HCFS Sample Local Foods Menu
Recipes from CACFP’s Healthy Meals Initiative Menu & Recipe Guide

Start small – pick one item to introduce and ease into it!

**Breakfast:**
- 1% Milk
- Warm Apples¹ with Cinnamon
- Cracked-Wheat Cereal²

**Lunch:**
- 1% Milk
- Applesauce³
- Broccoli⁴, Carrots⁵, or Green Beans⁴
- Chili⁶, ⁷, ⁸
- Cornbread², ⁴

**Snack:**
- Cottage Cheese or Plain Yogurt
- Fruit Sauce¹ (can also be used at breakfast on whole wheat² waffles)

1. **Local apples, peaches, pears, or berries** – for winter use see “Unsweetened Packs for Freezing Fruits” at [http://nchfp.uga.edu/howfreeze/unsweet_pack.html](http://nchfp.uga.edu/howfreeze/unsweet_pack.html). This preservation method can also be used for bulk, non-local fruit (i.e. Bountiful Baskets).

2. **Local cracked-wheat cereal** and **whole wheat flour** is available in bulk from Blue Horizon Farm. The cereal has been used by Durango 9-R School District for local meals, and is available from several local retailers. [http://www.bluehorizonsfarminc.com/prod01.htm](http://www.bluehorizonsfarminc.com/prod01.htm). **Local enriched all purpose flour** (Blue Bird Flour) is available at local retailers or directly from Cortez Milling [http://cortezmilling.com/](http://cortezmilling.com/) - this is necessary for most HMI baked goods recipes but does not qualify as whole grain without using whole wheat flour as well.

3. **Applesauce** can be made using the HMI recipe (no sugar!), but consider leaving out the spices and freezing as described at: [http://www.extension.umn.edu/food/food-safety/preserving/fruits/freezing-apples-and-applesauce/](http://www.extension.umn.edu/food/food-safety/preserving/fruits/freezing-apples-and-applesauce/)

4. **Local veggies** – many veggies freeze very well for winter use (information can be found at [http://nchfp.uga.edu/howfreeze.html](http://nchfp.uga.edu/howfreeze.html)).

5. **Local root crops** (carrots, potatoes, beets) store well for an extended period under refrigeration; local winter squashes and onions store well in cool, dry conditions like an unheated closet or pantry!

6. **Local ground beef** can be obtained from several local suppliers – check with Sunnyside Meats, where Durango 9-R School District obtains their local ground beef.

7. **Pinto beans** (and other dry bean varieties) are grown in the Dove Creek area and area available at some local retailers. Certified organic beans are available. [https://www.anasazibeans.com/shopping/beans.html](https://www.anasazibeans.com/shopping/beans.html) Dry beans can be cooked up in bulk and frozen for ease of use.

8. **Tomatoes** – can be frozen in several forms – try freezing stewed tomatoes or pureed tomato sauce for use in tomato-based dishes. [http://nchfp.uga.edu/howfreeze/tomato.html](http://nchfp.uga.edu/howfreeze/tomato.html)

**Local Foods Shopping List**

**Fresh in Season, Frozen for Winter:**
- Apples, Pears, Peaches¹
- Veggies⁴ (Broccoli & Green Beans)
- Tomatoes⁸

**Stores Well in Refrigerator:**
- Root Veggies⁵ (Carrots & Beets)

**Available Year-Round:**
- Cracked-Wheat Cereal²
- Whole Wheat Flour²
- Ground Beef⁶
- Dry Beans⁷ (Pinto, Anasazi, & Black)

Disclaimer: Please use your professional experience, and check with your agency, regarding reimbursement and food safety.