Happy Holidays!

Classes are over and it's time to get out the recipe books and index cards for the annual holiday baking. What? Your index cards are missing? The recipe book had a tragic accident? Don't worry! The United States Government can help!

Cooking with the Federal Government
Presidential and Congressional Recipes

Try Senate Bean Soup served daily in the Senate's restaurant
Whip up George Washington’s Cranberry Pudding, a colonial favorite.
How about Senator Barbara Milulski’s Favorite Crab Cake Recipe?
An all time favorite, Harry and Bess Truman’s Mac and Cheese.
Burgoo? One of Senator Mitch McConnell’s Home Cookin’ Kentucky Recipes.
Enjoy a warm White House beverage with Laura Bush’s Hot Chocolate.
Hot Chocolate would go great with Mamie Eisenhower’s Million Dollar Fudge!
For a complete holiday menu, Special Recommended Recipes For the Holidays, includes recipes donated by Congressmen, Senators and Governors to Virtual Cities’ 1st Traveler’s Choice Internet Cookbook.

Recipes from Government Agencies

Library of Congress Recipes by Region

National Food Service Management Institute USDA Recipes for Schools

National Park Service Pioneer and Indian Recipes

National Heart, Lung, and Blood Institute Keep the Beat: Heart Healthy Recipes (PDF), Dash Recipes, Delicious Heart Healthy Latino Recipes/Platillos Latinos Sabrosos Y Saludables (Bilingual English, Spanish), When Delicious Meets Nutritious: Recipes For Heart Health, Stay Young At Heart Recipes: Cooking The Heart Healthy Way, Eat Better: Recipes

Department of Health and Human Services Fruit and Vegetable Recipes (Choose recipes and make your own cookbook), A Healthier You, American Indian Recipes: Diabetes

National Diabetes Education Program Recipe and Meal Planner Guide

National Cancer Institute Recipes for Better Nutrition

Department of Agriculture Farmers' Market Recipes, Food Stamp Nutrition Connection: Recipe Finder; Team Nutrition: Cooking with Kids: Recipes and Menu Planning, Child care recipes: for food health and fun, A River of Recipes: Native American Recipes Using Commodity Foods

For a guide to food storage and other food safety tips, go to foodsafety.gov – Gateway to Government Food Safety Information.
Cooking for a Crowd?  
Military Recipes

Armed Forces Recipe Service  
Recipe cards for the Army, Navy, Air Force and Marines: Index of Recipes  
Menu guide for food service in base camp settings: Contingency Operations 21

DAY Menu

Recipes in the Government Documents  
Department of Dacus Library


Many of these items are on display in the Government Documents Department of Dacus Library. The exhibit will run through the end of January.

Have a Safe and Happy Holiday!

Jackie McFadden, 803-323-2322, mcfaddemj@winthrop.edu
Patti Stafford, 803-323-2257, staffordp@winthrop.edu