

F4H OVERVIEW

For Cooking Incentives and Bonus Items:

- Use available and cost-effective resources.
- Highlight that they are to encourage healthful cooking at home. Cooking can assist in making good food choices.
- Get feedback from participants about what they found most helpful.
- Participants may only take one incentive and one bonus item per distribution they attend.

F4H Healthful Cooking Incentives

- List of incentives for each distribution
 1. Can-openers and pot-holders
 2. Mixing bowls
 3. Cutting boards
 4. Tupperware
 5. Aluminum foil/parchment paper
 6. Peelers
 7. Ziploc bags
 8. Measuring spoons and measuring cups
 9. Utensils (variety)
 10. Colander
 11. Grater
 12. Pyrex liquid measuring cup

Other Incentive Options:

- Wooden/plastic spoon set, strainer/colander, spatula set, kitchen scissors, rubber scrapper, rubber square oven mitt, small collapsible funnel

F4H Bonus Items

- List of bonus items for each distribution
 1. Olive Oil
 2. Garlic Powder and Vinegar
 3. Corn Starch and Cinnamon
 4. 100% Whole Grain Sandwich Thins or 100% Whole Grain Tortillas (nature valley granola bars/popcorn)
 5. Plain, Non-Fat Yogurt
 6. Seasonings (Cumin, Chili Powder, Paprika, Italian Seasoning)
 7. Baking Powder
 8. Cooking Spray
 9. Seasonings (Cumin, Chili Powder, Paprika, Italian Seasoning)
 10. No Salt Added Chicken Stock
 11. Sparkling Water + 100% Juice
 12. Canola Oil

F4H MyPlate Handouts (English & Spanish)

- List of handouts for each distribution
- Handouts can be found at [ChooseMyPlate.gov](https://www.choosemyplate.gov).
 1. Choose MyPlate
 2. Add More Vegetables
 3. Focus on Fruits
 4. Make Half Your Grains Whole
 5. Dairy Today
 6. Protein Foods
 7. Build a Healthy Meal
 8. Smart Shopping
 9. Salt and Sodium
 10. Enjoy Your Food
 11. Better Beverage
 12. Be Food Safe

F4H Recipes (English and Spanish)

- Print recipes in accordance to produce given that week.
 - Recipes can be found at ntfb.org/recipes
- 1-2 recipes per distribution is sufficient.