

Bricolage, Bricoleur - “[The Bricoleur's] universe of instruments is closed and *the rules of his game are always to make do with ‘whatever is at hand,’* that is to say with a set of tools and materials which is always finite and is also heterogeneous because what it contains bears no relation to the current project, or indeed to any particular project, but is the contingent result of all the occasions there have been to renew or enrich the stock or to maintain it with the remains of previous constructions or destructions.” The figure of the bricoleur describes the activity of the savage mind-it stands in contrast to the engineer, which describes the scientific mind (theorizing, generating new methods and tools, etc. “The elements which the ‘bricoleur’ collects and uses are ‘pre-constrained’ like the constitutive units of myth, the possible combinations of which are restricted by the fact that they are drawn from the language where they already possess a sense which sets a limit on their freedom of maneuver”

The Savage Mind (1966) Claude Lévi-Strauss

Disclaimer:

THIS proposal is not a request for funding or employment. It is presented, without conditions or restrictions, as a possible plan of action, or framework for action, in the hope of improving the quality of life and reducing societal costs.

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¹ Vita available <http://mcduffee-associates.us/vita.htm>

Executive Summary
-≡≡ SNAP Effectiveness Improvement Initiative ≡≡-

The objective of this proposed initiative is to simultaneously reduce the total aggregate societal cost of the Supplementary Nutritional Assistance Program [SNAP], while significantly improving its effectiveness, and improving the participants feelings of accomplishment by more active involvement in their food selection, preparation and serving/consumption process.

The existing SNAP program, while generally providing adequate caloric intake, *is still resulting in significant malnutrition*, primarily because of suboptimal food selection resulting in a gross over-consumption of sugars, saturated fats and hydrogenated oils, salt, and over-processed carbohydrates. In turn, this pattern of food consumption is resulting in significant increases in dietary related diseases such as obesity, diabetes, heart/vascular problems, renal failure, stroke, blindness, behavioral problems [ADHD] and amputations. A corollary problem is a rise in preventable food-borne illness such as diarrhea and “stomach flu,” due to improper food handling, preparation, and storage, particularly in small children. *All of these (largely avoidable) problems, particularly in the lowest income [SNAP] levels of society, must be treated at enormous public expense, generally in emergency rooms and on Medicaid, with large individual “opportunity costs” losses because of lost work time and disability.*

The large majority of people want to do “better.” There are three major sequential reasons why they don't/can't:

- * They don't understand what “better” is;
- * They lack the training and tools needed to do “better” once they understand what “better” is; and/or
- * They lack the necessary supplies to do “better” on an ongoing basis once they have the understanding, tools, and training.

As detailed in the following pages, this initiative will address each of the three above problems, by re-purposing/re-prioritizing existing activities, and reallocating existing resources of both time and money, thus will do so with minimal or no additional funding.

While some cost avoidance will result on the individual level because of reduced food costs and improved quality-of-life, the large majority of cost avoidance will result from the reduction in dietary related illness, and the resulting public expense to treat, over the lifetime of the individuals on SNAP.

Although SNAP is mentioned repeatedly, this initiative is applicable to all citizens, regardless of income level, as dietary illnesses are no respecter of income.

Be warned, that although this initiative has very large long-term cost avoidance potential for the aggregate economy, several high income/profile economic sectors will be adversely effected, such as snack/convenience food manufacturers/distributors/retailers and fast food outlets, so considerable “push back” should be expected as the initiative is implemented and becomes successful.

Important Reservations and Limitations

- SNAP is the acronym for Supplementary Nutritional Assistance Program. The key word is *Supplementary*. The program was never intended to provide the total nutritional needs of an individual, but rather to augment their existing diet. **SNAP in isolation, as presently funded and administered, will never provide adequate nutrition and was never intended to do so.**
- While the challenges listed are indeed serious, and **must** be addressed, the SIIP is palliative and ameliorative only, and does not address the foundational problem of low and declining real wages, combined with **minimal internalized dietary knowledge**, amplified and exacerbated by extremely effective ad campaigns (much of it targeted at children) promoting highly-processed, snack and fast foods.
- The highest inflation-adjusted gross minimum wage was April 1968² @CY\$1.60 (CPI-U=34.4). 2013 YTD CPI-U average = 233.0³. Inflation adjusted April 1968 gross minimum wage as of Dec 2013 = \$11.17.
- “Social Safety-Net” program individual allocations are similar, in that while increases have occurred, *such increases were below the rate of inflation*, operationally resulting in cuts of 25% or more from the recipients' perspective.
- “Globalization,” “Technology,” and the 2008 economic collapse, have resulted, and are resulting, in seismic changes in the U. S. economic structure, with the disappearance of entire sectors and the jobs these provided, and gross changes in the “conditions of employment” such as job stability and benefits such as defined benefit pension plans and medical insurance.

SIIP does not, **and indeed cannot**, address these foundational problems, other than attempting, in a small way, to off-set the pervasive and constant marketing of prepared, snack and fast foods.

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² [Http://www.mcduffee-associates.us/PE/minwage%26unemp.xls](http://www.mcduffee-associates.us/PE/minwage%26unemp.xls)

³ <ftp://ftp.bls.gov/pub/special.requests/cpi/cpiat.txt>

**In too many cases discussion between right⁴ and left⁵
becomes a rancorous disputation, and the far more important
consideration of right and wrong is never considered.**

Variously attributed

Please note the citations and references are, when practicable, are drawn from contemporary [as of December 2013] popular sources rather than turgid academic studies (such as this proposal) and arcane governmental reports. In most cases the sources cited have references to the underlying studies and reports, but are written in a way to allow easier comprehension by the non-specialist reader.

Summary of S. E. I. I. Goals and Objectives

- Correct in a few weeks the neglect of 10 years of intra-family observation and imitation, with guided practice, and the omission of 1 to 2 semesters of instruction in the public high schools.
- **Offset a pervasive marketing campaign** for highly processed, snack and fast foods.
- Provide (or replace) a minimal set of cookware, which has either never been accumulated, or has been lost to bankruptcy and foreclosure because of the resulting lack of secure storage.
- Make available⁶, on a sustainable and ongoing basis, healthy foods, especially fresh fruits and vegetables, at affordable prices at accessible times/locations⁷.

A CHAIN IS NO STRONGER THAN ITS WEAKEST LINK...

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4 One America believes in the ethos of individualism: the independent citizen, the rugged individual, the Lone Ranger who goes it alone.

5 "No one can do it for you, but you can't do it alone."

6 <http://billmoyers.com/content/an-oasis-in-a-food-desert/>

7 <http://www.nolafood.coop/category/mobile-market/>

Statement of Problem

Because of continuous and accelerating socioeconomic, demographic, and cultural change, from at least the end of the cold war, possibly much earlier, a substantial and increasing social stratum, both in absolute terms, and as a fraction of the population (1 in 7 or c.15% in the aggregate), of less affluent and increasingly dispirited individuals, has been emerged.

The specific problem addressed by this proposal is malnutrition of this, and other groups, in the Republic of United States in the second decade of the 21st century. At this time their caloric intake is adequate, indeed, in far too many cases, more than adequate, as evidenced by a pandemic of obesity^{8 9}, largely due to over-consumption of sugar, refined/modified carbohydrates, saturated/hydrogenated oils, and deficiencies of vitamins and essential minerals due to excessive food processing.

There are two major areas of concern:

- Despite massive efforts by governmental organizations, non-governmental organizations, and individuals, it is clear the existing food assistance programs at the current levels are unsustainable, and the trends clearly indicate an increasing need for additional food assistance¹⁰, not only in the United States, but world-wide.
 - The temporary increase in the individual allotment of the major domestic food assistance program SNAP [Supplementary Nutritional Assistance Program] has expired, returning to the pre recession levels.
 - Several senior members of the House leadership have expressed their intention to slash SNAP funding and individual allotments even further^{11 12}.
 - The main agriculture appropriations/authorization bill, which funds production through price supports is stalled in Congress. As high as the direct food security costs are, these are dwarfed by the projected social and medical costs resulting from the mis/mal nutrition of the less affluent stratum, such as heart/vascular, disease, diabetes, stroke, and disability. In most cases, the costs of these conditions must be funded by the taxpayers as these individual have no money. Even if the ACA [Affordable Care Act] provides medical coverage, the additional costs will be passed on, through increased premiums rather than taxes, and the disability costs will still have to be underwritten by the local social service agencies, again funded by the taxpayers.
 - Because of the typical unhealthy American diet/lifestyle, primarily the gross over-consumption of prepared and processed foods, e. g. meat and sugar, the medical and social costs of even the more affluent strati are expected soar.

8 <http://www.pbs.org/newshour/rundown/2013/04/how-us-obesity-compares-with-other-countries.html>

9 <https://www.youtube.com/watch?v=NfxFn1lqHo4>

10 <http://news.yahoo.com/homelessness-demand-food-increase-us-city-survey-022053831.html>

11 <http://www.mysanantonio.com/opinion/commentary/article/Latest-in-vooodoo-economics-It-s-kind-to-starve-5056301.php>

12 <http://cjonline.com/news/state/2013-12-17/report-kansas-use-tanf-poor-families-falls-short>

Socioeconomic¹³ ¹⁴, Cultural, and Demographic¹⁵ facets of the problem

- It took generations to develop the cooking skills and techniques, which our parents and grandparents took for granted, required to economically, quickly, safely, and easily prepare food, which were largely passed between generations through the traditional process of observation and imitation, not formal instruction.
- This chain of knowledge transmittal was broken by several factors which include, but are not limited to:
 - **lack of significant contact** between generations, primarily because both parents must be gainfully employed, exacerbated by excessive social activity of the children. [*This has serious effects in many other areas besides food/nutrition.*]
 - **Promotion, bordering on propaganda/brainwashing**, of the benefits and status of prepared/processed foods and “fast foods,” e.g. “Happy Meals, frosted cold cereals” all of which promote gross over-consumption of salt, sugar, high fructose corn syrup, saturated fats, hydrogenated oils, modified starches, and meat.
 - **Denigration of good thrifty/economical home cooking** and good home cooks, especially women, even as celebrity chefs attained rock star status.
 - **Promotion of conspicuous consumption, invidious comparison and planned obsolescence** in the consumer preparation of food, the utensils used, and food itself over the last 50 years, even as consumer preparation of the food they consume has dwindled. This all too frequently results in the subliminal (possibly conscious) belief that *because I don't own and can't afford the latest cooking “bling,”* such as food processors, blenders, convection/steam ovens, exorbitantly expensive stainless/enamelled cookware and celebrity chef touted knives/utensils, *I can't cook - BWAAAAAAAAAAAAAAAAAAAAAAAAAAAAA.*
 - **Elimination in many areas of the corner grocery**, such that extensive travel and use of a car is required to access reasonably priced food¹⁶ (and many other mainstream services¹⁷) and *especially fresh fruits and vegetables*. That is, in many areas the accessible *local* [walking distance with a full shopping bag] stores carry only a limited selection of the highest priced prepared/preserved items with the longest storage life *and no fresh foods*. [**food deserts**¹⁸]

13 <http://www.theseelfpublishingdirectory.com/ddata/112.pdf>

14 <http://www.ncbi.nlm.nih.gov/pubmed/23637743>

15 <http://www.businessballs.com/demographicsclassifications.htm>

16 [http://www.lasvegasnevada.gov/files/Food Access Policy Guide .PDF](http://www.lasvegasnevada.gov/files/Food%20Access%20Policy%20Guide%20.PDF)

17 http://www.pbs.org/newshour/bb/business/july-dec13/cashonly_12-15.html

18 <http://apps.ams.usda.gov/fooddeserts/foodDeserts.aspx>

- **Elimination of Home Ec classes** in almost all schools. Far from eliminating these classes, these should have been revised and required of both genders, covering the material proposed in the SIIP syllabus (and much more, e.g. personal finance, selection and care of clothing, child rearing, etc. as preparation for productive adult life).
- **Overt and subliminal promotion by the mass media of totally unrealistic expectations and unsustainable/unrealistic lifestyles**^{19 20}, for example the single and childless hedonistic lifestyle, stressing dining out and exotic foods, rather than prudent and thrifty life styles and food choices.
 - **Unjustifiable and unsustainable sense of entitlement**, for example expectation of not only meat at every meal, but meat as a major component of every meal.
- **Operationally, SIIP is an effort in life style management**²¹ for a diverse group of people in dire common economic circumstances, with minimal assets, in the specific areas of food and nutrition. Given the incessant and effective advertising and indoctrination promoting the “American lifestyle” [in the pejorative sense] this will be a challenge, but as the pernicious “American lifestyle” can no longer be sustained by these individuals, who are rapidly increasing as a fraction of the population, it is highly desirable, collectively and for the individuals, *highly necessary given the alternatives*, and are apparently “doable.”
- **Even more critical (expensive) in the slightly longer term is the “knock-on” effects of pandemics**²² resulting from the “American lifestyle,” such as heart/vascular disease, stroke, diabetes, hypertension, and kidney failure, *the direct and consequential expense of which must be born by the state/taxpayers.*

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19 http://en.wikipedia.org/wiki/Lifestyle_%28sociology%29

20 <http://eurpub.oxfordjournals.org/content/early/2013/05/02/eurpub.ckt045.abstract>

21 http://en.wikipedia.org/wiki/Lifestyle_Management

22 http://www.kdheks.gov/tobacco/download/CDRR_POLS_FINAL.PDF

Background of problem

The economy of the United States is generally accepted to be “developed,” however **this aggregate view is highly misleading**. There a large number of significant sub-economies, and geographical regions, which exhibit many of the characteristics of a developing economy and indeed a number which exhibit the characteristics of a non-developed economy or failed state.

*Note: these are **not** “one-way Piaget phase transitions²³” where “skipped” phases or regressions are not allowed. It is entirely possible to repeatedly shift between categories.*

Economy	Characteristics
Developed ²⁴ Economy	<ul style="list-style-type: none"> * An <u>economy</u> enjoying sustained <u>economic growth</u> and <u>security</u> * <u>low birth rate</u> and higher <u>life expectancy</u> * <u>high</u> level of literacy and a well trained <u>workforce</u> * the <u>export</u> of high <u>value added goods</u> * high per capita <u>gross domestic product</u> (although equality of distribution of wealth/income, commonly measured by the GINI coefficient is important)
Economy	Characteristics
Developing Economy	<p>While many of the socioeconomic/cultural characteristics are common between domestic and foreign Developing economies, a fundamental difference is that the foreign developing economies are expanding while the domestic economies, at the same level, are contracting. This is a transient condition, either the local economy recovers to developed status or it deteriorates to less or undeveloped status.</p>
Less or Undeveloped ²⁵ (selected items)	<ul style="list-style-type: none"> * Poverty: In the less developed countries the standard of living is very poor. Basic needs like food, clothing, housing, education and medical facilities are not available. People are leading miserable lives. * Shortage of Natural Resources: There is a shortage of natural resources like land, forests, <u>rivers</u>, and minerals in the poor countries, on the other hand, these are not utilized properly to achieve prosperity. So national product remains very low in these countries. * Population Pressure: In the under developed countries the size of population is greater than the size of natural resources. The rate of population growth is very high while the rate of economic

23 http://en.wikipedia.org/wiki/Piaget%27s_theory_of_cognitive_development
<http://www.d.umn.edu/~schilton/Articles/DPD3.html>

24 <http://www.businessdictionary.com/definition/developed-economy.html>

25 <http://studypoints.blogspot.com/2011/07/discuss-main-characteristics-of-8348.html>

Economy	Characteristics
	<p>development is very low. So high birth rate is the main obstacle in the way of economic development.</p> <p>* Lack of Capital: It is the main cause of poverty in the under developed countries. These countries can not establish the industries and can not utilize their resources due to the non availability of capital.</p> <p>* Unemployment: In the less developed countries rate of unemployment is very high. Disguised unemployment [underemployment] is also found in these countries. It is an obstacle in the way of economic development and in India and Pakistan <u>it is increasing with urbanization and spread of education.</u></p> <p>* Unequal Distribution of Wealth: It is an important feature of under developed economy. In these countries society is divided into two classes rich and poor. The rich class enjoys all the facilities of life while poor class suffers poverty and hunger.</p> <p>* Burden of Debt: It is an important characteristic of the under developed countries. All these countries receive foreign aid of their development program. ... <u>It is an obstacle in the way of economic development.</u></p> <p>* Low Per Capita Income: In the under developed countries the size of national income is low but the size of population is very high. So per capita income remains low which is the main obstacle in the way of economic development.</p> <p>* Vicious Circle of Poverty: A poor country is trapped in its own poverty. <u>In the less developed countries production, per capita income, saving and investment is low. So low investment leads to low production.</u></p> <p>* Unproductive Expenditure: <u>In the under developed countries a huge capital is used for unproductive purpose</u> which increases the rate of inflation and affects the rate of economic development, adversely.</p>
Failed State ²⁶ (selected items)	<p>A failed state is a <u>state</u> perceived as having failed at some of the basic conditions and responsibilities of a <u>sovereign</u> government. There is no general consensus on the definition of a failed state. The definition of a failed state according to the <u>Fund for Peace</u> is often used to characterize a state with the following characteristics :</p> <ul style="list-style-type: none"> • loss of control of its territory, or of the <u>monopoly on the legitimate use of physical force</u> therein • erosion of legitimate authority to make collective decisions

26 http://en.wikipedia.org/wiki/Failed_state

Economy	Characteristics
	<ul style="list-style-type: none"> • an inability to provide public services • an inability to interact with other states as a full member of the <u>international community</u> <p>Common characteristics of a <i>failing state</i> include a central government so weak or ineffective that it has little practical control over much of its territory; non-provision of public services; widespread corruption and criminality; refugees and involuntary movement of populations; and sharp economic decline.</p>

There are however three factors, which are unique to these domestic sub-economies, which have both beneficial and detrimental effects:

Factor	Beneficial	Detrimental
I. Use of a common, internationally accepted currency, the U.S. Dollar	Promotes trade, tourism, and facilitates financial transactions, especially loans from outside the sub-economy.	Prevents devaluation of local currency to increase competitiveness, exports, tourism, etc. Scrips or internal currency are generally prohibited ²⁷ , although a “work around” may exist by municipal issuance of long-term micro-denomination bearer bonds, which the issuing government would accept for payment of taxes.
II. Free trade within the U.S.	Facilitates [domestic] export of locally produced goods/services. Allows easy import of necessary materials, supplies, machines.	Prevents imposition of tariff and non-tariff trade barriers to protect local industry and products.
III. Free migration within the United States	Allows easy [domestic] migration to/from sub-economy/zone	Promotes a “brain drain” where the more innovative, assertive, and productive individuals (and their capital) relocate for better opportunity.

27 http://www.pbs.org/newshour/bb/business/july-dec13/berkshares2_12-08.html

Identification of SNAP client groups *and other groups* which will benefit from the SNAP Improvement Initiative project [SIIP].

- **ALL U.S. residents will benefit** from the consequential and aggregate “knock on” effects of the SIIP project from the enormous cost avoidance of long-term medical/disability costs (most of which will be tax funded), generally increased Quality-of-Life, and immediate social safety net expense avoidance.
- There appears to be three distinct groups which will *directly* benefit from the SIIP program:
 - Stereotypical multi-generational SNAP participants²⁸, who have minimal possessions such as cooking implements, and minimal diet/food selection/preparation knowledge;
 - Economic displaced persons/families²⁹ from the middle class³⁰, who have frequently lost all possessions due to bankruptcy and foreclosure, and who are new³¹ to SNAP; and
 - Families and individuals who have become “under-employed,” with significant wage reductions and benefit losses resulting, who must now significantly reduce food and other expenses, i.e. limit restaurant dining, who have minimal knowledge of cost effective food selection, storage and preparation, but who do not qualify for SNAP or other social safety net programs.
 - There is a fourth, who are not directly driven by their current financial situation, but who should participate because of the projected personal health/quality-of-life and longevity benefits.
 - Individuals released from incarceration may be another group who should participate as in many cases *they have no assets or positive support group/structure.*

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28 “When the rich think about the poor, they have poor ideas.” María Eva Duarte de Perón (7 May 1919 – 26 July 1952)

29 http://en.wikipedia.org/wiki/Income_inequality_in_the_United_States

30 <http://www.telam.com.ar/english/notas/201312/1139-argentina-growingly-distant-from-the-us-in-terms-of-inequality.html>

31 <http://www.chron.com/opinion/outlook/article/Living-on-4-50-a-day-for-food-5042823.php>

Food Deserts

“Research indicates that low-income households shop where food prices are lower, and generally cannot afford healthful foods. Compared with residents of higher-income neighborhoods, low SES individuals generally have diets higher in meat and processed foods with a low intake of fruits and vegetables (Yeh, 2006). It has been suggested that people of low socioeconomic status ultimately spend up to 37% more on their food purchases, due to smaller weekly food budgets and poorly stocked grocery stores (Morland, 2002).

Fringe food retailers in food deserts can have a 30-60% markup on prices, provide a limited selection of products and a dominant marketing of processed foods. Comparing prices that consumers pay for similar foods purchased at a different outlets determines disparities in real food prices. Low-income individuals are more likely to purchase inexpensive fats and sugars over fresh fruits and vegetables that are more expensive on a per calorie basis. [2] Nutritious foods such as whole grain products and fresh fruits and vegetables are more expensive than high calorie junk foods. “Energy-dense [junk foods] cost on average \$1.76 per 1,000 calories, compared with \$18.16 per 1,000 calories for low-energy but nutritious foods”. Brown rice at Walmart costs less than \$1.00 per pound, or \$0.60 per 1,000 calories. Lentils and other uncooked, nutritious beans are similarly priced as of September 2013.

Rural food deserts

A rural food desert is generally classified as a county where residents must drive more than 10 miles to the nearest supermarket chain or supercenter, whereas an urban food desert is classified as having to drive more than a mile. Using this definition, twenty percent of rural counties are considered food deserts (Policy Link and the Food Trust, 2010). Within these counties, there are approximately 2.4 million individuals determined to have low access to a large supermarket (USDA ERS, 2011). This number may underestimate or overestimate those truly at risk of food insecurity since it only takes into account the number of individuals 10 miles or more away from

the nearest supermarket. There may be individuals that live closer, however if they don't have a vehicle or public transportation, then even being just a mile away can present access issues. Likewise there may be a large portion of this population with easy access to a vehicle, which regularly drives more than 10 miles to buy food. This is an unfortunate data limitation in studies of rural food deserts.

There is an increased risk of rural food deserts as market pressures continue to negatively impact small grocers. Smaller grocers in rural areas struggle to be profitable for many reasons, such as low sales volumes, which can cause costs of goods to increase or make it difficult to purchase large volumes of perishable foods. This in turn creates issues with meeting wholesale food supplier's minimum purchasing requirements.^[11] "Economies of scale, which is when the costs of operating a store decrease as store size increases, and economies of scope, which is when the costs decrease as more product variety increases, suggests that larger stores that offer greater variety can do so and offer lower prices. Both factors may account for the ability of larger stores to survive more easily than smaller stores." (Bitler, 2009) Small grocers tend to offer less variety and less produce as a result.

The market pressures experienced by small grocers in rural areas also lend to groceries being more expensive in these areas than in urban areas. For example, in New Mexico the same basket of groceries cost \$85 for rural residents, and \$55 for urban residents (Policy Link and The Food Trust, 2010). However, this is not true of all rural areas. A study in Iowa showed that four rural food desert counties had lower costs on key foods that make up a nutritionally balanced diet than did the nearby larger supermarkets (Morton, 2007). This suggests an area in which further research is needed.

Barriers to food access for elderly living in rural food deserts

As of 2007, the elderly made up 7.5 million of the 50 million people living in rural America (Rural Assistance Center, 2011). The U.S Census website includes maps showing the percentage of residents aged 65 and older (CensusScope, 2011). Of these elderly citizens, nearly a half million live in rural food deserts and are food insecure, while many more may be at risk (USDA ERS, 2011).

There are many barriers to healthful, affordable food for elderly living in rural food deserts. First of all, most elderly live on a fixed income. According to a study of rural seniors living in the Brazos Valley by Sharkey, et al. (2010), about 14% of respondents indicated that on a monthly basis household food supplies did not last, 13% could not afford to eat balanced meals, and 8.3% of respondents had to cut the size of their meals or skip meals altogether. A second issue faced by seniors is that they struggle with limited mobility. This can mean anything from having difficulty cooking and moving about their home, to not having a car or anyone nearby who could drive them to a store. Older persons and those with limited incomes are more likely to be dependent on family, friends, neighbors and others for transportation to purchase food (Bito *et al.*, 2003). Older women are more likely than men to stop driving at younger ages or to have never driven, and minority women are even less likely to drive (Quandt, 2000). Additionally, the death rate from motor vehicle accidents among those ages 75 and older is second only to (and virtually identical with) the highest risk group of those ages 15-25 (CDC, 2009).

A third concern is that elderly have higher nutrient needs and are less able to tolerate the high sodium and sugar content typically found in processed foods. As people age, the degree of nutrient absorption in their digestive tract declines. Also, elderly tend to have existing diseases and/or take medications that interfere with nutrient absorption. There is evidence that elderly people living in rural areas suffer from inadequate nutrition intake due to low diet variety (Marshall *et al.*, 2001). If an elderly individual does not have a reliable source and access to an adequate amount of fruits and vegetables, as is the case in rural food deserts, their health is put in jeopardy and sets them up for future ailments.

Lastly, some seniors have time constraints that make it difficult to perform daily activities such as food shopping, especially when they are living with a sick spouse requiring a lot of their time and care. And for those who have recently lost a spouse and are suffering from depression, the desire to go to the store or cook for themselves can be greatly diminished, especially in the case of widows (Quandt, 2000).³²

32 http://en.wikipedia.org/wiki/Food_desert (contains references, cites, and links – complete article is much longer and should be reviewed).

[Perception of] Appropriate Individual Serving Size

A review of the literature indicates both an increasing inability of the typical consumer to judge the correct or appropriate amount of food in an individual serving³³, and an increase in typical individual restaurant and prepared food serving sizes [king sizing] and package sizes³⁴, which has effected the typical household serving size.

This has several important implications for the SIIP and the goal of reducing the enormous consequential health costs resulting from mis- or mal- nutrition. This also helps to explain the paradox of obesity and simultaneous mis/mal nutrition, in that **not only are the “wrong” foods being consumed, but even when the “right” foods are available and consumed, the amounts consumed, especially of high energy density foods, are excessive.**

- In many households, the person preparing the food, also “plates” it for consumption. This being the case, ***appropriate³⁵ portion size must be included in the preparation class***, along with diet and sanitation, in addition to the recipes/processes. **If possible, physical demonstrations of what an appropriate individual adult serving looks like, e.g. 3 ounces of protein, 2 oz of boiled rice, 2 oz of cooked pasta, etc. should be included. *In order to promote portion control, “plating” by the cook rather than family style meal service should be encouraged.***
- Several additional items are indicated for the food preparation equipment, specifically **portion control scoops or spoons** in several sizes from 1 fl oz to 4 fl oz (2 fl oz most used and multiples may be required for serving), both slotted and solid. These are about 3\$ each imported and 6\$ each for domestically produced in stainless.
- It appears in the more affluent and developed 1st world economies, the ability to accurately judge the appropriate amount of food to be eaten has not been generally developed in the adults. This seems to be due to several inter-related, largely subliminal, factors:
 - *Eating is no longer limited to specific times of the day*, but rather is a continual process, with the snack foods or “treats” being “in addition to” rather than “in place of” meal time food. This makes the total amount of food intake difficult to judge by the individual.

33 <http://oas.uco.edu/03/paper/wilburn.htm>

34 <http://her.oxfordjournals.org/content/25/1/109.full>

35 <http://www.ncbi.nlm.nih.gov/books/NBK83190/>

- *Food composition has changed*, e.g. fructose, and novel [high caloric density] combinations have been introduced.
- *Restaurant³⁶ and prepared/snack food servings³⁷ have continually increased in size³⁸ from the mid 1960s, resetting the “baseline” serving size.*
- *Media coverage, and other cues such as the size of the typical plate (larger), all “inflate” the size of the perceived “adequate” serving or helping. “Normal” meal composition has changed with more high caloric density choices and a high calorie dessert expected.*
- *Reduced physical activity³⁹, particularly in the workplace, while food/caloric consumption has increased.*

Suggestions⁴⁰ in the 2010 Dietary Guidelines for Americans, where one serving of whole grain is defined as any of the following:

- 1/2 cup (2 fl oz) cooked brown rice or other cooked grain
- 1/2 cup (2 fl oz) cooked 100% whole-grain pasta
- 1/2 cup (2 fl oz) cooked hot cereal, such as oatmeal
- 1 ounce uncooked (c. 2 fl oz cooked) whole grain pasta, brown rice or other grain
- 1 slice 100% whole grain bread
- 1 very small (1 oz.) 100% whole grain muffin
- 1 cup (8 fl oz) 100% whole grain ready-to-eat cereal
- 1/2 cup (2 fl oz) white potatoes

In general, one suggested adult serving of vegetables is 2 fl oz, one suggested adult serving of protein is 3 ounces wt.

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36 <http://www.clinicalnutritioncenter.com/weightloss/cut-portions-for-weight-loss>

37 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3495296/>

38 <http://edepot.wur.nl/252609>

39 http://www.michigan.gov/documents/healthyweight_13649_7.pdf

40 <http://wholegrainscouncil.org/whole-grains-101/what-counts-as-a-serving>

Community Commissary - a “work around”

What it is

- A non-profit activity, relying on volunteer labor.
- It buys generic staples in bulk, resells these in small consumer amounts.
- The consumer provides their own suitable reusable containers, such as freezer bags. If the purchaser does not have suitable containers these can be provided at cost. This is specifically intended to eliminate packaging costs and reduce trash volume.
- When practicable, the commissary will buy and sell local ⁴¹ ⁴²in-season foods. The food preparation classes could include the local fresh products in the course content.
- The commissary will not sell prepared foods, although mixtures, for example 5 kinds of beans to make 5 bean soup, may be sold in a single container/transaction, to limit the total amount a customer must buy at one time.
- Because of mobility/logistics difficulties of many of our older and/or less affluent citizens, and for security, a mobile van commissary, analogous to food trucks, *may be desirable* so that smaller quantities of food can be conveniently purchased at minimum cost, with minimum need for transportation.
- ***Week end and evening operation/access will be critical*** as large and increasing numbers of SNAP participants are among the “working poor.”

NB: The Ethics or Morality of the food processors, distributors, and vendors should not be considered to be part of the problem, but rather that these have evolved, largely due to market forces, such that they are increasingly irrelevant to, and counter-productive for, growing numbers of consumers. The “Community Commissary” is not an effort to “punish” this sector, but is an effort to *meet the growing needs of a new expanding, economic class which is no longer adequately, effectively and efficiently served.*

41 <http://www.heartlandmill.com/product.html>

42 <http://www.hudsoncream.com/>

Justification and Rationale

- Improvements in *Suitable* Food Availability
 - prices
 - logistics⁴³
 - accessibility^{44 45}
- Food Cost/price Reductions
- Community involvement that makes a difference
- Self Help
- Open to all
- Widely used in Latin American areas with similar socioeconomic conditions
- [Suitable] food availability likely to get worse from both cost and access perspective.
- Can improve production and consumption of locally grown/processed foods, further reducing costs and improving local economy.
- Video on food deserts
<https://www.youtube.com/watch?v=onZoXRfNqVE>
<https://www.youtube.com/watch?v=s0qlsR4l8T4>

https://www.youtube.com/watch?v=lv_cmYd0JIM
- obesity (3 parts BBC)
 - fructose
<https://www.youtube.com/watch?v=E6nGllUBkOQ>
 - portion size supersizing
<https://www.youtube.com/watch?v=owekbSp7wU0>
 - contents and perceptions misbranding and adulteration
<https://www.youtube.com/watch?v=ZlQHxkOUjel>

43 <https://www.youtube.com/watch?v=g-X8GNBYCM>

44 <http://www.theatlanticcities.com/neighborhoods/2011/11/grocery-stores-wheels/528/>

45 <http://www.ruralgrocery.org/>

Improvement in Food Availability

- Promote consumption of less refined/processed food⁴⁶ for both lower consumer cost and health benefits⁴⁷, for example
 - sell brown rice⁴⁸ rather than white rice
 - sell whole wheat^{49, 50} flour rather than bleached white flour
 - sell oatmeal and farina⁵¹ rather than prepared cold “frosted” breakfast cereals
 - sell whole grain pasta⁵² rather than pasta⁵³ made from highly refined flour
- Promote consumption of highly suitable but less used foods (in the United States) such as:
 - arepa⁵⁴ (corn based) “masaepa”⁵⁵ (flour)
<http://www.youtube.com/watch?v=xdiUcPuZ7-A>
<https://www.youtube.com/watch?v=w9yKVEPLy2k>
<http://www.youtube.com/channel/HCIWg7b-1tSzM>
 - polenta⁵⁶ and corn meal⁵⁷
 - barley⁵⁸
<http://www.barleyfoods.org/index.html>
<http://www.youtube.com/watch?v=tUh5tOyigKc>
<http://www.youtube.com/watch?v=vGDJ3qW9d8k>
 - bulgur (cracked wheat)^{59 60}
http://www.youtube.com/watch?v=E2c_0q5ZCws
<http://www.youtube.com/watch?v=p8ZGmL-8w6E>

46 <http://www.choosemyplate.gov/food-groups/grains.html>

47 http://www.mi.gov/documents/mdch/Michigan_Whole_Grain_Handout_287500_7.pdf

48 <http://www.hsph.harvard.edu/news/press-releases/white-rice-brown-rice-whole-grains-diabetes/>

49 <http://wholegrainscouncil.org/whole-grains-101/whole-white-wheat-faq>

50 <http://www.ncbi.nlm.nih.gov/pubmed/10655952>

51 http://en.wikipedia.org/wiki/Farina_%28food%29

52 <http://healthyeating.sfgate.com/wholegrain-pasta-vs-regular-pasta-3476.html>

53 <http://en.wikipedia.org/wiki/Pasta>

54 <http://en.wikipedia.org/wiki/Arepa>

55 <http://southamericanfood.about.com/od/glossaryofterms/g/arepafLOUR.htm>

56 <http://en.wikipedia.org/wiki/Polenta>

57 <http://en.wikipedia.org/wiki/Cornmeal>

58 <http://en.wikipedia.org/wiki/Barley>

59 <http://www.usaid.gov/what-we-do/agriculture-and-food-security/food-assistance/resources/soy-fortified-bulgur-commodity>

60 <http://en.wikipedia.org/wiki/Bulgur>

- dried peas, garbanzos, and lintels⁶¹
- rolled & steel cut oats^{62 63}
<http://www.youtube.com/watch?v=PU1ZtXe6MWQ>
<http://www.youtube.com/watch?v=Yfvyhdjiwf0>
- Animal protein
 - because of cost and more complete utilization, for example making stock, sale of whole chickens rather than “parts” will be stressed, both frozen and fresh.
 - Because of high unit cost, generally high saturated fat content, and additive/processing concerns, sales of prepared meats such as luncheon/deli meats, sausage, and bacon will be minimized. The use of bacon/meat as a condiment or flavoring agent rather than as main component of a dish/meal should be stressed.
 - Ground meat should not be featured, and more healthful options such as ground turkey and chicken, and soy extended ground beef and ground pork should be promoted when ground meat is purchased.
 - Purchasers should be reminded with every purchase of the minimum safe **internal** cooking temperature for meats, and limited refrigerator life.
- Fresh Produce
 -

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61 <http://www.pea-lentil.com/>

62 <http://clinicaltrials.gov/show/NCT00401453>

63 <http://en.wikipedia.org/wiki/Oatmeal>

Cost/price Reductions

In far too many cases, the cost of packaging and advertising exceeds the cost of the generic product by 5 times or more, *when these products are available*. Advertising and packaging add minimally to the value of the product but significantly to its cost. Very considerable cost reductions can be obtained by bulk purchase of the product, and refilling existing containers already owned by the consumer. When the consumer does not already own a suitable refillable container, one can be provided to them at minimal cost. Accurate battery powered digital electronic scales are available for c. 30\$US⁶⁴, which makes the accurate weighing of product easy.

Product examples:

- *Herbs/Spices⁶⁵ and condiments:*

This is an item of particular concern. Quite logically, people want their food to taste good, but in many cases only salt and pepper is available locally at retail for a reasonable price. The result is an over use/consumption of salt in home prepared foods, and excessive consumption of fast and restaurant foods for their better perceived flavor because of the use of spices and herbs not economically available to the consumer. As an example we use parsley, sage, rosemary and thyme. If you have transportation to Walmart's you can purchase as follows. If transportation is not available, price will be even higher in the corner convenience mart or bodega, if available at all.

Herb	WalMart (wt) ⁶⁶	WalMart/oz	Regal Bulk (wt)	Regal/OZ	Net saving/OZ
Parsley	\$4.98 (1.2 oz)	\$4.15	\$6.47 (12 oz) ⁶⁷	\$0.54	\$3.61
Sage	\$3.98 (0.6 oz)	\$6.63	\$2.09 (6 oz) ⁶⁸	\$0.35	\$6.28
Rosemary	\$4.98 (1.0 oz)	\$4.98	\$1.19 (3 oz) ⁶⁹	\$0.40	\$4.58
Thyme	\$4.98 (0.62 oz)	\$8.03	\$1.49 (3.5 oz) ⁷⁰	\$0.43	\$7.60

4 fl oz air tight black plastic bottles available for 78 cents each in quantities of 100⁷¹ if required.

64 http://www.amazon.com/American-Weigh-LB-3000-Compact-Removable/dp/B002SVNEWA/ref=sr_1_13?s=home-garden&ie=UTF8&qid=1386485265&sr=1-13&keywords=electronic+scale

65 <http://food.unl.edu/web/fnh/spice-herb>

66 <http://www.walmart.com/>

67 <http://www.webstaurantstore.com/regal-bulk-parsley-flakes-75-lbs/10200106.html>

68 <http://www.webstaurantstore.com/regal-ground-sage-6-oz/10207134.html>

69 <http://www.webstaurantstore.com/regal-rosemary-leaves-3-oz/10207131.html>

70 <http://www.webstaurantstore.com/regal-thyme-leaves-3-5-oz/10207150.html>

71 <http://www.specialtybottle.com/doublewall4ozblackplasticjarwdomelid.aspx>

Meaningful Community Involvement and Self Help

- A “scalable” solution from small municipalities and rural areas to a national program.
- A variety of possible organizational structures^{72 73 74}
- not just for core urban areas⁷⁵
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72 <http://peoplescommunitymarket.com/>

73 <http://www.fastcoexist.com/1680820/building-a-grocery-store-in-a-food-desert-with-funding-from-the-community>

74 <http://mystreetgrocery.com/>

75 <http://www.ruralgrocery.org/StoreFundedByNonProfitOrganization.html>

Dietary Supplements [“vitamin pills”]

The current SNAP legislation/regulations prohibit the use of the allocation to purchase dietary supplements, i.e. vitamin pills. This appears to be an *extremely short sighted policy* in that dietary deficiency of essential vitamins and minerals are known to significantly increase adult health problems and susceptibility to illness, and cause several severe developmental difficulties⁷⁶ in children including ADHD⁷⁷ [Attention Deficit and Hyperactivity Disorder] and lack of restraint/impulse-control greatly contributing to school and social problems, which require extensive and frequent taxpayer funded “interventions,” and which result in the enormous and increasing cost to society to incarcerate many of these individuals as adults. This is another “penny wise, pound foolish” policy, which only gets worse as the evaluation time period increases.

The recent expiration of the expanded “recession” SNAP allowance has resulted in significant diet reductions as the recipients are at the margins, and additional cuts are currently projected of at least 1 billion per year, largely resulting from anecdotal and atypical rumors of SNAP fraud, analogous to the urban myth⁷⁸ about the welfare mother⁷⁹ of 9 who drove a pink Cadillac to pick-up her welfare check⁸⁰.

As one of the more expensive components in diet is animal protein, this is one of the first items to be jettisoned or restricted, but a lack of complete protein is known to cause several debilitating and frequently fatal diseases in children, such as kwashiorkor⁸¹. While the lack of high quality animal protein can be partially offset by combining high protein vegetable protein such as beans and corn or beans and rice, other vital nutrients such as iron⁸² and vitamin B-12 are still lacking.

It is therefore proposed that the SIIP include inexpensive dietary supplements to insure SNAP participants receive 100% of their known requirements of vitamins and minerals, especially the children. To minimize dosage and logistics problems it is suggested the supplements be formulated such that 2 tablets contain 150% of the adult recommended daily requirement, and based on weight, smaller and pre-adolescent children can receive one or one-half tablet per day.

Alcohol abuse is a frequent challenge for many SNAP recipients, and supplemental vitamins and minerals^{83 84} (e.g. B-9/folic acid⁸⁵ and B-1/thiamin) can ameliorate *some* of the neural/physical damage from excessive long-term alcohol consumption, again resulting in considerable cost avoidance [e.g. DT treatment including civil commitment/detox] at minimal upfront cost.

76 http://www.jn.nutrition.org/content/125/8_Suppl/2255.full.pdf

77 <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

78 <http://sosedka.info/Welfare/Welfare-Queen-Reagan-402/>

79 http://en.wikipedia.org/wiki/Welfare_queen

80 <http://www.nieman.harvard.edu/reportsitem.aspx?id=102223>

81 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2542052/>

82 <http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>

83 <http://pubs.niaaa.nih.gov/publications/aa22.htm>

84 <http://pubs.niaaa.nih.gov/publications/aa22.htm>

85 <http://www.ncbi.nlm.nih.gov/pubmed/21595178>

**Materiel to be issued to S.N.A.P. Improvement Initiative class participants
during appropriate sessions**

- It is assumed the participants have no cooking experience and no existing cooking equipment, beyond a heat source, i.e. a gas or electric stove.
- A slow cooker is included as a way to safely prepare foods, which require extended cooking times such as less expensive cuts of meat and dried beans/rice. As these cookers draw approximately the same current as a 60 watt light bulb, limited cooking facilities, for example in a hotel/motel, can be *partially* compensated for.
- A single burner magnetic induction hob and 6 QT pressure cooker is included in the list *as options*, these are very safe, highly efficient, and the induction hob draws less than 13 amps at maximum heat, *which any electrical service that meets “code” should be able to handle*.
NB: The combination of magnetic induction hob and pressure cooker greatly increases flexibility of food prep, and due to the rapid heating is very convenient for families with small [bottle fed] children. The pressure cooker can double as a frier, pasta cooker, stock/soup pot, etc. without the lid and can be used on a gas or electric stove in addition to the induction hob.
- NSF = National Sanitary Foundation. NSF certified products reduce cross contamination of food during preparation. Wood handled knives are no longer allowed in commercial food preparation because of a history of contamination. <http://www.nsf.org/>
- *Commercial grade products and trade suppliers are suggested*. Items costs are frequently lower than home service/retail outlets, and in general the durability and functionality is significantly better.
- Stainless steel was selected where possible because of corrosion resistance, unless the characteristics of other materials such as cast iron (even heat distribution) or nylon (damage avoidance to containers such as Teflon coated pans) was desirable.

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Item #	Description, example/ <i>possible</i> source & rationale	Approx. cost US\$
1	Refrigerator/freezer thermometer http://www.wasserstrom.com/restaurant-supplies-equipment/Product_630509 required to verify food storage below 40F	2
2	Meat thermometer http://www.wasserstrom.com/restaurant-supplies-equipment/Product_113170 required to verify minimum internal temperature for meat, fish, poultry, meatloaf, etc. and/or food storage above 140F	3
3	Propylene (white) cutting board NSF 18 X 24 http://www.wasserstrom.com/restaurant-supplies-equipment/Product_565526 required to avoid contamination and to protect knives. Various uses include pastry/pasta prep as well as cutting/chopping.	10
4	10 inch chef's knife NSF stainless white handle http://www.wasserstrom.com/restaurant-supplies-equipment/Product_219071) Basic cooking tool - universal food processor	12
5	3_1/2 paring knife NSF stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_219112 needed for fine work/garnish basic food prep tool	2
6	8 inch scalloped utility knife NSF stainless white handle http://www.wasserstrom.com/restaurant-supplies-equipment/Product_218909 scalloped edge for soft items with tough skins such as fruit, tomatoes, bread - substitutes for slicer	7
7	12 inch tongs NSF stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_273105 safety, avoids burns, avoids puncturing meat.	3
8	Black Nylon 13-1/2" High Heat Slotted Spoon http://www.wasserstrom.com/restaurant-supplies-equipment/Product_108164 needed to remove product from cooking liquid	3

7	12 inch tongs NSF stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_273105 safety, avoids burns, avoids puncturing meat.	3
9	Boning/fillet knife 6" stainless NSF stainless stiff straight white handle http://www.amazon.com/dp/B00149I8OQ Primary use is to fabricate whole chicken. Also good utility knife	7
10	Ladle 4 oz NSF stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_251009 portion control / serving	4
11	Flexible spoonula/scrapper high temperature NSF http://www.wasserstrom.com/restaurant-supplies-equipment/Product_6013912 food economy, get all the product you pay for	2
12	Spatula/turner stainless NSF http://www.wasserstrom.com/restaurant-supplies-equipment/Product_973374 required for much food prep such as fried eggs, omelets, pancakes	3
13	Portion control spoon 2 fl oz slotted stainless http://www.webstaurantstore.com/2-oz-one-piece-perforated-portion-spoon/922SPNP2.html needed for portion control	2@2
14	7 PC Vollrath light commercial [extra heavy duty residential] duty stainless steel cookware set, suitable for all heat sources. http://www.webstaurantstore.com/vollrath-3822-deluxe-7-piece-optio-cookware-set/9223822.html	90
16	Slow cooker / crockpot http://www.walmart.com/ip/Hamilton-Beach-5-Quart-Portable-Slow-Cooker/15229926 Ideal for items that require extended [unattended] cooking such as dried beans, stock and less expensive cuts of meat. Low power requirement.	17
17	Portion control spoon 2 fl oz solid stainless http://www.webstaurantstore.com/2-oz-one-piece-solid-portion-spoon/922SPN2.html	2@2

13	<p>Portion control spoon 2 fl oz slotted stainless http://www.webstaurantstore.com/2-oz-one-piece-perforated-portion-spoon/922SPNP2.html needed for portion control</p>	2@2
18	<p>Mixing and prep bowls stainless steel various sizes 1@6.3qt, 2@2qt ,3@1qt, 8@1/2Qt http://www.wasserstrom.com/restaurant-supplies-equipment/GCSearchCmd?restrictBy=&pageDisplay=grid&rankBy=price:ascending&maxResults=80&search_field=bowls%20stainless Basic requirement for food prep, both for mixing and “staging” of ingredients. Can also be used for serving, e.g. salads.</p>	25
19	<p>Whisk French stainless steel 12” http://www.wasserstrom.com/restaurant-supplies-equipment/Product_384713 Necessary for satisfactory preparation of many products that require extensive mixing, whipping or blending.</p>	3
20	<p>Sanitizer starter package - gal. Bleach, soap, rubber gloves, sponges, pads, hand sanitizer <i>locally sourced</i></p>	20
21	<p>Potato masher http://www.wasserstrom.com/restaurant-supplies-equipment/Product_108133 Not only allows use of cheaper bulk potatoes in place of potato flakes, also mashes other products such as ground beef for sauces.</p>	3
22	<p>Vegetable peeler http://www.wasserstrom.com/restaurant-supplies-equipment/Product_543395 Required for much raw vegetable/fruit prep and is much faster, safer, and wastes less product than peeling with paring knife.</p>	4
23	<p>Kitchen/bar towels (dozen) http://www.wasserstrom.com/restaurant-supplies-equipment/Product_118062 Food prep items should be kept separate from other materiel. Commercial towels much larger and more durable/absorbent. Also function as hot pads/oven mitts.</p>	13
25	<p>Blade guards for knives (4)</p>	8

23	<p>Kitchen/bar towels (dozen) http://www.wasserstrom.com/restaurant-supplies-equipment/Product_118062 Food prep items should be kept separate from other materiel. Commercial towels much larger and more durable/absorbent. Also function as hot pads/oven mitts.</p>	13
	<p>http://www.webstaurantstore.com/2851/knife-blade-covers.html?order=price asc Protects the knife edges from damage and fingers from the knife edges.</p>	
26	<p>Ceramic “steel” to keep knives sharp http://www.amazon.com/John-Super-Stick-Ceramic-Sharpening/dp/B003VKX2Y2/ref=sr_1_30?s=kitchen&ie=UTF8&qid=1386362985&sr=1-30&keywords=ceramic+sharpener A sharp knife is a safe knife and makes prep much easier. Alternative is abrasive paper with board/mouse pad. Ceramic (or real) steel is much more likely to be frequently used.</p>	7
27	<p>Can opener, safety (no sharp edges or metal shavings) http://www.walmart.com/ip/Farberware-Soft-Grip-Safety-Can-Opener/17813021 Lid can be used as can cover after opening. No sharp edges or metal shavings/flakes generated while opening.</p>	10
28 <i>consumable</i>	<p>Food storage starter kit, plastic containers, cling wrap, aluminum foil, freezer bags http://www.walmart.com/ip/Rubbermaid-40-Piece-Easy-Find-Lid-Food-Storage-Set/8832667 Needed to limit food spoilage/waste, maximize utilization, and avoid FBI [food born illness]</p>	30
29	<p>Strainer medium mesh 6_1/4 inch stainless steel http://www.wasserstrom.com/restaurant-supplies-equipment/Product_384716 necessary equipment for preparation of many foods such as stocks. Sub for flour sieve.</p>	3
30	<p>Dough scraper stainless NSF http://www.wasserstrom.com/restaurant-supplies-equipment/Product_285644 Not so much for actually scraping dough, but to transfer diced product from cutting board to container and separate/cut dough.</p>	3

23	<p>Kitchen/bar towels (dozen) http://www.wasserstrom.com/restaurant-supplies-equipment/Product_118062 Food prep items should be kept separate from other materiel. Commercial towels much larger and more durable/absorbent. Also function as hot pads/oven mitts.</p>	13
31	<p>Plastic bowl scraper/<i>mixer</i> (X 2) http://www.wasserstrom.com/restaurant-supplies-equipment/Product_112179 Needed more as mixer for use with prep bowls than as scraper, but helps insure maximum food utilization.</p>	2
32	<p>Solid basting spoon 13_1/3 inch nylon http://www.wasserstrom.com/restaurant-supplies-equipment/Product_303827 needed in many cooking operations for stirring, separating and transfer/serving</p>	3
33	<p>Basic dinnerware (dishes) set (4 person - may require 2X) http://www.walmart.com/ip/Ten-Strawberry-Street-Simply-White-Square-16-Piece-Dinnerware-Set/14118810</p>	20
34	<p>Basic silverware set (4 person - may require 2X) http://www.walmart.com/ip/Mainstays-20-Piece-Plastic-Handle-Flatware-Set-with-Caddy/19887328</p>	16
35	<p>Dish drain rack http://www.walmart.com/ip/Rubbermaid-4-Piece-Antimicrobial-Sink-Set-Red/12521795 needed for adequate sanitation (air dry) to avoid FBI</p>	20
36	<p>Rubber honeycomb shelf matting http://www.wasserstrom.com/restaurant-supplies-equipment/Product_6013904 http://www.webstaurantstore.com/black-bar-mat-shelf-liner-plastic-mesh/208768.html required to insure rapid air dry of glassware to avoid microbial growth and FBI. Also good under cutting board to prevent sliding.</p>	10 (est pro rata share of bulk purchase)
37	<p>Meat loaf / bread mold/pan 5 X 9 http://www.wasserstrom.com/restaurant-supplies-equipment/Product_138139</p>	8
38	<p>Casserole/lasagna pan/baking dish 9 X 13 http://www.wasserstrom.com/restaurant-supplies-equipment/Product_138139</p>	8

23	<p>Kitchen/bar towels (dozen) http://www.wasserstrom.com/restaurant-supplies-equipment/Product_118062 Food prep items should be kept separate from other materiel. Commercial towels much larger and more durable/absorbent. Also function as hot pads/oven mitts.</p>	13
	<p>equipment/Product_108122</p>	
39	<p>Portion control spoon 4 fl oz solid stainless http://www.webstaurantstore.com/4-oz-one-piece-solid-portion-spoon/922SPN4.html portion control / serving</p>	2
40	<p>Oven thermometer NSF http://www.webstaurantstore.com/oven-thermometer-dial-nsf/913THOV20.html needed to verify/set oven temperature. Especially necessary for older ovens.</p>	3
41	<p>Box grater stainless steel http://www.webstaurantstore.com/4-sided-stainless-steel-grater/888SG200.html required for much food prep</p>	6
42	<p>Measuring cup set stainless ¼, 1/3, ½, 1 http://www.wasserstrom.com/restaurant-supplies-equipment/Product_215640</p>	4
43	<p>Measuring cup plastic 1 qt http://www.webstaurantstore.com/1-quart-clear-plastic-measuring-cup/6903216.html</p>	4
44	<p>Measuring spoon set 1/4 tsp, 1/2 tsp, 1 tsp and 1 tbsp stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_242116</p>	1
45	<p>Flat scraper/spatula 10 inch high temperature http://www.webstaurantstore.com/10-high-temperature-silicone-spatula/922RSC10.hhtml</p>	3

46	Vegetable/produce brush http://www.amazon.com/OXO-Grips-Flexible-Vegetable-Brush/dp/B00004OCL2 needed to clean produce - food use only should not be used as hand/nail brush	5
47	<i>Kitchen sink</i> hand/nail brush http://www.amazon.com/RUBBERMAID-G111-12-HAND-NAIL-BRUSH/dp/B0015AK040 needed for hand washing/sanitizing prior to food prep should not be used as produce brush	6

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46	Vegetable/produce brush http://www.amazon.com/OXO-Grips-Flexible-Vegetable-Brush/dp/B00004OCL2 needed to clean produce - food use only should not be used as hand/nail brush	5
48	Danish/Polish/Dutch dough whisk http://www.leevalley.com/en/garden/page.aspx?cat=2,40733,44734&p=69506 allows easy manual mixing of thick batters such as (no knead) bread dough, gnocchi, pancakes, and pasta dough.	8
49	Ladle ½ oz stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_684337 skimming	1
50	Ladle 1 oz stainless http://www.wasserstrom.com/restaurant-supplies-equipment/Product_684338 portion control (right size for crepes/pancakes)	1
51	18 inch long X 2 inch diameter sched 40 white pvc pipe http://www.usplastic.com/catalog/item.aspx?sku=26507&gclid=CM_a3-DFs7sCFShk7AodjDMAjA rolling pin needed for much food prep, e.g. pasta, pie crust	3
52		
53 <i>optional</i>	Countertop Oven with Convection and Rotisserie http://www.amazon.com/Hamilton-Beach-Countertop-Convection-Rotisserie/dp/B0059KY05M May be required if limited or no baking/broiling equipment is available. Comes with rack and roaster, drip pans.	100
54 <i>optional</i>	6 qt pressure cooker stainless steel induction ready http://www.walmart.com/ip/Presto-Pressure-Cooker/19330923 May be economic if time pressure is significant. Cuts energy use by 50% or more. Multiple uses as pot in addition to pressure cooker.	45
55 <i>optional</i>	Single “burner” magnetic induction hotplate http://www.walmart.com/ip/Sunpentown-1-300W-Induction-Cooktop-Silver/20510733 May be required if limited or no hob (stove) is available/operational	58

Pro Forma Syllabus

NOTES:

- The general intent is to teach cooking **techniques/methods/processes**, rather than specific recipes, as this will allow the participants to prepare what foods are available, what foods they like and what foods they can afford.
- Latino, Italian, and French Provencal type dishes predominate because these evolved to meet the same requirements as those of the SNAP participants, i.e. inexpensive, filling, easy to prepare, using local/available ingredients. Adaptations of Oriental dishes such as stir-fry also meet these implicit requirements.
- Personal [cook] and food safety is stressed.
- *Rational selection of food from both economy and long-term health perspectives are stressed.*
- This class outline is as “open ended,” with as many “hooks” as possible. Follow-ons include culinary classes, which could be for personal enrichment, or employment improvement, and **food service worker certification** for increased employment/advancement opportunities.
- NB: Units out of presentation sequence.
- Many of the resources indicated are PowerPoint (.ppt .pptx) files. If you do not have PowerPoint or have an earlier version, OpenOffice Impress (part of the OpenOffice suite) can be downloaded **for free** at <http://www.openoffice.org/download/> **BE SURE TO GET THE VERSION FOR YOUR OPERATING SYSTEM.**

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Instructional Caveats



Several conditions and circumstances will make development and delivery of this material much more challenging than the typical vocational adult education class. Several of these are explicitly listed to alert the potential instructor or content specialist to likely “situations,” not to denigrate the probable class participants:

- Participant prior experience with the educational process is unlikely to have been positive.
- Mental acuity and “up-take” is likely to be “below average” for many long-term SNAP participants.
- Participant literacy skills are likely to be low. Minimal reading should be required, and paper evaluations should be avoided. Live demonstrations, video and “hands on,” should be stressed⁸⁶ for instruction (minimum “sage on the stage”), and performance testing used for evaluation. However adjustment should be made for the “new poor,” such as printed handouts and **not talking down to**.
- Participant numeracy is likely to be low. Remedial instruction is likely to be required in basic areas such as reading a thermometer and working with common cooking units.
- English language proficiency may be a problem in some areas.
- Academic and scientific jargon, and high level language **must be avoided** - **K.I.S.S.**
- Participants are likely to have had “problems” with authority and authority figures. To the extent practicable, demonstrations and videos should employ models the participants can relate to. **Any perception this is “what the man says,” rather than learning new and useful skills and knowledge for the participant’s benefit must be avoided.**
- **TIME IS MONEY. Participants are far more likely to have more time than money. Stress economy over speed, i.e. over equipment/tools/prepared ingredients...**
- In many cases the instructor may be faced with lore and tradition, which will be difficult to overcome, particularly in the older participants. In some cases there may be religious/cultural opposition to the germ theory of disease.
- Limited participant attention span - not more than one hour of actual instruction/seat time with frequent breaks and discussions. Not more than two hours per session. **Buttburn is not a class option.**
- Classes will most likely (should) include younger (tween/teen) participants, as it is becoming more common to have the older children prepare food, as both (or the only) parents works multiple jobs.

86 I hear and I forget, I see and I remember, I do and I understand. – anon.

Provisional Lesson Units

1 Background of food borne illness (2 units @ 1 hr instruction + 1 hr discussion)

1.1 Microbial contamination

1.1.1 **Not the “bugs” we grew up with. Evolution of microbes into more virulent verities**⁸⁷, from confined feeding operations^{88 89}, use of antibiotics^{90 91}, changes in animal feeds, use of hormones, changes in butchery practice⁹², changes in sourcing, changes in distribution channels, cultural practices^{93 94 95}

1.1.2 **Good bugs v bad bugs** -- yeast, yogurt, and buttermilk, v e coli salmonella and listeria

1.2 Chemical contamination

1.2.1 Increased use of and more potent *pesticides* and *herbicides*, genetic engineering, changes in sourcing, unapproved additives, leaching lead from imported pottery,

1.3 **Physical contamination** - pebbles/mud balls in dried beans and rice, metal shavings from opening cans,

1.4 ***AT LEAST 5,000 deaths per year in the U.S. from food borne illness.***
Only those with FBI on death certificate

1.4.1 **The old, the young, and the sick most at risk.**

87 <http://troy.patch.com/groups/around-town/p/you-dont-want-to-catch-drug-defying-superbug-health-officials-say-has-jumped-to-communities-troy>

88 http://www.oregonlive.com/health/index.ssf/2013/12/targeting_salmonella_usda_come.html

89 <http://news.yahoo.com/fda-action-agricultural-antibiotics-overdue-utterly-insufficient-212000869.html>

90 http://www.oregonlive.com/health/index.ssf/2013/12/fda_issues_proposal_to_limit_o.html

91 <http://news.yahoo.com/fda-takes-steps-phase-antibiotics-meat-201450324--finance.html>

92 <http://www.businessweek.com/articles/2013-12-05/food-safety-risk-as-pork-processors-face-fewer-usda-meat-inspectors>

93 <http://wgntv.com/2013/12/06/wisconsin-residents-warned-not-to-eat-cannibal-sandwiches/>

94 <http://americanlivewire.com/2013-12-12-dangers-of-raw-milk-1-in-6-get-sick-warns-minnesota-department-of-health-12122013/>

95 <http://americashealthrankings.org/>

1.5 **Food prep safety** - sanitation & cross contamination

1.5.1 home

<http://www.fightbac.org/campaigns/mythbusters>

<http://homefoodsafety.org/videos/four-steps>

<http://www.foodsafety.gov/>

<http://homefoodsafety.org/>

<http://www.cdc.gov/foodsafety/>

<http://www.fda.gov/forconsumers/byaudience/forwomen/ucm118524.htm>

<http://www.dhs.wisconsin.gov/hometips/dhp/food.htm>

1.5.1.1 refrigerator

<http://www.scatterbrainsolutions.com/keeping-your-refrigerator-clean-sanitary-and-safe/>

1.5.2 FYI commercial food service - HACCP

<http://www.centralrestaurant.com/bg-colorguide.html>

http://en.wikipedia.org/wiki/Hazard_analysis_and_critical_control_points

<http://www.fda.gov/Food/GuidanceRegulation/HACCP/ucm2006810.htm>

1.5.3 food handler certification - job requirement/**opportunity**

<http://kansas.foodhandlerclasses.com/>

<https://www.servsafe.com/home>

<http://www.usfoodhandler.com/>

1.6 physical safety

http://pds.hccfl.edu/it3/TResources/MMInstruct_tools/ms/Other/kitchensafety.pdf

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- 2 **Food selection/diet related illness** (1 unit @ 1 hr instruction + 1 hr discussion)
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Cooking-Skills-Videos_UCM_446584_Article.jsp#
<http://lancaster.unl.edu/food/calorie-salary.pptx>
- 2.1 ***Eat like kings and queens → Die like kings and queens***
<https://www.youtube.com/watch?v=ViZQkCYfufk>
<http://www.youtube.com/watch?v=d5wfMNNr3ak>
<http://clinicaltrials.gov/show/NCT00006181>
- 2.1.1 Heart & Vascular
- 2.1.2 Stroke
- 2.1.3 Kidney / Renal
- 2.1.4 Diabetes
<http://www.ihs.gov/MedicalPrograms/Diabetes/resources/catalog/index.cfm?module=productList&startRow=26>
- 2.1.5 cancer
<http://www.floridahealth.gov/diseases-and-conditions/cancer/index.html>
- 2.2 Changes in food composition - ingredient substitution
- 2.2.1 free range v confined feed lot
<http://www.ncbi.nlm.nih.gov/pubmed/16500874>
http://www.aphis.usda.gov/newsroom/hot_issues/bse/
<http://news.yahoo.com/fda-action-agricultural-antibiotics-overdue-utterly-insufficient-212000869.html>
- 2.2.2 sugar & high fructose corn syrup
<http://healthfinder.gov/News/Article.aspx?id=673930>
<http://www.ncbi.nlm.nih.gov/pubmed/23493539>
- 2.2.3 hydrogenated vegetable oil
<http://www.fda.gov/forconsumers/consumerupdates/ucm372915.htm>
fns.dpi.wi.gov/files/fns/pdf/usda_dg_factsheet_transfat.pdf
- 2.2.4 saturated fats
<http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>

2.2.5 modified starches

2.2.6 salt - **excessive/abusive use is the problem**

sodium is the bad guy

2.2.6.1 abuse

<http://www.cdc.gov/salt/food.htm>

http://www.health.com/health/gallery/0,,20365078_1,00.html

http://www.opi.mt.gov/pdf/schoolfood/Resources/DG/Season_WOSalt.pdf

2.2.6.2 gourmet use

<http://www.youtube.com/watch?v=-77cWxx89nM&list=TL7hBMj8WTy3QVgrmO-zhe6PtjmbgW0dUd>

2.2.7 salt replacement

<http://food.unl.edu/web/fnh/spice-herb>

2.3

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3 Food pyramid (1 unit @ 1 hr instruction + 1 hr discussion)

Huge amounts of information available. **Need to “translate,” contextualize and internalize.** Habits / subliminal hard to change. **Pay me now or pay me later.** The further up the pyramid we go, the higher the cost. While “time is money,” *we pay very high price in both money and nutrition for fast/convenience foods.* Long term price much higher than immediate “out of pocket” cash cost. A “treat” is a “treat,” not a diet. No RDA for “treats.”

http://commons.wikimedia.org/wiki/File:USDA_Food_Pyramid.gif

http://www.med.umich.edu/umim/food-pyramid/healing_foods_pyramid.jpg

http://en.wikipedia.org/wiki/Food_guide_pyramid

http://en.wikipedia.org/wiki/Healthy_eating_pyramid

<http://www.choosemyplate.gov/>

<http://fnic.nal.usda.gov/dietary-guidance/myplatefood-pyramid-resources>

<http://www.fi.edu/learn/heart/healthy/pyramid.html>

3.1 Healthy cooking

<http://www.youtube.com/watch?v=9rgFHEt8EWc>

<http://www.youtube.com/watch?v=tljjEundA-0>

3.2 Health/\$ hint - Use vegetable oil rather than butter or olive oil for frying. Keep in plastic squeeze [ketchup] bottle by stove to limit amounts used and bulk bottle in fridge to avoid rancidity.

<http://www.walmart.com/ip/Mainstays-Dispense-Bottle/14964974>

<http://www.walmart.com/ip/Great-Value-Vegetable-Oil-1-Gal/10451011>

4 **Safe food storage** (2 units @ 1 hr instruction + 1 hr discussion)

4.1 **danger zone 40F-140F for >2 hrs**

(refrigerator thermometers distributed, class assignment is to record your home fridge / freezer temperature. (Don't have public announcement as some participants may not have [working] fridges. Write on 3X5 file cards and drop off. Aggregate profile only for class discussion.) Review how to read a thermometer.

What to do if temperature is too high.

<https://www.youtube.com/watch?v=faMsur-yzJQ>

<http://homefoodsafety.org/video/refrigerator-organization>

<http://homefoodsafety.org/videos/refrigerator-inspection>

4.2 **rancidity (air & light are not your friends)**

4.2.1 Food wraps

http://www.youtube.com/watch?v=VHL6_hYiDBQ

4.2.2 freezer bags

<http://www.ziploc.com/Products/Pages/SliderStorageFreezerBagsSmartZipSeal.aspx?SizeName=Quart%20%28Freezer%29>

4.3 **Food/leftovers must NOT be stored in Cast Iron cookware.**

4.4 **minimize time in danger zone**

4.4.1.1 cool to below melting point of freezer bag

4.4.1.2 transfer to freezer bag

4.4.1.3 run cold water over freezer bag to drop temp quickly

4.4.1.4 place freezer bag **flat** in refrigerator or freezer

4.4.1.5 NOT OVER 1 INCH THICK TO INSURE RAPID COOLING

4.5 **pest control (no, not your relatives and in-laws)**

http://www.albany.edu/sph/cphce/behp/105A_pest_management.pdf

4.5.1 **sanitation is fundamental to pest control**

4.5.2 insects (roaches, ants) / rodents (mice, rats)

- 4.5.2.1 traps
- 4.5.2.2 baits
- 4.5.2.3 sprays

5 **Cooking pots/pans basics** (1 units @ 1 hr instruction + discussion)

<http://www.youtube.com/watch?v=Z2pU3lo38xl>

<https://www.youtube.com/watch?v=nCg9AQwaesc&feature=c4-overview-vl&list=PL4FA8252F273E2A4C>

- 5.1 steel v stainless steel v cast iron v aluminum v copper v glass/ceramic
- 5.2 induction ready
- 5.3 gas v electric v glass top v magnetic induction cook tops
- 5.4 “seasoning” and care/cleaning of cast iron cookware
<https://www.youtube.com/embed/gCePEY9x9H0?>
<http://www.wikihow.com/Season-a-Cast-Iron-Skillet>
- 5.5 quick review of other CI cookware available, i.e. chicken friers, dutch ovens, pie pans, grill skillets, meat loaf pans, etc.
<http://www.lodgemfg.com/seasoned-cast-iron>
- 5.6 multiple uses - skillet/griddle/cake pan/pie pan
 - 5.6.1 pineapple upside down cake
<http://www.youtube.com/watch?v=HXLHeO2VY9g>
 - 5.6.2 apple pie
 - 5.6.3 corn bread
 - 5.6.4 One pot meals - cottage/sheppard's pie, pastel de papas

6 **Kitchen knife basics** (2 units @ 1 hr instruction + 1 hr “hands on” *more may be required*)

* ***A sharp knife is a safe knife***

* The sharper the knife, the easier the cooking.

* ***Getting the food hot is the easy part - the work is in the prep and most prep is knife work.***

<http://www.youtube.com/watch?v=kK5MZqxYmDY>

<http://www.youtube.com/watch?v=ydvGhgsQoqEhttps://www.youtube.com/watch?v=nCg9AQwaesc&feature=c4-overview-vl&list=PL4FA8252F273E2A4C>

http://www.youtube.com/watch?v=Ydc_SaQ_eRQ

6.1 knives

<http://www.youtube.com/watch?v=Tsg6Xg9fatU>

<http://www.youtube.com/watch?v=cnG4WCePc84>

<http://www.youtube.com/watch?v=ZCX5b654D2M>

<http://www.youtube.com/watch?v=odoqKLOtMW8>

6.2 Knife skills

<http://www.youtube.com/watch?v=B0lKT11dnQ4>

<http://www.youtube.com/watch?v=cV0c7qiNjul>

<http://www.youtube.com/watch?v=WSTBJ82nUts>

<http://www.youtube.com/watch?v=PnlcZcHvL8Q>

http://www.youtube.com/watch?v=5z_d0soK1cl

<http://www.youtube.com/watch?v=bZbpEqv7DfU>

6.3 Knife sharpening

<http://www.youtube.com/watch?v=NnEJOT4o1ag>

<http://www.youtube.com/watch?v=8z29qtUWwdU>

<http://www.youtube.com/watch?v=olz8QNVb4P8>

<http://www.youtube.com/watch?v=syvxx3eGpl>

<http://www.youtube.com/watch?v=nL9s2hkahdg>

<http://www.youtube.com/watch?v=W6C6mb7Ruxk>

w/ abrasive paper

<http://www.youtube.com/watch?v=YY4q08EU18>

<http://www.youtube.com/watch?v=QV8MtMU3Eck>

<https://www.youtube.com/watch?v=GqYfDnEHpTQ>

Distribute ***Chef's knife, edge guard, and ceramic “steel.”***

“hands on” review of grip and how to steel knife. Remind participants to bring their knife to next session. Have spares available for those that forget.

Distribute other knives and guards at end of 2nd class.

6.4 Basic knife skills

6.4.1 vegetable

<https://www.youtube.com/watch?v=aQ4ZRS2CgsQ&feature=c4-overview-vl&list=PL8E67175C83301DD1>

https://www.youtube.com/watch?v=mKNF8g_hFF0&list=PL8E67175C83301DD1

<https://www.youtube.com/watch?v=NxDiVp-d-oY&list=PL8E67175C83301DD1>

<https://www.youtube.com/watch?v=JLJECcCr80k&list=PL8E67175C83301DD1>

Review videos. Hands on. **[Be sure to have signed release/waiver]** Sack of onions with one or two for each participant. Newspaper or magazine for cutting board. Medium dice onions. Roll paper towels to wipe knives [remind participants to wash/dry at home] Discreet first aid kit available in case of cuts. Baggies for anyone that wants to take their onion home.

6.4.2 As above but with bell pepper

6.4.3 Protein

<http://www.youtube.com/watch?v=PJlJKGY4pyo>

6.4.3.1 chicken (If possible demo chicken fabrication [deboning/ breakdown] as this is most common operation and most cost effective due to multiple uses of whole chicken (stock) as opposed to just breasts.)

<http://www.youtube.com/watch?v=tS024Dwutrl>

<http://www.youtube.com/watch?v=kAekQ5fzfGM>

<https://www.youtube.com/watch?v=PEJSHRSJCn8>

<https://www.youtube.com/watch?v=POvkPzpjjaA>

<http://www.youtube.com/watch?v=eXT4rmFTzqE>

6.4.3.2 Pork

<http://www.youtube.com/watch?v=l017yr8kzzl>

6.4.3.3 Beef [cheap is relative]

<http://www.youtube.com/watch?v=9mG-3A2EdDo>

<http://www.youtube.com/watch?v=8rZLyPDWozY>

<http://www.youtube.com/watch?v=rVnuNUpV-RU>

<http://www.youtube.com/watch?v=dGqw2gu1zX8>

Cooked beef

<http://www.youtube.com/watch?v=0nltQf3PHLo>

ZEST [box grater - use inside and outside of lemon/orange]

http://www.youtube.com/watch?v=FADfj0Z_6KM

7 Basic cooking utensils (2 sessions @ 1 hr instruction + 1 hr demonstration/discussion)

<http://www.youtube.com/watch?v=71cvSqZSwi0>

<http://www.youtube.com/watch?v=4lrWoS10HS4>

https://www.youtube.com/watch?v=vtT_vqjKisc&list=PL4FA8252F273E2A4C

<https://www.youtube.com/watch?v=apiXpAGERUw&list=PL4FA8252F273E2A4C>

distribute items covered at close of sessions to avoid unnecessary distraction.

7.1 aprons

7.1.1 protect clothes from food

7.1.2 *protect food from clothes*

7.1.3 *reminder of special responsibility as a cook*

7.2 tongs

7.3 spoons slotted/solid

7.4 whisks

<http://en.wikipedia.org/wiki/Whisk>

[http://reluctantgourmet.com/tools/tools-gadgets/item/280-whisks-](http://reluctantgourmet.com/tools/tools-gadgets/item/280-whisks-history-types-video)

[history-types-video](http://reluctantgourmet.com/tools/tools-gadgets/item/280-whisks-history-types-video)

<http://www.howcast.com/videos/262261-How-to-Choose-the-Right-Whisk-for-Your-Recipe>

7.4.1 dough whisks

<http://www.youtube.com/watch?v=dt00QPOeFIM>

balloon/french whisks

<https://www.youtube.com/watch?v=uHYfYNI7Rqs>

<https://www.youtube.com/watch?v=pPLiXs1nb7A>

7.5 mashers

7.6 sieves/strainers

7.7 spatulas/turners

7.8 rubber scrapers

7.9 dough scrapers (more useful as dough cutters and to transfer food from cutting board to pot)

7.10 bowl scrapers (more useful as mixers)

draw attention to 7.9 and 7.10 in demo videos in following units

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8 **Making stock** (1 session @ 1 hour instruction + 1 hr discussion)

Using trimmings, chicken/turkey carcasses, fish bones/shrimp shells - save money and **no salt** **Use all the food you pay for!!!!!!**

NB: note the knives, tongs, and whisks the professional chefs use in these videos are like the ones distributed.

Variations in process shows its hard to make a mistake
(must start with cold water)

Encourage participants to make a stock and soup/sauce/gravy from that stock between class sessions and tell the group how things went (we learn more from our mistakes than our successes...)

8.1 [all natural] Thickening agents/techniques (Slightly out of sequence, but required to **use** stock)

<https://www.youtube.com/watch?v=VtzMerTHJrw>

<https://www.youtube.com/watch?v=xo7eD9RNBpk>

<https://www.youtube.com/watch?v=FzZ3AL6bcGE>

<https://www.youtube.com/watch?v=Grz06KAnu4Y>

http://www.youtube.com/watch?v=lCVL6y8L0KY&list=TLHVpOx_jH-4DqZY00RRZ2AFFbN-lrl5Pn

<http://www.youtube.com/watch?v=DI7WGbAlpQY>

http://www.youtube.com/watch?v=gr3_VpzUZbw

<http://www.youtube.com/watch?v=UDgPLZYbi9E>

<https://www.youtube.com/watch?v=bQlersWmGks>

<https://www.youtube.com/watch?v=kFj2HjwJ3vc>

8.2 Stock in general

<http://www.youtube.com/watch?v=TL89KL7RiWA>

8.3 brown v white stock

<http://www.youtube.com/watch?v=-3hB1hs5YuU>

8.4 Chicken

<http://www.youtube.com/watch?v=mLohxfsoIhA>

<http://www.youtube.com/watch?v=lY6XvCGBBR0>

http://www.youtube.com/watch?v=hziMgG_G3x8

<http://www.youtube.com/watch?v=a7xmlu9YTkE>

<http://www.youtube.com/watch?v=A6OFPVI638k>

<http://www.youtube.com/watch?v=iF5zd2i-45w>

8.4.1 Turkey

<http://www.youtube.com/watch?v=v8uJ8M1HN5s&feature=c4-overview-vl&list=PL56CE7150EBA79523>

<http://www.youtube.com/watch?v=aWcOThUMZSE&list=PL56CE7150EBA79523>

8.5 Beef

<http://www.youtube.com/watch?v=yBBmz-TqJNs>

<http://www.youtube.com/watch?v=awZCO9h-bDo>

<http://www.youtube.com/watch?v=w-tajDaXjEw>

<http://www.youtube.com/watch?v=-eCC6RkUSbk>

8.6 Fish

<http://www.youtube.com/watch?v=WNPcKZP1qXg>

http://www.youtube.com/watch?v=i15t7F_yqMw

8.7 Vegetable

<http://www.youtube.com/watch?v=6r6fJemogLs>

<http://www.youtube.com/watch?v=LBfM5BGeL98>

8.8 FYI/FWIW *Roux* and

8.8.1 milk = white sauce [sauce béchamel]

http://en.wikipedia.org/wiki/B%C3%A9chamel_sauce

8.8.2 beef, chicken stock = sauce velouté

http://en.wikipedia.org/wiki/Velout%C3%A9_sauce

8.8.3 fish stock [fumet] = sauce Veronique

http://en.wikipedia.org/wiki/Fish_stock_%28food%29

<http://www.youtube.com/watch?v=MVUDh5rzwJc>

<http://www.foodnetwork.com/recipes/emeril-lagasse/sole-veronique-recipe/index.html>

9 **Basic cooking Techniques** (4 ea 1 hr sessions)

<https://www.youtube.com/watch?v=jYq8gvHNiEA>

http://www.youtube.com/watch?v=A_KILsVzHlY

<http://www.youtube.com/watch?v=iGG9LVDsec0>

<http://www.youtube.com/watch?v=bXPS1n-BzRc>

<http://www.youtube.com/watch?v=hMSwgThRe00>

<http://www.youtube.com/watch?v=tljjEundA-0>

9.1 Sauteing - basic frying method (1 hr)

distribute saute pans at end of class

<http://www.youtube.com/watch?v=Uin2EgUVnps>

<http://www.youtube.com/watch?v=wNikJ6ZfyQc>

<http://www.youtube.com/watch?v=u6557ULaHdg>

http://www.youtube.com/watch?v=5z_d0soK1cl

http://www.youtube.com/watch?v=atj_WlIfzZg&list=PLTEdB2Fbf3CtuFo9lZx5-8lwqrqVCbAVn

9.1.1 pancakes, waffles & crepes (1 hr)

FWIW savory crepe = burrito

<http://www.youtube.com/watch?v=vOJynWdnR70>

<http://www.youtube.com/watch?v=YeuN9CcmMyw>

<http://www.youtube.com/watch?v=p40y0okrjvM>

<http://www.youtube.com/watch?v=E7aoRsvlcU4>

<http://www.youtube.com/watch?v=7bZJ3FaaKRU>

<http://www.youtube.com/watch?v=aM3kVxSxF5s>

<http://www.youtube.com/watch?v=5yAWtmlMOMe>

{chili and cornbread waffle}

<http://www.youtube.com/watch?v=aDZ3V8hVXoU>

<http://www.youtube.com/watch?v=tPLVnKgs8Lk>

http://www.youtube.com/watch?v=VyoUWwLaX_Y

9.2 stir fry (1 hr)

<http://www.youtube.com/watch?v=9rgFHEt8EWc>

<http://www.youtube.com/watch?v=t8UULt8MGto>

<http://www.youtube.com/watch?v=6wUKqAAEgzo>
<http://www.youtube.com/watch?v=8bEBVO1jiXU>
<http://www.youtube.com/watch?v=Zc5Wj6MD6lw>
<http://www.youtube.com/watch?v=Dn5DwzQJV00>

- 9.3 Braising/stewing (1 hr)
distribute sauce pans and dutch ovens at end of class
<http://www.youtube.com/watch?v=D7lcahlon0>
<http://www.youtube.com/watch?v=BGtQUemVDaw>
<http://www.youtube.com/watch?v=-COBG00ck8>
<http://www.youtube.com/watch?v=UAROggabMFI>

- 9.4 boiling/poaching/steaming
9.5 baking [covered as sep unit]
9.6 broiling
9.7

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10 **Meatloaf and casseroles**⁹⁶ (2 sessions @ 1 hr)

10.1 Meatloaf (carne mechada / pan de carne) - **makes meat go further use oven thermometer to verify correct cooking heat use meat thermometer to verify internal temp** [Internal/center temperature of the meatloaf should register 170 degrees F. for **beef** or 185 degrees F. for **pork**.⁹⁷] *distribute oven/meat thermometers and loaf pans. Discuss how to use/read thermometers. Be aware some participants may think in C not F.*

<http://homefoodsafety.org/video/food-thermometer>

<http://www.youtube.com/watch?v=u2zyboXTMqE>

<http://www.youtube.com/watch?v=9i-f0fpHzts>

{note use of oatmeal as extender, cooked rice also good}

{for techniques not recipes}

<https://www.youtube.com/watch?v=dgbllzGOEjg>

https://www.youtube.com/watch?v=1P2jO9Ja8_c

10.2 casseroles

<https://www.youtube.com/watch?v=UfB1Kzo4YBM>

<https://www.youtube.com/watch?v=xRLaPXLjK4w>

<https://www.youtube.com/watch?v=f5FixoLipVY>

<https://www.youtube.com/watch?v=j49MD7Q3RFg>

10.3 lasagna

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=H19GT09mQlw&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1&index=24)

[v=H19GT09mQlw&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1&index=24](http://www.youtube.com/watch?v=H19GT09mQlw&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1&index=24)

{FYI making fresh pasta - can be money saver if you eat lots of pasta}

<http://recipes.howstuffworks.com/tools-and-techniques/how-to-make-pasta2.htm>

<http://www.youtube.com/watch?v=R6KhbS3q5b8>

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=VOZtR2yhpZI&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1)

[v=VOZtR2yhpZI&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1](http://www.youtube.com/watch?v=VOZtR2yhpZI&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1)

<http://www.youtube.com/watch?v=1UDh3YQ3fLY>

{FYI typical home pasta roller - **not required can use rolling pin**}

<http://www.marcato.it/en/shop/types/pasta>

⁹⁶ <http://www.ag.ndsu.edu/foodwise/news/7-steps-to-creating-a-casserole>

⁹⁷ <http://homecooking.about.com/od/beef/a/meatloaftips.htm>

- 11 **Slow cookers / Crockpots** (1 session @ 1 hour instruction & 1 hr discussion)
Distribute slow cookers at end of class. Ask participants to cook one crockpot meal before next class and let the group know how it went.
<http://www.amazon.com/Complete-Idiots-Guide-Cooker-Cooking/dp/1592576230>
<http://www.amazon.com/Slow-Cookers-For-Dummies-Lacalamita/dp/0764552406>
<http://food.unl.edu/web/fnh/free-slow-cooker-meals-powerpoint>

11.1 “Gotchas”

- 11.1.1 Danger zone (time/temperature) & reheating
- 11.1.2 (NO) browning / crisping in slow cooker (use saute pan)
- 11.1.3 fire hazard (remote - but be careful where you set)

11.2 **sample** recipes (*watch and have printed hand-outs*)
Stress technique, not recipe

11.2.1 meat

11.2.1.1 chicken

- <http://www.youtube.com/watch?v=u6LzBsQT2g0>
- http://www.youtube.com/watch?v=Lq7_Hk8PUcl

11.2.1.2 pork

- <http://www.youtube.com/watch?v=sTpEBU5QMko>
- <http://www.youtube.com/watch?v=5kShvwTJThE>

11.2.1.3 beef

- <http://www.youtube.com/watch?v=x66SZqpkn4M>
- <http://www.youtube.com/watch?v=OSabGgdaQeM>

11.2.2 stew

- <http://allrecipes.com/recipe/slow-cooker-beef-stew-i/>
- <http://www.youtube.com/watch?v=nGd8Ph1gf2I>
- <http://www.youtube.com/watch?v=SlFEfthHqw>

11.2.3 fish

- http://www.youtube.com/watch?v=NNXkpRn_lf4
- <http://www.youtube.com/watch?v=D2OjliE19fg>

11.2.4 beans

http://food.unl.edu/c/document_library/get_file?uuid=c2d6d475-0d1f-4ad6-8664-6ae1cd61bad2&groupId=4089458

<http://www.bettycrocker.com/recipes/slow-cooker-black-beans-and-rice/fe8730af-a2e5-4fb6-b1b9-61f297aeb0bf>

<http://www.foodnetwork.com/recipes/claire-robinson/slow-cooker-red-beans-and-rice-recipe/index.html>

11.2.5 rice

<http://www.youtube.com/watch?v=vqyAaD5BsoA>

<http://www.youtube.com/watch?v=p689JUyGZAA>

11.2.6 baked potato

<http://www.youtube.com/watch?v=TyeCMswkyrM>

<http://www.youtube.com/watch?v=zH9tWc1F XuQ>

11.2.7 pasta sauce

<http://www.youtube.com/watch?v=zhsUe7Hbwqs>

<http://www.youtube.com/watch?v=zdSbFFNEJc8>

11.2.8 soup

http://www.youtube.com/watch?v=kYko_BkMMMM

<http://www.youtube.com/watch?v=3Y3zSAycwDA>

11.2.9 bread

<http://www.thekitchn.com/how-to-make-bread-in-the-slow-cooker-cooking-lessons-from-the-kitchn-192421>

<http://www.artisanbreadinfive.com/2012/05/29/crock-pot-bread-baking-fast-bread-in-a-slow-cooker>

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Side dishes, soups and salads

12 side dishes

12.1.1 view list of variety of sides

<http://www.youtube.com/playlist?list=PL2F782F9C0165F1C8>

12.1.2 polenta [corn meal mush]

<http://www.youtube.com/watch?v=d7yFXHQFT7g>

12.1.3 fried corn meal mush

<http://www.youtube.com/watch?v=LqDhugN-kc0>

12.2 rice (not instant)

<http://www.youtube.com/watch?v=MxL0CJP0JmU>

12.3 potatoes

12.4 salads

<http://homefoodsafety.org/video/wash-produce>

<http://www.youtube.com/playlist?list=PLA324364D001E57B4>

12.5 soups

<http://www.youtube.com/playlist?list=PLB737E7A7B01FBD81>

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- 13 **low cost low/no meat high carbo recipes (3 ea 1 hr sessions)**
ask participants to make one meal and tell the group about the good and bad points at next class.
- 13.1 rice & beans or corn & beans [complete protein]
slow cooker recipe *note use of homemade chicken stock*
<http://www.youtube.com/watch?v=pXrBs1A97YE>
http://www.youtube.com/watch?v=Tn_iZLsx1CU
<http://www.youtube.com/watch?v=wVnD3ZCTI0g>
http://www.youtube.com/watch?v=Jv6fZWPWwOo&list=PLhwFZ_bU1x0GhQzNzqLcfn1pTsucBOJp&index=1
- 13.2 gnocchi
<http://www.youtube.com/watch?v=CUDRhJDbVv4>
<http://www.youtube.com/watch?v=EzLxMcJBC20>
<http://www.youtube.com/watch?v=bbJatLj-9wl>
<https://www.youtube.com/watch?v=0chMcFvj7mQ>
(sweet potatoes note use of bowl scrapers as mixers)
- 13.3 cottage pie
<http://www.youtube.com/watch?v=fIRadWyEofw>
<http://www.youtube.com/watch?v=chbB9D6jUHs>
<http://www.youtube.com/watch?v=T45Ty1jXQlY>
(note top/bottom potatoes & ingredients

info on ricers and food mills
<http://www.amazon.com/OXO-Good-Grips-Potato-Ricer/dp/B00004OCJQ>
<http://www.amazon.com/WINWARE-Stainless-Steel-Vegetable-Quart/dp/B0037XDGPS>

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14 **Baking breads, rolls, biscuits, corn bread**

- 14.1 bread
<http://www.youtube.com/watch?v=aB8aNeDwn2o>
<http://www.youtube.com/user/artisanbreadwithstev?feature=watch>
<http://www.youtube.com/watch?v=BOXHxBszOkg&list=PL4wD8ZWrzqPA3aWGrMSYXnk3oR3qsfDi1>
- 14.2 rolls
<http://www.youtube.com/watch?v=WVwrTAJtSNk>
- 14.3 biscuits
<http://www.youtube.com/watch?v=TOXNFnaObh0>
<http://www.youtube.com/watch?v=leuF-7mAvB8>
http://www.wasserstrom.com/restaurant-supplies-equipment/Product_106937
http://www.wasserstrom.com/restaurant-supplies-equipment/Product_108227
- 14.4 corn bread
<http://www.youtube.com/watch?v=RZGVglBp4B4>
- 14.5 Muffins
<http://www.youtube.com/watch?v=vkWGlDvVx2o>
<http://www.youtube.com/watch?v=Nx430SKcweM>

<http://www.amazon.com/Bakers-Secret-116466007-Basics-Nonstick/dp/B00091PMFI>
<http://www.walmart.com/ip/Farberware-All-Purpose-Small-Scoop/15556046>
- 14.6 cookies
<http://www.youtube.com/watch?v=Qd6c-kUDsvQ>

Kitchen Sanitation Practices

15 <https://www.youtube.com/watch?v=tRLQ-p0PEzU>

15.1 Work surfaces

http://www.youtube.com/watch?v=B2bX_kJU0R4

15.2 floors

15.3 hands

<http://www.itsasnap.org/snap/statistics.asp>

15.4 refrigerator

15.5 stove

15.6 sink

15.7 cabinets

15.8 walls

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Appropriate Individual Serving Amounts

- 16 How much food is enough? Why do we eat?
 - 16.1 Depends on activity, gender, age, culture and socioeconomic environment
 - 16.2 Difference between fluid ounces and weight ounces
 - 16.3 How many “servings” of what per day
 - 16.4 Limit between meal “snacks”
 - 16.4.1 snacks are expensive - generally poor use of money
 - 16.4.2 snacks are energy dense
 - 16.4.2.1 fructose [lack of satiety/insulin response]
 - 16.4.2.2 saturated fats animal/coconut
 - 16.4.2.3 hydrogenated/bromated vegetable oil
 - 16.4.2.4 salt
 - 16.4.2.5 “In addition to,” not “in place of” regular meals
 - 16.4.3 raw fruit or vegetables
 - 16.5 **DON'T USE FOOD AS REWARD - NO CLEAN PLATE PRESSURE**
 - 16.6 Adult
 - 16.6.1 Vegetable
 - 16.6.2 Starch
 - 16.6.3 Protein
 - 16.6.4 Dessert
 - 16.7 Child
 - 16.7.1 Vegetable
 - 16.7.2 Starch
 - 16.7.3 Protein
 - 16.7.4 Dessert

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