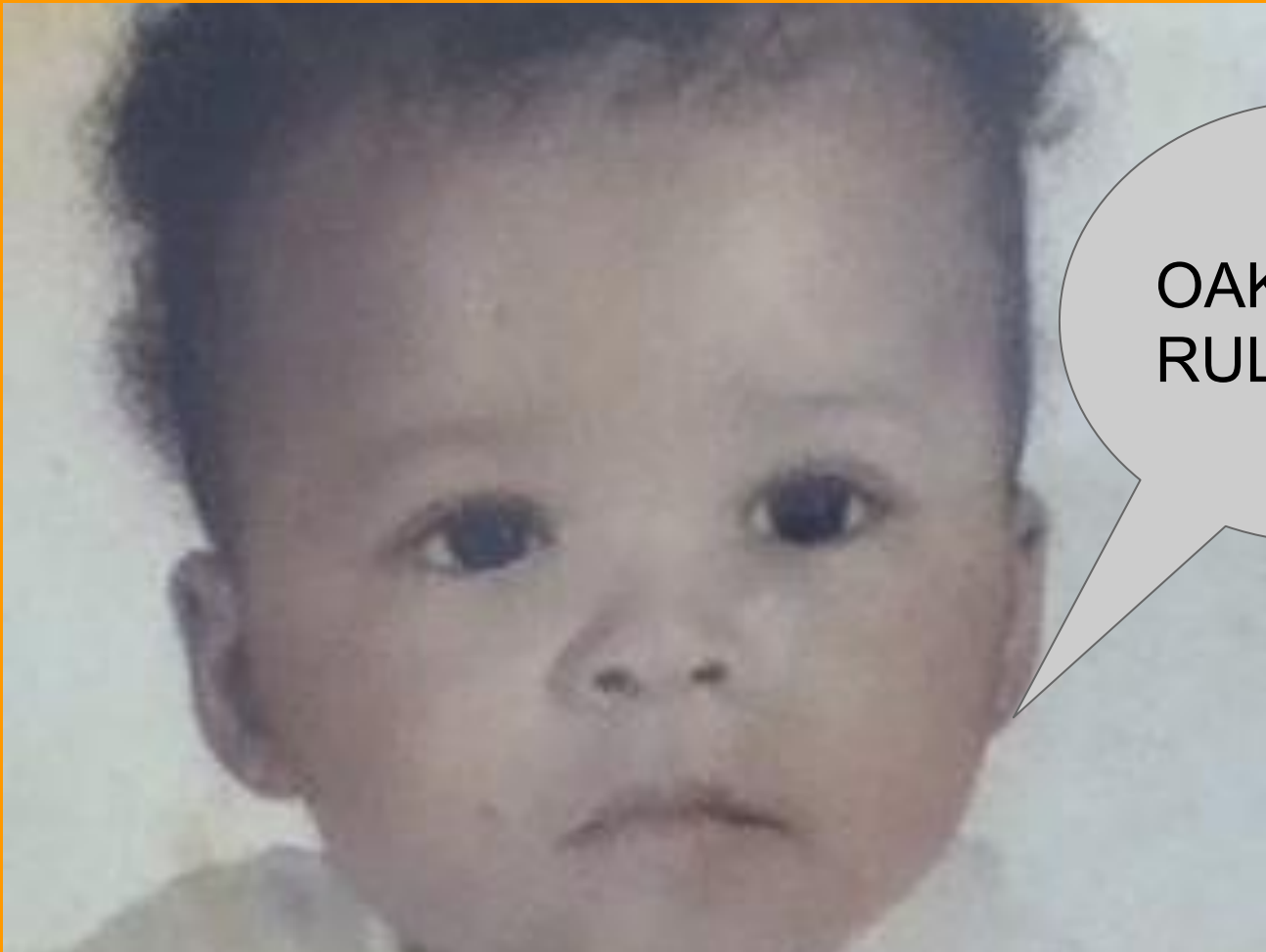


JuJu Harris
Culinary Educator
jharris@ymcawashdc.org
www.nanajujurocksfood.com

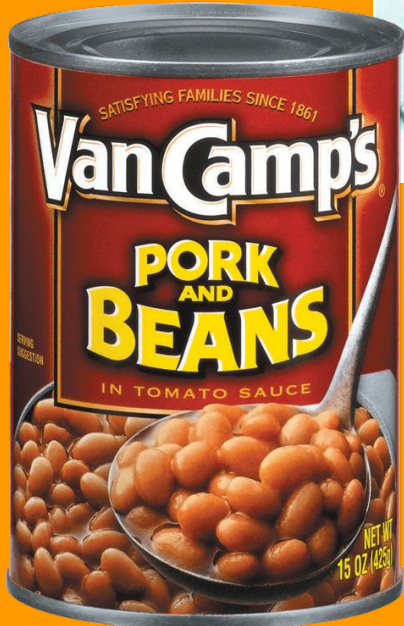


The 411 on Eating Well on a Budget in DC

- Food assistance programs in brief
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- Great, inexpensive places to shop in DC
- Examples of Cooking on A Budget
- Cooking demonstration
- Questions?



**OAKLAND
RULES!**



Let food be
thy medicine
and medicine
be thy food

HIPPOCRATES

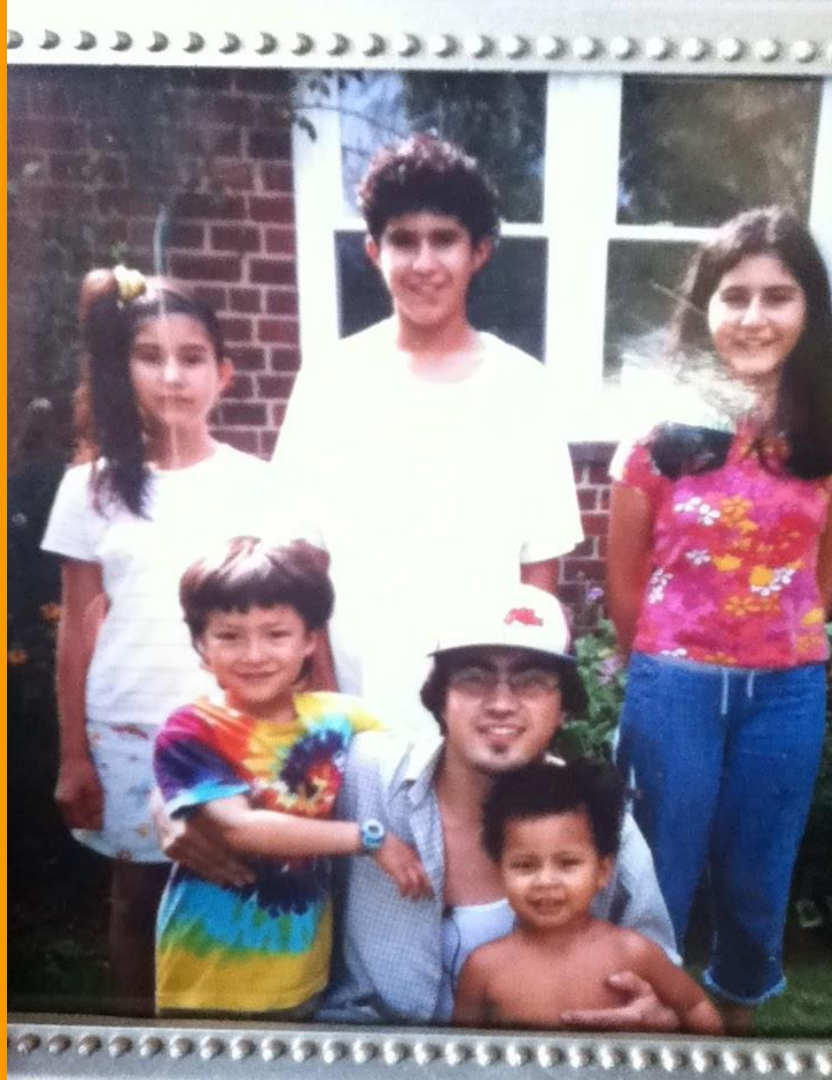
















What's for dinner tonight at Gramma's?





Green
Sunny Days
Culinary School

ENDING HOMELESSNESS
USE A GAS

“Eating well needn’t be expensive, time consuming or difficult.”

“Basic, hands-on cooking instruction and straightforward nutrition education are integral components of improving a community’s health.”

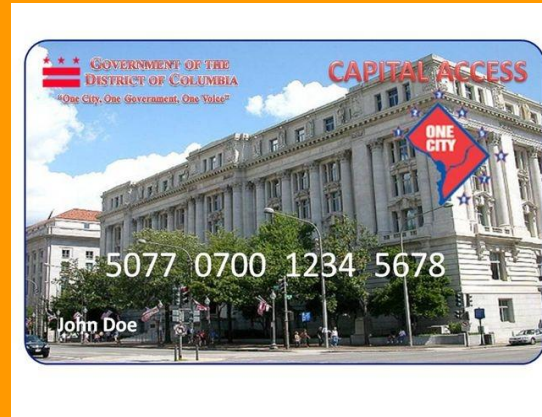
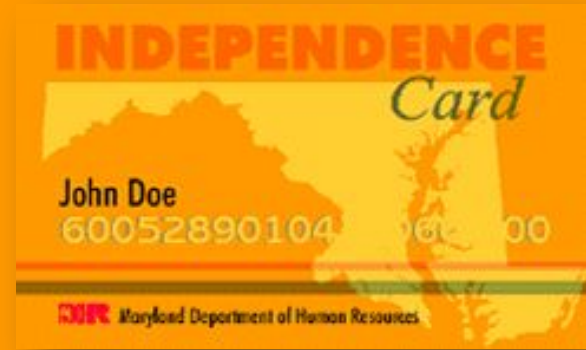
JuJu Harris



HEALTHY & HOMEMADE: EATING WELL ON A BUDGET

BY: TITLI HARRIS

Forms of Food Assistance





You can purchase seeds & seedlings with SNAP/EBT

Women Infants and Children (WIC)

Pregnant Women	Fully Breast-Feeding Women	Children (1-5 Years Old)
28 quarts milk	28 quarts milk	19 quarts milk
2½ dozen eggs	1 lb. cheese	1 lb. cheese
36 oz. cereal	2	
1 lb. cheese	7	
6 46-oz. cans juice	3	
1 lb. dry beans/peas or	1	
18 oz. peanut butter	0	
	2 lbs. carrots	
	4 6-1/8 oz. cans water-packed tuna	

WIC FARMERS MARKET COUPON

ADDRESS: 020204
 PARTICIPANT'S SSN: 200 727 300
 NAME OF PARTICIPANT (LAST, FIRST, MI): TEST, GRAYSON
 DATE OF BIRTH: January 17, 2012
 WIC NUMBER: 56733246
 DATE OF ISSUE: February 18, 2012

CATEGORY: C1

THIS CARD IS VALID FOR THE PURCHASE OF FRESH FRUITS AND VEGETABLES ONLY.
 \$10.00 Dollars for Fruits and Vegetables

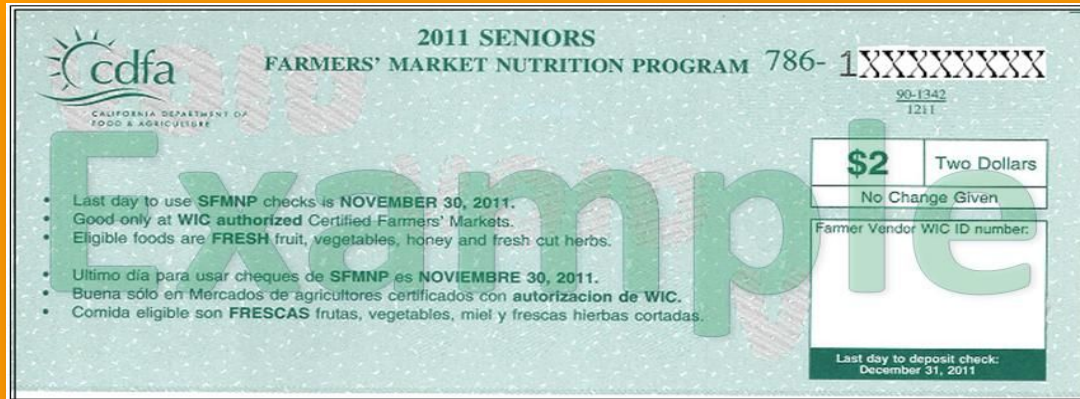
SAMPLE

Also accepted by WIC Farmers

THIS CARD IS VALID FOR THE PURCHASE OF FRESH FRUITS AND VEGETABLES ONLY.
 THIS CARD IS VALID FOR THE PURCHASE OF FRESH FRUITS AND VEGETABLES ONLY.

Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) provides nutritious food to low-income residents 60 years old or older.



- Cereal
- Cheese
- Beans or Peanut butter
- Low-fat milk
- Fruits
- Fruit juice
- Grain and pasta
- Canned meat, fish, poultry
- Non-fat dry milk
- Peanut butter
- Vegetables



**Medicaid
SNAP
WIC
TANF
SSI Disability
Medicare QMB or
Senior Grocery Plus**

**\$10 per farmers'
market visit up to
two times per week**

What if I'm not eligible for food assistance benefits?

- Grow Your Own
- Hunting and Local Stockyards
- Reclaimed Resources
- Community Supported Agriculture (CSA)/Workshare
- SHARE program

Grow Your Own

- Common Good City Farm
- Dept Parks and Rec
- Rooting DC
- Books and online resources



Hunting

MD Hunting License:

- Internet course
- Mandatory Field Day showing gun handling competency

Resident Regular Hunting License—\$24.50

Nonresident Hunting License—\$130.00

<http://www.dnr.state.md.us/huntersguide/>

<http://www.dgif.virginia.gov/hunting/>



Deer = 100-125 lbs
Squirrel = 8 ounces
Rabbit = 2-4 lbs

Local Stockyards



Piscataway Stables
10775 Piscataway Rd, Clinton, MD
(301) 297-9808

Sheep: 60-70 lbs@ \$175

Goat: 40-50 lbs@ \$150

\$20 butchering fee

Resource Reclamation



Community Supported Agriculture (CSA)/workshare

- C.R.I.S.P CSA
- Black Farm CSA
- Three Part Harmony Farm
- Soilful City





**SUPPORT
LOCAL
FARMERS!**

**EAT
FRESH
FOOD!**



SHARE Program \$25 for \$40 worth of food

HOW IT WORKS?



Check out the monthly menu

**SO HOW DOES SHARE WORK?
IT'S SIMPLE!**

Use our Google Maps pin locator to find a local Host Site that's closest to you.



Contact the site coordinator of that location to place & pay for your order

Pick-up on the selected distribution date/time & site!



- No income requirements
- Volunteer at least two hours of service
- SHARE accepts
 - Credit cards
 - Debit cards
 - EBT cards
 - Money orders



SHARE

SHARE FOOD NETWORK PROVIDES AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!

CATHOLICCHARITIESDC.ORG/SHARE/
SHAREORDER@CC-DC.ORG
701.864.3115 or 1-800-21-SHARE
3222 Hubbard Road Landover, MD 20785



FEBRUARY

FEBRUARY 2023 MENU

VALUE PACKAGE \$25

- 5 lb. Chicken Drumsticks
- 1.5 lb. Boneless Skinless Chicken Thighs
- 1 lb. Flounder
- PLUS 8-10 pounds of fresh fruits and vegetables!

TO PLACE YOUR ORDER:

- Scan the QR Code to find a local **SHARE** site based on your zip code
- Call the site coordinator to place & pay for your order
- Pick-up on the selected date/time & location!

ALL PREMIUM SPECIALS LIMITED QUANTITY!

SIRLOIN STEAKS \$37

8 - 8 oz. Sirloin Steaks



SALMON SPECIAL \$28

4 oz. Skin-on Salmon Filets (5 lb. bag)



PORK TENDERLOIN \$19

3 - 1.8 lb. Boneless Pork Tenderloins



****All menu items subject to change****

We accept:
Debit/Credit cards, Org checks, SNAP/EBT, Money orders

- ❖ Order Turn-in 2/6
- ❖ All Final order changes due 2/13 by 12 PM
- ❖ All payments due 2/14
- ❖ Distribution Days: 2/17 or 2/18

If ordering & picking up from one of our satellite sites (Belt, Southern MD, Frederick/Hagerstown, Northern VA), an additional \$1.00 will be charged to each package to cover transportation fee.

For SNAP Assistance:
1-800-21-SHARE ext. 098







UPDATED 2022

DIRTY DOZEN

- Strawberries
- Spinach
- Kale, collard and mustard greens
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Peaches
- Pears
- Celery
- Tomatoes

CLEAN FIFTEEN

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Cantaloupe
- Mangoes
- Watermelon

Of the 46 items included in our analysis, these Dirty Dozen foods were contaminated with more pesticides than other crops, according to our analysis of USDA data.¹ (The rankings are based not only on the percentage of samples with pesticides but also on the number and amount of pesticides on all samples and on individual samples.)

How I Fed a Family of Four on SNAP

Family of Four SNAP benefit of \$219 (2009) = \$290 (2022)

\$219 (2009)
+ \$100 cash
+ a huge vegetable & herb garden

Staples:

- Potatoes
- Carrots
- Onions
- Ginger & Garlic
- Butternut squash

- Greens (swiss chard, spinach, kale)
- Craisins
- Rolled oats
- Flour

- Honey
- Nuts
- Oil
- Chicken, Sausage, Ground turkey

How I Fed a Family of Four on SNAP

Meals made with Staples



Potatoes

- Spanish Potato Torte with stir-fried greens
- Roasted Chicken with potatoes, carrots, onions = chicken soup
- Home Fries and onions, with sausage and carrot juice (breakfast supper)



Carrots

- Carrot Ginger Soup with Oatmeal bread and salad
- Roasted vegetables with garbanzo beans over brown rice
- Sausage with honeyed carrots and mashed potatoes and steamed greens



Rolled Oats

- Homemade granola with craisins and nuts
- Oatmeal bread-pb&j and chicken salad sandwiches, toast w almond butter
- Oatmeal scones with homemade applesauce



Ground Turkey

- Turkey soup with meatballs
- Chicken and meatball casserole w/ potatoes, carrots, onions, garlic, greens
- Turkey burgers with lemon bean salad, ginger iced tea

HERBS AND SPICES

Artichokes Parsley, bay leaves, coriander, paprika

Asparagus Dill, marjoram, nutmeg, rosemary

Beetroot Pepper, coriander, thyme, dill, chives, ginger, cloves, sage

Broccoli Garlic, marjoram, nutmeg

Brussels Sprouts Rosemary, parsley, caraway, nutmeg, oregano, marjoram

Cabbage Bay leaves, garlic, curry, marjoram, nutmeg, chives, parsley

Carrots Parsley, basil, curry, chives, sage, thyme

www.wikihow.com/MatchHerbsandSpicestoVegetables

Shopping & Meal Planning Tips

- Inventory what you have on hand; make grocery list
- Eat before you go to the store to avoid impulse buys
- Pack a snack/Some stores have a fruit basket for kids
- Veggies and fruits past their prime are good deals
- Shop Latino, Indian and African stores for freshest spices

Shopping & Meal Planning Tips

- Learn to make 10 meals and substitute different ingredients
 - pot pie: chicken, vegetable, beef
 - beans: dal, hummus, cold salads
 - meatballs: with pasta, in soup, grilled
- Make an incremental change in your diet (one meal a week)
- Eat seasonally and locally produced food whenever possible

Meal Planning Resources

<https://whatscooking.fns.usda.gov/>

<http://allrecipes.com/recipes/15522/everyday-cooking/budget-cooking/?page=2>

http://www.eatingwell.com/healthy_cooking/budget_cooking

[The Bean Bible](#), Aliza Green

[Kitchen Express](#), Mark Bittman

MEXICAN FRUITS

"Los Mejores Precios Del Rumbo"

(240)-375-4728, 367-7373, 375-4748

DC Farmers Market
1263 4th Street NE
Washington DC.



202 544 1177

OPEN



FRS SUCRI
CHUCKS
\$4.00
GAL



Mexican Fruits
1263 4th Street NE
Open Daily

Potatoes: 50 lbs/ \$24

Onions: 50 lbs/ \$30

Carrots: 50 lbs/ \$20

Eggs: 15 dozen/ \$66

Turnips: 25 lbs/ \$14

Beets: 25 lbs / \$14

No SNAP yet—Feb 2023



Meat Store
1265 4th Street NE

Liver: \$1.30/lb

Beef roast: \$4.10//lb

mutton: \$3.39/lb

Smoked Turkey legs: \$1.55/lb

Ground beef: \$30/10 lbs

CASH ONLY
No EBT

JUMBO FOOD

INTERNATIONAL SUPERMARKET



Jumbo Food
3201 Brinkley Road
Temple Hills MD

Potatoes: 10 lbs/ \$7

Onions: 10 lbs/ \$10

Carrots: 5 lbs/ \$5

Eggs: 2.5 dozen/\$9

Turnips: 1 lb/ \$1.29

Ground beef: 10 lbs/ \$40



Jumbo Food
3201 Brinkley Road
Temple Hills MD

Check the discount produce for
great bargains!

Useful for smoothies, soups,
stews, sauces!

\$1/10 lemons or limes

\$ 1 / pineapple

\$1 / 12 bananas



Accepts SNAP/EBT

Dollar Tree

*Several locations in DC

- Ground coffee, vanilla & hazelnut
- Dried beans
- Clams, 6 ounce can
- Sardines, 5 ounce can
- White turkey in water, 5 oz can
- Sliced pineapple in juice
- Pasta and gnocchi
- Roasted red bell peppers
- Eggs, 8
- Frozen blueberries, 5 oz
- Frozen mixed veggies, 16 oz

COOKING DEMONSTRATION



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www.nanajurocksfood.com