JuJu Harris
Culinary Educator
nanajujurocks@gmail.com
www.nanajujurocksfood.com
The 411 on Eating Well on a Budget in DC

- Food assistance programs in brief
- Resources to use if you aren’t eligible for food assistance
- Great, inexpensive places to shop in DC
- Examples of Cooking on A Budget
- Cooking demonstration
- Questions?
OAKLAND RULES!
What’s for dinner tonight at Gramma’s?
“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

JuJu Harris
Photography by Gene Buonaccorsi

New Cookbook COMING SOON!

nanajujurocks@gmail.com
www.nanajujurocksfood.com
Forms of Food Assistance
You can purchase seeds & seedlings with SNAP/EBT
## Women Infants and Children (WIC)

<table>
<thead>
<tr>
<th>Pregnant Women</th>
<th>Fully Breast-Feeding Women</th>
<th>Children (1-5 Years Old)</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 quarts milk</td>
<td>28 quarts milk</td>
<td>19 quarts milk</td>
</tr>
<tr>
<td>2½ dozen eggs</td>
<td>1 lb. cheese</td>
<td>1 lb. cheese</td>
</tr>
<tr>
<td>36 oz. cereal</td>
<td>7 46-oz. cans juice</td>
<td></td>
</tr>
<tr>
<td>1 lb. cheese</td>
<td>36 oz. cereal</td>
<td></td>
</tr>
<tr>
<td>6 46-oz. cans juice</td>
<td>1 lb. beans/peas or 18 oz. peanut butter</td>
<td>2 lbs. carrots</td>
</tr>
<tr>
<td>2 lbs. carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 6-1/8 oz. cans water-packed tuna</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
• Dumpster Diving
• Community Supported Agriculture (CSA)/Workshare
• SHARE program
Grow Your Own

- Common Good City Farm
- Dept Parks and Rec
- Neighborhood Farming Initiative
- Rooting DC
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
Dumpster Diving/ Resource Reclamation
Community Supported Agriculture (CSA)/workshare

- Three Part Harmony Farm
- Owl’s Nest Farm
- Common Good City Farm
SHARE Program

Monthly value packages cost $22 and include $40-$50 worth of basic, healthy groceries.

FEBRUARY 2018

- Ground Beef 85/15 – 1.25 pounds
- Tysons Chicken Tenderloins – 1.25 pounds
- Wild Alaskan Breaded Pollock Nuggets – 1.25 pounds
- Turkey Burgers (6), 5.3 oz – 2 pounds
- 8-12 lbs of fruits and vegetables
- Accepts cash, debit, EBT and money orders.
Consumer Considerations

- Cost
- Pesticide Residue
- Livestock rearing practices
- Who is growing the food
<table>
<thead>
<tr>
<th><strong>Organic</strong></th>
<th><strong>Conventional</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use natural fertilizers such as manure or compost to nourish soil and promote plant growth</td>
<td>Use synthetic or chemical fertilizers often containing nitrates to promote plant growth</td>
</tr>
<tr>
<td>Rotate crops, use mulch or hand weed to provide beneficial crop hygiene, remove pests, &amp; reduce disease</td>
<td>Use herbicides to kill off weeds and insecticides to kill off insects &amp; bugs in order to reduce disease</td>
</tr>
<tr>
<td>Give organic feed to animals &amp; allow them access to open pasture while utilizing rotational grazing patterns</td>
<td>Use antibiotics, growth hormones, and medications in animals to prevent disease and promote growth</td>
</tr>
<tr>
<td>EWG's 2017 Dirty 12</td>
<td>EWG's 2017 Clean 15</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>1. Strawberries</td>
<td>1. Sweet Corn</td>
</tr>
<tr>
<td>2. Spinach</td>
<td>2. Avocados</td>
</tr>
<tr>
<td>5. Peaches</td>
<td>5. Onions</td>
</tr>
<tr>
<td>7. Cherries</td>
<td>7. Papayas</td>
</tr>
<tr>
<td>8. Grapes</td>
<td>8. Asparagus</td>
</tr>
<tr>
<td>10. Tomatoes</td>
<td>10. Eggplant</td>
</tr>
<tr>
<td>11. Sweet Bell Peppers</td>
<td>11. Honeydew</td>
</tr>
<tr>
<td></td>
<td>13. Cantaloupe</td>
</tr>
<tr>
<td></td>
<td>14. Cauliflower</td>
</tr>
<tr>
<td></td>
<td>15. Grapefruit</td>
</tr>
</tbody>
</table>
How I Fed a Family of Four on SNAP


$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
<table>
<thead>
<tr>
<th>Staple</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potatoes</strong></td>
<td>- Spanish Potato Torte with stir-fried greens</td>
</tr>
<tr>
<td></td>
<td>- Roasted Chicken with potatoes, carrots, onions = chicken soup</td>
</tr>
<tr>
<td></td>
<td>- Home Fries and onions, with sausage and carrot juice (breakfast supper)</td>
</tr>
<tr>
<td><strong>Carrots</strong></td>
<td>- Carrot Ginger Soup with Oatmeal bread and salad</td>
</tr>
<tr>
<td></td>
<td>- Roasted vegetables with garbanzo beans over brown rice</td>
</tr>
<tr>
<td></td>
<td>- Sausage with honeyed carrots and mashed potatoes and steamed greens</td>
</tr>
<tr>
<td><strong>Rolled Oats</strong></td>
<td>- Homemade granola with craisins and nuts</td>
</tr>
<tr>
<td></td>
<td>- Oatmeal bread-pb&amp;j and chicken salad sandwiches, toast w almond butter</td>
</tr>
<tr>
<td></td>
<td>- Oatmeal scones with homemade applesauce</td>
</tr>
<tr>
<td><strong>Ground Turkey</strong></td>
<td>- Turkey soup with meatballs</td>
</tr>
<tr>
<td></td>
<td>- Chicken and meatball casserole w/ potatoes, carrots, onions, garlic,greens</td>
</tr>
<tr>
<td></td>
<td>- Turkey burgers with lemon bean salad, ginger iced tea</td>
</tr>
</tbody>
</table>
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
1263 4th Street NE
Open Daily

Potatoes: 50 lbs @ $16-$20
Onions: 50 lbs @ $18
Carrots: 50 lbs @ $16
Eggs: 3 dozen @ $4
Turnips: 25 lbs @ $14
Beets: 25 lbs @ $16
Kale: 1 lb @ 99 cents
Meat Store
1265 4th Street NE

Liver: $1.49/lb
Beef roast: $3.20/lb
Lamb shoulder: $3.39/lb
Smoked Turkey Neck: $1.79/lb

CASH ONLY
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

Accepts SNAP/EBT
COOKING DEMONSTRATION
The 411 on Eating Well on a Budget in DC

- Food assistance programs in brief
- Resources to use if you aren’t eligible for food assistance
- Great, inexpensive places to shop in DC
- Examples of Cooking on A Budget
QUESTIONS?

www.nanajujurocksfod.com