

EATING WELL ON A BUDGET IN DC Resource List

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- Women Infant and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP) aka Food Stamps
- The Commodity Supplemental Food Program (CSFP) for seniors

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

- Grow Your Own
- Hunting and Local Stockyards ○ <http://www.dnr.state.md.us/huntersguide/>
- Piscataway Stables, 10775 Piscataway Rd, Clinton, MD, (301) 297--9808
- Dumpster Diving
- Community Supported Agriculture workshare
- Three Part Harmony Farm, WDC threepartharmonyfarm.com/ ■ (202) 427-7146
- Owl's Nest Farm, Upper Marlboro, MD <http://www.owls-nest-farm.com/home>
- Common Good City Farm, WDC <http://commongoodcityfarm.org/> ■ (202) 559--7513
- SHARE program <http://www.catholiccharitiesdc.org/share> ■ (301) 864--3115
- DC Food Finder <http://dcfoodfinder.org/>
- The Capital Area Food Bank's Hunger Lifeline (202) 644-9807

Shopping & Meal Planning Tips

- Eat seasonally and locally produced food whenever possible
- International stores spices and for conventionally grown veggies
- Learn to make 10 meals and substitute different ingredients
- Produce that is ripe at the same time tastes good together in a dish!

The Dirty Dozen and Clean Fifteen www.ewg.org

<https://www.capitalareafoodbank.org/programs/healthy-eating/recipes/>

<http://recipefinder.nal.usda.gov/>

Mexican Fruits 1263 4th Street NE

Caribbean Crescent 1280 5th Street

Meat Store 1265 4th Street NE

International Markets, Hyattsville, Langley Park

HOW JUJU FED HER FAMILY OF FOUR

SNAP benefit of \$219 (2009)=\$327 (2017) + \$100 cash + a huge veg & herb garden

• **STAPLES:** potatoes, carrots, onions, ginger, garlic, butternut squash, greens (swiss chard, spinach and kale), raisins, rolled oats, flour, honey, nuts, oil, chicken, sausage, ground turkey.

Potatoes--

Spanish Potato Torte with stir-fried greens, Roasted Chicken with potatoes, carrots, onions=soup and chicken salad sandwiches from the leftovers, 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 rice=add vinaigrette for bean salad for lunch next day, Sausage with honeyed carrots and mashed potatoes and steamed greens

Rolled oats

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

Ground Turkey--

Turkey soup with meatballs, Chicken and meatball casserole (add potatoes, carrots, onions, garlic, greens), Turkey burgers with lemon bean salad, ginger iced tea

ONLINE RESOURCES

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

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

<http://www.eatingwell.com/healthy-cooking/budget-cooking>

WHAT HERBS GO WITH WHICH VEGETABLES?

Vegetable Herb/Spice

Artichokes Parsley, bay leaves, coriander, paprika

Asparagus Dill, marjoram, nutmeg, rosemary

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

Full list at <http://www.wikihow.com/Match-Herbs-and-Spices-to-Vegetables>

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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

Cauliflower Basil, dill, mace, ginger, curry, nutmeg, oregano, coriander, mint
zucchini Garlic, basil, parsley, oregano

Cucumber Rosemary, dill, mustard, pepper, basil, chives

Eggplant Garlic, parsley, mint, sage, curry, basil, rosemary, oregano

Green beans Garlic, basil, dill, nutmeg, pepper

Leeks Mustard, parsley, dill, bay leaves, thyme, paprika, celery salt

Lettuce Basil, chives, thyme, tarragon, dill, parsley

Mushrooms Olives, ginger, cumin, parsley, thyme

Onions Paprika, celery salt, pepper, coriander, basil, garlic, marjoram, sage

Peas Tarragon, mint, parsley, nutmeg, sage, marjoram, basil

Potatoes Garlic, nutmeg, paprika, pepper, rosemary, thyme

Swiss Chard Nutmeg, basil, coriander, sage, marjoram, bay leaves, garlic,
rosemary

Tomatoes Basil, tarragon, garlic, chives, dill, mint, oregano, paprika, fennel,
parsley, thyme

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