Contents:

1. **Recipes** - all have been tested, all have nutrient analysis, all except Island Fruit dish have shopping lists attached, some converted to handout form, some translated to Spanish

   Yucca Fritas
   Yellow Rice and Beans
   Verdura
   Ensalada de Bacalao
   Chicken Fricassee
   Empanadas
   Pork Chops
   Flan
   Bread Pudding
   Tostones
   Island Fruit with Cinnamon and Cococut

2. **Shopping Tour/Program Speaker Notes/Tools**

3. **Educational Materials Used as Handouts for programs on 4/29, 5/3 and 5/17/06** – both English and Spanish versions

3. **Evaluation Forms** (both English and Spanish) and **Results** for above programs