

# Get Creative with Meat and Meat Alternates



## Think Outside the Box

There are many food items you may not have considered to take the place of your meats. Some examples are tofu, nut butters, cottage cheese, edamame, noodles made from legume flour and more! Use [the USDA Food Buying Guide](#) to learn how these foods credit.

## Stock the Pantry

Shelf-stable, dried, and semi-dried meat, poultry, and seafood, such as beef jerky or summer sausage, are creditable. You may consider saving these protein sources for when a planned shipment does not arrive. They are easily incorporated into grab 'n go lunch options or as salad toppings.



## Take Inspiration from Popular Trends

Compartmentalized boxed lunches are a popular fast-casual trend. A rotating display of hard-boiled eggs, cheese, and/or nuts paired with fruit, vegetables, and/or whole-grains can be a stylish reimbursable meal. And it stays fresh in the fridge during the week!

## Utilize Legumes

Beans/peas (legumes) are a great replacement for meat. The following are recipes from the [Let's Cook! Cycle Menu](#) that incorporate legumes for the meat alternate component: [North African Gumbo](#), [Sweet Potato Black Bean Stew](#) and [Happy Hummus](#)



## Learn More

Learn how meat and meat alternates credit with the [Meat/Meat Alternates In a Nutshell](#). The SNT is aware that COVID-19 is causing many procurement disruptions. For more information visit the [Procurement Webpage](#).