century

Alexandria, VA: American School Food Service Association and California Prune Board, 1998.

NAL Call Number: RM237.7 N69 1998

Summary: This dynamic, hands-on, seven-hour workshop was created especially for kitchen/production staff and managers. Designed to teach creative new approaches to recipe modification and menu thinning using a variety of methods including USDA commodities. Participants will gain the skills necessary to put these techniques into action in their school kitchens. This course is worth seven ASFSA Continuing Education Units.

Nutrition for Foodservice and Culinary Professionals, 4th Edition

Karen Eich Drummond, Lisa Armando Brefere

New York, NY: John Wiley & Sons, 2000, 592 p.

Web Site: <http://www.wiley.com/cda/product/0,,0471347779,00.html>

Summary: The fourth edition has been completely revised to address the importance of nutrition for the culinary and foodservice industry.

Nutrition for the Foodservice Manager - Student Workbook

Educational Foundation (National Restaurant Association)
Chicago, IL: The Foundation, 1995. 112 p.

NAL Call Number: TX353.N878 1996

Summary: an accompanying student material to the textbook: Nutrition for the Foodservice Professional, Karen Eich Drummond.

Nutrition for Foodservice Managers : Concepts, Applications, and Management

Mahmood A. Khan

New York : John Wiley & Sons, 1998. 393 p.

NAL Call Number: TX353 K424 1998

Summary: An undergraduate text for students majoring in programs related to food service management. It focuses on nutritional concepts and their application in management and foodservice operations.

The Professional Chef's Techniques of Healthy Cooking

Mary Deirdre Donovan

New York: Van Nostrand Reinhold, 1993. 614 p.

NAL Call Number: TX820.P75 1993

Summary: Introduces seven basic nutritional guidelines for cooking for the professional chef: moderate calories, moderate the use of fat and control cholesterol, increase the use of carbohydrate-rich foods and moderate the use of added sugars, moderate the use of protein, moderate the use of salt and sodium, increase the variety of fresh foods served and moderate the processed foods, and offer a wide selection of water and nonalcoholic beverages and serve alcoholic beverages responsibly. Discusses the basic tools of a restaurant: the ingredients that are selected, the techniques that are applied to foods, and the recipes and menus created from the food and the techniques. Contains over 300 recipes. Intended to help the professional chef understand how food, cooking techniques, and nutrition are intertwined.

The Professional Chef -7th Edition

Culinary Institute of America

New York: NY: John Wiley & Sons, 2001. 1056 p.

Web site: <http://www.wiley.com/remtitle.cgi?0-471-38257-4>

Summary: Tools and techniques for today's chef, with almost 900 recipes and recipe variations.

Professional healthy cooking

Sandy Kapoor

New York, NY: John Wiley & Sons, 1995. 341 p.

NAL Call Number: TX820.K35 1995

Summary: The purpose of this book is to teach food service professionals and students how to cook healthy cuisine that is satisfying and appealing. Provides detailed strategies on how to prepare delicious tasting food that addresses diners' nutritional requests when eating outside the home. The first six chapters discuss how to prepare flavorful food that might be called healthy by diners holding varied meanings of the term, meets USDA and FDA's recent rules defining what healthy food is, and enables diners to eat a diet that will help them to be healthy as described in the Dietary Guidelines. At the end of each chapter are a few sample recipes which illustrate the principles of healthy cooking discussed in the chapter. The seventh chapter contains 10 traditional recipes with instructions for adjustments to reduce total fat, saturated fat, cholesterol, sodium, and calories and to increase fiber, complex carbohydrates, and nutrients. Also contains charts of substitutions for healthier recipes.

Pyramid Power: A Foodservice Guide to the Food Group Pyramid

Dana Tanyeri, editor

United States: s.n., 1995. 62 p.

NAL Call Number: TX911.P97 1995

Summary: Contains basic information about the Food Guide Pyramid, suggested serving sizes, breakdowns of key product groups, and explanations of how the Pyramid can help foodservice directors meet the USDA's Dietary Guidelines.

Quantity Food Production, Planning, and Management, 3rd Edition

John Barton Knight and Lendal H. Kotschevar

New York, NY: John Wiley & Sons, 2000. 500 p.

NAL Call Number: TX943 K57 2000

Summary: When it comes to handling the demands of the foodservice industry, there is no single approach. Quantity Food Production, Planning, and Management goes beyond the mere teaching of technical skills to address the multitude of situations and challenges facing operators today. This book covers all aspects of preparing large amounts of food in commercial operations, including planning, management, and related issues such as nutrition, equipment, service, purchasing, profitability, and property.

Quantity Recipes for School Food Service

Washington, DC: U.S. Department of Agriculture, Food and Nutrition Service, 1998.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#quantity>

NAL Call Number: 1 Ag84Pro no.1371

Summary: This classic reference for school food service contains about 150 recipes. Each recipe has been standardized for both 50 and 100 servings and includes a nutrient analysis. Marketing guidance included when fresh vegetables are specified.

Resource Utilization in Food Service

National Food Service Management Institute, Division of Applied Research
University, MS: National Food Service Management Institute, 1993. 39 p. and 3
leaves

NAL Call Number: Z5986.R47—1993

Summary: Presents research related to resource utilization in food service,
particularly in Child Nutrition Programs. Contains annotated bibliographies on
productivity and meal production costs.

Rotational Bon Appetit!

Environmental Health Center

Dallas, TX: Environmental Health Center, 1992. 148 p.

NAL Call Number: RC596.R65 1992

Summary: This cookbook was developed to help create tasty meals while
rotating foods. The recipes are designed to coordinate with the four-day rotation
diet pattern, which is generally used for individuals with multiple food
sensitivities. Topics covered include common food sensitivities (including corn,
soy, wheat, egg, cow's milk, calcium, and mold and yeast); food substitutions;
food preparation; sack lunch ideas; whole grain cookery; e-z tortillas; dried bean
and pea cookery; thickeners and binders; fish, poultry and meat cookery; herbs
and spices; freezing fruit; storage of foods; sources of nutrients; etc.

School Lunch Challenge II: Recipes

Alexandria, VA: USDA's Team Nutrition, 1996. 32 p.

Web Site: <http://schoolmeals.nal.usda.gov/Chef/challenge2.html>

NAL Call Number: aTX820 S36 1996

Summary: These recipes were created by the American Culinary Federation and
Team Nutrition in order to help schools meet the challenge of serving healthier
meals with "kid appeal." Nutrition information is provided with each recipe.

School Breakfast for First Class Learning Toolkit

University, MS: National Food Service Management Institute; Midwest 5-Star
Child Nutrition Task Force, 1999. 16p.

Web Site: <http://schoolmeals.nal.usda.gov/Training/5startoolkit/firstclass.html>

NAL Call Number: LB3475-.S2774-1999

Summary: Toolkit to assist in promoting and operating a school breakfast
program. The toolkit is organized into three sections: Value of Breakfast, How to
Implement a School Breakfast Program, and Enhancing School Breakfast
Programs. Includes handouts and a PowerPoint presentation on disk.

Stepping Out Toward Healthy Meals Curriculum

West Virginia Department of Education, Office of Child Nutrition

Charleston, WV: Office of Child Nutrition, 1999.

Web Site: <http://schoolmeals.nal.usda.gov/Training/stepping/intro.html>

NAL Call Number: TX945.2 S74 1999

Summary: Stepping Out is a professional development opportunity designed to help you and your school achieve healthy school meals. During the training you will learn concepts and practice skills that will help you progress toward these high standards. This workbook provides learning activities, practicum assignments and resources you will use to complete Stepping Out.

Strategies for Success: A Resource Manual for Shape California Child Nutrition Programs

California Nutrition Education and Training Program, Shape California Schools and the Strategies for Success Project; Contra Costa County Office of Education Sacramento, CA: California Dept. of Education, 1995. 448 p.

NAL Call Number: TX364.S77 1995

Summary: The purpose of this manual is to serve as a resource manual for child nutrition program directors who want to apply dietary guidelines in school meal programs. Shows how to develop an action plan; describes how to adapt the dietary guidelines to meal programs; describes how to create staff development programs; shows how to make dramatic progress with the help of advisory groups, students, teachers, administrators, parents and other members of the community; shows how to develop ways to make sure the program serves the needs of the students; shows how to transform the cafeteria into a learning center and bring nutrition education into classrooms; and provides marketing strategies. Features strategies that have already been tested by operating school districts in California, and contains case studies and examples.

Team Nutrition's Food, Family and Fun a Seasonal Guide to Healthy Eating: Commemorating 50 Years of School Lunch

TEAM Nutrition, U.S. Department of Agriculture

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996. 122p.

NAL Call Number: aTX661.T43--1996

Summary: A collection of 50 recipes, organized by season, featuring family nutrition education activities. Some recipes are lower fat versions of typical family dishes; others combine food in creative ways. Includes a resource section that contains community resources; hotline numbers, Internet addresses, and sources for additional nutrition information; and healthful eating suggestions.

Techniques of Healthy Cooking Training Manual

Culinary Institute of America, Learning Resources Center

Hyde Park, NY: Learning Resources Center, 1993.

Summary: With lecture outlines, study questions, keywords, test question and answer keys, critical thinking problems and words of wisdom, this manual gives trainers and instructors everything they need to create highly effective and successful training sessions.

Trimming the Fat: A Step by Step Guide for Implementing -- USDA's Food-Based Menu System

Associated Milk Producers, 1995.

NAL Call Number: TX945 T75 1995

Summary: Designed to provide both information and practice in cycle menu planning and modification. Food service workers learn to analyze menus to determine if they provide the required food components for the USDA food-based menu planning system; prepare a request for nutrient analysis of menu items from vendors; analyze and modify school lunch and breakfast menus for weekly average of calories, total fat, and saturated fat; and prepare a public relations plan to promote the quality of their school meals.

USDA Assisted NuMenus: A Resource Guide for School Food Service Professionals

TEAM Nutrition, U.S. Department of Agriculture

Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, 1996.

NAL Call Number: TX945 A77 1996

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#usda-assisted>

Summary: Publication developed to help schools use Assisted Nutrient Standard Menu Planning. Contains two 5-week lunch cycle menus (Grades K-6 and Grades 7-12) as well as one 1-week breakfast cycle menu. Also includes standardized recipes, generic food product descriptions, food preparation methods, and nutrient analysis.

What's in a Lesson for What's in a Meal?

United States Food and Nutrition Service, Midwest Region, Special Nutrition Programs

Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Special Nutrition Programs, 1996.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#whats-in-a-meal>

NAL Call Number: TX364 W433 1996

Summary: Curriculum which complements *What's in a Meal?* Intended for training CACFP personnel in providing quality nutritious meals. Contains units on planning menus, purchasing foods, preparing foods, food safety and sanitation and child and parents involvement.

What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program

United States Food and Nutrition Service, Midwest Region, Special Nutrition Programs

Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Special Nutrition Programs, 1999.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#whats-in-a-meal>

NAL Call Number: aTX361 C5U5 1999

Summary: Manual includes nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation, and crediting foods for CACFP. Developed by USDA Food and Nutrition Service Midwest Region.

Your Journey to Better Health: Healthy Living Through the Commodity Program

U.S. Department of Agriculture Food and Nutrition Service, Midwest Regional Office

Chicago: IL, U.S. Department of Agriculture Food and Nutrition Service, 2000. 121 p.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#your-journey>

NAL Call Number: aTX353 Y68 2000

Summary: Attractive, colorful 121-page spiral-bound booklet written for the American Indian population to teach about the link between diet and health. The use of USDA commodities is supported in over 75 appealing recipes with a western flair. Includes chapters on basic nutrition, health, physical activity, food safety, and menu planning. The creative, easy-to-understand writing style makes this a useful resource that appeals to all population segments. Developed by USDA, Food and Nutrition Service, Midwest Regional Office.

B. Kits

Culinary Techniques for Healthy School Meals

National Food Service Management Institute

7 videocassettes (VHS), 7 lesson booklets, 1 master trainer workbook, 1 coaching guide, and 1 certificate

University, MS: National Food Service Management Institute, 1996.

NAL Call Number: Kit no. 345

Summary: This is a 13-hour training program for school foodservice professionals. The focus of the lessons is basic food production principles and culinary techniques.

Dietary Guidelines Best of the Best Kit: a Resource Kit Designed to Help You Create a School-wide Environment that Promotes Healthy Food Choices

Deborah Rees and Debra Macchia

1 videocassette (VHS), 1 guide, 1 pamphlet, 1 menu-planning packet, and 19 sheets duplicating masters

Illinois: Illinois Nutrition Education and Training Program, 1996.

NAL Call Number: Kit no. 341

Summary: A compilation of resources and ideas used by pilot school staff to implement the Dietary Guidelines.

Healthy Cooking for Kids: 1995 Breakfast Lunch Training

1 videocassette (VHS), 1 handbook, 2 sheets lesson plans, and 1 evaluation form
University, MS: National Food Service Management Institute; 1995.

NAL Call Number: Kit no. 272

Summary: Discusses new methods of food preparation and presentation for school food service program meals. The goal of the program is for students to find that the most appealing food choices are the healthiest ones.

Healthy Cuisine for Kids Workshop

University, MS: National Food Service Management Institute; 1995.

NAL Call Number: Kit no. 300

Summary: 16-hour hands-on training program designed for managers or directors to use with food service production staff. Focus is on the development of culinary techniques that support the implementation of the Dietary Guidelines for Americans.

On the Road to Professional Food Preparation: Breakfast Lunch Training Module for Child Nutrition Managers

Ethel Morgan

1 set of instructional materials, and 1 videocassette (VHS)

University, MS: National Food Service Management Institute, Division of Education and Training, University of Mississippi, 1993.

NAL Call Number: Kit no. 194

Summary: Designed to be used by the school food service manager to provide training for new employees and/or review for other employees. Four one-hour lessons are designed to be taught in short segments. The subjects of the lessons are the recipe, weights and measures, portion control and recipe adjustment.

Reflections and Recipes: a Workshop Model for School Food Service Personnel

47 slides, 1 curriculum

Charleston, VA: West Virginia Dept. of Education, Office of Child Nutrition, 1996.

NAL Call Number: Kit no. 338

Summary: Focuses on methods of preparation, meal service and promotion that provide consistent high quality foods that appeal to students. Stresses such concepts as portion control, recipe standardization, nutrient analysis, identification of recipe parts, recipe improvements, nutrition comparisons, yield adjustments, and identification of effects of portioning on nutrient analysis.

Reinventing the Meal with Soy

1 videocassette (VHS) and 1 set instructional materials

United Soybean Board, 1996.

NAL Call Number: Kit no. 348

Summary: Explains how soy protein can be used to lower the fat content of students' favorite entrees without compromising quality.

School Lunch: Come and Get It Marketing Program

1 set instructional materials, 5 posters, 25 duplicating masters, and 1 envelope session materials

Richmond, VA: Virginia Dept. of Education, School Nutrition Programs, 1996.

NAL Call Number: Kit no. 333

Summary: Intended to assist cafeteria managers in marketing school lunches and breakfasts to their customers. Includes the development of the marketing handbook, promotional tools, and in service programs for managers.

TEAMS for Healthy Kids: Food and Nutrition Coordinator Kit

U.S. Department of Agriculture Child Nutrition Programs

3 sets teaching materials

Washington, D.C.: The Child Nutrition Programs, 1995.

NAL Call Number: Kit no. 235

Summary: The purpose of the Child Nutrition Advisory Taskforce, convened by the Mid- Atlantic Region of the Food and Consumer Service, was to develop ideas on how to improve the nutritional quality and acceptability of meals served in the National School Lunch Program. The task force developed the TEAMS for healthy kids initiative, which recommends that school districts adopt a nutrition policy which would emphasize that food and nutrition services are an integral part of a child's educational experience. The task force developed prototype tools to help states and schools implement the initiative; these tools are contained in this kit. These materials are designed to encourage the preparation and consumption of meals that meet the Dietary Guidelines; educational experiences that help students make healthful lifestyle choices; input into the food and nutrition programs from students, parents, teachers, food service, school administrators,

and the community; and program assessment and improvement.

USDA's Great Nutrition Adventure Action Packet

1 videocassette (VHS), 4 booklets, 3 fact sheets, 1 set promotional materials, and 1 contents list

Rockville, MD: Team Nutrition, USDA, 1996.

NAL Call Number: Kit no. 323

Summary: Provides guidance to school food service directors in implementing the U.S. Department of Agriculture's initiative to make school meals more nutritious.

C. Posters

Basics at a Glance Poster

National Food Service Management Institute

University, MS: National Food Service Management Institute 1993.

Web Site: <http://www.nfsmi.org/Information/basicsindex.html>

Summary: Colorful 17" x 22" poster from *On the road to Professional Food Preparation*. Includes recipes abbreviations, equivalent volumes and weights, scoop sizes, pan size/capacity chart, and cutting diagrams for portioning.

D. Videos

Bread and Baker

Culinary Institute of America and the Bread Bakers Guild of America

Hyde Park, NY: Learning Resources Center, Culinary Institute of America, 1994.

3 Videocassettes (VHS)(85 minutes, total running)

NAL Call Number: Videocassette no. 2316

Summary: This three-part series examines the principles and techniques of French bread baking as set forth by Professor Calvel. Part one: Traditions of French bread baking (30 min.). Part two: Baguettes and pain de campagne (27 min.). Part three: Specialty breads (31 min.).

Broiling and Grilling

Philip Miller and Skip Thela, Culinary Learning Resources

Hyde Park, NY: Culinary Learning Resources, 1989.

1 videocassette (VHS) (16 min.)

NAL Call Number: Videocassette no. 2308

Summary: Explains the difference between broiling and grilling and lists food items for which these types of preparation are appropriate. Gives the mise en place, lists equipment needed, and describes broiling and grilling procedures.

Braising

Philip Miller and Skip Thela, Culinary Learning Resources
Hyde Park, NY: Culinary Learning Resources, 1988.

1 videocassette (12 min.) (VHS)

NAL Call Number: Videocassette no. 2307

Summary: Defines braising, describes the braising process, and lists the types of meats that this cooking method is appropriate for. Discusses mise en place, cooking equipment, cooking temperature, flavorings and thickening agents, finishing ingredients, garnish, larding, marinating, etc.

Building Quality Meals: Standardized Recipes and Portion Control

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2000.

1 videocassette (60 min.) (VHS)

Web Site: <http://www.nfsmi.org/Education/Satellite/ss21/partic.pdf>

NAL Call Number: Videocassette no. 3042

Summary: 60-minute satellite seminar videotape provides an opportunity for Child Nutrition Program personnel to better understand standardized recipes, culinary terms, weighing and measuring, portion control techniques, and recipe modification to prepare quality meals for customers.

CARE: Special Nutrition for Kids

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1999.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm>

NAL Call Number: Videocassette no.2466

Summary: Manual designed for use of a self-instructional or small group program for Child Nutrition Program managers. 94-page manual and 20-minute videotape focus on preparation of breakfasts and lunches for students with special needs.

Chicken Fabrication by the Professional Chef

Philip Miller and Joanne A. Meyer, Culinary Learning Resources, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1996.

1 videocassette (45 min.) (VHS)

NAL Call Number: Videocassette no. 2408

Summary: An instructional program that teaches you how to cut chicken or other poultry into a variety of portion cuts. Cooking techniques and presentation for each fabricated cut are explained.

Commodities 101

National Food Service Management Institute

University, MS: National Food Service Management Institute, 2000.

Web Site:

<http://www.nfsmi.org/Information/2003resourceguide.htm#commodities>

Summary: 48-minute video provides fundamental information on the commodity programs. Subjects include purchase planning, federal and state roles, basic commodity ordering concepts, and how commodity procurement supports agriculture markets.

Cooking a World of New Tastes – Team Nutrition

TEAM Nutrition, U.S. Department of Agriculture, Food and Nutrition Service, Alexandria, VA: Food and Nutrition Service, 1998.

4 videocassettes (77 minutes) (VHS)

Web Site: <http://schoolmeals.nal.usda.gov/Training/worldoftastes/tastes.html>

NAL Call Number: aTX353 U5 no. 304

Summary: Culinary video training series contains 4 self-instructional videos (approximately 20 minutes each) that promote healthy cooking techniques for school nutrition professionals. Videos explore innovative and creative approaches to the production of healthy, tasty, and attractive foods for the school meals programs, with an emphasis on enhancing culinary skills. Series includes a 111-page Quick Reference Guide.

Cooking for the New Generation

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1997.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#cooking-for>

NAL Call Number: Videocassette no.2803

1 videocassette (18 min. 44 sec.) (VHS)

Summary: Breakfast Lunch Training (BLT) module designed to be used by the directors and managers to instruct food service assistants in the preparation of multi-ingredient, processed food products. Chapter topics are: Manufacturer's Instructions, Checking Temperatures, and Cooking and Holding. Includes a 74-page manual, an 18-minute video, and 8 ½" * 11" *Temperature Wall Chart*.

Creating Healthy Menus for the Mainline, Part II

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1994-1995.

2 videocassettes (VHS) (120 mi., 20 sec.) and 2 sets participant information

Web Site: <http://www.nfsmi.org/epubs/tt0395/tt0395.pdf>

NAL Call Number: Videocassette no. 2304

Summary: The objectives of the seminar are to provide information that will help food service workers plan menus that are tasty and appealing, that can be served quickly and at the peak of freshness, that provide nutritious choices with an emphasis on lowered fat and using salt and sugar in moderation, that use

resources (funds, labor, equipment) effectively, and that are satisfying to the customer.

Get Ready, Get Set, Go for Quality Service

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1996.

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#get-ready>

NAL Call Number: Videocassette no. 2755

1 videocassette (14 min.) (VHS)

Summary: Breakfast Lunch Training (BLT) module designed for school food service managers to use with employees. Defines and describes value added productivity, preparation of items using a batch process, and customer service. Includes ready-to-use food production and product comparison forms, 80 –page manual, and 14-minute video.

Healthy School Meals Teleconference

The Louisiana Educational Television Authority

Baton Rouge, LA: The Louisiana Educational Television Authority, 1996.

1 videocassette (120 min.) (VHS)

NAL Call Number: Videocassette no.2628

Summary: The USDA Healthy School Meals regulations are described. The three menu options are discussed, the four USDA-approved nutrient analysis programs approved at the time of airing are reviewed and culinary techniques are demonstrated on location in Louisiana, Oklahoma and Texas.

Hey, What's Cookin'?: Recipes for a School Food Service Revolution

Texas Nutrition Education and Training Program

Austin, TX: Texas Nutrition Education & Training Program, 1995.

1 videocassette (35 min.) (VHS)

NAL Call Number: Videocassette no. 2185

Summary: Looks at six dynamic school food-service programs that combine innovative marketing, quality products, and good nutrition to win over students, faculty, parents, and administrators.

Knife Skills: Vegetables

Ellen O'Brien and Skip Thela, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1987.

1 videocassette (VHS) (17 min.)

NAL Call Number: Videocassette no. 2313

Summary: Demonstrates the various techniques of cutting vegetables for cooking.

Meal Planning: The Food Pyramid in Action

Larry Walcoff, Lynn Sanders and Jeffrey Schrank
Lake Zurich, IL: Learning Seed, 1996.

1 videocassette (VHS) (18 min.), 1 teaching guide and 1 recipe book

NAL Call Number: Videocassette no. 2271

Summary: Shows how to plan, shop for and prepare meals based on the food guide pyramid.

Poaching and Steaming

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1989.

1 videocassette (VHS) (15 min.)

NAL Call Number: Videocassette no. 2310

Summary: Master Chef Richard Czack demonstrates how to poach or steam fish.

Preparation and the Dietary Guidelines

University, MS: National Food Service Management Institute, 1993.

1 videocassette (59 min., 10 sec.) (VHS)

NAL Call Number: Videocassette no. 1642

Summary: Chef Nick Hartmann demonstrates how to prepare foods that are tasty and nutritious while supporting the Dietary Guidelines. Discusses the equipment to use, how to organize work, and how to make the food look its' best.

Production Planning – Working Smarter

University, MS: National Food Service Management Institute, 2000

1 videocassette (57 min., 46 sec.) (VHS)

Web site: <http://www.nfsmi.org/Information/2003resourceguide.htm#production>

NAL Call Number: Videocassette no. 3041

Summary: 57-minute satellite seminar videotape presents ideas for efficient operation of Child Nutrition Programs through the use of production, planning and record keeping. Topics discussed include batch cooking, cleaning schedules, cycle menus, daily work schedules, forecasting, individual work assignments, production records, and task standards.

Purchasing and the dietary guidelines

University, MS: National Food Service Management Institute, 1992

1 videocassette (58 min.) and 1 participants' teleconference information packet

NAL Call Number: Videocassette no. 1486

Summary: Seminar is designed to help improve the quality of meals served and control the cost of producing meals in child nutrition programs. Topics covered include product knowledge, methods and systems of purchasing, receiving practices, and visibility of the customer.

Roasting

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1989.

1 videocassette (20 min.) (VHS)

NAL Call Number: Videocassette no. 2311

Summary: Describes the roasting method of cooking, which is used for large or whole multi-portion cuts of meat. Discusses larding, trussing, seasoning, kitchen equipment, cooking techniques and times, food safety, etc. Also covers jus, gravies, etc.

Stocks: Brown, White & Fish

Steven Kolpan and Skip Thela, Culinary Institute of America
Hyde Park, NY: The Culinary Institute, 1987.

1 videocassette (35 min.) (VHS)

NAL Call Number: Videocassette no. 2314

Summary: Combining the expertise of several chefs, the programs demonstrate step-by-step procedures to produce the basic stocks: brown, white and fish. Also covers kitchen equipment, ingredients and cooking techniques.

Techniques of Healthy Cooking (2nd Edition)

Edward McCann, Culinary Institute of America
Hyde Park, NY: Learning Resources Center, 1993.

3 videocassettes (124 min.) (VHS)

NAL Call Number: Videocassette no. 1769

Summary: Various chefs demonstrate healthy, tasty, and creative dishes. Part one: Bases and sauces (40 min.). Part two: Cooking methods (36 min.). Part three: Breakfast, accompaniments, and desserts (48 min.).

USDA's Great Nutrition Adventure

Garth Clark, Robert L. Boyer, Ann Carroll, and Celia Straus, United States Dept. of Agriculture, Nutrition and Consumer Services
Washington, DC: USDA, Office of Communications, Video, Teleconference & Radio Center, 1995.

1 videocassette (13 min., 22 sec.) (VHS)

NAL Call Number: Videocassette no. 2189

Summary: USDA's Great Nutrition Adventure involves the forming of a partnership between the greatest chefs in America's finest restaurants with those in the food service community. The goal of this partnership is to assist food service staff in the preparation of nutritious, tasty food and to excite and motivate children to make healthy food choices.

Vegetable Cuts Videorecording: Dicing

Megan Piela and Mary Alice Russo, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1982.

1 videocassette (10 min.) (VHS)

NAL Call Number: Videocassette no.2315

Summary: Shows how to dice celery, carrots, potatoes, onions, leeks and cabbage.

The Way to Sauté

Steven Kolpan and Skip Thela, Culinary Institute of America

Hyde Park, NY: The Culinary Institute, 1988.

1 videocassette (10 min.) (VHS)

NAL Call Number: Videocassette no. 2312

Summary: Defines the cooking technique known as sauté, lists cooking equipment needed, and describes the three essential components and three optional components of sautéing.

Work Simplification Satellite Seminar

National Food Service Management Institute

University, MS: National Food Service Management Institute, 1992

1 videocassette (60 min.) (VHS) and handouts

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#work-simplification>

Summary: 60-minute satellite seminar videotape gives child nutrition professionals the opportunity to see how using work simplification can increase efficiency while providing the highest quality of service in their operation. Situations are identified where work simplification principles can benefit the food service operation and work simplification tips are provided. (Closed captioned for hearing impaired.)

E. Web Sites

Healthy School Meals Resource System

Web Site: <http://schoolmeals.nal.usda.gov/>

Summary: The Healthy School Meals Resource System (HSMRS) provides information to persons working in USDA's Child Nutrition Programs. It is maintained by the [National Agricultural Library's Food and Nutrition Information Center](#) and the [University of Maryland](#) in collaboration with [USDA's Food and Nutrition Service](#).

NFSMI Insight – How Can We Be Sure the Students Are Eating a Nutritious School Lunch? Serve Healthful Entrees!

National Food Service Management Institute, 1997.

Web Site: <http://www.nfsmi.org/Information/Newsletters/insight9.pdf>

Summary: Summarizes NFSMI research on point-of-choice nutrition education and its effectiveness with elementary school children.

F. Other

Culinary Techniques: Cooking with Flair CD-ROMs

- **Fruits Vegetables, and Salads**
- **Breads and Grains**
- **Meats and Other Protein Foods**

University, MS: National Food Service Management Institute; 2000

NAL Call Number: TX801 C85 2000

Web Site: <http://www.nfsmi.org/Information/2003resourceguide.htm#cooking-with-flair>

Summary: Interactive, self-paced, computer-based instructional programs designed for food service assistants. Maintaining food quality is a consistent theme in all three programs. Each includes interactive learning activities, glossary, recipes, video clips, activity index, and links to resources on the Web. One copy may be loaded on multiple computer hard drives or on a network. Hardcopy ordering information available on Web site.

A Tool Kit for Healthy School Meals: Recipes and Training Materials: USDA's New School Lunch and Breakfast Recipes

U.S. Department of Agriculture

Washington, DC: U.S. Dept. of Agriculture, 1995.

Web Site: <http://schoolmeals.nal.usda.gov/Training/train.html>

NAL Call Number: aLB3479 U6T66 1995

Summary: Contains recipes which were developed with today's kids and their tastes in mind. Includes ethnic foods, meatless dishes and low-fat desserts made with fresh ingredients, and contains the nutritional content per serving for each recipe. Intended to help school food service professionals provide children with the nutrition they need using new and exciting recipes that are simple, nutritious, and easy to implement.

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