



Holiday Food and Nutrition Resource List November 2012

This publication is a collection of food and nutrition resources for holidays and celebrations. Resources include books and Web sites on the topics of cooking holiday foods, food safety at the holidays, and healthy holiday eating. The books can be borrowed from your local library or purchased from your local book store.

Materials may be available to borrow from the National Agricultural Library (NAL) collection but are not available for purchase from NAL. Lending information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/holiday.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

Table of Contents:

- I. Cookbooks
- II. Electronic Resources
 - A. Food Safety
 - B. Healthy Eating

I. Cookbooks

The All American Christmas Cookbook: Family Favorites from Every State

Georgia Orcutt and John Margolies

San Francisco, CA: Chronicle Books, 2008. 128 pp.

Description: Highlights regional favorites and classic holiday recipes from each state.

Around the World Cookbook

Abigail Johnson Dodge

New York, NY: DK Publishing, 2008. 125 pp.

Description: Provides information about different world regions and explains how to prepare select food staples from those regions.

Betty Crocker's Party Book

Hoboken, NJ: John Wiley & Sons, 2009. 176 pp.

Description: Gives recipes for holidays celebrated throughout the year, as well as tips on hosting meals, meal planning, spice use, and food presentation.

Big Book of Holiday Cooking

Ashley Strickland

Des Moines, IA: Oxmoor House, 2012. 368 pp.

Description: Provides recipes and meal planning tips for holiday celebrations.

Cooking Light Annual Recipes Cookbook

Des Moines, IA: Oxmoor House, 2012. 432 pp.

Description: Offers low-fat recipes created by dietitians and culinary professionals.

Cooking Light Cooking Through the Seasons

Des Moines, IA: Oxmoor House, 2010. 400 pp.

Description: Presents recipes that highlight foods during their peak seasons.

Fix-It and Forget-It® Christmas Cookbook: 600 Slow Cooker Holiday Recipes

Phyllis Pellman Good

Intercourse, PA: Good Books, 2010. 284 pp.

Description: Features holiday-themed recipes for preparing in a slow cooker. Includes tips and ideas for planning holiday gatherings.

Holiday Secrets

Weston, FL: Food and Health Communications, 2010. 114 pp.

Description: Offers healthy holiday recipes. Includes tips for managing weight as well as guidance for individuals with diabetes.

Jewish Holiday Cooking

Jayne Cohen

Hoboken, NJ: John Wiley & Sons, 2008. 572 pp.

Description: Includes recipes for all of the major Jewish holidays, along with guidance on celebrating each occasion.

The Light Jewish Cookbook: Recipes from Around the World for Weight Loss and Health

Sylvie Jouffa and Annick Champetier De Ribes

London, England: Souvenir Press, 2009. 208 pp.

Description: Presents low-fat versions of traditional Jewish recipes and meals.

Quick and Easy Vegan Celebrations: Over 150 Great-Tasting Recipes Plus Festive Menus for Vegetantastic Holidays and Get-Togethers All Through the Year

Alicia C Simpson

New York, NY: The Experiment, 2010. 296 pp.

Description: Gives vegan holiday recipes. Includes gluten-free and soy-free recipes.



Vegan Holiday Kitchen

Nava Atlas

New York, NY: Sterling, 2011. 320 pp.

Description: Offers vegan recipes for special occasions and holidays. Includes information for simple meals, as well as brunches and buffets.

Winter Harvest Cookbook

Lane Morgan

Gabriola Island, Canada: New Society Publishers, 2010. 288 pp.

Description: Provides ideas on how to incorporate local produce into meals during the winter months. Includes ingredient definitions, menu suggestions, and lists of resources.

II. Electronic Resources

A. Food Safety

Food Safety in All Seasons

Fight BAC! Partnership for Food Safety Education

Web site: <http://www.fightbac.org/safe-food-handling/safety-in-all-seasons>

Description: Lists articles on food safety measures for special events throughout the year.

Food Safety Tips for Healthy Holidays

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>

Description: Discusses four ways (clean, separate, cook, chill) to prevent foodborne illnesses during the holidays.

Food Storage Guide

North Dakota State University

Web site: <http://www.ag.ndsu.edu/pubs/yf/foods/fn579.pdf>

Description: Gives information on proper storage of foods and how long it can be stored before its quality deteriorates or the food is no longer safe.

Holiday Food Safety

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/food/resourcesforyou/consumers/ucm188807.htm>

Description: Provides resources to promote food safety during the holiday season. Includes video clips and information on safe handling of ready-to-cook foods.

Holiday Food Safety

Academy of Nutrition and Dietetics

Web site: <http://www.eatright.org/Public/content.aspx?id=6377#.UH7KNK6cfx0>

Description: Presents information on food safety during the holiday season including eating out and preparing food at home.



Holidays: General Information

U.S. Department of Health and Human Services

Web site: <http://www.foodsafety.gov/keep/events/holidays/index.html>

Description: Includes links to podcasts on keeping food safe during the holidays, also provides tips for mailing and receiving food packages.

Seasonal Food Safety

Food Safety and Inspection Service, U.S. Department of Agriculture

Web site:

http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp

Description: Promotes food safety practices through a series of fact sheets. Topics include sending food gifts in the mail, holiday cooking and cooking for groups.

Thanksgiving Food Preparation Tips

University of Nebraska-Lincoln Extension

Web site: <http://food.unl.edu/web/safety/thanksgiving-food-prep>

Description: Offers food safety and cooking suggestions for planning and preparing a Thanksgiving meal.

B. Healthy Eating

Celebrating Holidays with Food Allergies

Kids with Food Allergies

Web site: <http://www.kidswithfoodallergies.org/resourcespre.php?id=88>

Description: Guides families in decreasing food allergy risks during holiday meals.

ChooseMyPlate.Gov

USDA, Center for Nutrition Policy and Promotion

Web site: <http://www.choosemyplate.gov/>

Description: Provides nutrition tools to help balance healthy eating and physical activity. Includes a tip sheet on making celebrations fun, healthy and active (<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf>)

Happy and Healthy Celebrations

USDA, Center for Nutrition Policy and Promotion

Web site: <http://www.choosemyplate.gov/Bday/celebrations.html>

Description: Promotes healthy eating during parties and celebrations. Resources include recipes, party planning tips, activity ideas and checklists.

Holiday Eating Tips from MyPlate

Clemson Cooperative Extension

Web site: http://www.clemson.edu/extension/hgic/hot_topics/2011/pdf/htn%201211.pdf

Description: Gives tips for keeping a healthy, balanced plate during holiday meals both at home and at restaurants.



Holiday Meal Planning

American Diabetes Association

Web site: <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/>

Description: Summarizes guidelines for managing diabetes during the holidays.

Holiday Resources

Food and Health Communications

Web site: <http://www.foodandhealth.com/products.php?cat=10>

Description: Displays handouts, fact sheets and recipes on healthy holiday eating.

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