Materials Guide

ONIE PROJECT

- How-To Cards
- Produce Recipe Cards
- Bilingual Recipe Cards
- Recipe Booklets
- Nutrition Calendars
- Nutrition Education Materials

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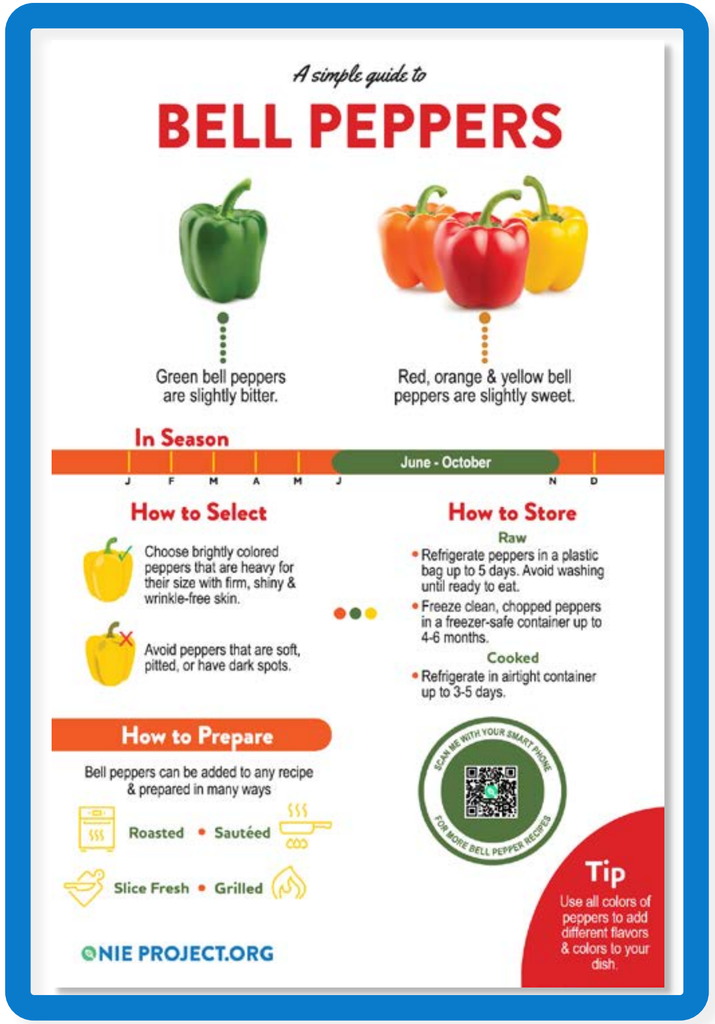
How-To Cards

- Highlights locally-available produce in detail.
- Includes helpful information for how to select, store, and prepare.
- Recipe on back uses featured produce as an ingredient.
- Other features include seasonal information, additional recipe pictures, helpful tips, and nutrition facts.



Double Sided

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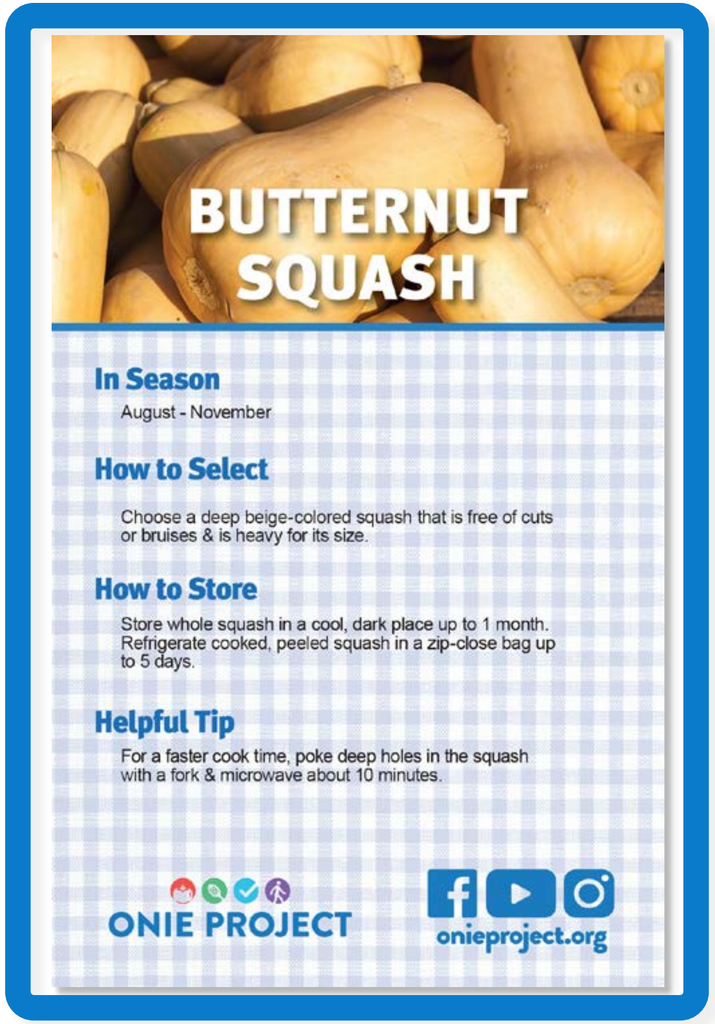
Produce Recipe Cards

- Briefly highlights locally-available produce.
- Includes helpful information for how to select, store, and prepare.
- Recipe on back uses featured produce as an ingredient.
- Other features include seasonal information, helpful tips, and nutrition facts.



Double Sided

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Bilingual Recipe Cards

- Simple, healthy, and tasty recipes provided in English and Spanish on a small double-sided card.
- Other features include helpful tips and nutrition facts.

Double Sided

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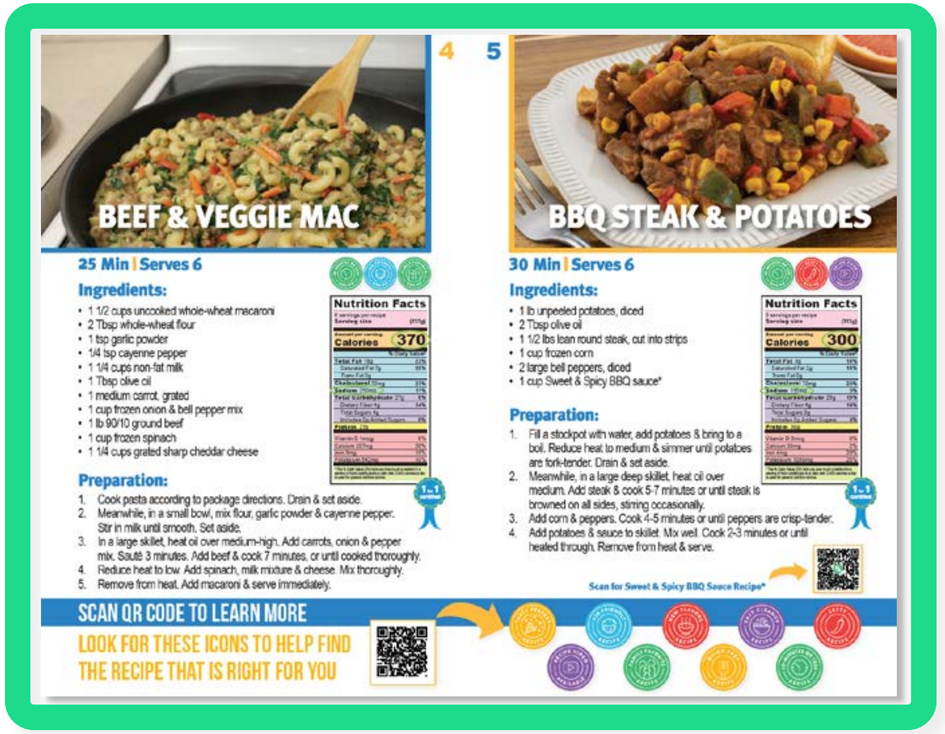
Recipe Booklets

- Recipe booklets thoughtfully put together under a common theme.
- Available booklets include 30 Minutes or Less (pictured), 1 Shopping List, 5 Recipes, Kids Snacks, Match 1 for 1, One-Pot Recipes, and Seafood Recipes.
- Other features include nutrition label education, recipe icons, and helpful tips.



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Nutrition Calendars

- 12 quick, tasty & healthy meals that are easy to prepare & are made using common ingredients.
- SNAP resources inside, including a complete list of SNAP-accepting farmers markets in Oklahoma.
- Other features include nutrition label education, recipe icons, and helpful tips.

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Nutrition Education Materials

- Available materials include MyPlate Handouts, MyPlate Menu Worksheets, Making Sense of Nutrition Labels (tri-fold), Change it Up: Healthy Twists for your Family Favorite Recipes, Salt Check: Does your foor match 1 for 1?, A Day on MyPlate: Snapshot of 2,000 Calories & Making Your Own Baby Food.