



JSI Recipe Tool

The JSI Recipe Tool is an easy-to-use tool designed for school nutrition programs in Massachusetts to analyze, save and share school recipes. The recipe analysis shows if the recipe is compliant with the state and federal snack standards and identifies the credible meal components. You can share, export into a .doc file, and print the recipe, nutrition facts panel, ingredient list, and allergens. The JSI Recipe Tool is a user-friendly, reliable recipe analysis program, created by registered dietitians at The John Stalker Institute.

Instructions

1. Complete the brief tutorial at www.johnstalkerinstitute.org/rt/help/tutorial.htm to be sure you are using the tool properly to get the most accurate results.
2. Go to JSI Recipe Tool page at www.johnstalkerinstitute.org/rt and create an account, which will be approved if you are with a Massachusetts school.
3. After you have logged-in at www.johnstalkerinstitute.org/rt, click on “Recipes” on the top toolbar.
4. Click on the “Add a Recipe” button on the right.
5. Name your recipe and enter the recipe information, such as the number of servings and ingredients from the ingredient database.
6. The tool will indicate if your recipe meets the state and federal snack standards and will identify the credible meal components.
7. Enter steps for your recipe, allowing the recipe to be used during production.
8. Click on the “Save Recipe” button to save your recipe, and then click on “Recipes” on the top toolbar to access the recipe information.
9. Click on the name of your recipe to view the nutrition facts panel, ingredient list, and allergens. Click on “Download Recipe” to export this information in a .doc file.
10. Print and distribute the recipe information as needed!

For more information about the JSI Recipe Tool, visit www.johnstalkerinstitute.org/rt



The John C. Stalker Institute of Food and Nutrition is a partnership of the Massachusetts Department of Elementary and Secondary Education and Framingham State University. This institution is an equal opportunity provider and employer.

Snapshot: Enter a recipe

The John C. Stalker Institute of Food and Nutrition

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Home Ingredients Recipes Help

Editing Recipe

Available Ingredients

Filter: [Go](#) [?](#)

- water, tap, drinking
- salt, table
- oil, olive, salad or cooking
- leavening agents, baking soda
- butter, without salt
- milk, lowfat, fluid, 1%
- milkfat, with added vitamin a and vitamin d
- Grains (440)
- Vegetables (775)
- Fruit (235)
- Eggs-Dairy (229)
- Nuts-Seeds (107)
- Meat-Fish-Poultry (1946)
- Fats-Oils (125)

[Add to Recipe](#)

Name:

Number of Servings:

Serving Size:

Category:

Recipe Owner: dfreedman

Group:

Make this recipe Public? [?](#)

Ingredient Name	Preparation	Quantity	
peanut butter	<input type="text"/>	1 <input type="text" value="tablespoon"/>	<input type="button" value="↓"/> <input type="button" value="↑"/> <input type="button" value="✖"/>
fruit preserves	<input type="text"/>	1 <input type="text" value="tablespoon"/>	<input type="button" value="↓"/> <input type="button" value="↑"/> <input type="button" value="✖"/>
whole-wheat bread	<input type="text"/>	2 <input type="text" value="slices"/>	<input type="button" value="↓"/> <input type="button" value="↑"/> <input type="button" value="✖"/>

Add ingredients by dragging them here

Allergens

Peanuts Tree Nuts Milk Eggs Fish Shellfish Soy Wheat Gluten

Steps

1. Smear peanut butter on one slice of bread.
2. Smear jam over peanut butter.

Snapshot: Recipe printout

Peanut Butter and Jelly Sandwich

Serving Size: 1 Sandwich (96g)

Nutrition Facts	
Calories 300 Calories from Fat 90	
% Daily Value	
Total Fat 10g	16%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carb. 42g	14%
Fiber 5g	21%
Sugars 15g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 10%

NSLP Counts as 2 ounces of grain (includes 2 ounces of whole grain)

This recipe meets MA Nutrition Standards.

Ingredients: whole-wheat bread, fruit preserves, peanut butter

Allergens: Contains Soy, Wheat, Peanuts **May contain** Milk, Eggs