

**eatFresh.org**  Tasty Recipes  
On Your Budget



**CivicActions**  
Empowered

# About Leah's Pantry

- Nutrition education and cooking workshops for low-income communities
- Have worked with 6,000 individuals and 150 organizations since 2006
- Many of our clients access food banks regularly
- In-person experiences informed creation of [EatFresh.org](http://EatFresh.org)



# EatFresh.org Audience



Those not currently being reached by SNAP-Ed interventions



Those receiving interventions who seek reliable information online



Providers who will use a useful website for programs and clients



# Benefits of Using EatFresh.org

- ✓ USDA-approved user-facing nutrition and recipe resource
- ✓ Mobile, tablet and desktop-friendly website
- ✓ Easy to navigate
- ✓ Available in English, Spanish, Chinese



# Benefits of Using EatFresh.org

- ✓ Alleviates the burden of being an “expert” in nutrition
- ✓ Messages align with other SNAP-Ed messages, assuring that you can rely on using them
- ✓ Responsive to new information
  - 2015 Dietary Guidelines updates







## Find Recipes

[Most Popular Recipes](#)

[Very Quick Recipes](#)

[Low Added Sugar Recipes](#)

[Kid-Friendly Recipes](#)

[Slow Cooker/Crockpot Recipes](#)

[Easy Meal Plans](#)

[More Options](#)

## Recipe of the Month



### Sausage and Greens Stew



17



0



[Ask a Dietitian >](#)



[Take the FREE EatFresh.org Mini Course >](#)



[VIDEO: How to Use EatFresh.org >](#)



[FREE Weekly SMS & Email Health Tips >](#)



[Apply for California WIC](#)



[Apply for School Lunches](#)



[Find Farmers' Markets >](#)



[Apply for cal fresh](#)  
BETTER FOOD FOR BETTER LIVING

## I Live EatFresh

"I use the Low Added Sugar Meal Plan to keep my energy stable during the day. My favorite recipe from this meal plan is [Hearty Egg Burritos](#)."




[View Low Added Sugar Meal Plan >](#)

[View Tips for More Energy >](#)



# Advanced Search

 Advanced Search ▾

### Filter Recipes by...

#### Meal Type

- ☒ Main Dish
- ☐ Side Dish (91)
- ☐ Salads (40)
- ☐ Soups (14)
- ☐ Snacks (32)
- ☐ Breakfast (28)
- ☐ Beverages (20)
- ☐ Desserts (28)
- ☐ Baked Goods (7)

#### Cuisine

- ☐ General (16)
- ☐ Kid-Friendly (12)
- ☐ Latino (9)
- ☐ Soul Food (1)
- ☐ Asian (1)
- ☐ Italian (1)

#### Cooking Environment

- ☐ Very Quick (12)
- ☐ Limited Kitchen (12)


#### Dietary Info

- ☒ Vegetarian
- ☐ Low Added Sugar (77)
- ☐ Dairy-free (50)
- ☐ Gluten-free (50)
- ☐ Vegan (10)


Clear All

Hide Advanced Search ^


### Search found 28 recipes




Black Bean and...  
👍 199 🗨️ 0




Hearty Egg Burritos  
👍 207 🗨️ 0





Chilaquiles  
👍 162 🗨️ 0




Mango Chile Relleno...  
👍 141 🗨️ 0











# Sharing Toolbar

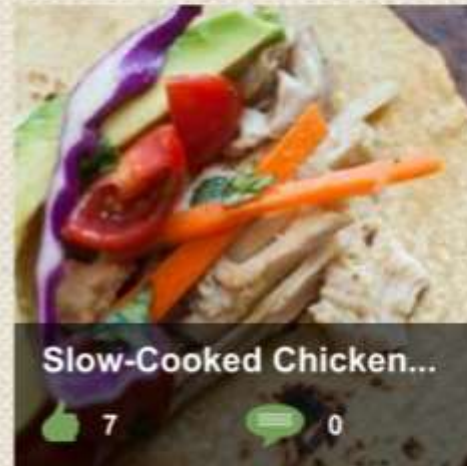


**Tacos**

*Photo attribution: My Tu*



## Recipes Like This One





# Hover Tip on Ingredients

## Ingredients

### GREEN ONIONS

Try this instead: Red Onion, Yellow Onion, White Onion, Pearl Onion, Scallion (green onion)

[Read more about Onion >](#)

- 1 Lemon
- 2 [Green onions](#)
- 1 (6-ounce) can low-sodium
- 1 (15.5-ounce) can white be
- 1 Tablespoon Canola oil
- 1 Tablespoon Dijon or cour
- ½ Teaspoon Salt
- ¼ Teaspoon Ground black

[Recipes](#) [Healthy Lifestyle](#) [Community](#) [Discover Foods](#) [My County Resources](#)

[MY RECIPES](#)

[Home](#) » [Discover Foods](#) » [Onion](#)

## Onion



### Foods Included

Red Onion, Yellow Onion, White Onion, Pearl Onion, Scallion (green onion)

### Description

Onions are an edible bulb that grow underneath soil. Onions are commonly used in cooking and can be eaten raw or cooked. They have many layers inside with thin papery layers on the outside. They are crunchy and pungent when raw, and are soft and sweet when cooked.

### Buy It

- Onions should have dry, papery skins and be very hard.

[Learn about your local Farmer's Markets](#)

### Featured Recipe



French Onion Soup

### Poll


How did you hear about [EatFresh.org?](#)

- ☐ Flyer, postcard, poster, bus ad, or other print material
- ☐ Health educator
- ☐ CalFresh or CalWORKs Eligibility Worker
- ☐ Nutrition workshop instructor



# Yield Changes

## Sausage & Greens Stew

 Budget-friendly recipe

• Serves: 2 • 8 hours 5 mins. • Dairy-free • Gluten-free

This one-pot meal makes great use of inexpensive dried beans

### Ingredients

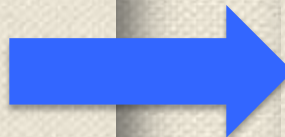
Serves 2




Double

Halve

½ Pound Dried beans  
¼ Pound sausage  
1 Small onions  
2 Stalks celery  
1 Teaspoon Dried thyme  
4 Cup Water or Low-sodium chicken broth  
1 bunch kale or Collard greens  
1½ Teaspoon Apple cider or Red wine vinegar  
salt and black pepper to taste



## Sausage & Greens Stew

 Budget-friendly recipe

• Serves: 2 • 8 hours 5 mins. • Dairy-free • Gluten-free

This one-pot meal makes great use of inexpensive dried beans

### Ingredients

Serves 8



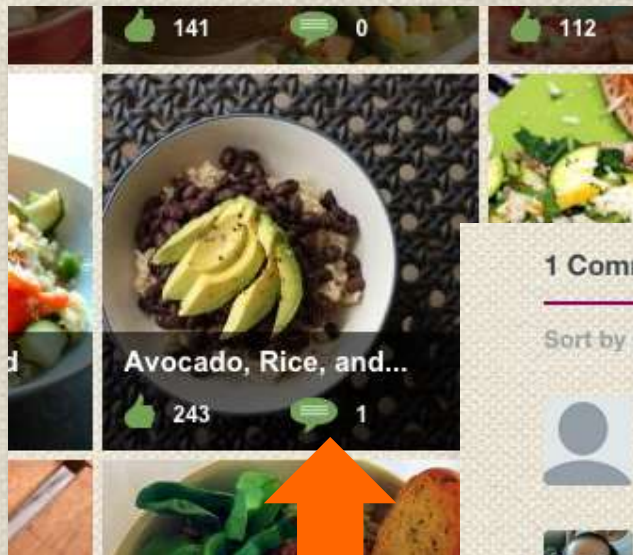
Double

Halve

2 Pound Dried beans  
1 Pound sausage  
4 Small onions  
8 Stalks celery  
4 Teaspoon Dried thyme  
16 Cup Water or Low-sodium chicken broth  
4 bunch kale or Collard greens  
6 Teaspoon Apple cider or Red wine vinegar  
salt and black pepper to taste



# Comments on Recipes



Join the discussion...

**My Tu Duong** 3 hours ago  
This is one of my favorite recipe of all times! It is simple to prepare and tastes delicious. In fact, I am making this tonight.  
[^](#) [v](#) [Reply](#) [Share](#)

**ALSO ON EATFRESH.ORG**  
**Sautéed Vegetables**  
2 comments · 9 days ago  
 **Jess** — This is my go-to easy dinner! I also like adding chicken and basil or ginger and a little soy sauce.

**WHAT'S THIS?**  
**Carrot, Jícama and Orange Salad**  
1 comment · 9 days ago  
 **Erin** — I made this salad last week and loved it! I used greek yogurt instead of mayo, but I also think it could be ...

[Subscribe](#) [Add Disqus to your site](#) [Privacy](#) **DISQUS**



# Ask a Dietitian

## Ask a Dietitian



### Your EatFresh.org Dietitian:

Jenna Olson, RD

Location: San Diego, CA

Organization: Jacobs & Cushman San Diego Food Bank

Favorite Fruit: **Pineapple**

[Ask a Dietitian Now >](#)

## Recent questions and answers

### How come it is so hard for me to keep a diet? How

When it comes to healthy eating, everyone is different. Th when eating healthy is to make small changes overtime s

[Read more »](#)

### I have Hepatitis C. Are there any guidelines I should

Alike any medical condition it is difficult to provide specific But in general individuals with chronic Hepatitis C should

[Read more »](#)

## Ask a Dietitian

Sometimes our users have specific nutrition questions that require an expert to answer. Post your question back to you within 24-48 hours.

Please limit your question to less than 250 characters.

Enter your email address so we can respond to you \*

Our users love to learn from our dietitian, even when someone else asks the question. Is it ok if we show your question to other users? We will not display your email address. We will send you the answer in an email, in either case.

☒ Yes ☐ No

**Submit**



# Local Resources by County

[Recipes](#) [Healthy Lifestyle](#) [Community](#) [Discover Foods](#) [My County Resources](#)

[+ MY RECIPES](#)

[Home](#) » [Counties](#) » San Francisco

## San Francisco

[Choose Different County](#)

### Farmer's Markets

Filter by city

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#### Alemany Farmer's Market

100 Alemany Blvd

San Francisco, CA 94110

<http://sfgsa.org/index.aspx?page=1058>

Hours & information:

Saturday 6:00am - 5:00pm

Accepts EBT

#### Castro Farmer's Market

288 Noe St.

San Francisco, CA 94114

[http://www.pcfma.com/market\\_home.php?market\\_id=64](http://www.pcfma.com/market_home.php?market_id=64)

Hours & information:

Wednesdays 4:00pm - 8:00pm, March - December

Accepts EBT

#### Crocker Galleria

50 Post St.

San Francisco, CA 94108

<http://cafarmersmkts.com/markets/category/crocker-galleria>

Hours & information:

Tuesdays and Thursdays 11am - 3pm

Accepts EBT

#### Divisadero Farmer's Market

[Apply for CalFresh](#)

snappfresh

SnapFresh helps you find the closest places that accept EBT cards (Food Stamps/SNAP).

### Farmers' Market Finder

Use your CalFresh EBT

at Farmers' Markets  
across California.



Click here to find one now!

[www.FMfinder.org](http://www.FMfinder.org)

### General County Info

2-1-1 is a way to access community information and referral services.



# Add a shortcut to your home screen (it's not an app)






# Coming Soon: EatFresh Online Modules

Glossary

**eatFresh**

## Intro to Helen at the Store



Too much salt could be bad for my heart! I don't want high blood pressure.

Now she looks at Nutrition Facts labels for sodium on f

Glossary


**eatFresh**

## Helen Comparing Breads - Continued

**Nutrition Facts**

Serving Size: 1 Slice  
Servings per Container: 14 Slices

Amount Per Serving	Dry Mix	Prepared
Calories	120	170
Calories from Fat	10	60
	% Daily Values	
Total Fat 1g	2%	9%
Saturated Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	8%
Sodium 120mg	12%	14%
Total Carbohydrate 28g	9%	10%
Dietary Fiber 3g	12%	12%
Sugars 2g		
Protein 1g		



The Sproutville brand 100% Whole Wheat bread has a little less sodium at 120 mg per serving. It has far less sugar in it too.

Glossary

**eatFresh**

## Helen Compares Snack Foods



Fresh fruits and veggies are naturally low in sodium. 1 cup of baby carrots has just about 44mg of sodium. I bet baby carrots will satisfy my crunchy craving after dance class. And they'll be a lot more filling than a handful of chips.

Then she has an idea.

# Best Practices: SF-Marin Food Bank

- Search for recipe ideas for cooking demos
- Pass out recipe cards to clients at distributions and community tabling events
- Introduce and reference [EatFresh.org](http://EatFresh.org) during nutrition education activities

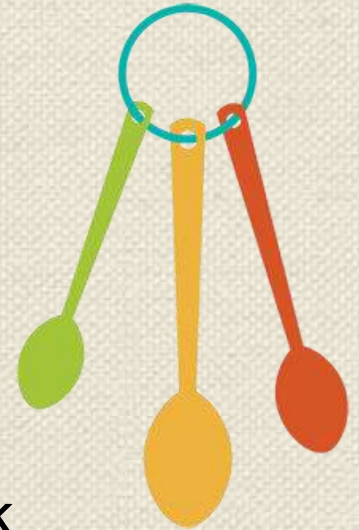




# Best Practices: SF-Marin Food Bank

Recipes are helpful because:

- Accessible for people with varying levels of cooking skills
- Easy to find ingredient substitutions
- Incorporates food distributed by the food bank
- Nutrition information is helpful
- Save time and money on translations – able to print recipes in all three languages for classes



# Best Practices: Feeding America San Diego

- Use Twitter to promote EatFresh.org recipes
- Distribute posters quarterly to school and mobile pantry sites
- Link to EatFresh.org on agency-only website as a tool
- Distribute recipe cards at CalFresh application appointments





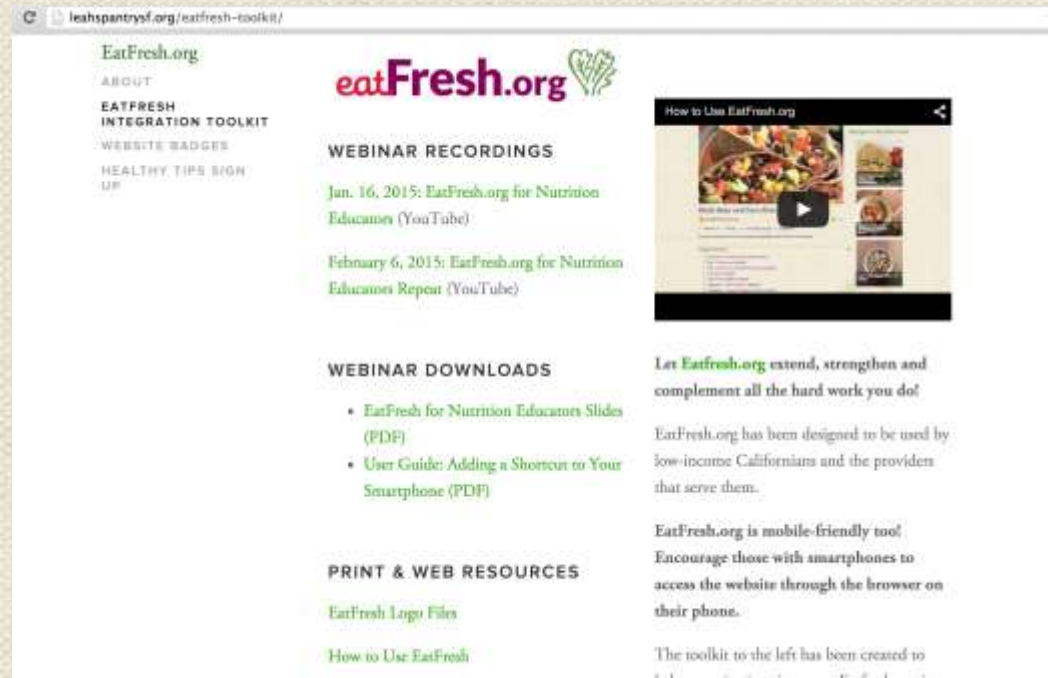
# **Best Practices: San Diego Food Bank**

- Pull info from Discover Foods pages to create handouts for clients
- Distribute recipe cards to clients through food bank agencies
- FASD/SDFB have designed their agency nutrition trainings around [EatFresh.org](http://EatFresh.org); use recipe cards and posters to reinforce nutrition messaging throughout the year

# EatFresh.org Toolkit

<http://leahspantrysf.org/eatfresh-toolkit>

- Logo Files
- Posters
- Flyers
- Recipe & Messaging Postcards
- Website Badges
- User How-to Guides
- Demo Video





# Order Print Materials

<http://leahspantrysf.org/eatfresh-order>

## Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.



Makes 12 servings, ½ cup per serving.  
Prep Time: 15 minutes

### Ingredients

- 1 cup thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- ½ cup shredded red onion

- ½ cup fat free mayonnaise
- 1 Tbsp red wine vinegar
- ½ tsp celery seed (optional)
- ½ cup lowfat cheddar cheese, cut into bite-sized cubes



Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

For more recipes like this, go to <http://eatfresh.org>.

### Preparation

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed to make a dressing.
3. Pour the dressing over the vegetables.
4. Toss salad with cheese and serve chilled.

Nutrition Information per Serving: Calories 30, Carb 5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 2mg, Sodium 0mg.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). It can help you buy nutritious foods for a better diet.

## Use MyPlate to help build a balanced diet.

The colors remind us to eat from different food groups.

Vegetables and fruits take up half of MyPlate – are half of your calories coming from these foods every day?

Switch half of your grains to whole grains – for example, whole grain bread and brown rice.

Choose water or low-fat milk with meals.



Choose **MyPlate** gov

For more healthy living tips, visit <http://eatfresh.org/healthy-lifestyle>.

**TRY THIS**

Make your dinner this week look like MyPlate. Make half your plate fruits and vegetables, and half your plate grains and protein. Add a side of dairy to complete the balanced meal.



**eatFresh.org**



## Affordable cooking begins at the market.

- Tasty recipes on a CalFresh budget
- Have a question? Ask our online dietitian

More recipes family [eatfresh.org](http://eatfresh.org)



Follow us @eatfresh\_org



# Upcoming EatFresh.org Webinar

EatFresh.org for Food Bank Distribution Agencies

Thursday, May 14<sup>th</sup> 1:00 – 2:00PM





# Contact Info

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