

### Attachment U: Stipend Justification for Child Care Sites

To estimate the potential financial burden of cooking the recipes included in the nutritional education materials, we randomly sampled 4 of the 10 recipes and calculated the cost of cooking the recipe with 40 children. This number of children was selected based on two classrooms of 20 children completing the recipes at each child care site.

Prices for all ingredients were obtained from multiple sources. Produce prices were obtained from <https://www.ers.usda.gov/data-products/fruit-and-vegetable-prices.aspx> when possible, while all other prices were obtained by averaging prices from national chains such as Walmart and Shop Rite. The USDA ERS website provided pricing for units of produce commonly used in cooking (e.g. 1 cup of apples), while the unit size of spices, meat, or packaged goods are based on what is commonly sold in stores (e.g. 22oz can of diced tomatoes, a bunch of basil).

The tables below show the conversion of four recipes from a serving size of 6 to a serving size of 40. The "required units" varies based on the size of the unit sold and how many servings could be obtained from one unit. At times, only one unit was required when the minimum size of the unit sold contained enough servings for all children (e.g. seasonings, oil, milk, etc.).

#### *Beef Picadillo \* Served with Brown Rice (Serves 6)*

Ingredient and required amount	Unit	Price per Unit	# Units Required	Total Cost
1/2 cup brown rice	2 lb	\$3.54	1	\$3.54
12 ounces ground beef	1 lb	\$3.55	5	\$17.75
1 1/4 cups yellow onion	1 cup	\$0.41	8.75	\$3.59
1 cup green bell pepper	1 cup	\$0.46	6	\$2.76
1 clove garlic	1 bulb	\$0.25	2	\$0.50
1/3 cup diced tomatoes	14.5 oz	\$1.48	2	\$2.96
1/2 cup raisins	20 oz	\$3.42	1	\$3.42
1/4 teaspoon oregano	.87 oz	\$0.98	1	\$0.98
1/2 teaspoon cumin	1.5 oz	\$2.98	1	\$2.98
2 tablespoons cilantro	1 bunch	\$1.00	1	\$1.00
			<b>TOTAL</b>	<b>\$39.48</b>

#### *Baked Batatas and Apples (serves 6)*

Ingredient and required amount	Unit	Price per Unit	# Units Required	Total Cost
3 tablespoons brown sugar	16 oz	\$1.48	1	\$1.48
1/2 teaspoon cinnamon, ground	2.37 oz	\$1.98	1	\$1.98
1/4 teaspoon salt, table	26 oz	\$0.84	1	\$0.84
2 cups sweet potatoes	1 cup	\$0.50	14	\$7.00
3 cups apples	1 cup	\$0.42	18	\$7.56
1 tablespoon canola oil	24 oz	\$1.38	1	\$1.38
1/4 cup orange juice	1 cup	\$0.60	1.75	\$1.05
Nonstick cooking spray	8 oz	\$1.82	1	\$1.82
			<b>TOTAL</b>	<b>\$23.11</b>

*Alaskan Salmon Mini-Loaves (serves 6)*

Ingredient and required amount	Unit	Price per Unit	# Units Required	Total Cost
7 1/2 ounces boneless, skinless canned Alaska salmon	5 oz	\$1.72	8	\$13.76
1 large egg	1 dozen	\$1.82	1	\$1.82
1 tablespoon fat-free milk	1 quart	\$0.86	1	\$0.86
1 teaspoon onion, dried	2 oz	\$2.96	1	\$2.96
1 teaspoon dill weed, fresh,	1 oz	\$1.68	1	\$1.68
1/2 teaspoon lemon pepper	2.5 oz	\$2.48	1	\$2.48
3 tablespoons whole wheat bread crumbs	13 oz	\$2.39	1	\$2.39
<b>TOTAL</b>				<b>\$25.95</b>

*Chicken Ratatouille (serves 6)*

Ingredient and required amount	Unit	Price per Unit	# Units Required	Total Cost
1/4 tablespoon canola oil	24 oz	\$1.38	1	\$1.38
12 1/2 ounces boneless, skinless chicken breast	1 lb	\$3.18	5	\$15.90
1/4 cup zucchini	1 cup	\$1.90	2	\$3.80
2/3 cup eggplant	1 lb	\$1.99	2	\$3.98
1/3 cup onions, yellow	1 cup	\$0.41	3	\$1.23
1/4 cup green peppers,	1 cup	\$0.46	2	\$0.92
3 tablespoons mushrooms	1 cup	\$0.54	2	\$1.08
1/4 teaspoon salt, table	26 oz	\$0.84	1	\$0.84
3/4 cup tomatoes, canned	14.5 oz	\$1.48	3	\$4.44
1 clove garlic	1 bulb	\$0.25	2	\$0.50
1/2 tablespoon basil, dried	.62 oz	\$2.44	1	\$2.44
1/8 teaspoon black pepper, ground	3 oz	\$3.18	1	\$3.18
1/2 teaspoon vinegar, balsamic	8.45 oz	\$1.94	1	\$1.94
1/2 teaspoon lemon juice,	2.5 oz	\$0.66	1	\$0.66
1/2 tablespoon parsley	1 bunch	\$1.29	1	\$1.29
<b>TOTAL</b>				<b>\$43.58</b>

The average cost of these four recipes is \$33.03. Since sites are asked to prepare 8 recipes, the total estimated cost of preparing the recipes is \$264.24. However, there are a few redundant items (e.g. canola oil, nonstick cooking spray), so we strongly encourage a total stipend of \$250 to cover the potential costs that sites may incur preparing the recipes.