

# [facs] Nutrition Connections Items

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I was fortunate to contact Eileen Faughey of Nutrition Connections and felt some of you might be able to use the products her company provides. The first one that attracted me was "The Produce Partners". It is a sort of flip book, with the pages about the size of a bookmark. It is packed with info (photo, peak season, how to select, flavors that work with it, how to store it, preparation steps, including a recipe) about a wide assortment of vegetables. I only have one copy of this "food fan guide" but wish I had one for each of my students to use as a resource. The other tool that I have is "Quick flip" guide to dinners. This is a perfect resource for a study on cultures. The book has basic dinner concepts (soups, grains, pasta, etc.) each with variations for dishes from five cultures. I have used this as a way to introduce what makes food relevant to a certain culture. (Each of my kitchen lab teams prepared a variation, then we compared them.) Both resources are colorful and convenient to use. Both are formatted uniquely, which is one of the reasons I like to use them with my students.

The website for prices, further descriptions, etc. is <http://nutritionconnections.com>. I have spoken with Eileen over the phone a few times, but have never met her in real life. It is great to make connections with people who are working to encourage healthy eating, and home food preparation!