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## December 2007: Cooking with the Federal Government

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## Government Documents at Dacus Library



Laura Bush and the Gingerbread White House



Christmas with the Eisenhowers

# Happy Holidays!

Classes are over and it's time to get out the recipe books and index cards for the annual holiday baking. What? Your index cards are missing? The recipe book had a tragic accident? Don't worry! The United States Government can help!

## Cooking with the Federal Government



# Presidential and Congressional Recipes

Try [Senate Bean Soup](#) served daily in the Senate's restaurant  
Whip up [George Washington's Cranberry Pudding](#), a colonial favorite.  
How about Senator Barbara Milulski's [Favorite Crab Cake Recipe](#)?  
An all time favorite, [Harry and Bess Truman's Mac and Cheese](#).  
Burgoo? One of Senator Mitch McConnell's [Home Cookin' Kentucky Recipes](#).  
Enjoy a warm White House beverage with [Laura Bush's Hot Chocolate](#).  
Hot Chocolate would go great with [Mamie Eisenhower's Million Dollar Fudge](#)!  
For a complete holiday menu, [Special Recommended Recipes For the Holidays](#), includes recipes donated by Congressmen, Senators and Governors to Virtual Cities' *1<sup>st</sup> Traveler's Choice Internet Cookbook*.

## Recipes from Government Agencies

**Library of Congress** [Recipes by Region](#)

**National Food Service Management Institute** [USDA Recipes for Schools](#)

**National Park Service** [Pioneer and Indian Recipes](#)

**National Heart, Lung, and Blood Institute** [Keep the Beat: Heart Healthy Recipes](#) (PDF), [Dash Recipes](#), [Delicious Heart Healthy Latino Recipes/Platillos Latinos Sabrosos Y Saludables](#) (Bilingual English, Spanish), [When Delicious Meets Nutritious: Recipes For Heart Health](#), [Stay Young At Heart Recipes: Cooking The Heart Healthy Way](#) , [Eat Better: Recipes](#)

**Department of Health and Human Services** [Fruit and Vegetable Recipes](#) (Choose recipes and make your own cookbook), [A Healthier You](#), [American Indian Recipes: Diabetes](#)

**National Diabetes Education Program** [Recipe and Meal Planner Guide](#)

**National Cancer Institute** [Recipes for Better Nutrition](#)

**Department of Agriculture** [Farmers' Market Recipes](#), [Food Stamp Nutrition Connection: Recipe Finder](#); Team Nutrition: [Cooking with Kids: Recipes and Menu Planning](#), [Child care recipes: for food health and fun](#) , [A River of Recipes: Native American Recipes Using Commodity Foods](#)

For a guide to food storage and other food safety tips, go to [foodsafety.gov](http://foodsafety.gov) – Gateway to Government Food Safety Information.

## Cooking for a Crowd? Military Recipes

### **Armed Forces Recipe Service**

Recipe cards for the Army, Navy, Air Force and Marines: [Index of Recipes](#)

Menu guide for food service in base camp settings: [Contingency Operations 21 DAY Menu](#)

## Recipes in the Government Documents Department of Dacus Library

**A tool kit for healthy school meals : recipes and training materials : USDA's new school lunch and breakfast recipes.** U.S. Dept. of Agriculture, 1995. Call # A 1.2:M 46/3.

**Recipes and tips for healthy, thrifty meals.** U.S. Dept. of Agriculture, Center for Nutrition Policy and Promotion, 2000. Call # A 1.2:R 24/2. [PDF Full-text.](#)

**Nutrition, eating for good health.** United States Department of Agriculture, 1993. Call # A 1.10:993.

**Team Nutrition's food, family and Fun : a seasonal guide to healthy eating : commemorating 50 years of school lunch.** U.S. Dept. of Agriculture, Food and Consumer Service, 1996. Call # A 98.8:F 21.

**Team Nutrition's teacher handbook : tips, tools, and jewels for busy educators.** Food and Consumer Service, U.S. Dept. of Agriculture, 1997. Call # A 98.8:T 22.

**Down home healthy cookin' : recipes and healthy cooking tips.** National Institutes of Health, National Cancer Institute, 2000. Call # HE 20.3152:C 77/2000.

**Down home healthy cookin' : family recipes of Black American chefs.** National Institutes of Health, National Cancer Institute, 1994. Call # HE 20.3152:R 24/2.

**Celebre la cocina hispana: healthy Hispanic recipes.** Institutos Nacionales de la Salud, Instituto Nacional del Cáncer, 2000. Call # HE 20.3152:R 24/3/2000

**Eat right to help lower your high blood pressure.** National Institutes of Health, National Heart, Lung, and Blood Institute, 1992. Call # HE 20.3202:EA 8/3.

**Heart health-- your choice.** National Cholesterol Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health, 1992. Call # HE 20.3202:H 35/16.

**Heart-healthy home cooking African American style.** National Institutes of Health, National Heart, Lung, and Blood Institute, and Office of Research on Minority Health, U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung, and Blood Institute, 1997. Call # HE 20.3202:H 75. [PDF Full-text](#).

**Eating for a healthy heart.** U.S. Food and Drug Administration, 1996. Call # HE 20.4002:H 34/3.

Many of these items are on display in the Government Documents Department of Dacus Library. The exhibit will run through the end of January.

**Have a Safe and Happy Holiday!**

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