

## Home Baking Association Joins FCCLA@theTable

### *Menu of Resources*

#### Making Home Meals Happen *Doctors want home food education partners.*

*“Many children have never seen their parents produce a meal, speed or scratch. If children are raised to feel uncomfortable in the kitchen they will be at a disadvantage for life.”*

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION. 2010. Lichtenstein, A. Ludwig, D. 303(21):2109

Adults and teens who can cook and bake build health and wealth three ways—by putting family meals on the table, by teaching others food prep skills AND by adding a component of active life-styles ... DIY food preparation means you'll AND “burn” 125+ calories per hour! <http://bit.ly/1FixvPC>

- **Free teaching resources:** *The Thrill of Skill; Top Ten Tips (Spanish&English); Food Skills Check-list; Fight BAC!; Safe Kitchen Prep Guide* and more at <http://homebaking.org/foreducators/index.html>  
*Baking with Kids* resources <https://www.chsugar.com/family-fun/baking-with-kids>
- **National Extension Association of Family & Consumer Sciences local resources:** <http://www.learningandlivingwell.org> and *KidsaCookin'* (Spanish/English) [www.kidsacookin.org](http://www.kidsacookin.org)
- **Share Our Strength, No Kid Hungry supermarket guide:** [www.cookingmatters.org](http://www.cookingmatters.org)
- **Ingredient, Food Storage and Temperature Guides**  
*A Baker's Pantry of Resources.* <http://homebaking.org/Lab13a.pdf>
- **Correct measurements and perfect substitutions** <http://bit.ly/1JHjoHS>  
*Kitchen Science: Baking for Special Needs* <http://bit.ly/1wB3s0U>  
*Baking Substitution Science Power Point* <http://bit.ly/1yTKEfP>  
**Guide Cards** to send home with students [http://homebaking.org/PDF/OrderForm2015\\_final.pdf](http://homebaking.org/PDF/OrderForm2015_final.pdf)

**The Home Baking Association DIY Channel** <http://bit.ly/1NFLMfu>

**HBA Baking Glossary** of 350+ terms with links/videos: <http://bit.ly/1BJI8sy>

**HBA Member Test Kitchens:** <http://homebaking.org/hbamembers/index.html>

- **How-to guides, videos:** [http://www.landolakes.com/TestKitchen/Behind\\_The\\_Scenes.aspx](http://www.landolakes.com/TestKitchen/Behind_The_Scenes.aspx)  
<http://www.kingarthurflour.com/baking/>, <http://bit.ly/1ahFsw5>; <http://bit.ly/1HOomBo>  
<http://redstareast.com>; <http://www.marthawhite.com/about-cooking> ,  
<http://www.becomeabetterbaker.com>;
- **Non-stick oven liner and consumer guide on how to use:** <http://bit.ly/1a3BsPw>

## **Breakfast...Morning, Noon or Night**

A+ Crepes (*Baking with Friends*) <http://www.homebaking.org/wrapactivity.pdf>

Carrot Cranberry Quick Bread <http://bit.ly/1NFJFZd>

Crispy Yeast Waffles (make ahead) <http://redstaryeast.com/crispy-yeast-waffles/>

Egg Bake Recipes <http://bit.ly/1HjofgL>

Energy Bars <http://bit.ly/1N4MzK8>

Gluten-Free Argo Waffles <http://bit.ly/1yTdAV3>

Homemade Fruit Syrups, <http://bit.ly/1y1F1ks> and Fruit Butter <http://bit.ly/1a2xaYv>; <http://bit.ly/1c6cfWg>

Light-as-a-Feather Whole Wheat Pancakes [www.wheatfoods.org](http://www.wheatfoods.org)

Pumpkin Pancakes (*Baking with Friends*) PLUS Pumpkin Pancakes Book and Bake, [Homebaking.org](http://Homebaking.org)

**The Bread Basket** *"What must you break apart to bring a family close together? Bread, of course."* Jodi Piccoult

Artisan to no-knead breads <http://www.kingarthurfLOUR.com/recipes/bread>

Confetti Corn bread <http://homebaking.org/PDF/conrbread.pdf> (Demonstrated, DIY Baking Channel)

Cheese Bread <http://homebaking.org/recipes/cheesebread.html>

Flour Tortillas [http://homebaking.org/PDF/flour\\_tortillas.pdf](http://homebaking.org/PDF/flour_tortillas.pdf)

Honey Wheat Dinner Rolls <http://bit.ly/1alvKnh>

Perfect Buttermilk Biscuits <http://homebaking.org/recipes/perfectbuttermilkbiscuits.html>

Sun-Dried Tomato Gluten Free Focaccia: <http://bit.ly/1Cv1m5h>

Whole Grain Breads <http://wholegrainscouncil.org/recipes/breads>

**Entrée's** *"One cannot think well, love well, sleep well, if one has not dined well."* Virginia Woolf

Bierocks, Dumplings, Enchiladas and more! <http://nationalfestivalofbreads.com/recipes/entrées-o>

Casseroles, sides and soups w/bread bowls. <http://bit.ly/1FyBUAX>

Cheese Tomato Whole Wheat Pizza [www.homebaking.org](http://www.homebaking.org) (Demonstrated, DIY Baking Channel)

Everything Spice Pigs in Blanket: <http://bit.ly/19r5wEK>

Grilled Pizza <http://bit.ly/1Ffbm7m>

Impossible Vegetable Quiche (All-purpose baking mix) <http://bit.ly/1alflPj>

100% Whole Wheat Sandwich Bread <http://bit.ly/1DlfqzI>

Pepperoni Stromboli: <http://bit.ly/1aHmLTI>

*Pin a Meal* series at <http://www.landolakes.com/pinameal>

Pocket Sandwiches <http://bit.ly/1IjWAMQ>

Taco Dinner <http://www.breadworld.com/#!/recipes/Taco-Dinner>

**Just Desserts!** <http://homebaking.org/index.html>

*"Desserts, above all, are apt to evoke memories of childhood, of sitting around a family table.*

*Give you children taste memories to cherish forever."* *Lost Recipes.* Marion Cunningham

Oatmeal Monster Cookies <http://bit.ly/1FcrSCZ>

PBJ Mini Cupcakes <http://bit.ly/1c66Uy8>; Rocky Road Brownies <http://bit.ly/1Ip4DLH>

Shake and Make Vanilla Ice Cream. (Doubly active!!) <http://bit.ly/1CRTnCR>

Spiced Apple Bundt Cake <http://bit.ly/1Gmw1cv>

Country Crock Sugar Cookies <http://bit.ly/1r67hJU>

Sweet Potato Pie <http://bit.ly/1ybXpYa>

White Whole Wheat Carrot Cake <http://homebaking.org/index.html>

Whole White Wheat Angel Food Cake <http://bit.ly/1CckdhK>

**Teach others, build  
community AND funds.  
HomeBaking.org**