



Food & Culinary Professionals DPG

Culinary Skills Resource Manual

*Providing Inspiration and Information for
Nutrition Professionals Who Want to Encourage
Consumers to Get Back in the Kitchen*





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Background on the Development of this Manual

In July 2006 a group of FCP members, led by then chair-elect Deanna Segrave-Daly, began working on planning the FCP Priority Session for FNCE 2007.

Members of the committee reviewed numerous potential topics and eventually decided to focus on the need to develop cooking knowledge and skills in U.S. consumers.

The 2007 FNCE FCP Priority session, called “Has Cooking as a Spectator Sport? Getting Consumer Back in the Kitchen” was designed to be a 1.5 hour session with two speakers, Martha Holmberg and Carolyn O’Neill.

While committee members knew the session would provide a wealth of invaluable information for attendees, the committee felt it could do more to promote culinary skills education among FCP members and the public that we serve.

From those discussions the idea for this manual was born. We’d collect information and inspiration from FCP members and showcase it in a user-friendly format.

We hope this manual inspires you to encourage yourself and your clients to get back into the kitchen and experience the fun of preparing great tasting food and sharing it with family and friends.

The FCP 2007 FNCE Priority Session Planning Committee

Deanna Segrave-Daly, RD, LDN

Sanna Delmonico, MS, RD

Jill Melton, MS, RD

Amy Myrdal, MS, RD



What are registered dietitians doing to get consumers back in the kitchen?

Kim Galeaz, RD, CD

I appear on local radio and TV here in Indianapolis for several of my clients. For one client specifically, Kroger, I do a monthly radio interview on WIBC and provide nutrition tips as well as meal, snack and beverage ideas. I create recipes for this radio visit centered on a specific seasonal theme or message. During this live radio show (I'm on for an hour on the Dave Wilson Show - afternoon drive time) we discuss how to make the recipes and I often include cooking terms and tips. All recipes are then put on the radio station's website www.wibc.com/wilson/ I always take my all-time favorite resource book, the Food Lover's Companion, and look up terms and foods as necessary to teach the listeners.

Jill Nussinow, MS, RD a.k.a. The Veggie Queen

I teach cooking at a junior college (Santa Rosa Junior College) and in the community. I also write for my website, blog and consumer publications. My classes are for anyone who wants to learn how to cook whole foods from salads through desserts. I teach a basic vegetarian class, a gourmet vegetarian class, low-fat cooking, salads and salad dressings and then single topic classes such as whole grains, beans and more. I choose recipes that people will want to cook and eat regularly as part of their daily diet.

People really only need to learn to do a few basic things in the kitchen, one of which is boil water. If they can master that, they can steam, boil, braise and use a pressure cooker, which is an amazing kitchen tool that makes healthy cooking fast, easy and delicious.

Amy G. Myrdal, MS, RD

As a program director for The Culinary Institute of America I develop content for conferences, leadership retreats, websites and DVDs. Our audiences include chefs, foodservice professionals, hospitality professionals, health professionals, nutrition researchers, and consumers.

At the CIA I work with a lot of professionals who teach culinary skills to culinary students, foodservice professionals and health professionals. My responsibilities include identifying culinary experts, cookbook authors, and culinary instructors who can teach chefs who attend our leadership retreats and conferences about the traditional cuisines, ingredients, and cooking techniques of countries in Asia, Latin America, and the Mediterranean.



Ginny Erwin and Chef J [AKA-J.Hugh McEvoy]

I have had a private practice in downtown Chicago for over 5 years. I go to different sites in the city for corporate wellness and group nutrition and fitness classes. I also see private clients on a one-on-one basis. My client base varies from the very well off to the economically strapped people. The one thing they all have in common is the need and desire to learn how to take better care of themselves and their loved ones.

If by chance, I am in a setting where I cannot teach some type of cooking skill, I will start a conversation with the group about what they are eating today as compared to ten years ago. I find many people realize they are looking for more convenient ways to eat because they do not have the time or interest in making a meal. I will ask “What can you do to feel better about your health and your family’s health on a daily basis”, most of the time people will say make better food choices. I then put out the question, “How can you do that every day”. I also ask them to be specific with their answers. I show them the behavior difference from a general statement like “Eat more vegetables” to be more specific “I will eat a fruit with breakfast, a salad with lunch and some corn and beans with dinner”.

I really believe we [RDs] need to teach people how to think about health, food and lifestyle choices. We [RDs] take our knowledge for granted and think “Doesn’t everybody know that?” For instance, reading a food label. I know many RDs who struggle with their weight and their busy schedules. It is much more difficult for the average confused and misled client or consumer than it is for us.

Due to our varied client base, Chef J and I work with very wealthy high profile people. We offer a “Dine Like a Celebrity” dinner party. Often, this type of client will have an idea about a fun healthy meal, and Chef J and I will build on their idea, or we offer creative ways to bring some fun and magic to their dinner party. For instance, we hosted a Celebrity Dinner Party where Chef J and I planned a very chic menu format, and after each item, we stated what health benefits they were gaining from their meal, such as high in beta-carotene, vitamin C, and calcium. They loved it.

On the other side, we work with Share Our Strength and Operation Frontline. We often get the group involved in problem-solving activities, such as if they were working late and only had a White Hen Pantry to pick something up for dinner what could they choose to make their meal more healthful. It amazes me how so many people think they cannot find anything healthy at a convenience store other than milk and eggs. I have started taking small groups to 7-Eleven, White Hen Pantry and the corner grocery store to show them how to make better choices. At the end of the



day, the option to choose something that tastes good and is good for them is really in their hands (and their mouths).

Alice Henneman, MS, RD

I offer online articles and fact sheets that provide the basic cooking techniques needed to prepare healthy, quick meals on the "Cook It Quick" section of my Website at <http://lancaster.unl.edu/food/ciq.shtml>

Linda Arpino, MA, RD, CDN

I am in private practice. I wrote a book purposely to get people to cook and get processed food out. I teach the importance of nurturing yourself though picking out herbs and spices and whole fresh food. I teach cooking classes with interactive programs at a well known local culinary school (I have them in showcase kitchen cooking with me) and prepare 4-5 course meals with wine. I show people they can still have fun and eat healthy. I specialize in eating disorders and obesity for all ages.

I also work with my local Junior Leagues and provide programs in schools to large groups 300-500 people at a time. The school runs it as a special event called "Kids in the Kitchen" I am also a member of the International Culinary Association for Professionals and a member of there Kids in the Kitchen Committee.

Jackie Newgent, RD, CDN

I'm a culinary nutritionist—and am lucky enough to work from home (or miniature apartment, as I live in NYC!). My culinary work is focused in the consumer communications field, including food-related media spokesperson work. But I hold many other consulting and freelance positions, too. I work mainly with healthy populations, but don't have one specific audience as my work is varied. I work in all consumer arenas—children and adults, all socioeconomic levels, women and men, singles and families, etc. Regardless of the project, it's nearly always culinary focused or, at minimum, has a culinary slant.

Here's some of what I'm currently doing:

- Author, The All-Natural Diabetes Cookbook: The whole food approach to great taste and healthy eating (Sept 2007)
- Chef Instructor, Institute of Culinary Education/Recreational Division
- Consultant, Healthy Children Healthy Futures
- Contributing Advisory Board, Fitness
- Contributor, Weight Watchers

One of the main positions I hold is as a chef instructor the Institute of Culinary Education in New York City. There I'm presently focusing my instruction in the



recreational division—teaching classes that are open to the public. My classes are nearly always sold out ... a good sign for healthy cooking interests. Some of my classes include “Superfoods” (which I change based on the season), “Cooking for Fitness” and “Small Plates, Spa Plates.”

I provide “TasteTalks” as a wellness offering to corporations. It’s a one-hour cooking demonstration coupled with a healthy presentation topic. I provide recipes and handouts accordingly. Coach Inc. is a regular client of mine requesting “TasteTalks” at least a couple times a year. These are mainly attended by 30- and 40-something urban professionals.

For Healthy Children Healthy Futures (www.healthychildrenhealthyfutures.org), an after-school nutrition and physical activity program for city kids (mainly ages 9-14), I develop all the nutrition and culinary materials, including recipe booklets and more. All materials are translated into Spanish, too. I also conduct train-the-trainer workshops at sites around the country—where the program is to be implemented. Part of the after-school curriculum includes healthy cooking. There’s also a parent and grandparent aspect to this program—to involve the entire family in developing healthy eating and cooking skills.

Finally, I give culinary presentations and lead cooking skills-related workshops to professional audiences, including to RDs, DTRs and dietetic students. One such presentation was “From Yummy to Tummy: Quick, Clever, and Kid-Friendly Cooking Ideas (that are Healthy Too!),” presented in NYC in April 2007 to nutrition professionals.

Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD

For the past few years, we’ve worked hard to create an online community of parents who are interested in feeding their families a healthy diet. Here are some of the ways we have grown our community and helped consumers get back into the kitchen:

- We wrote a family cookbook, [The Moms' Guide to Meal Makeovers](#), with 120 easy and healthy recipes. Our book, featured on the Today Show, CNN, PBS, and more, was a finalist for the 2005 IACP Cookbook Award in the Health & Special Diet category.
- We founded MealMakeoverMoms.com featuring recipes, family mealtime tips, an online newsletter, a supermarket shopping list, and the Meal Makeover Moms’ Club.
- We are about to launch MealMakeoverTV.com (in the next couple of weeks). On this innovative new site, we co-host over 40 cooking demonstrations and mealtime/pantry tips videos that consumers can watch on their computers.



- We conduct Meal Makeover Mom Cooking Classes for mothers' groups, PTAs, and other community organizations to show busy parents how to get healthy meals on the table quickly even when there are "picky" eaters at home. You can watch one of our cooking parties, seen on NBC-Boston:
http://www.mealmakeovermoms.com/party/video/whdh_small.wmv.
- We post a new family-friendly recipe to our blog each week on www.MealMakeoverMoms.blogspot.com. On our blog we answer consumer questions and offer advice on feeding today's busy families.
- For nearly three years, we wrote a monthly recipe/tips column, Meal Makeovers, for Nick Jr. Family Magazine. All of those articles are posted on our website:
http://www.mealmakeovermoms.com/about/press/media.html#nick_jr.

Karen Ehrens, LRD

My husband, Duane, is a chef at a local hospital, and together we teach a class through the adult enrichment program of Bismarck (ND) State College. In our Mediterranean-style Diet class, we emphasize whole grains, vegetable and fruits, beans and quality fats and oils. Through hands-on instruction and recipes we try to keep simple for people living today's busy lifestyles. The classes have been so popular that they fill up within a couple of days of the catalog coming out!

Mark Goodwin CEC, CNC, CPT

I run the foodservice for QVC feeding 14,000 to 16,000 meals per week plus executive catering and green room service to our guests. As wellness coordinator, I have developed wellness foodservice standards for 7 QVC sites throughout the country, site visits and cooking/wellness seminars, monthly article in our QVC employee publication and assisted with development of pilot wellness program.

I used to have my own part-time culinary nutrition business. I did cooking demonstrations and wellness seminars for local hospital, fitness and wellness center and other community events. I developed recipes for Produce for Better Health Foundation and Wal-Mart. My seminars are based on individuals, group and corporation making progressive changes that impact the long-term lifestyle habits. I started cooking demos for diabetes, heart disease and all member of family; men, women and children. What made to most impact and requested was "Building a Healthy Pantry". I use a six foot table fully loaded with grocery products placed in order of topic discussion. Fiber-whole grains, fats, snacks, etc.

I understand being home every night with a very busy family. I see how challenging it can be to prepare meals nightly. That is the foundation of how I present. I give them 3-4 recipes in a 2 hour presentation. They have 3-4 recipes they will make when they have time. Show them what to have on the stove, herb rack, refrigerator door and



kitchen shelves, then demonstrate quick and easy recipes, using base products two or three times to gain a comfort level. You are helping them on how to cook on a regular Wednesday night.

Liz Marr, MS, RD

My business partner (Amy Marr, MS, RD) and I develop and execute consumer PR and education programs that include recipes; thus, we develop recipes and serving suggestions on behalf of food companies.

We constantly encourage staff to try out new recipes, read foodie magazines and Web pubs, and check out new cookbooks. We ask lay staff to test recipes to ensure the "average consumer" can have success with a recipe.

Leigh Ann Edwards, MPH, RD

As a national staff member for Share Our Strength's Operation Frontline, I help support the work of our 15 local partners implementing our cooking-based nutrition education program (in addition to teaching classes myself as a volunteer). Operation Frontline is a volunteer-led nutrition program that engages professional chefs and nutritionists as instructors for courses designed to teach families how to get the most nutrition out of a limited budget.

Share Our Strength's support for local partners includes six specialized cooking-focused nutrition curricula, volunteer training materials, evaluation services, and technical assistance. Our courses focus on skills and information relevant to those with limited resources, and encourage weekly practice and application of cooking, food safety, nutrition, and food resource management skills. Each course includes four or six lessons and each lesson includes hands-on meal preparation, nutrition information, and food budgeting tips. All participants receive Operation Frontline recipes and handouts corresponding to the day's lessons, and adult and teen participants receive groceries to practice preparing the recipes and skills learned that day at home.

Operation Frontline was launched 14 years ago by Share Our Strength®, one of the nation's leading organizations working to end childhood hunger in America, to address the root cause of hunger in the U.S. Operation Frontline and its hundreds of volunteer instructors have conducted over 3,500 nutrition and financial-planning courses helping 40,000 low-income families in communities across the country.

The primary kitchen skill that Share Our Strength emphasizes is the ability to think creatively about preparing food. This underscores the importance of volunteer chef



and nutrition instructors. They bring their expertise on maximizing nutrition and flavor while staying within a budget.

Sanna Delmonico, MS, RD

I teach classes about feeding children, including a class on Starting Solids, where I literally teach new parents to boil water as I demonstrate how to steam fruits and vegetables to make baby food. It is amazing how many have never seen a steamer basket or a food mill. In my Feeding Toddlers class we discuss family meal planning, making your own cookbook, how to shop seasonally, and how CSAs make meal planning and cooking easier. I have their attention at a time when they are interested in feeding their baby and motivated to learn about food and nutrition. When parents ask me what to feed their kids, I reply “Well, what are you eating?” As they realize that nourishing their children well depends on how they feed themselves and whether they have home-cooked family meals, their courage in the kitchen increases.

Ingrid Gangestad, RD, LD, CCP

I am a culinary consultant doing many different things--cooking classes, food writing, nutrition analysis, recipe development, spokesperson work, menu development, etc. My clients are the general public, usually with an interest in food, cooking and nutrition.

I teach vocational classes at several cooking schools and some private classes. Some of them are hands-on but most are demonstration classes. I see part of my role as a cooking teacher as being an entertainer. I think a lot of people come to be entertained and have a fun night out with friends. If they learn something--great. Otherwise, they want to enjoy good food and have a few laughs. From evaluations, people in my classes say they leave the class having learned a new technique or will be trying new foods. Many repeat students share that they've made the recipes and they've become family favorites.

I just taught a cooking class on Fresh Spring Rolls. Although I prefer to teach demonstration classes, this one was hands on because I feel that something like this needs to be taught so that people can experience it, not just watch. Therefore, if people really want to learn, they have to try it. I say that especially for people that don't have a lot of skill. For instance, I would much rather take a demonstration class because I have the skills to come home and recreate almost anything I see someone else doing.



Most people that come to a cooking class or cooking school already have an interest in food and cooking with some skill. It's a social event. Therefore, if I can send them home with at least one new idea or one nutrition tidbit, I feel that is success.

It's never too late to start cooking...

*“I was 32 when I started cooking;
up until then, I just ate.”*

Julia Child



What are the barriers to cooking that consumers are reporting, and how are RDs addressing these barriers?

TIME

- “Time is the #1 factor, so I emphasize easier options along with more in-depth recipes. I promote convenience products that whittle time off your cooking. And I try to show that it actually takes less time to make something quick at home rather than always resorting to eating out.”
- “Time – That is why prepared foods are so popular.”
- “Time is one of the biggest barriers. To address this, I provide tips, techniques and recipes on my website (<http://lancaster.unl.edu/food>) that help people prepare foods quickly without a lot of equipment and ingredients. I also provide lots of detail to help them be successful. Steps are usually numbered to help people follow along and substitutions are frequently given.”
- “Our audience, busy parents, say lack of time, cost, and picky eaters with a very limited food repertoire are barriers to cooking. We address these barriers by creating recipes that take just minutes to prepare, utilize everyday pantry ingredients, and appeal to the whole family.”
- “For time-strapped people, I offer simple recipes.”
- “When I hear ‘I’m too busy’ or ‘I don’t have time,’ I suggest:
 - Plan for it, just like most other things. Enter in time for cooking on your Palm, Treo or old-fashioned planner. Fifteen minutes is all the cooking time you need for a simple meal.
 - Take advantage of healthy, pre-prepped items, like packaged salad greens, canned organic beans and rotisserie-cooked chicken.
 - Base meals on tasty fast-cooking foods (think eggs, paninis, even pan-seared steak).”

LACK OF KNOWLEDGE / LACK OF COOKING SKILLS

- “I actually think meal planning and grocery shopping are the biggest issues.”
- “Consumers have not been taught to cook or they do not perceive that they have time or they just prefer letting others cook for them (restaurant and take out).”
- “With declining culinary literacy, recipe writers need to describe techniques that used to be commonly known. Instead of sauté, we may need to say, “Heat oil; cook and stir onions in oil until tender”...Or, instead of 2 eggs, separated, actually say “carefully crack eggs and separate whites from the yolks with an egg separator (as if anyone has one of those) being careful not to break the yolks. Hopefully people will at least know the difference between a yolk and a white, but consumer 800#'s have repeatedly received calls asking what to do once they've separated the eggs on either side of their counter.”



- “Consumers don’t know enough about healthy ingredients.”
- “Clients say ‘I don’t know how to cook well,’ and I say:
 - Practice makes perfect ... or at least better!
 - Learn one new recipe a month—and prepare it often until you get it just right. Ask friends or family members if they have a favorite “fool-proof” recipe that they’ll share.
 - Take a basic cooking class to improve your cooking confidence.”
- “For cooking techniques, there’s just no book that’ll give you the “real” skills you need. And cooking shows are great, but more so for entertainment and picking up a few tips along the way. You won’t go from an average cook to a “chef” by sitting on the couch with the remote in your hand. It’s all about the hands-on approach. Take a class—or an entire culinary arts program!”
- “For some 20-somethings - a list of basic foods for their pantries (some are not even sure what a pantry is!)”
- “Time is the most frequently cited, but I think lack of basic skills prevents more people from attempting to cook. And let's face it, if you're daunted by the basics, it doesn't matter how much time you have to devote to cooking. Fear and lack of confidence in the kitchen keep a lot of people from even trying. We RDs can do a lot to teach the basics and instill some confidence in our clients by not just telling but also showing and giving people hands-on opportunities to develop their kitchen skills.”
- “I wish consumers had a better food science foundation, which I believe is the key to freedom in the kitchen. Know the basic science in the kitchen and you are free to experiment.”
- “Consumers don’t know what fresh food is and how it is different than processed food. I teach them how to choose fresh produce and what to look for, how to store it.”
- “Many consumers do not have the skills of planning for shopping and meal preparation.”
- “I like to call the beginning the “how to boil water” stage. For once you can do that you can cook grains or beans, steam veggies, poach foods and much more.”
- “Lack of knowledge is barrier. For this, I try to describe any term, procedure, etc. that might be confusing or unknown to someone with limited cooking skills. For example, I might give people tips on how to tell when a food is "done" such as by a specific temperature/appearance. Also, I may use pictures to illustrate procedures.”



LACK OF CONFIDENCE IN THE KITCHEN / NOT ENJOYING COOKING:

- “While people have filled their time with activities other than cooking, I believe that many do not cook because they did not have a good role model to teach them preparation methods. As we all know, the family meal that emphasized a variety of foods, planning the timing of each food, and discussing the foods is extinct in many American homes. People would make more time for cooking if they knew how to enjoy it and feel confident in what they cook. As it is, most want simple, quick preparation.”
- “The biggest barriers are confidence and forgiveness. I find many people who do not cook feel like they are doomed to be bad cooks. My partner and I show them the steps it takes to make a meal. First step “pre-prepare” (get everything in place that you will need). We will ask our clients what is their favorite meal, and then we teach them how to make it. Forgiveness is important because if you do anything that is unpredictable, like cooking, chances are you will mess something up. We tell them it is okay to burn things, spills things, forget an ingredient, etc. They understand and feel okay about making a mess and learn from it.”
- “Consumers are afraid of cooking. Fear comes from lack of experience, which is related to time. Limit the number of ingredients (and make sure they are easy-to-find ingredients) and steps in a recipe. You have to walk before you can run.”
- “For clients who don’t enjoy cooking: Don’t make cooking a chore. Pick foods you enjoy and that are easy to fix. Cooking doesn’t always have to mean heating up the oven or stovetop. Using a no-cook recipe is considered cooking, too. Make cooking more fun by doing it with others.”



What kitchen skills do RDs wish more consumers possessed?

CONFIDENCE AND CREATIVITY

- Desire to be creative and uninhibited while cooking and trying new recipes! To experiment...use their own judgment on ingredients and recipes.
- Confidence in the kitchen! And of course, knife skills.
- Feeling confident often gives consumers the ability to use more creativity in their cooking.

TECHNIQUES

- Many people do not know how to prepare fish of any kind.
- I wish more consumers were willing to cook fish at home. I'd like to see fish consumption, especially omega-3 rich fish consumption, increase, and I think part of the barrier is consumers' perception that fish is hard to cook, makes the house smell, etc. In my humble opinion, fish is so quick and simple to cook compared to meat.
- Preparing meat.
- Consumers are often at a loss as to what to do with beans.
- Many people don't know how to make vegetables, especially if they have to trim them before cooking.
- Knife skills, such as how to properly dice onions, finely chop fresh herbs, mince garlic, etc. It makes healthy cooking so much easier ... especially with all the veggies to prep.
- Steaming. When done properly, it enhances the flavors of whatever you are putting into the pan. I show two steaming techniques. One using an actual steamer basket and the other I call sautéing steaming. Sautéing steaming uses the sauté as a flavoring technique (caramelization) then covering with a lid and finishing with steam generated by a liquid. This liquid could be water, flavored water, wine, low sodium chicken or vegetable broth, etc.
- When dietitians encourage people to make their own sauces or soups to lower fat and cholesterol, the patients are often at a loss as to how to prepare them.
- Some patients have expressed concern as to how to know when things are cooked appropriately, most are unfamiliar with using thermometers.
- For example, how to cut up and use a whole chicken is what Operation Frontline calls "Chicken 101". The budget-sense of buying a whole chicken, various recipes for using legs, breast, thighs and wings, and how to make a broth or stock from what's left encourages creativity and efficiency on many levels. Another example is how to include fruits and vegetables – of all forms – in meals and snacks. For people with limited budgets fresh produce is not always economical, especially



when not in season. Canned and frozen produce can help everyone meet their daily goals in fruit and vegetable intake.

- How to modify recipes to make them healthier.
- Seasoning with herbs and spices.
- I found in cooking classes that I have taught that people do not know how to use measuring cup, measuring spoons, or even how to boil water.
- Try shopping! They don't know how to shop for food-how to pick out ripe fruit and fresh veggies. How to choose fresh fish. They don't know how to store food. They don't know food safety. They don't know how to prepare food quickly even though they watch the silly shows on TV like 30 minute meals! They don't know about simplicity. About preparing meals with few ingredients. They don't know which prepared foods from supermarket can be incorporated in healthy meal.
- How to properly measure ingredients.
- Cooking with no fat or just a little fat. Consumers feel that they can't cook a tasty dish without fat and salt.
- I wish consumers possessed better skills at following directions. As a recipe writer, I strive to clearly convey how a consumer should prepare a recipe for the best result. Yet I'm humored to see how they follow a recipe, even after I've talked them through it, step-by-step. For instance, years ago, I was teaching a class on yeast bread. I told the class and demonstrated this, that the amount of flour is listed in a range, because it will depend on many things--humidity, moisture content of the flour, how much liquid actually went into the dough, etc. Add flour gradually to keep a nice, soft, workable dough. Then the class goes to make their dough, and there were several people that dumped all the flour into the dough and ended up with a bread dough brick. Argh!! It happens all the time. Another time, the directions said to heat pan and oil. Then sauté onions and celery in hot oil. But no...the student dumped oil, onions and celery in the pan before anything was heated. Not a huge deal, but reinforcement that people don't follow directions and probably never will.
- Following directions. After that, the ability to safely use a knife (I'm not talking chef knife skills) and to have a bit of patience in the kitchen.
- I wish more consumers knew how to plan healthy meals, meals composed of whole grains, legumes, fruits, vegetables, lean proteins and healthy fats. These whole foods with proven health benefits should be the basis of all meals, but many consumers rely on heavily processed foods. Even if someone can't cook it would be great if his or her "assembled" meals contained more whole foods.



Success Stories

Children's Cooking Classes - Cheryl Bell, MS, RD, LDN, CHE

My success stories have been with children's cooking classes. Cooking is a dying art with kids. Cooking can be a way for them to express themselves while having fun and eating healthy. It teaches kids to be responsible for themselves by providing the life skills of cooking and eating healthy.

Cooking With Friends - Mary Abbott Hess, LHD, MS, RD, LD, FADA

Last Valentine's Day I invited four of my good friends (who are really good at making reservations) to join me in making a special Valentine's dinner for husbands or manfriends. We prepared a 5 course dinner together in my kitchen, divided it up, and each went home to feed our men. We even printed menus with love notes. And we had a great time doing it together, dividing the work, learning and laughing. The next day I got calls from all of the women and three of the men saying that they thought it was the best dinner ever served in their home.

Recipe Makeovers - Ingrid Gangestad, RD, LD, CCP

At a Women's Heart Health seminar, I had participants send me recipes before the event for me to "makeover". Then I selected a few of them and showed them the changes I made without compromising on taste. It was remarkable the response I had. People could see that small changes could make a big difference--cutting down on cheese, adding whole grains, watching portion size, using reduced fat/reduced sodium products, reducing sugar, adding more veggies, etc. When they compared the nutrition, side-by-side, they could see that they could also try this at home. It's the mantra of small changes, gradual changes--these things add up to a healthier lifestyle.

Since I work with the general public, my success stories come from repeat class members and hearing how they've incorporated recipes into their normal routine. Not all the recipes I teach are necessarily "healthy", but I feel that teaching recipes from scratch gives clients tools to enjoy food more and enjoy fresh, flavorful food and hopefully reduce their reliance on prepared foods from the freezer, deli, or restaurants. My classes also expose clients to new ingredients and flavors that they wouldn't likely have tried at home. It is a relatively low-risk way of introducing new things to people.



Supermarket Shopping List - Linda McDonald, MS, RD, LD

We get positive feedback on our Supermarket Savvy Brand-Name Shopping List that gives over 1000 foods that meet the FDA guidelines for 'Healthy.' Consumers appreciate tools that give them focused choices so that they are not overwhelmed by the plethora of brand-name foods on the supermarket shelf.

Supermarket Savvy is a resource to help consumers shop for health so that they can prepare nutritious and delicious meals. SupermarketSavvy.com has tools to assist in purchasing healthy foods in the supermarket—Tip Sheets, Comparison Charts, a Brand Name Shopping List, Power Point Presentation Kits, etc. Browse our Virtual Supermarket of healthy foods and prepare a shopping list to take on the next shopping trip. Consumers can read food reviews with helpful recipes, ask questions, and access local dietitians and programs that can help them shop for health. Making healthy food choices in the supermarket is the first step in preparing healthy meals.

Cooking with Kids - Amy G. Myrdal, MS, RD

I used to work on a branded 5 A Day educational program for children (DOLE 5 A DAY) where I developed the 5 A DAY Kids Cookbook that was distributed to elementary schools across the country. Through site visits at schools across the country I got to witness the positive effects that classroom cooking instruction had on young children. Kids want to learn how to prepare simple, great tasting dishes to share with family and friends. Teachers who impart these skills can be wonderful partners! The elementary classroom can be a great place to teach kids how to make simple recipes that require minimal equipment and healthful ingredients. Recipes like fruit smoothies, fruit and vegetable salads, bean dips can easily be prepared in a classroom... or in an RD's office, too!

Easy Family Meals - Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD

We often receive email from consumers who have used our book ([The Moms' Guide to Meal Makeovers](#)) and website to improve their family's diet. Here are a few letters:

Dear Moms,

Thank you! Thank you! Thank you! Your book has made such a wonderful difference in our family dinners. Because my husband works second shift, he is not home for dinner most nights. That leaves just me, tired after a day at work in a preschool, and my five year-old, picky-eater son for dinner. As you can imagine, we were visiting McDonald's more than we were eating at home. And I even have a brand new house with a gorgeous new kitchen! But, after reading your book, I realized that your nutrition ideas were sound and were a wake-up



call to parents everywhere. I immediately began "sneaking" extra fruits and vegetables into my son's diet, and he never even complained. In fact, he was so excited to try grapefruit one morning. Who knew?

But our dinner tonight was a turning point. We actually sat down together and had ravioli (mine with sauce & his with fresh tomatoes on the side), mixed vegetables and applesauce. My son asked to leave the table early, but I stood firm and asked him to stay until I was finished. Wouldn't you know, he actually stayed, finished what was on his plate and asked for more! I'm stunned! I just know that this is the beginning of a fun adventure. Thank you for your sensible ideas and inspiration.

Hello,

Please let me say thank you, thank you and state my amazement at your ability to publish a recipe, that right out of the gate, please all three of my VERY picky children. I didn't mean for them to be finicky...I know the rules, I know how to handle food issues, but over time, and with each child added on, I began to lose my resolve to do anything but get them to eat something, and into bed. You know what I mean, right? My husband's schedule is such that he is often too late getting home to all sit down, although we do that when we can. I do teach all the manners suggested in your book, and they are embarrassingly practiced at good restaurant behavior! But coming up with ONE meal that we can all eat, or at least eat part of is next to impossible around here...

This week I saw Liz on the Today Show, went right out for your book, and have now just finished the first recipe I tried, the Cheeseburger Pizzas. I didn't hold out much hope that one child wouldn't turn up his/her nose, and then if they miraculously did eat some, surely it would be too "kiddy" for me and my husband. Wonder of wonders, all three children ate second and third and even one had fourth helpings, and I added extra veggies for us adults, and we really liked them, too. I have NEVER fixed a meal with which this has happened. These are children of whom three will not eat anything the same. One sandwich is PBJ, the other cream cheese and jelly, and the last just jelly. Two love noodles, one gags. Two others like chicken tenders, the third a hot dog, etc. Meal time has become one of my most major headaches in my day, every day!

I have two new resolves, fix one meal, most usually from your cookbook, and tell them the short order chef has quit.



Zucchini Solutions - Alice Henneman, MS, RD

I wrote a story on purchasing/picking zucchini when it was coming out of everyone's ears (<http://lancaster.unl.edu/food/ciq-zucchini.shtml>). I included freezing information, simple preparation tips and four easy-to-prepare recipes. Here is one of the many responses I received:

Wow! Informative and creative and I just want to go home to get my pots and pans out. Looking forward to all the recipes...guess the neighbors will have to do without this year. Thank you.

My goal is to get people enthused about getting into the kitchen and being successful!

Taking the Pressure Off Pressure Cooking - Jill Nussinow, MS, RD

I teach pressure cooking and people are often intimidated by the pressure cooker because of horror stories about it (which were likely true). A student wanted to learn how to use the pressure cooker so first I had them put water in the cooker and put on the lid and bring it to pressure. Once they were confident with that, they moved on to cooking a pot of beans. And then the real fun began – cooking risotto, vegetable soups and more. Seeing that is so exciting for me.

I'll share a recent story since I think that it will be insightful. I know a woman who was attending a healthy cooking class offered by Kaiser. I saw her at the class and asked if she'd like to trade her web services for a cooking session. She agreed. I then emailed her some cooking possibilities and found out what kind of equipment she had available. She chose three simple dishes from the list, and said what she really wanted to learn was how to make her food taste better with herbs and spices. I had a few days to think about what I would do with her and it came to me that she did not feel comfortable cooking because she didn't have a lot of experience.

I arrived at her house armed with a box of equipment, a bag of food and the recipes. I got everything organized into the appropriate recipes and then told her what I'd be doing. She helped with some parts of it. And she got to taste what we'd made. I talked as we cooked and encouraged her to go to the store that sells bulk herbs and spices and open the jars to see what appeals to her. She could then buy them to use in her cooking and experiment with them. I told her something that an artist told me when I took a drawing class. He said, "If you spent one-tenth the time drawing as you did driving, you'd be very good at it." I told her that it's the same thing with cooking. She felt more inspired and planned to cook. She even went out and bought a pressure cooker. The other day she told me that she'd invited three friends over and



was going to cook a meal for them. That's why I keep teaching – to help people gain kitchen confidence and empower them to feed and nourish themselves and others.

Operation Frontline - Leigh Ann Edwards, MPH, RD

Our Operation Frontline participants' lack of experience with cooking and poor food purchasing habits are the biggest restrictions on their ability to cook healthfully. Operation Frontline knows that many of our participants live in poor nutrition environments. We teach families the cooking skills they need to think creatively about food and make the healthiest choices possible.

Participants build self-efficacy each week with hands-on preparation and practice of simple yet popular recipes and meals. Additionally, and importantly, adult and teen participants receive a bag of groceries at the end of the week's class to practice making the recipes they learned that day. In the following class, we talk about how that practice went. Not understanding the basics of cooking such as knife skills, culinary terms, and the science behind the food.

In Denver, a graduate of Operation Frontline's *Eating Right* class for adults told us that when two of her five children started middle school, they began complaining about the food she was preparing for them at home. "Sometimes," she said, "they said they loved Chinese food because I didn't know how to prepare Chinese food." They would ask her to take them to a fast-food restaurant every day after school because they were "really hungry" and it would take her too long to make food for them at home. After graduating from *Eating Right*, she paid more attention to the way she cooked for her children.

I learned how important it is to plan the meals, and how planning helps me save more money. ... I learned the importance of reading the labels and now I use a different oil to cook, and I look for fresh vegetables when I see the store advertising.

She wants to bring her daughters to an Operation Frontline class so they can understand what she's learned, and why she doesn't take them to fast-food restaurants any more. And, what's more, she even learned to cook Chinese food!

In North Texas, a graduate of Operation Frontline's *Eating Right* class reported that she uses what she learned every day. For example, she called a family meeting to delegate care duties for her elderly mother. Among the resource materials she used were copies of the lessons, handouts and recipes from her Operation Frontline *Eating Right* workbook, an indication of the program's sustainability after the individual classes end.



Hands-On Cooking with Clients - Denise Barratt MS, RD, LDN

I own a private practice where I do individual sessions and group classes. I work mostly with middle aged women although I sometimes see men and children. Much of my counseling is teaching people how to prepare healthy foods and plan menus. One of my clients said that she had previously met with a dietitian but she needed to learn how to cook because she was illiterate in the kitchen. We did a few hands-on things in my kitchen looking at herbs, spices, ingredients and kitchen equipment.

She is now preparing simple suppers for her husband. They are both thrilled. She has polycystic kidney disease so now she knows how to prepare low protein and low sodium recipes that taste much better than processed choices and help her enjoy meals and be compliant with her diet.



Why Do A Cooking Demo?

Sharon B. Salomon, MS, RD and Chef Patricia Hart, MS, RD

Excerpted from their manual Cooking Show and Tell For Dietitians.

Ordering information is below.

The sound of food sizzling on an outdoor grill makes our mouths water. We sniff a cantaloupe to determine its ripeness. A shiny chocolate cake calls to us from the bakery window. We all respond to the sounds, smells and sights of food. Why not use the senses to teach healthy eating? That is exactly what a cooking demo can accomplish. Offering a taste of freshly sautéed bright green broccoli flavored with a splash of aromatic olive oil and a sprinkling of fresh garlic is worth a thousand hours of trying to convince people that broccoli is a good food to add to their diet.

Our clients have different learning styles. Some are visual learners. Some learn best by listening. Some like to take notes; others find note taking to be distracting. No matter how good our memory is, most of us wish we had something to take with us after we leave a workshop. What better lasting reminder than the memory of a tasty dish prepared in front of your audience? A cooking demo is an effective learning tool for both visual and auditory learners. A good cooking teacher will not only “show” how to do something but will also talk the audience through the entire food preparation process to explain what is being done.

The public tried to heed our message to reduce fat and eat more complex carbohydrates, but as we know that didn't guarantee successful food choices and eating styles. Even assuming our audience does know where fat is found — and surveys have revealed that some people think soda pop is a source of fat — using words like *reduce* and *eat more* may not be descriptive enough. It is hard for the public to conceptualize a gram of fat or an ounce of chicken breast. Instead, we need a way to turn nutritional concepts into healthy eating behaviors. Our clients do want to know how to cook that chicken breast so that it tastes good and so the final dish does not have too much fat. The public wants simple rule of thumb ways to help them determine if they are eating enough of one food, such as fruits or vegetables or too much of another, like fat. Since they are not always aware of what constitutes a serving or what foods fit into the food categories, a cooking demo is the perfect way to convey that information. With a cooking demo you can show your audience what a serving looks like and display varieties of foods in each food group.

Probably the best reason to do a cooking demo, however, is because people get to see, smell, hear, and, ultimately, taste the food you cook! Tasting something healthfully prepared right before their very eyes will cement the learning you are trying to foster. Tasting the prepared dish will help convince your audience that



healthy food can indeed be enjoyable. The cooking demo is an effective tool to motivate the audience to try new foods and new ways of preparing foods. Tasty, healthy food preparation is a great way to support the nutritional concepts we are trying to convey.

It is the registered dietitian's goal to help people make eating choices that will enhance their health. By showing people how to cook more healthful foods, you will be helping them realize that healthy habits are within their reach.

Cooking Show and Tell For Dietitians is a manual that illustrates how to master the art of the cooking demo. The manual is written for dietitians by dietitians. It guides you step by step through the process of planning and implementing a cooking demo. It includes a master equipment list as well as suggestions for discussion during the demo, information on how to choose recipes, and set up the cooking area and visual display. The manual provides the knowledge and basic techniques you need to present the demo in a way that will engage the audience.

Order by contacting Sharon at sbsrd@aol.com or by mailing your check (please make check to Sharon Salomon) for \$20 to Sharon Salomon, MS, RD, 1924 East Flynn Lane, Phoenix, AZ 85016



Resources

MAGAZINES

- *Eating Well*
- *Cooking Light*
- *Relish*
- *Saveur*

E-NEWSLETTERS

National Restaurant Association (www.restaurant.org)

Restaurants & Institutions (www.rimag.com)

Food Marketing Institute (www.fmi.org)

BOOKS

When consumers are looking for cookbooks, Jackie Newgent has these suggestions: “Plan a day just to browse the bookstores—in person or online—for books or cookbooks. There are so many from which to choose and you want to make sure to pick something that applies to you ... something you’ll actually use. And do keep in mind that just because a cookbook has pictures, it won’t necessarily make the recipes any easier to prepare. Look for short ingredient lists, ingredients that you’re familiar with, four or less instructional steps, and anything else that’s a priority to make cooking enjoyable for you.”

- 834 Kitchen Quick Tips: Tip, Techniques & Shortcuts for the Curious Cook, by Cook's Illustrated
- The All-Natural Diabetes Cookbook: The whole food approach to great taste and healthy eating, by Jackie Newgent, RD
- American Dietetic Association Complete Food and Nutrition Guide, by Roberta Larson Duyff, MS, RD, FADA, CFCS
- American Dietetic Association Cooking Healthy Across America, Kristine Napier (Editor)
- The Best Light Recipe, by Cook's Illustrated
- Better Homes and Gardens Cookbook
- Betty Crocker Cookbook
- Cooking with Children by Marion Cunningham
- The Dish: On Eating Healthy and Being Fabulous! by Carolyn O'Neil, Densie Webb, and Laura Coyle
- Eat Fit, Be Fit: Health and Weight Management Solutions by Linda Arpino, MA, RD, CDN
- Fish on a First Name Basis: How Fish is Caught, Cleaned, Cooked and Eaten by Rob DeBorde



- [The Good Housekeeping Cookbook](#)
- [Healthy Homestyle Cooking](#) by Evelyn Tribole, MS, RD
- [Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 & Up](#) by Mollie Katzen
- [How to Cook Everything](#) by Mark Bittman
- [Intuitive Eating: A Revolutionary Program That Works](#), by Evelyn Tribole, MS, RD and Elyse Resch
- [The Food Lover's Companion](#) by Sharon Tyler Herbst
- [The Joy of Cooking](#)
- [Local Flavors: Cooking and Eating from America's Farmers' Markets](#) by Deborah Madison
- [The Moms' Guide to Meal Makeovers](#) by Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD
- [New Recipes from Moosewood Restaurant](#) by Moosewood Collective
- [On Food and Cooking: The Science and Lore of the Kitchen](#) by Harold McGee
- [Pretend Soup: A Cookbook for Preschoolers and Up](#) by Mollie Katzen
- [Small Changes, Big Results: A 12-Week Action Plan to a Better Life](#) by Ellie Krieger, MS, RD and Kelly James-Enger
- [Strong, Slim, and 30!: Eat Right, Stay Young, Feel Great, and Look Fabulous!](#) by Lisa Drayer, MA, RD
- [The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier and Happier](#) by Miriam Weinstein
- [Vegetables](#) by James Peterson
- [Vegetables Every Day](#) by Jack Bishop
- [Vegetarian Cooking for Everyone](#) by Deborah Madison
- [The Veggie Queen: Vegetables Get the Royal Treatment](#) by Jill Nussinow, MS, RD
- [What's a Cook to Do: An illustrated guide to 484 essential tools, tips, techniques & tricks](#) by James Peterson.
- [The Whole Grain Diet Miracle](#) by Dr. Lisa Hark and Dr. Darwin Deen
- [Williams-Sonoma Kitchen Companion: The A to Z Guide to Everyday Cooking Equipment & Ingredients](#)



ADA and FCP Member Sites

www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html

American Dietetic Association: Food and Nutrition Information, Consumer Resources:

www.meijer.com/healthyliving

Meijer Healthy Living - Three dietitians represent Meijer Super Centers, offering weekly healthy menus, quick and easy recipes, and practical health information.

MealMakeoverMoms.com and MealMakeoverTV.com

The Meal Makeover Moms provide recipes, a bimonthly newsletter as well as many how-to videos.

<http://lancaster.unl.edu/food>

FOOD: Nutrition, Safety and Cooking from The University of Nebraska – Lincoln Extension in Lancaster County. Look here for Powerpoint presentations, recipes, consumer fact sheets, tips on food safety, canning, quick cooking, and more.

www.theveggiequeen.com

FCP member Jill Nussinow's site offers vegetarian recipes, plus her book and DVD.

www.ofl.org

Share Our Strength's Operation Frontline Program Partners are provided six-specialized cooking-based nutrition curricula, one financial planning curriculum, training materials and program evaluation services.

www.stefaniesacks.com

Culinary Nutritionist

Cooking Magazine Sites

www.epicurious.com

Search and browse for recipes from Bon Appetit and Gourmet magazines

www.southernliving.com

Southern Living Magazine has its recipe database online

www.cookinglight.com

Search or browse among hundreds of recipes and ideas from Cooking Light magazine.



Industry Web Sites

www.alaskaseafood.org

Need tips for cooking seafood? Watch short video demos of Chef John Ash showing how to grill, pan-sear, saute, poach, steam, broil and roast fish and shellfish. The videos are also available in Spanish!

www.beefitswhatsfordinner.com

Cattlemen's Beef Board and National Cattlemen's Beef Association site.

www.otherwhitemeat.com

National Pork Board

www.eatchicken.com

National Chicken Council

www.eatturkey.com

National Turkey Federation – turkey nutrition and preparation.

www.usarice.com

USA Rice Federation provides consumer and food service recipes and information

www.ilovepasta.org

The National Pasta Association offers recipes, a pasta shape glossary, and how to pair pasta shapes with the right sauce.

www.wheatfoods.org

Wheat Foods Council web site with recipes and a kids' section.

More Useful Web Sites

www.healthykitchens.org

Healthy Kitchens, Healthy Lives is a partnership between the Culinary Institute of America and Harvard Medical School to education health professionals about healthy eating and healthy cooking

www.foodsubs.com

The Cook's Thesaurus is "a cooking encyclopedia that covers thousands of ingredients and kitchen tools."

www.baking911.com

Everything you ever wanted to know about baking!



www.fsis.usda.gov/Fact_Sheets/index.asp

USDA's FSIS Fact Sheets for consumers on a variety of topics including Meat Preparation, Egg Preparation, and Emergency Preparedness.

<http://fruitsandveggiesmorematters.org/>

Centers for Disease Control, Fruits and Veggies Matters Program:

www.foodnetwork.com/

Food Network TV. Look for dietitian Ellie Krieger's show Healthy Appetite.

www.fsis.usda.gov/Food_Safety_Education/index.asp

Food Safety Inspection Services: Food Safety Education:

<http://recipefinder.nal.usda.gov/>

At the Food Stamp Nutrition Connection Recipe Finder site you can search the database of recipes submitted by nutrition and health professionals and organizations.

www.csrees.usda.gov/qlinks/partners/state_partners.html

USDA Cooperative Extension Land Grant University Partner web sites offer a variety of nutrition and culinary education resources.

www.slowfoodusa.org

"Slow Food USA is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America through programs and activities dedicated to Taste Education, Defending Biodiversity and Building Food Communities." Local 'convivia' meet to celebrate the table.

www.oldwayspt.org

Oldways Preservation Trust



Classes and Conferences

- Food and Culinary Professionals DPG events (Culinary Workshops, Educational Trips and much more – www.foodculinaryprofs.org)
- For consumers, some supermarkets offer in-store cooking demos and classes.
- Many Sur La Table kitchen stores offer cooking classes (www.surlatable.com).
- The Culinary Institute of America's "Healthy Kitchens: Healthy Lives" conference is a resource for RDs who want to hone their kitchen skills and learn new techniques/recipes/ideas for inspiring their patients to cook more (www.healthykitchens.org).
- In Manhattan: The Institute of Culinary Education (www.iceculinary.com).

More Resources

“Mom Puts Family on Her Meal Plan,” by Leslie Kaufman, is an excellent, funny article by a working mother who has figured out a way to get dinner on the table each night. It appeared in the New York Times on July 11, 2007. Great inspiration for families. To access the article, you can search the New York Times site and pay \$4.95, or search Google for Mom Puts Family on Her Meal Plan for free access.



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Read it and Eat! Great Books for “Foodies”

The following titles were recommended by FCP members during a two-week period in August 2007 when someone asked list serv members to recommend good food books for a book club.

1. The Kitchen Shrink by Natalie Savona
2. The Omnivore's Dilemma by Michael Pollan
3. The United States of Arugula by David Kamp
4. What To Eat by Marion Nestle
5. Why French Women Don't Get Fat by Mireille Guiliano
6. Alone in the Kitchen with an Eggplant by Jenni Ferrari-Adler
7. Four Seasons in Five Senses by David Mas Masumoto
8. Epitaph for a Peach by David Mas Masumoto
9. Coming Home to Eat by Gary Paul Nabhan
10. Plenty: One Man, One Woman, and a Raucous Year of Eating Locally by Alisa Smith and JB Mackinnon
11. Hope's Edge: The Next Diet for a Small Planet by Frances Moore Lappe and Anna Lappe
12. The Art of Eating by M.F.K. Fisher
13. The Gastronomical Me by M.F.K. Fisher
14. How to Cook a Wolf by M.F.K. Fisher
15. Babette's Feast by Isak Dinesen
16. Like Water for Chocolate by Laura Esquivel
17. Tender at the Bone by Ruth Reichl
18. Comfort Me with Apples by Ruth Reichl
19. Garlic and Sapphires by Ruth Reichl
20. Anatomy of a Dish by Diane Forley
21. A Thousand Years Over a Hot Stove by Laura Schenone
22. From Hardtack to Home Fries: An Uncommon History of American Cooks and Meals by Barbara Haber
23. Julie and Julia: My Year of Cooking Dangerously by Julie Powell



24. Animal, Vegetable, Miracle by Barbara Kingsolver
25. French Lessons by Peter Mayle
26. Hungry Planet: What the World Eats by Peter Menzel
27. We Are What We Ate: 24 Memories of Food
Some of America's best writers recall how food has defined their families, changed their lives and made them what they are today.
28. Grateful Heart Daily Blessings for the Evening Meal from Buddha to the Beatles
29. Backstage with Julia: My Years with Julia Child by Nancy Verde Barr
30. The Unprejudiced Palate by Angelo Pellegrini
31. The Food Lover's Garden by Angelo Pellegrini
32. Bread and Chocolate by Fran Gage
33. Sweet Revenge and other culinary mysteries by Diane Mott Davidson
34. A Gracious Plenty by John T. Edge
35. The Good, Good Pig: The Extraordinary Life of Christopher Hogwood by Sy Montgomery