

FAMILY FAVORITES!

Find new recipes your family will love

Every recipe website is different. And sometimes, it can be difficult to find what you need right away! The tips below will help you use common features of a recipe website.

FEATURED RECIPES

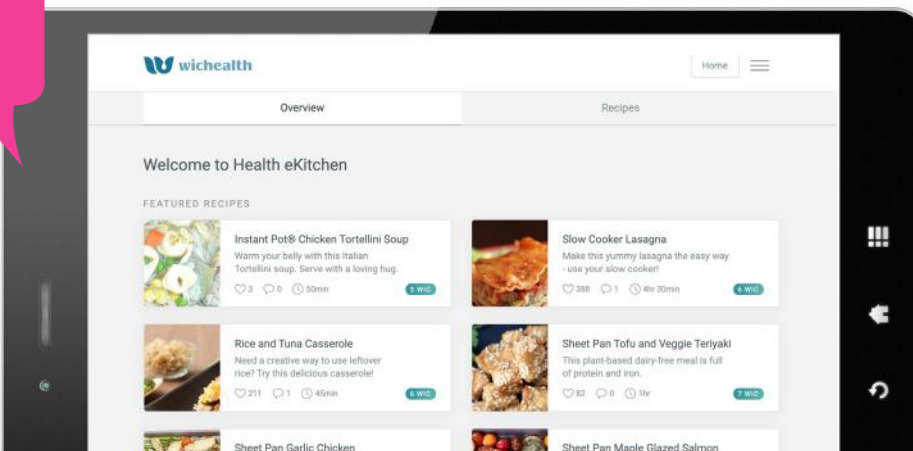
A great place to explore recipes is on the “Featured Recipes” section often found on the homepage of the recipe site. Featured recipes may be seasonal, newly added, or the most popular recipes on the website.

SEARCH BY INGREDIENT

Most recipe sites allow you to search by a specific ingredient like “carrots”. The search results will show you all recipes that have carrots as an ingredient.

BROWSE BY CATEGORY Most recipe sites have a “browse by” category or “filter by” feature. Typical categories include meal type, cooking method, cuisine type, cooking time, or special diet types.

** Use Health eKitchen on wichealth.org to search for recipes!*



SITE SEARCH

Many recipe websites feature a magnifying glass image that allows you to quickly search the entire website for a word or phrase. After selecting this magnifying glass, you can type in what you are searching for. For example, you could search “recipes” or “dairy-free”.

NUTRITION DETAILS

Look for recipes that list the number of servings and the nutrition information like calories, fats, sugar, sodium, fiber, and other nutrients.

Nutritional Information	
Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 10	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Sugars 5g	
Protein 5g	
Vitamin A 10%	Vitamin C 40%
Calcium 2%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



LESSON:
FINDING RECIPES
THAT WORK

COMMON RECIPE CATEGORIES INCLUDE:

MEAL TYPE

Breakfast, Lunch, Dinner, Snack

COURSES

Main Meal, Bread & Rolls, Side Dishes, Salads, Soup, Dessert, Appetizer

SPECIAL DIETS

Egg Free, Vegetarian, Nut Free, Gluten Free, Dairy Free

SEASONAL/EVENTS

Winter Holidays, Fall Feasts, Spring Parties, Summer Cookouts

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LESSON: FINDING RECIPES THAT WORK

Take This Lesson Learn:

- How to search for recipes on your favorite website.
- How to use *Health eKitchen*.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Finding Recipes That Work**

SEARCH FOR NEW RECIPES ON WICHEALTH.ORG!

These simple steps will help you find delicious, nutritious recipes to make with WIC approved ingredients.

STEP 1

Use your WIC Food List to plan your search.

STEP 2

Login to wichealth.org and scroll down to *Health eKitchen*.

STEP 3

Select **View Recipes**.

STEP 4

If you want, you can start by reviewing the Featured Recipes in the *Health eKitchen* Overview.

STEP 5

- Select **Recipes** in the top navigation.
- Type ingredient into the search bar.
- Matching recipes will appear below the search bar.

STEP 6

Use the filter feature to narrow down the options. You can filter by **Cooking Method**, **Difficulty**, or **Recipe Type**.

STEP 7

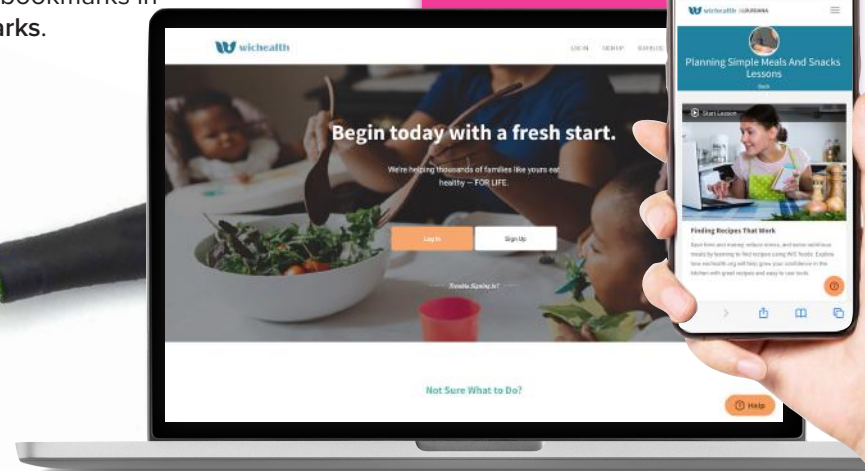
Figure out if you have enough time to prepare the recipe you have chosen. You can find the **total time** needed under the recipe image on the recipe page.

STEP 8

To use more of your WIC foods, choose recipes that have a high number of **WIC Ingredients**.

STEP 9

Bookmark your favorite recipes so you can return to them quickly! You can find your bookmarks in the Recipes tab under **My Bookmarks**.



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