



Chefs & Restaurants Recipe Submission Guide

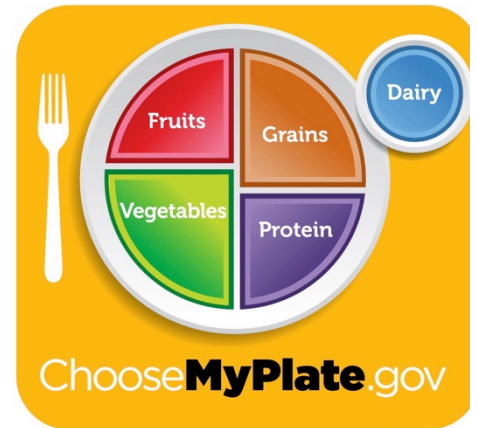
Recipe Submission & Review Process

1. **Choose a healthy adult menu item** to offer young diners.
2. **Prepare and portion** the menu item utilizing the Recipe Guidelines below.
3. **Send us your recipe** so we can promote your participation! *Our in-house nutritionist will review to ensure it will be well suited to this campaign and support children's health while guiding parents and your peers to feed children more variety and interesting meals.*
4. **Review and approve** the final recipe for our site; **send us a quote and photo of the dish.**
5. **Print copies of our Restaurant Patron Handout** for parents when they bring children to your restaurant, and to train staff about Kids Food Reboot and your new kids option(s).

Guidelines for Kids Food Reboot Recipes

1. **Serve 4 adults** (equivalent to 2 adults & 3-4 kids).
2. **Align with MyPlate**, with portions appropriate for kids 4-8 years old.
3. **Use ingredients and equipment that are accessible** to home cooks (i.e. not require rare or expensive ingredients like truffles).

If you have any questions, reach out to Emily Baron, Campaign Manager, at emily@familycookproductions.com.



MyPlate & Kids Food Reboot Entrée Portion Guidelines

	Child Age 4-8 Daily Needs per MyPlate	Child age 4-8 Suggested Entrée Portion	Adult Suggested Entrée Portion	Total Recipe Suggestion (4 Adult Portions)	Suggestions to Incorporate into Recipe
Fruits & Vegetables	2.5 to 3 cups	1 to 1.5 cups	2 to 2.5 cups	8 to 10 cups	Offer a side salad, salsa, fruit-based desserts
Grains	5 oz*	2 oz	3 to 4 oz	12 to 16 oz	Use whole grain breads, pastas, brown/wild rice
Protein	4 oz	1 to 2 oz	3 to 4 oz	12 to 16 oz	Use lean proteins, legumes, tofu
Dairy	2.5 servings**	0.5 to 1 serving	1 serving	4 to 6 cups	Offer low-fat milk as a beverage
Oils	4 tsp	1 to 1.5 tsp	1.5 to 2 tsp	3 to 4 Tbsp	Use nuts, fatty fish, olive oil

* 1 oz of grains is equivalent to 1 slice bread, 1/2 cup cooked rice/pasta/grain, 1 6" tortilla; 50% of grains should be whole grains

** 1 serving of dairy is equivalent to 8oz milk/soy milk, 8oz yogurt, 1.5oz hard cheese, or 1/3 cup shredded cheese