

All recipes used for SNAP-Ed/EFNEP will be expected to meet the criteria in this document.

Appeal

- Overall flavor, color, texture appeal
- Kid-friendly
- Appropriate for busy households

Ingredients

- Listed in order of use
- Fruits and/or vegetables included whenever possible
- Adaptable ingredients whenever possible (e.g., different forms of fruits and vegetables, kinds of protein, etc.)
- Low cost, readily available, familiar
- Limited number
- Specific (size of can, package, etc.)
- No brand names
- No abbreviations, including for measurement units

Instructions

- Numbered
- Easy to read and follow, using words instead of symbols, e.g., “350 degrees”
- Limited number of steps
- Prep time reasonable
- Only basic equipment required - see our list: <https://www.foodhero.org/kitchen-tools>
- Pan/dish sizes specified

Other

- Title is representative and translates without confusion
- Includes accurate yield (use household measurements if possible)
- Includes nutrition facts label
- Includes Spanish and English versions
- Includes a professional photo of the prepared food or beverage

FoodHero Recipe Criteria



Nutritional Criteria

The recipe must satisfy the following **3** nutritional criteria (serving size criteria are discussed shortly):

- ✓ Recipes for water flavored with fruits, vegetables, spices or herbs with no added sweeteners and minimal calories are exempt from the following nutritional criteria.
- 1. Contains **either** <35% calories from fat, **or** ≤ 3 g fat per serving.
 - ✓ Up to $\frac{1}{4}$ ounce of nuts or seeds per serving may be excluded from fat calculations. Approximate equivalents of $\frac{1}{4}$ ounce = 7 g = 1 Tbsp nuts or seeds = $1\frac{1}{2}$ tsp nutbutter.
 - ✓ One egg per serving may be excluded from fat calculation if the recipe also includes a fruit or vegetable.
- 2. Contains 600 mg or less sodium per serving.
- 3. Follows the guidelines in **part a** below **OR** follows the combination of guidelines in **part b** below.
 - a. For recipes that contain only fruits and/or vegetables with nuts, sugars, oils, herbs, vinegar, and/or salt, one serving follows the guidelines below:
 - Each serving contains an amount of fruit or vegetable defined as:
 - $\frac{1}{2}$ cup fresh, frozen or canned fruit or vegetable
 - $\frac{1}{2}$ cup cooked dry peas, beans or lentils
 - 1 cup leafy greens
 - $\frac{1}{4}$ cup dried fruit
 - 4 ounces fruit or vegetable juice
 - Each serving contains limited amounts of added sugars or caloric sweeteners:
 - Cannot exceed 15% of total calories
 - Concentrated fruit juice sweeteners, jams and jellies count as added sugars
 - Each serving provides 0.014 g or more of fiber per kcal (28 g of fiber/2000 calories)
 - b. For all other recipes, one serving follows one guideline listed below:
 - Good source of vitamin A (>10% Daily Value).
 - Good source of vitamin C (>10% Daily Value).
 - Good source of calcium (>10% Daily Value).
 - Good source of iron (>10% Daily Value).
 - Good source of fiber (>10% Daily Value).
 - Good source of potassium (>10% Daily Value).
 - Good Source of vitamin D (>10% Daily Value).

In addition, one serving follows a second guideline from the list above

Food Hero Recipe Criteria



or one from the following list:

- Has no added sugar (must check ingredients to ensure).
- Contains <5% Daily Value sodium per serving.
- Contains <5% Daily Value saturated fat per serving.
- Contains at least half of grain ingredients as whole grains.

Serving Size Criteria

Food Hero serving size = FDA serving size, found in the document entitled “Reference amounts customarily consumed per eating occasion” and online at: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=21&PART=101&SECTION=12&YEAR=1999&TYPE=TEXT>

Common serving sizes from the FDA document:

- Bakery products: 55g
- Bread products: 50g
- Sweet/quick breads: 55g
- French toast, pancakes: 110 g
- Grains (rice, barley) and pasta: 140 g (prepared)
- Shakes, smoothies, slushes: 240 mL
- Dressings for salads: 30 g
- Meat, fish, poultry, game: 85 g (cooked); 110 g (uncooked); 110 g (cooked in sauce)
- Canned meat, fish: 55 g
- Fruit (fresh, canned, frozen): 140 g
- Beans: 130 g (in sauce); 90 g (plain); 35 g (dry)
- Mixed dishes (casseroles, mac and cheese, pot pies, spaghetti with sauce, stews): 1 cup
- Mixed dishes (burritos, egg rolls, enchiladas, pizza, sandwiches): 140 g
- Salads, pasta/potato: 140g
- Salads, egg/fish, bean, fruit or vegetable: 100 g
- Sauces, dips, gravies, condiments: 2 Tbsp
- Sauces for entrees: 125 g
- Soups: 245 g
- Vegetables (fresh, canned, frozen): 85 g
- Vegetables with sauce: 110 g

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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