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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. In Vermont, SNAP is called [3SquaresVT](#). It can help low-income people buy foods for a better diet.

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.

The VT Fresh Mini Grant is an annual funding opportunity whose funds may be awarded for partners to assemble and distribute Recipe Kits. Enclosed is a helpful guide and reference as you embark on your own journey to bring Recipe Kits to neighbors.

Ingredients

- **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.

The image displays a variety of fresh food items and recipe cards provided by the Vermont Foodbank. The items are arranged on a wooden surface. Key items include:

- Maple Syrup:** A bottle of Vermont Maple Syrup.
- Microgreens:** A clear plastic container of 'Unity Mix Microgreens' with a label indicating they are a source of protein, vitamins, and minerals.
- Olive Oil:** A packet of 'Olive Oil' from the 'Vermont Foodbank'.
- Spice Packets:** Several small packets of spices, including 'Pink Salt', 'Cracked Red Pepper', and 'Black Pepper'.
- Recipe Card:** A card for 'Savory Maple Glaze' with ingredients and directions.
- Other Items:** A small packet of 'Vermont Foodbank VT Fresh' and a small packet of 'Vermont Foodbank'.

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 Bags](#)
- Small paper or plastic bags for bundling ingredients, or keeping printed materials together and dry
- Supplies for repackaging bulk herbs and spices:
 - Small, food-grade Ziploc bags for portioning bulk spices—can be purchased here: [2x3 Ziploc Bags](#).
 - Simple label-making machine—can be purchased at your local office supply store or here: [Label Making Machine](#)
- 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](#), [Packit Gourmet](#) and [The Restaurant Store](#).
- Many of these websites offer tax exempt ordering for nonprofits. The more you order at once, the cheaper shipping cost will be!
- Ingredients like honey and maple syrup can oftentimes be purchased directly from farmers.
- Buy bulk spices from a local coop, or large containers of spices from most grocery stores, then portion them into food-grade Ziploc 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.")
- Build your Recipe Kits around whatever Vermont Foodbank, gleaned, or otherwise free produce might be available.



Recipe Kit Ideas

The VT Fresh recipes below are recommended for Recipe Kits.

Downloadable Recipe Kit Recipes


- Apple - Apple Sauce
- Beet - Beet Salad
- Brussel Sprouts - Balsamic Vinegar and Honey Brussel Sprouts
- Cabbage - Cabbage Stir Fry
- Carrots – Honey Glazed Roasted Carrots
- Cauliflower - Roasted Cauliflower (or Broccoli)
- 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
- Spinach – Sautéed Spinach
- 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

Cheesy Cheddar Corn


Prep Time: 10 min Cook Time: 6 min Servings: 4

Husk a move, be a-maize-ing and say Cheesy Cheddar Corn. This simple dish is sure to leave everyone smiling. Feel like taking it to the next level? Add peppers (sweet or spicy), onions & garlic and throw in some fun spices like chili powder & cumin. Change up the cheese and herbs for new flavor combinations, like mozzarella & basil or pepper jack & cilantro. Most of all, have fun.

Ingredients	Steps
<ul style="list-style-type: none">• 4-6 ears fresh corn, removed from cob or 1 pound frozen corn or 2 cans of corn• 2 Tbsp butter• 1 cup shredded cheddar• salt & pepper, to taste• parsley, chopped for garnish	<ol style="list-style-type: none">1. Fresh corn: to remove kernels from the cob, place one end of the cob on the bottom of a large bowl and use a sharp knife, cutting downward, as close to the base of the kernels as possible. Rotate the ear of corn, and repeat the cut until all kernels have been removed. Canned Corn: drain liquid.2. Heat skillet over medium-high heat. Melt butter and add corn.3. Season with salt & pepper. Sauté for for about 3-5 minutes until heated through, stirring frequently.4. Add the cheese and stir until it's melted.5. Remove from heat, garnish with chopped parsley and serve hot.6. Enjoy.



Enter to win a \$100 gift card! Visit [vtfoodbank.org/vtfresh](https://www.vtfoodbank.org/vtfresh) for info on testing recipes and more!
VT Fresh is funded in part by the USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



*Download these core Recipe Kit recipes via our Community Tool Kit here:

<https://www.vtfoodbank.org/more-programs/vt-fresh/vt-fresh-community-toolkit/>

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 or seasonings, oil or butter, garlic, maple syrup, 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, VT Fresh postcards etc.



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.
- Feature produce that is less familiar to folks such as rutabaga, kale or parsnips.
- Add the produce items and voila—your Recipe Kit is ready to share!

Sample Recipe Kit Cost

1 bag, 2# carrots	\$2.98 total
2 small olive oil	\$1.98 (purchased a box of 80 on Amazon)
1 small maple syrup	\$1.40 (purchased a box from local farm)
Total	\$6.36



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. This is not required, but 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!

Date	# of Recipe Kits Distributed	Recipe Used	Additional Giveaways/Educational Materials Included

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.

Welcome to the VT Fresh Recipe Testing Survey!

Thanks you for taking the time to test a VT Fresh recipe and give us feedback! By answering the following questions you'll help the Vermont Foodbank improve our recipes AND you will be entered to win a \$100 gift card

Where did you find your VT Fresh recipe? *

- ☐ Online
- ☐ Foodshelf
- ☐ VT Foodbank event
- ☐ Other

Email *

Enter Email

Confirm Email

We don't share or sell email addresses, we promise!

Please provide your zip code. *

ZIP Code

What recipe did you prepare? *

0 of 50 max characters

What was the primary fruit or vegetable in the recipe? *

0 of 50 max characters

How likely are you to eat more of this vegetable/fruit? *

- ☐ MORE LIKELY +
- ☐ SAME =
- ☐ LESS LIKELY -

Contact the VT Fresh Team

We are here to support you and your organization with resources and guidance to put together and share Recipe Kits with your community.

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Appendix – Sourcing Ingredients

Item	Spec	Cost/Item	Case size	Link
Olive Oil (bottle)	.85 oz = 1.7 TBSP	\$1.00	Order Individually	https://www.amazon.com/gp/product/B07V83N48V/
Olive Oil (packet)	0.38 oz=0.76 TBSP	\$0.44	100 count	https://www.amazon.com/Marconi-Organic-Extra-Virgin-Olive/dp/B003MZFL11/
Olive Oil (packet)	0.38 oz=0.76 TBSP	\$0.38	100 count	https://www.therestaurantstore.com/items/233790
Balsamic Vinegar (packet)	0.38 oz=0.76 TBSP	\$0.58	100 count	https://www.amazon.com/Marconi-Organic-Balsamic-Vinegar-Packets/dp/B0CT6RKT85/
Balsamic Vinegar (packet)	0.38 oz=0.76 TBSP	\$0.37	100 count	https://www.webstaurantstore.com/marconi-375-oz-organic-balsamic-vinegar-portion-packets-case/125PCVINBALS.html
Maple Syrup, Mini Bottle	1.7 oz = 3.4 TBSP	\$1.95 each	96 count	https://www.fullerssugarhouse.com/product/1-7-oz-bordo-nip-pure-maple-syrup/
Maple Syrup (Butternut Farm)	1.7 oz = 3.4 TBSP	\$1.65 each	96 count	Call (802) 635-7483 to order. or see website
Honey (mini jar)	1.1 oz=2.2 TBSP	\$1.17 each	72 count	https://www.amazon.com/gp/product/B00HGRDAU2/
Honey (mini packet)	.49 oz=1 TBSP	\$0.35 each	20 count	https://www.amazon.com/Nature-Nates-Unfiltered-Balanced-Convenient/dp/B01JHLBEES/
Mini Himalayan Salt Packet	0.6 grams	\$0.01	1000 count	https://www.amazon.com/Perfect-Stix-Iodized-Salt-Packets/dp/B08LR1G5C8/
Mini Himalayan Salt Packet	1.1 grams	\$0.22	50 count	https://www.amazon.com/gp/product/B0078EZHZE/
Crushed Red Pepper Packet	1 gram	\$0.04	200 count	https://www.webstaurantstore.com/crushed-red-pepper-1-gram-portion-packet-case/125PCCPEP200.html
Crushed Red Pepper Packet	1 gram	\$0.05	500 count	https://www.amazon.com/gp/product/B007437JVE/
Cinnamon (single packet)	0.5 grams	\$0.25	100 count	https://www.amazon.com/gp/product/B076CY99RH/
Pepper (single packet)	.1 grams	\$0.01	1000 per case	https://www.amazon.com/Packets-Premium-Individual-Quality-Portion/dp/B0CLZGR1MV/
Real Lemon Juice (packet)	4 gram	\$0.18	50 count	https://www.amazon.com/RealLemon-Lemon-Juice-Packets-gram/dp/B071Z843BB/

Mustard, Gludens Spicy Brown	8 grams	\$0.02	400 count	https://www.webstaurantstore.com/spicy-asian-mustard-8-gram-portion-packet-case/125PCMUSTASN.html
Mustard, Heinz Yellow	5.6 grams	\$0.09	200 count	https://www.amazon.com/Heinz-Mild-Mustard-Single-Serve/dp/B00SW25BDY/
Tamari, Gluten Free Packets	.25 ounces	\$0.34/\$0.14	50 count or 200 count	https://www.amazon.com/Organic-Tamari-Gluten-Travel-Packets/dp/B06XS2P1XG/ https://www.amazon.com/Kikkoman-Preservative-Free-Gluten-Free-Tamari-Packets/dp/B07MM6796S/
Hoisin Sauce Packets	8g	\$0.05	500 count	https://www.therestaurantstore.com/items/567678
Mustard, Djion	.25 oz	\$0.36	50 count	https://www.amazon.com/gp/product/B01EKC5W3I/
Vegan Bouillon Cubes, Edward & Sons	1 cube	\$0.37	12pks/8, 96 count	https://www.amazon.com/gp/product/B00113SKZC/