

### Summary

This news bulletin provides you with an inside look into the new Rutgers University research that points to a need for moms to keep sharpening their basic kitchen skills and the Essential Kitchen Toolkit that provides solutions. We've also included a list of simple, delicious recipes for you to share with your readers as well as expert resources to help you build your next food feature.

### Video: Kitchen Basics



Roberta Duyff, registered dietitian and home economics expert, shares new Rutgers University research and tips for getting back to the basics in the kitchen

### Essential Kitchen Toolkit

To help make basic At-Home Economics skills available to everyone, everywhere, the CFA partnered with author and expert Roberta Duyff to develop the Essential Kitchen Toolkit, modeled after the successful action plans used in the Rutgers research.



- **De-clutter** counters and **organize** kitchen work centers to stamp out mealtime stress
- Use a proven **meal planning grid** to create a weekly menu and shopping list all in one
- **Stock up** on nutrient-rich pantry staples
- **Select the right kitchen tools** – and know how to use them
- Use **savvy shortcuts** and **substitutions**

### A Call for the New Home Economics

A position paper addressing the reinvention of home economics for today's consumer.



By Roberta L. Duyff, MS, RD, FADA, CFCS\*  
Food and Nutrition Consultant and Canned Food Alliance Spokesperson

### New Rutgers University Research

A recent Rutgers University study, published in the May issue of *Forum for Family and Consumer Issues* and commissioned by the CFA, found that moms want and need a better grasp of kitchen basics. However, when given an action plan, the study showed that moms made positive changes in the kitchen.



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### Try These Recipes...



Caribbean Stir-Fried Shrimp

Tuscan-Style Pasta with Cannellini

Pork and Beans Skillet Supper

Open-Face Chicken Bruschetta on Garlic Bread

Sloppy Joses

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