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*Note: Throughout this toolkit, there are links to websites and downloadable recipes. Items that are underlined and in blue can be opened by clicking the link. For example: [Click here to visit the VT Fresh website.]

VT Fresh is funded in part by the USDA’s Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.
About VT Fresh

VT Fresh is inspired by the incredible diversity and beauty of fruits and vegetables that grow locally in Vermont. Our aim is that everyone in Vermont has access to these nutritious foods.

VT Fresh recipes are simple to prepare and delicious, using just one fruit or vegetable as the primary ingredient. The VT Fresh program works with community partners to transform how fruits and vegetables are displayed and distributed at food shelves and meals sites across the state.

VT Fresh incorporates strategies for improving the food environment with displays, signage, messaging tools, simple taste tests, recipes and other systems that help make it easier for community members to choose fruits and vegetables as part of their diet.

Intro to VT Fresh Recipe Kits

VT Fresh Recipe Kits are one way to encourage people to eat more fruits and vegetables. Recipe Kits are “ingredient bundles” that research has shown increases appeal and encourages people to try new foods. In one study, providing recipes paired with ingredients tripled the likelihood of participants selecting and cooking the items. Ingredient bundles may be a promising strategy to promote nutrient-dense items in a food pantry that might otherwise be less popular among shoppers.

VT Fresh Recipe Kits include a printed recipe that features one primary fruit or vegetable and a few simple ingredients needed to make the recipe. VT Fresh Recipe Kits are designed to be small side dishes to compliment a meal.

Enclosed is a helpful guide and reference as you embark on your own journey assembling and distributing Recipe Kits in your community.
Getting Started

Ingredients

Here is a helpful list of some commonly used shelf-stable ingredients for Recipe Kits.

- **Spices**: salt, pepper, cinnamon, crushed red pepper flakes, cayenne, granulated/powdered garlic
- **Sauces**: Olive oil, balsamic vinegar, hoisin sauce, soy sauce/tamari, etc.
- **Specialty ingredients**: maple syrup, honey, lemon juice, mustard, etc.

**Where to Buy?** See Appendix at the end of this document with website links, cost, portion sizes, etc. Please note, you can purchase ingredients from any website or source; this spreadsheet simply provides examples and possible sources.

If you happen to click on a link in the table and the item is no longer available, please let the VT Fresh team know. We would also love recommendations on any new sources of ingredients and supplies you discover!
Supplies

Below is a list of non-food related supplies you may want to consider purchasing or sourcing as a part of this project:

- Reusable cloth/fabric tote bags as a container for the Recipe Kits—can be purchased here: Reusable Grocery Bag
- Small paper or plastic bags for bundling ingredients, or keeping printed materials together and dry
- Supplies for repackaging bulk spices:
  - Small, food-grade Ziplock bags for portioning bulk spices—can be purchased here: 2x3 Ziplock Bags.
  - Simple label-making machine—can be purchased here: Label Machine 1 or Label Machine 2
- Giveaway items:
  - Spatulas, peelers, jar openers, other kitchen tools or supplies
Ordering Tips

- Look for alternatives to Amazon—you can sometimes order directly from the company that produces the ingredients you are in search of, or through companies like [Webstaurant Store](#) or [Packit Gourmet](#).
- Honey and Maple syrup can oftentimes be purchased directly from farmers.
- Buy bulk spices and portion them into food-grade Ziplock bags and add labels.
- Online Search Tips: The following key words are helpful in finding pre-portioned single serving ingredients when searching online: mini, single serving, to go, packet (For example, if you are featuring a recipe that calls for Tamari, you may try to search “Mini packet Tamari” or “Take out to go Tamari.”)
Recipe Kit Ideas

The VT Fresh recipes below are recommended for Recipe Kits.

Downloadable Recipe Kit Recipes

- Apple - Apple Sauce
- Beet - Beet Salad
- Broccoli - Oven Roasted Broccoli
- Brussel Sprouts - Balsamic Vinegar and Honey Brussel Sprouts
- Cabbage - Cabbage Stir Fry
- Carrots - Glazed carrots
- Cauliflower - Roasted Cauliflower
- Corn - Garlicky Cheddar Corn
- Cucumber - Cucumber Salad – or – Cucumber Tomato Salad
- Green Beans - Asian Inspired Sautéed Green Beans and Onions
- Greens - Simple Honey Mustard Salad Dressing
- Kale - Kale Chips
- Onions - Caramelized Onions
- Parsnips - Honey Parsnips
- Parsnips - Roasted Parsnips and Carrots
- Peppers - Skillet Peppers and Onions
- Potato – Home fries
- Radishes - Roasted Radishes with Garlic
- Rutabaga – Rutabaga Fries
- Summer Squash – Sautéed Summer Squash
- Sweet Potato - Maple Glazed Sweet Potato Fries
- Tomato - Tomato Bruschetta
- Turnips - Turnip-Potato Mash
- Turnips - Maple Glazed Turnips
- Winter Squash - Butternut - Butternut Squash Fries
- Winter Squash - Delicata - Roasted Delicata Smiles with Maple
- Zucchini - Sautéed Zucchini (or Summer Squash)
- All Vegetables - Savory Maple Glaze

* Download these core Recipe Kit recipes here: [30 Best Recipe Kit Recipes](#)

* Additionally, you can download the full library of over [100+ VT Fresh Recipes](#), to promote all kinds of veggies – even Celeriac, Collards, Kohlrabi and Fennel!
Sample VT Fresh Recipe Kit

Ideas for what to include in the bags to recipients:

- One or two primary fruits or vegetables.
- ALL the ingredients to make the recipe – including spices, oil, garlic, butter, onion, etc.
- Large bag or box to put ingredients in (reusable bags work great!)
- Printed Recipe (ideally printed in color)
- Optional: Spatula, peeler, etc.
- Optional: Nutrition handouts, bookmarks, stickers.
Additional Suggestions

- Bundle all small ingredient items. Put them in a small paper or Ziploc bag. For example, include spices, mini olive oil, mini vinegar, garlic etc.
- Put all the “paper” materials (recipe and other printed materials) into a Ziploc bag so they don’t get wet. Staple or paper clip the Ziploc to the outside of the box or reusable bag.
- Add the produce items and voila—your Recipe Kit is ready to share!

Sample Recipe Kit Cost

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bag, 2# carrots</td>
<td></td>
<td>$2.98 total</td>
</tr>
<tr>
<td>2 small olive oil</td>
<td></td>
<td>$1.98 (purchased a box of 80 on Amazon)</td>
</tr>
<tr>
<td>1 small maple syrup</td>
<td></td>
<td>$1.40 (purchased a box from local farm)</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td><strong>$6.36</strong></td>
</tr>
</tbody>
</table>
Reporting and Record Keeping

As you carry out this project, we suggest keeping a few basic reports in mind as you begin distributing Recipe Kits. It is easy to lose track of this information, so it is recommended to fill in the table found below as you go. Remember too, the VT Fresh Team would love to see photos if you can capture some pictures along the way!

<table>
<thead>
<tr>
<th>Date</th>
<th># of Recipe Kits Distributed</th>
<th>Recipe Used</th>
<th>Additional Giveaways/Educational Materials Included</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
Measuring Impact

To measure the impact of your Recipe Kit Project, VT Fresh has a survey that measures whether a person is more likely to eat a particular fruit or vegetable again as a result of testing a recipe.

Optional survey: If you want to measure your project’s impact in this way, add the survey link www.vtfoodbank.org/win to any printed handout and include this with the recipe kits you distribute.

Anyone who completes the survey will be entered to win a $100 gift card from the Vermont Foodbank.
Contact the VT Fresh Team

We are here to support you and your organization with resources and guidance to implement a Recipe Kit project.

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McKayla Baker
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Central Vermont and NE Kingdom

Meg Hanna
mhanna@vtfoodbank.org
Rutland County and Southern Region of the state
## Appendix – Sourcing Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Spec</th>
<th>Cost/Item</th>
<th>Case size</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil (bottle)</td>
<td>.85 oz = 1.7 TBSP</td>
<td>$1.00</td>
<td>Order Individually</td>
<td><a href="https://www.amazon.com/gp/product/B07V83N48V/">https://www.amazon.com/gp/product/B07V83N48V/</a></td>
</tr>
<tr>
<td>Olive Oil (packet)</td>
<td>0.38 oz=0.76 TBSP</td>
<td>$0.36</td>
<td>100 count</td>
<td><a href="https://www.amazon.com/Marconi-Organic-Extra-Virgin-Olive/dp/B003MZFL11/">https://www.amazon.com/Marconi-Organic-Extra-Virgin-Olive/dp/B003MZFL11/</a></td>
</tr>
<tr>
<td>Olive Oil and Balsamic Vinegar Packets</td>
<td>0.38 oz=0.76 TBSP</td>
<td>$0.67</td>
<td>40 count</td>
<td><a href="https://www.amazon.com/crait-Organic-Balsamic-Vinegar-Packets/dp/B0C5S2FNLC/">https://www.amazon.com/crait-Organic-Balsamic-Vinegar-Packets/dp/B0C5S2FNLC/</a></td>
</tr>
<tr>
<td>Balsamic vinegar (bottle)</td>
<td>0.85 oz=1.7 TBSP</td>
<td>$0.35</td>
<td>80 count</td>
<td><a href="https://www.amazon.com/gp/product/B07VFDVXWP/">https://www.amazon.com/gp/product/B07VFDVXWP/</a></td>
</tr>
<tr>
<td>Maple Syrup, Mini Bottle</td>
<td>1.7 oz = 3.4 TBSP</td>
<td>$1.95 each</td>
<td>96 count</td>
<td><a href="https://www.fullerssugarhouse.com/product/1-7-oz-bordo-nip-pure-maple-syrup/">https://www.fullerssugarhouse.com/product/1-7-oz-bordo-nip-pure-maple-syrup/</a></td>
</tr>
<tr>
<td>Maple Syrup (local: Butternut Farm)</td>
<td>1.7 oz = 3.4 TBSP</td>
<td>$1.40 each</td>
<td>96 count</td>
<td>Email <a href="mailto:marya@butternutmountainfarm.com">marya@butternutmountainfarm.com</a> or see website and call</td>
</tr>
<tr>
<td>Honey (mini jar)</td>
<td>1.1 oz=2.2 TBSP</td>
<td>$0.73 each</td>
<td>72 count</td>
<td><a href="https://www.amazon.com/gp/product/B00HGRDAU2/">https://www.amazon.com/gp/product/B00HGRDAU2/</a></td>
</tr>
<tr>
<td>Honey (mini packet)</td>
<td>.49 oz=1 TBSP</td>
<td>$0.36 each</td>
<td>20 count</td>
<td><a href="https://www.amazon.com/Nature-Nates-Unfiltered-Balanced-Convenient/dp/B01JHLBEES/">https://www.amazon.com/Nature-Nates-Unfiltered-Balanced-Convenient/dp/B01JHLBEES/</a></td>
</tr>
<tr>
<td>Mini Himalayan Salt Pack</td>
<td>0.6 grams</td>
<td>$0.04</td>
<td>200 count</td>
<td><a href="https://www.amazon.com/gp/product/B08HDN6KBW/">https://www.amazon.com/gp/product/B08HDN6KBW/</a></td>
</tr>
<tr>
<td>Mini Himalayan Salt Pack</td>
<td>1.1 grams</td>
<td>$0.16</td>
<td>50 count</td>
<td><a href="https://www.amazon.com/gp/product/B0078EZHZE/">https://www.amazon.com/gp/product/B0078EZHZE/</a></td>
</tr>
<tr>
<td>Crushed red pepper single packets</td>
<td>1 gram</td>
<td>$0.20</td>
<td>50 count</td>
<td><a href="https://www.amazon.com/Italiano-Individually-Portioned-DESPENSA-COLOMBIANA/dp/B0BPQHCW94/">https://www.amazon.com/Italiano-Individually-Portioned-DESPENSA-COLOMBIANA/dp/B0BPQHCW94/</a></td>
</tr>
<tr>
<td>Crushed red pepper single packets</td>
<td>1 gram</td>
<td>$0.02</td>
<td>500 count</td>
<td><a href="https://www.amazon.com/gp/product/B007437JVE/">https://www.amazon.com/gp/product/B007437JVE/</a></td>
</tr>
<tr>
<td>Cinnamon single packets</td>
<td>0.5 grams</td>
<td>$0.25</td>
<td>100 count</td>
<td><a href="https://www.amazon.com/gp/product/B076CY99RH/">https://www.amazon.com/gp/product/B076CY99RH/</a></td>
</tr>
<tr>
<td>Product</td>
<td>Size</td>
<td>Price</td>
<td>Quantity</td>
<td>URL</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>----------</td>
<td>--------</td>
<td>----------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Pepper single packets</td>
<td>.1 grams</td>
<td>$0.03</td>
<td>200 per case</td>
<td><a href="https://www.amazon.com/Individual-Pepper-Packets-Salty-Ground/dp/B0B3JPQQ52/">https://www.amazon.com/Individual-Pepper-Packets-Salty-Ground/dp/B0B3JPQQ52/</a></td>
</tr>
<tr>
<td>Mustard, Gludens Spicy Brown</td>
<td>.32 ounces</td>
<td>$0.26</td>
<td>50 count</td>
<td><a href="https://www.amazon.com/Guldens-Spicy-Brown-Mustard-Packets/dp/B0BSR84FHD/">https://www.amazon.com/Guldens-Spicy-Brown-Mustard-Packets/dp/B0BSR84FHD/</a></td>
</tr>
<tr>
<td>Mustard, Gludens Spicy Brown</td>
<td>.32 ounce</td>
<td>$0.03</td>
<td>500 count</td>
<td><a href="https://www.amazon.com/Guldens-Spicy-Brown-Mustard-Packets/dp/B007TB0JQI/">https://www.amazon.com/Guldens-Spicy-Brown-Mustard-Packets/dp/B007TB0JQI/</a></td>
</tr>
<tr>
<td>Tamari, Gluten free Packets</td>
<td>.25 ounces</td>
<td>$0.26</td>
<td>50 count or 200 count</td>
<td><a href="https://www.amazon.com/Organic-Tamari-Gluten-Travel-Packets/dp/B06XS2P1XG/">https://www.amazon.com/Organic-Tamari-Gluten-Travel-Packets/dp/B06XS2P1XG/</a></td>
</tr>
<tr>
<td>Hoisin Sauce Packets</td>
<td>7g</td>
<td>$0.40</td>
<td>25 count</td>
<td><a href="https://www.amazon.com/Fix-Hot-Sauce-Hoisin-Ingredients/dp/B0B7SSHN8W/">https://www.amazon.com/Fix-Hot-Sauce-Hoisin-Ingredients/dp/B0B7SSHN8W/</a></td>
</tr>
<tr>
<td>Mustard, Djon</td>
<td>.25 oz</td>
<td>$0.28</td>
<td>50 count</td>
<td><a href="https://www.amazon.com/gp/product/B01EKC5W3I/">https://www.amazon.com/gp/product/B01EKC5W3I/</a></td>
</tr>
<tr>
<td>Vegan Bouillon Cubes, Edward &amp; Sons</td>
<td>1 cube</td>
<td>$0.37</td>
<td>12pk/8, 96 count</td>
<td><a href="https://www.amazon.com/gp/product/B00113SKZC/">https://www.amazon.com/gp/product/B00113SKZC/</a></td>
</tr>
<tr>
<td>mini bags, resealable 2“x2”</td>
<td>per bag</td>
<td>$0.01</td>
<td>1000 pack</td>
<td><a href="https://www.amazon.com/gp/product/B001RE3XDY/">https://www.amazon.com/gp/product/B001RE3XDY/</a></td>
</tr>
<tr>
<td>thyme, bulk</td>
<td>7 ounce</td>
<td>$11.38 / $21 per tsp</td>
<td>54 tsp per</td>
<td><a href="https://www.amazon.com/gp/product/B07CZ5HL7H/">https://www.amazon.com/gp/product/B07CZ5HL7H/</a></td>
</tr>
<tr>
<td>rosemary, bulk</td>
<td>7 ounce</td>
<td>$12.37 / $25 per tsp</td>
<td>49 tsp per</td>
<td><a href="https://www.amazon.com/gp/product/B07CZ655WG/">https://www.amazon.com/gp/product/B07CZ655WG/</a></td>
</tr>
<tr>
<td>cinnamon, bulk</td>
<td>17 ounce</td>
<td>$15.99 / $13 per tsp</td>
<td>120 tsp per</td>
<td><a href="https://www.amazon.com/Organic-Ground-Cinnamon-oz-Chef/dp/B07CZ67355/">https://www.amazon.com/Organic-Ground-Cinnamon-oz-Chef/dp/B07CZ67355/</a></td>
</tr>
</tbody>
</table>