

USE APPROVED RECIPES

When Educating Extension Clientele

To prevent foodborne illness, UF/IFAS Extension representatives should only use recipes that have been vetted through testing and evaluation when educating the public. While recipes found online may sound great, many contain outdated advice or do not follow current food safety guidelines. Agents are responsible for ensuring support staff and volunteers use vetted and approved recipes that follow proper food safety guidelines when producing food and nutrition related videos. It is recommended a Family and Consumer Sciences agent with food safety knowledge review the video and/or the recipe prior to posting.

Food Preservation and Storage

Canning, preservation, and storage guidelines have changed over the years. Many USDA procedures have been modified and improved over time and some past procedures have been recognized as unsafe.

For current USDA Food Preservation and Storage guidelines:

https://nchfp.uga.edu/publications/publications_usda.html

USDA, Food Safety and Inspection Services, Safe Minimum Internal Temperature Chart

https://www.fsis.usda.gov/wps/wcm/connect/625d9435-4f14-46feb207-5d6688cb4db5/Safe_Minimum_Internal_Temperature_Chart.pdf?MOD=AJPERES

Sources for Approved Recipes

- 1 Food Safety Partnership
<https://www.fightbac.org/saferecipes>
- 2 SNAP-Ed recipes
<https://snaped.fns.usda.gov/nutrition-education/recipes>
- 3 EFNEP recipes
<https://efnep.ifas.ufl.edu/recipes>
- 4 Fresh from Florida
<https://www.followfreshfromflorida.com/recipes>
- 5 MyPlate Kitchen recipes
<https://www.choosemyplate.gov/myplatekitchen/recipes>
- 6 USDA Team Nutrition recipes
<https://www.fns.usda.gov/tn/team-nutrition-recipes>
- 7 USDA Nutrition.gov-Recipe collection
<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/recipe-collection>

NOTE: When creating food demonstration videos, cite the recipe source used and/or obtain written permission to use the recipe and photos, as needed.

