

# Tips for Using the FDPIR Sharing Gallery

## TIP: Use Cooking Videos to Provide Nutrition Education



The FDPIR Sharing Gallery has an entire section devoted to [videos](#) highlighting nutritious foods found in the FDPIR food package. Consider sharing the cooking demonstration videos with your participants to give them new ideas for utilizing FDPIR foods. Here's how you can use videos to provide nutrition education:

### 1 Choose a food or ingredient from the FDPIR food package to highlight.

For example:

- ground bison

### 2 Find a cooking demo video that features your chosen food.

Here is an example:

- [Wild Rice Bison Pilaf](#)

This video features Chef Francisco Alegria, from The Menominee Indian Tribe of Wisconsin. Chef Francisco highlights several FDPIR food package items and incorporates basic cooking skills and techniques into all his videos.

### 3 Share a short message explaining why you are highlighting a particular food and include a link to the video.

Here are a few examples:

- Email Message

*Good morning FDPIR community,  
For your (insert month) nutrition news, your food distribution program is highlighting ground bison. Bison has a similar taste to ground beef but is lower in total and saturated fat. Ground bison is a traditional food available in your monthly food package and can be used in a variety of recipes, including ones that call for ground beef. Check out this [wild rice bison pilaf](#) recipe from the Menominee Indian Tribe of Wisconsin.*

- Text Message

*Your food distribution program is excited to highlight ground bison as part of your monthly food package. Check out this [video](#) to learn how to make wild rice bison pilaf. If you are interested in receiving additional bison recipes, reply "Y" to this text message.*

- Social Media (Facebook, Instagram, Twitter)

*Had a long day? FDPIR has dinner covered! Tonight we are making [wild rice bison pilaf](#). Ground Bison is a healthy, low-fat, traditional food. Enjoy!*

### 4 If you are feeling really inspired, create your own videos!

