

Fruit and Veggie Quantity Cookbook

Revised Edition



31 Healthy Recipes You Can Use in Your School, Child Care Program, Meal Site, Hospital, Camp, Worksite or College

- Tested recipes serve 25, 50 and 100.
- Family-size recipes in appendix are ready to copy and share.
- Recipes are based on the Dietary Guidelines for Americans: fiber rich; low in fat, sat fat, trans fat, sodium, added sugars.
- With the USDA recipe format, each recipe identifies:
 - Nutrients per serving.
 - Commodity fruits, vegetables, beans.
 - USDA Food Components used in school meals programs and the Child and Adult Food Program (CACFP).

Two ways to get a copy:

1. Order a print copy with color pages and color tabbed dividers ready to insert into your binder.
 - Complete the order form.
 - Enclose a check payable to: Treasurer – State of NH
 - \$5 for New Hampshire child care programs, public schools, and nonprofit organizations.
 - \$10 for all others.
 - Your check is a partial reimbursement of printing and shipping costs.
 - Mail check and order form to: Obesity Prevention Program
29 Hazen Drive
Concord, NH 03301
 - Order filled in 4-6 weeks.
2. Download a copy at the web address shown below.



603-271-4551
29 Hazen Drive, Concord, NH
OPP@dhhs.state.nh.us

Available at: www.dhhs.nh.gov/dphs/nhp/healthyrecipescooking.htm



Order a copy of the *Fruit and Veggie Quantity Cookbook – Revised Edition*:

- NH child care programs, NH public schools, and NH nonprofit organizations – please enclose a \$5 check★.
- All others – please enclose a \$10 check★.

Join the Obesity Prevention Program e-list. Messages are sent every 1-3 months. Your address will not be shared.

NAME		TITLE	
ORGANIZATION			
ADDRESS			
TOWN	STATE	ZIP	DAY PHONE
EMAIL ADDRESS			

★ Make check payable to “Treasurer – State of NH.” Your check is a partial reimbursement of printing and shipping costs.