

# 2015 CSFP Orientation for New States



**A Database with USDA  
Foods Fact Sheets, FNCS  
Recipes, and Useful Nutrition  
information.**

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# CSFP Foods Available for 2015

- **Less sodium**
- **Less sugar**
- **Less fat**
- **More whole grains**



United States Department of Agriculture  
Food and Nutrition Service



# What's Cooking? USDA Mixing Bowl

<http://www.whatscooking.fns.usda.gov/>



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What's Cooking? USDA Mixing Bowl

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Roasted Root Vegetables

## Roasted Root Vegetables

A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.



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# *What's Cooking? USDA Mixing Bowl*

- **Search for USDA Foods Fact Sheets**
- **USDA Foods Fact Sheets translated to Spanish**
- **Search database of 1,300+ household recipes**
- **Nutrient analysis – all recipes**
- **Build a cookbook**
- **Print a ready made cookbook**



# *What's Cooking? USDA Mixing Bowl*

## **Additional Features Coming Soon**

- **Build a menu**
- **Mobile application**
- **Print a shopping list**



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# What's Cooking? USDA Mixing Bowl



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# Household & Material Fact Sheets

Search here to find product information sheets for USDA Foods available to households through the Food Distribution Program on Indian Reservations (FDPIR), the Commodity Supplemental Food Program (CSFP), and The Emergency Food Assistance Program (TEFAP). Staff who operate USDA Foods programs and participants often use this information to help prepare healthy meals. Each fact sheet includes a description of the USDA Foods product, storage tips, nutrition facts, and two recipes that use the product.

Within the table below, X's to the right of a USDA Food indicate that the food is associated with that particular program. For example, "Apples Fresh" is a part of FDPIR (Food Distribution Program on Indian Reservations).

Note: links on this page will open in Adobe Acrobat PDF format. Make sure you have Adobe Reader installed on your computer. You will need this program to view food fact sheets. To request alternative formats for PDF content, visit the [contact page](#).



Codes	USDA Food	Product	CSFP	FDPIR	TEFAP
<a href="#">900514</a> , <a href="#">900515</a> , <a href="#">900510</a> , <a href="#">900511</a>	<a href="#">Apples Fresh</a>	Fruits		X	
<a href="#">100207</a>	<a href="#">Applesauce, Canned, Unsweetened</a>	Fruits	X	X	X
<a href="#">100210</a>	<a href="#">Apricots, Canned</a>	Fruits	X	X	X



# Finding Fact Sheets

UNITED STATES DEPARTMENT OF AGRICULTURE

## Household USDA Foods Fact Sheet



### APRICOTS, CANNED

Date: July 2012 Code: 100210

#### PRODUCT DESCRIPTION

- Canned apricots are U.S. Grade B or U.S. Choice, peeled or unpeeled halves.
- Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

#### PACK/YIELD

- Each can contains about 15.5 ounces, which is about 1 ½ cups or 3 ½ servings (½ cup each).

#### NUTRITION INFORMATION

- ½ cup of apricots count as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- ½ cup of apricots provides ⅓ of daily of vitamin A needs.

#### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, throw it away.



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# Finding Recipes

The screenshot shows the USDA website's 'What's Cooking?' section. At the top left is the USDA logo with the text 'United States Department of Agriculture' and 'What's Cooking? USDA Mixing Bowl'. To the right are links for 'About FNCS', 'Ask the Expert', 'Contact Us', and 'En Español', along with a search bar labeled 'Search FNCS'. Below the header is a navigation menu with 'Home', 'Recipes', 'Cookbooks', and 'USDA Foods Fact Sheets'. The main content area features the 'What's Cooking? USDA MIXING BOWL' logo, which points to a list of recipe categories: 'Household Recipes', 'Large Quantity Recipes', and 'Recetas en Español'. A large blue arrow points from this list down to a search bar labeled 'Search Recipes' with a 'Go' button. To the right of the navigation is a featured recipe card for 'Roasted Root Vegetables', which includes a photo of the dish and a description: 'A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.' Below the photo are navigation arrows and four small circles. At the bottom right, there is a 'Stay Connected' section with social media icons for Facebook, Twitter, YouTube, Email, Pinterest, and RSS.

# Finding Recipes

The screenshot shows the USDA website's 'What's Cooking?' section. At the top left is the USDA logo with the text 'United States Department of Agriculture' and 'What's Cooking? USDA Mixing Bowl'. To the right are navigation links: 'About FNCS', 'Ask the Expert', 'Contact Us', and 'En Español'. Below these is a search bar labeled 'Search FNCS' with a 'Search' button. A main navigation bar includes 'Home', 'Recipes', 'Cookbooks', and 'USDA Foods Fact Sheets'. The 'What's Cooking?' logo is prominently displayed on the left, with links for 'Household Recipes', 'Large Quantity Recipes', and 'Recetas en Español', followed by a large blue downward arrow. The main content area features a large image of a bowl of 'Three Sisters Stew' with a text overlay. The text overlay reads: 'Three Sisters Stew. This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats. Featured in "A Harvest of Recipes with USDA Foods". Adapted from a recipe submitted by Alicson Scott, Chicksaw Nation Get Fresh! Program'. Below the image are navigation arrows and a series of small circles. At the bottom, there is a 'Search Recipes' section with a search bar containing 'Apricots' and a 'Go' button. To the right of the search bar is a 'Stay Connected' section with icons for Facebook, Twitter, YouTube, Email, Pinterest, and RSS.

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What's Cooking? USDA Mixing Bowl

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Search FNCS Search

Home Recipes Cookbooks USDA Foods Fact Sheets

**What's Cooking?**  
USDA MIXING BOWL

Household Recipes  
Large Quantity Recipes  
Recetas en Español

**Three Sisters Stew**  
This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats. Featured in "A Harvest of Recipes with USDA Foods". Adapted from a recipe submitted by Alicson Scott, Chicksaw Nation Get Fresh! Program

Search Recipes

Apricots Go

Stay Connected

Facebook Twitter YouTube Email Pinterest RSS

# Finding Recipes

The screenshot shows the USDA website's recipe search interface. At the top left is the USDA logo with the text "United States Department of Agriculture" and "What's Cooking? USDA Mixing Bowl". To the right are navigation links: "About FNCS", "Ask the Expert", "Contact Us", and "En Español". A search bar labeled "Search FNCS" is positioned in the top right. Below the navigation is a menu with "Home", "Recipes", "Cookbooks", and "USDA Foods Fact Sheets". The "Recipes" tab is selected. A breadcrumb trail shows "Home > Recipes > Household > Apricots". On the left side, there is a "What's? Cooking? USDA MIXING BOWL" logo and a "Search Recipes" section with a search box containing "Apricots" and a "Go" button. Below this is a "Refine your search" section with a blue arrow pointing down to a list of program filters: "Child Nutrition (CNP) (0)", "Food Distribution (FDD) (3)", "MyPlate (CNPP) (4)", and "Supplemental Nutrition Assistance Program (SNAP) (3)". The main content area is titled "Search Recipes" and shows "10 results". A "Sort by" dropdown menu is set to "Best Match". The first result is "Apricot Dessert Topping", which includes a "+ Add to My Cookbook" button, a description: "Canned fruits are a great addition to any meal, so keep them on hand. Use canned apricots as a delicious dessert or topping for any dessert.", a "Rating" of five stars, and "Makes: 6 Servings". The second result is "Refreshing Apricot Smoothie", which includes a "+ Add to My Cookbook" button, a description: "This recipe combines canned apricots and yogurt for a delicious smoothie. Consider canned apricots as a delicious dessert or snack served directly from the can.", a "Rating" of five stars, and "Makes: 2 Servings".

# *‘What’s Cooking?’* Search Filters

- **Tailor food demonstrations**
- **Focus on nutrients during nutrition classes**
- **Conduct a ‘How to Read a Recipe’ session**



## Nutrition Focus - Food Groups

- Eat more fruits and vegetables (451)
- Eat more whole grains (190)
- Go lean with protein (124)
- Eat more seafood (26)
- Switch to fat-free or low-fat dairy (71)

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## Nutrition Focus - Nutrients

- Reduce sodium (333)
- Get more calcium (78)
- Eat fewer empty calories (202)
- Eat less saturated fats, trans fats and cholesterol (724)



# *'What's Cooking?'* Search Filters

- Search by equipment needed to prepare the recipe
- No Cooking Required search

## Cooking Equipment

- Blender (82)
- Grill (8)
- Microwave (53)
- Oven (424)
- Skillet (293)
- Slow cooker (4)
- Steamer (10)
- Stovetop (569)
- Toaster (6)
- Toaster oven (3)
- Wok (8)
- No Cooking Required (248)



# USDA Foods Fact Sheet Information

- **Product Description**
- **Pack/Yield**
- **Uses and Tips**
- **Nutrition Information**

# USDA Foods Fact Sheet Information

- **Food Safety Information**
- **Nutrition Facts Label**
- **Recipes**

**Thank You! Mary and I will answer questions at this time.**