

## EATING WELL ON A BUDGET IN DC Resource List ROOTING DC 2015

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Arcadia Center for Sustainable Food and Agriculture

### Women Infant and Children (WIC)

WIC provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Prescreening Tool: <http://wic.fns.usda.gov/wps/pages/start.jsf>

**Supplemental Nutrition Assistance Program (SNAP)** formerly known as the Food Stamp program, provides food-purchasing assistance for low- and no-income people living in the U.S.

- **District of Columbia** <http://dhs.dc.gov/service/apply-benefits> (202) 671-4200
- **Maryland** [www.marylandsail.org](http://www.marylandsail.org). 1.800.332.6347
- **Virginia** <https://commonhelp.virginia.gov/access/> 1-855-635-4370

**The Commodity Supplemental Food Program (CSFP)** provides nutritious food to low-income pregnant, postpartum, and lactating women; preschool-age children; and residents 60 years old or older.

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

- Grow Your Own
  - check out books, online videos and local workshops
  - <http://food-hacks.wonderhowto.com/how-to/10-vegetables-herbs-you-can-eat-once-and-regrow-forever-0150343/>
- Hunting and Local Stockyards
  - <http://www.dnr.state.md.us/huntersguide/>
  - <http://www.dgif.virginia.gov/hunting/>
  - Piscataway Stables, 10775 Piscataway Rd, Clinton, MD, (301) 297-9808
- Dumpster Diving
  - Once something is placed in the dumpster, it's considered trash. Stealing trash is not illegal. However, if you have to break and enter or trespass on private property then it is illegal.
- Community Supported Agriculture workshare
  - Clagett Farm, Upper Marlboro, MD [clagettfarm@cbf.org](mailto:clagettfarm@cbf.org)
    - 301-627-4393
  - Common Good City Farm, WDC <http://commongoodcityfarm.org/>
    - (202) 559-7513
  - Radix Farm, Upper Marlboro, MD <http://radixfarm.wordpress.com/>
    - (202) 744-0373
- SHARE program <http://www.catholiccharitiesdc.org/share>
  - (301) 864-3115 | 1-800-21-SHARE
- DC FoodFinder is an online, interactive map connecting D.C. residents to healthy food in their community. <http://dcfoodfinder.org/>
- The Capital Area Food Bank's Hunger Lifeline is an emergency food assistance referral service <http://www.capitalareafoodbank.org/> (202) 644-9807

## Shopping & Meal Planning Tips

- Eat seasonally and locally produced food whenever possible
- International stores have excellent fresh (conventionally grown) veggies
- Learn to make 10 meals and substitute different ingredients ie:
  - pot pie: chicken, vegetable, beef
  - beans: dal, hummus, cold salads
  - meatballs: with pasta, in soup, grilled
- Shop Latino, Indian and African stores for freshest spices
- Veggies and fruits past their prime are good deals for making smoothies, pies and soup stock

Environmental Working Group <http://www.ewg.org/foodnews/>

- Download a copy of the Shopper's Guide to the Dirty Dozen and Clean Fifteen

<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	KFM 350-C Morse Street, NE
Afrik International 411 Morse Street	Dollar Tree various locations
International Markets, Hyattsville, Langley Park	

**Family of Four SNAP benefit of \$219 (2009)=\$244 (2014) + \$100 cash +\_a huge vegetable and 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

	<b>WHAT HERBS GO WITH WHICH VEGETABLES?</b>
<b>Vegetable</b>	<b>Herb/Spice</b>
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
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
Silverbeet	Nutmeg, basil, coriander, sage, marjoram, bay leaves, garlic, rosemary
Tomatoes	Basil, tarragon, garlic, chives, dill, mint, oregano, paprika, fennel, parsley, thyme
	<a href="http://www.wikihow.com/Match-Herbs-and-Spices-to-Vegetables">http://www.wikihow.com/Match-Herbs-and-Spices-to-Vegetables</a>