



HCFS Sample Local Foods Menu

Recipes from CACFP's Healthy Meals Initiative Menu & Recipe Guide
https://www.colorado.gov/pacific/sites/default/files/PF_CACFP_HMI-Menus-and-Recipe-Guide.pdf

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
 Chili^{6, 7, 8}
 Cornbread^{2, 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 “Unsweetered Packs for Freezing Fruits” at http://nchfp.uga.edu/how/freeze/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>. **Local enriched all purpose flour** (Blue Bird Flour) is available at local retailers or directly from Cortez Milling <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/>

⁴ **Local veggies** – many veggies freeze very well for winter use (information can be found at <http://nchfp.uga.edu/how/freeze.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.anasazibean.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/how/freeze/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.*