



FoodChange

Nutrition. Education. Financial Empowerment.

(formerly Community Food Resource Center)

Quick! Delicious! Healthy Recipes On A Budget!

Nutrition Analysis:

Vegetable of the Month™ and *CookShop®*, FoodChange. Recipes were analyzed using ESCH Food Processor Software. Analysis compiled in 2001.

Heart-Healthy Home Cooking African American Style, National Heart, Lung and Blood Institute, 1997. Recipes were analyzed using Minnesota Nutrition Data System software—Food Database version 12A; Nutrient Database version 27—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.

Delicious Heart Healthy Latino Recipes, National Heart, Lung and Blood Institute, 1996. Recipes analyzed using Minnesota Nutrition Data System Software—Food Database version 3A; Nutrient Database Version 18—developed by Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.



Food Stamps Can Help You and Your Family Eat Healthy Foods! Look Inside to Find Out How!

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Nutrition Hotline of the American Institute for Cancer Research

By calling this hotline you can get free, personalized nutrition advice from a Registered Dietician. In addition to answering your questions about nutrition, you can call the hotline to learn about food safety practices, the benefits of healthy eating and you can request any of the American Institute for Cancer Research’s many publications or recipe books on how to eat for low-risk cancer. Call the Hotline at **1-800-843-8114** from 9am to 5pm on weekdays.

Health Insurance through Medicaid, Medicare, Family Health Plus or Child Health Plus B

You or someone in your family may qualify for free or low-cost health insurance through one of these programs. Health insurance is important because it pays for the medical care you need when you get sick and it pays for regular checkups with a doctor that can help you prevent many illnesses before they start. Even if you don’t qualify for one of these programs, you can also see a doctor at a public or community health clinic. For more information, call HealthStat at **311**, the NYC helpline.



If you receive Medicare and have been diagnosed with end stage renal state disease or diabetes, you may be eligible for nutrition counseling from a Registered Dietician through the Medical Nutrition Therapy program. Call HealthStat at **311** for more information!

District Public Health Offices (DPHOs)

There are 3 DPHOs throughout the city that may be able to direct you towards health and fitness programs in your area. Call the office closest to you to find out more!

Bronx (Tremont Health Center) 718-466-9178
Brooklyn (Bushwick Health Center) 718-573-4847
East & Central Harlem (East Harlem Health Center) 212-360-5980

Nutrition and Health Resources

Here is a list of some of the resources available to you in New York City where you can learn more about ways in which you can keep you and your family eating right and staying healthy.

WIC (Women, Infants, & Children)

WIC is a supplemental food program for low-income pregnant, breastfeeding and non-breastfeeding mothers of babies (up to 6 months after the baby is born), and babies and children. WIC can help you save money by giving you or your child monthly food checks that can be used to buy certain foods and infant formula. WIC also gives free nutrition advice to its participants! To apply, find the WIC local agency nearest to you by calling **1-800-522-5006**.

Head Start

Head Start is a *free* program for children age 3 to 5 that offers educational, social, health and nutrition services. Healthy and delicious meals and snacks are provided to the children, and free medical care is offered year round! All programs are multi-lingual. Head Start also encourages parents to be involved and offers adult education classes and job training sessions. For more information, call **212-232-0966** or **311** (the NYC helpline) for details and find out where the Head Start center is in your neighborhood.

Free and Reduced-Price School Breakfast and Lunch Program

Children from families who meet certain income guidelines are eligible for reduced-price or free meals at school. Eating a well-balanced and nutritious breakfast and lunch can help your child pay attention and learn in class. Call your child's school for information on how your child can become a part of this program.

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Housing, health care, clothing, and food. With prices rising, it is getting harder and harder to pay for what you need. With all these things to worry about, sometimes you may feel like you don't have the time or the money to prepare healthy food for you and your family.

This doesn't have to be the case. Preparing healthy meals for your family can be easy, inexpensive, and fun. Use this booklet as a guide. Inside, you'll find delicious, inexpensive and healthy versions of some of your favorite traditional dishes plus some new ones to try with your family.

The recipes are divided into four sections, based upon when their main vegetable ingredient is in season. Produce bought in season is cheaper, fresher and more nutritious! You'll also find information about where you can buy locally grown produce at Farmers Markets and CSAs throughout the city.

But wait, there's more. You may be eligible for food stamps, which can give you extra money to buy healthy and fresh fruits and vegetables. Food stamps can be used in addition to the money you already spend on food. At the end of this booklet, you'll find information on how you can determine if you are eligible for food stamps and how you can apply.

Nutrition and food stamps go hand in hand. Use this booklet as a resource to find out how and why. Start eating healthier today!

Top 5 Reasons to Buy Locally Grown Foods:

1. Local food tastes better. Locally grown fruits and vegetables are fresher than conventional produce. This is because locally grown produce is usually harvested just 1 or 2 days before it is sold, while conventional produce is usually shipped from another state or another even another country and can spend almost 2 weeks traveling before reaching the supermarket.

2. Local food is healthier for you. Studies have shown that foods lose nutrients over time. So, locally grown foods can be higher in nutrients because there is less time between when they are harvested and when you buy them.

3. Local food supports your local economy. When you buy locally grown food the money you spend stays within your community. That's because the farmers you buy your food from live and spend money within the economy and therefore support the places where you work as well!

4. Local food supports a clean environment. By buying locally grown foods and supporting the farms in your area, you're protecting the natural resources and open spaces in your area from urban development. You're ensuring that plants have a place to grow and animals a place to roam! Plus, locally grown foods travel shorter distances, limiting the amount of pollution from the delivery trucks.

5. Local food supports future generations. By supporting local farms and the local economy, you are helping to ensure that local farmers can stay in business and continue to provide future generations with access to healthy, delicious and fresh fruits and vegetables.



Buy Fresh! Buy Local! Farmers Markets and CSAs

Farmers Markets are great places to buy locally grown, freshly picked fruits and vegetables straight from the farmer! You can ask questions about how your food is grown and the best ways to prepare and store your produce. Shopping at farmers markets is affordable too. You can use your food stamp benefits at many farmers markets throughout the city.



CSA stands for Community Supported Agriculture. When you become a member of a CSA, you agree to do business with a farmer for an entire growing season. You get a steady supply of fresh and high quality produce at prices that are usually cheaper than what you'd find in the store. That's because CSAs don't mark up prices for things like advertising, storing or distributing the food. You can buy shares in a CSA and have a weekly or biweekly delivery of locally grown, fresh produce! Many CSAs have income-adjusted payment plans for low-income New Yorkers, and some even accept food stamps.

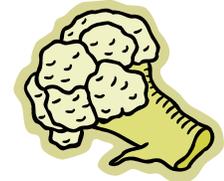


SPRING



Springtime Vegetables

- | | | |
|-----------|-------------|----------|
| Asparagus | Beets | Broccoli |
| Cabbage | Cauliflower | Greens |
| Lettuce | Mushrooms | Radishes |
| Spinach | Turnips | Sprouts |



Springtime Fruits

- | | |
|--------|--------------|
| Apples | Strawberries |
|--------|--------------|

Spinach and Black Bean Salad

Adapted from: CookShop®, FoodChange

You will need:

- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon dijon mustard
- 1 clove garlic, chopped into tiny pieces
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- 2 cups (tightly packed) spinach, cleaned well and finely chopped
- 1½ cups cooked black beans
- 2 tomatoes, chopped
- 1 small red onion, chopped
- 2 stalks scallions, chopped (use green part only)

For added convenience, use canned beans! But, be sure to rinse the beans well to lower the amount of salt in the salad!



What to do:

1. To make the dressing, combine vinegar, oil, mustard, chopped garlic, oregano, basil and thyme in a large mixing bowl. Whisk together until well blended.
2. Drain the liquid from the black beans and rinse.
3. Add spinach, black beans, tomatoes, onions and scallions to the dressing. Toss well and serve!

Nutrients per serving:

Yield: 4 servings

Serving size: about ¾ cup

Calories: 190

Total Fat: 4.5 grams

Saturated Fat: 0.5 grams

Cholesterol: 0 milligrams

Sodium: 80 milligrams

Estimated Cost: Just
\$0.53 per serving!!

Summer Squash: Chose small to medium sized squash with glossy skin that is free of nicks and bruises. Make sure that you keep the squash moist by storing in a plastic bag in the refrigerator.

Potatoes: Fresh potatoes should feel firm and heavy. To store potatoes, place them in a paper bag and keep them in a cool, dry dark place. Do not refrigerate the potatoes or wash them before storing because that will cause them to turn bitter and spoil faster.



Tomatoes: Buy tomatoes that are firm, smooth, and without cracks or wrinkles. Avoid tomatoes that are soft because they will spoil quickly. Tomatoes can be kept at room temperature for up to a week if not exposed to direct sunlight. Overripe tomatoes can be stored in the refrigerator for 2-3 days. Frozen tomatoes should be used mainly for cooking because they tend to fall apart and lose their juices.

Turnips: Turnips should be firm, heavy, and smooth-skinned. Smaller turnips are sweeter than larger ones, which are tougher and tend to have a peppery flavor. Store unwashed turnips in a plastic bag in the refrigerator for up to 3 weeks.



Winter Greens: Chose greens that are moist and crisp, with rich green leaves. Plants with smaller leaves will be more tender and have a milder flavor. Unwashed greens can be wrapped in a damp paper towel and stored in the refrigerator for 3-5 days.

Winter Squash: When buying winter squash, chose ones with hard, tough skin, with the stem still attached. The skin should be free of mold, cracks, or cuts. Uncooked squash can be stored for up to 3 months in a cool, dry place. Whole squash stored in the refrigerator for more than 1 to 2 weeks will spoil. You can store cooked squash in the freezer by placing it in freezer containers or freezer bags.

Tips for Vegetable Shopping

Broccoli: Fresh broccoli should be bright green with tight and compact buds. You can store broccoli for about a week by wrapping it in plastic bags in the refrigerator.



Cauliflower: Choose cauliflower that is creamy or snowy white in color, clean, heavy and firm. It should have tight buds. Store cauliflower in plastic bags in the refrigerator for up to one week.

Cabbage: Look for solid, heavy heads of cabbage with three or four loose outer leaves, which should be clean and flexible, but not limp. To store cabbage, place the whole head in a plastic bag. Once you cut the cabbage, use plastic wrap to cover the rest and place it in the fridge.

Carrots: Choose carrots that are firm and bright orange in color. To store, wrap carrots in a paper towel or place them in a plastic bag and store them in the refrigerator for up to three weeks.



Corn: When buying fresh sweet corn, press on a kernel with your fingernail; if it is fresh, a milky juice will squirt out. Husked corn can be stored in a plastic bag in the refrigerator. You can also freeze corn on the cob after 7-11 minutes of blanching.

Green Beans: Make sure the fresh green beans you buy are crisp and tender, flexible and furry-feeling. You should be able to snap the bean easily. They can be stored in plastic bags for 3-5 days.

Green Peppers: Green peppers should be firm, glossy and plump and have no soft spots or blemishes. Peppers will stay fresh for about a week in the refrigerator and can be frozen as well. Store them whole to maximize the flavor and nutritional value.



Spinach: When buying spinach, choose tender leaves that are deep green in color. Spinach can be stored for about a week in a plastic bag in the refrigerator.

Carrot Pilaf

Adapted from: Vegetable of the Month Club™, FoodChange

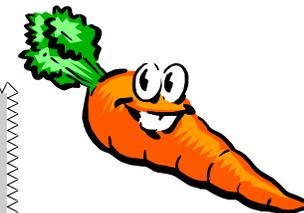
You will need:

- 1½ cups brown or white rice
- 2 tablespoons olive or vegetable oil
- 1 onion, chopped
- 5 medium carrots, peeled and coarsely grated (about 2 cups)
- 2 teaspoons ground cumin
- ½ teaspoon cinnamon
- 2 teaspoons salt
- ½ cup chopped parsley or cilantro (optional)

Carrots are a good source of fiber! Fiber helps lower cholesterol and aids digestion!

What to do:

1. Bring 3½ cups (2½ if using white rice) water to boil in a medium saucepan. Add rice and bring to a boil. Reduce heat and cover. Cook rice for about 40 minutes (20 minutes for white rice) until the liquid is absorbed.
2. In a separate skillet, heat the oil over medium heat. Add onion and sauté for 3 minutes. Add carrots, cumin, cinnamon, and salt. Sauté for 5 minutes.
3. Fluff the rice with a fork. In a bowl, combine the rice and carrot mixture.



Nutrients per serving:

Yield: 6 servings
 Serving size: ¾ cup
 Calories: 250
 Total Fat: 6 grams
 Saturated Fat: 1 grams
 Cholesterol: 0 milligrams
 Sodium: 810 milligrams

Estimated Cost: Just
\$0.30 per serving!!

Oven Home Fries

Adapted from: Vegetable of the Month Club™, FoodChange

You will need:

- 2 pounds potatoes or sweet potatoes
- 2 tablespoons olive or vegetable oil
- 1 teaspoon dried rosemary or thyme, crumbled (or 1 tablespoon fresh, finely chopped)
- ¼ teaspoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon pepper

When possible, eat the potatoes with the skin. A lot of the nutrients lie just under the skin! Baking potatoes in this way is much healthier than frying them!

What to do:

1. Preheat oven to 425° F.
2. Scub and peel potatoes. If potatoes are fresh and skins are thin, leave unpeeled. Cut into 1-inch chunks.
3. In a large bowl, toss with oil, herbs, garlic powder, salt, and pepper.
4. Spread on a baking sheet or shallow roasting pan in a single layer.
5. Bake for 30 minutes, turning potatoes occasionally, until they are browned and tender.

Nutrients per serving:

Yield: 6-8 servings

Serving size: 3/5 cup

Calories: 180

Total Fat: 4 grams

Saturated Fat: 0.5 grams

Cholesterol: 0 milligrams

Sodium: 340 milligrams



Estimated Cost: Just
\$0.32 per serving!!

Use Food Stamps to Eat More Fruits and Vegetables!

What's so great about fruits and vegetables?

Fruits and vegetables give you many of the nutrients your body needs to stay healthy and active. These include vitamins, minerals, dietary fiber and water. They are also an excellent source of vitamin A, vitamin C, potassium and folate and are naturally low in fat and calories and cholesterol free! What does all this mean? With these characteristics, fruits and vegetables may protect you against some chronic conditions and diseases like high blood pressure, heart disease, stroke and some types of cancer.

Eat at least 5 servings of fruits and vegetables every day.

- Chose a variety of colorful fruits and vegetables so you can get all the different nutrients you need.
- Keep fruits and veggies like apples or carrot sticks around your kitchen or in your handbag for a quick and healthy snack on the go.
- For the cheapest prices, look for produce that's in season.
- Serve vegetables with low-fat dips or dressings at your next party.

What counts as a serving?

Fruits

- ½ cup chopped, cooked or canned fruit
- 1 medium piece of fruit
- 12 grapes
- ¾ cup 100% fruit juice

Vegetables

- 1 cup raw leafy greens
- ½ cup chopped or cooked vegetables
- 1 medium potato
- 6-8 3-inch long carrot sticks
- ¾ cup 100% vegetable juice



Adapted from "Fabulous Fruits...Versatile Vegetables" USDA, 2003.

Cooking Substitutions

Eating healthy doesn't mean you have to give up the foods you love! Make healthier versions of your favorite foods by substituting for some of the ingredients that are higher in fat! Below is a list of a few common cooking ingredients and their substitutions.

Original Ingredient	Healthy Substitute (use equal amount)
2% or Whole milk	Skim, 1/2% or 1% milk
1 egg	1/4 cup egg substitute or 2 egg whites
Butter (1 tablespoon)	1 tablespoon polyunsaturated margarine or 3/4 tablespoon polyunsaturated oil
Ground beef	Ground turkey

Adapted from a compilation by Cheryl H. Armstrong, MBA, RD, CD for the Nutrition and Food Safety Workshop for Quantity Food Providers, April 27, 1999.

What if you don't have certain ingredients in your kitchen? Here is a list of helpful substitutions that you can make to save you a trip to the store.

Original Ingredient	Substitution
1/4 cup Bread Crumbs, dry	1/4 cup crushed cereal crumbs or crackers
14-1/2 ounce can of Broth	2 beef or chicken bouillon cubes plus 2 cups water
1 tablespoon cornstarch	2 tablespoon all-purpose flour
1 clove garlic	1/8 teaspoon garlic powder
1-1/2 cups cut up fresh vegetables, cooked	10 ounce package of frozen vegetables, cooked
3 medium tomatoes, cut up	16-ounce can tomatoes

Adapted from *Es Facil: Libro de Recetas*, County of Los Angeles Department of Health Services, 2003

Learn More About Food Stamps. Call FoodChange: 1-866-FOOD-NYC

Chicken Stir Fry

Adapted from: *Food, Family and Fun*, Team Nutrition, USDA

You will need:

- 2 tablespoons cornstarch
- 1/4 cup low-sodium soy sauce
- 1/8 teaspoon ground ginger
- 2 teaspoons granulated garlic
- 1 tablespoon sesame oil (optional)
- 1 3/4 cups low sodium chicken broth
- 1/2 cup water
- 1 tablespoon canola or vegetable oil
- 1 pound skinless, boneless chicken breasts, diced
- 1 tablespoon vegetable oil
- 1 1/2 cups fresh carrots, peeled, diced
- 1/3 cup onions, diced
- 2 1/2 cups fresh broccoli florets

Serve this tasty and healthy version of chicken stir fry instead of getting take-out!

What to do:

To make the sauce...

1. Dissolve the cornstarch in soy sauce. Add ginger, garlic, pepper and sesame oil (optional) to cornstarch mixture. Whisk to blend.
2. Combine chicken broth and water in a saucepan and bring to a boil.
3. Slowly add the cornstarch mixture, whisking continuously until combined. Return sauce to a boil.
4. Reduce heat to simmer and continue cooking until sauce is smooth and thick (about 3-5 minutes). Remove from heat.

To make the chicken...

5. In a medium skillet, heat 1 tablespoon oil over medium-high heat.
6. Add chicken and sauté over medium heat for 5 to 10 minutes until no signs of pink remain (cut chicken to check if the inside is pink). Then remove from heat.

Recipe Continues on Next Page!

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- Put the chicken in a separate dish, cover and set aside.

To prepare the vegetables...

- In the same skillet that you used to prepare the chicken, heat 1 tablespoon of oil over medium-high heat.
- If using fresh vegetables, sauté carrots over medium heat for 4 minutes. Add onions and cook for 1 minutes. Add broccoli and cook for 2 more minutes.

Time Saving Tip!

To save time, use 2 cups of frozen mixed oriental vegetables in step 7 instead of the fresh vegetables. Just add the frozen veggies to the oil in the skillet and cook over medium heat until tender (about 3 minutes).

Now put it all together...

- Add cooked chicken and prepared sauce to the vegetables and toss to thoroughly coat.
- Serve and enjoy!



Nutrients per serving:

Yield: 8 servings
 Serving size: 3/4 cup
 Calories: 149
 Total Fat: 6.3 grams
 Saturated Fat: 1.1 grams
 Cholesterol: 33 milligrams
 Sodium: 323 milligrams

Estimated Cost: Just
\$0.77 per serving!!

Plan on eating leftovers: If you don't have that much time to cook during the week, make a double batch of some of your meals and freeze the rest for later. Then you can eat the leftovers on a busy day, saving you both time and money.

Compare prices: Store brands and generic brands usually cost less than premium brands, even if you use coupons. Also, supermarkets and farmers markets usually have lower prices than mini-markets or bodegas.



Don't shop for groceries on an empty stomach: You'll end up buying more food than you need if you are hungry when you shop.

Buy seasonal foods: By buying fruits and vegetables that are in season, you can save a lot of money on fresher produce! If you can, buy some fruits and vegetables that are less ripe than others so that you can have the ripe one today and the save the ones that are not yet ripe for a later day.

Try more meatless meals: Meat can often be more expensive than other foods. Foods like beans are excellent sources of protein. They usually cost less than meat and - being low fat and high fiber - can be healthier.

Tips on How to Stretch Your Food Dollar

Apply for food stamps: You might be eligible to get extra money for food by enrolling in the Food Stamp Program. Your food stamp benefits are in addition to any money that you already spend on food. You can use food stamps to add more fruits and vegetables to your meals.



Plan your meals: By planning your meals, you can make sure your family has a well-balanced diet. Think about foods your will need for breakfast, lunch, dinner and snacks. Try to include foods from the five major food groups: 1) Bread, Cereal, Rice & Pasta; 2) Vegetable; 3) Fruit; 4) Milk, Yogurt & Cheese; 5) Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts.

Make a shopping list: After you've planned your meals, make a shopping list with the ingredients you'll need to prepare the meals you've planned. Be sure to first check what foods are in your kitchen so that you don't waste money buying something that you already have. It may help to keep a list on your fridge and then add things to the list as you run out of them in your kitchen. Making a list before going to the supermarket will help you remember everything that you need so that you don't have to make several trips.

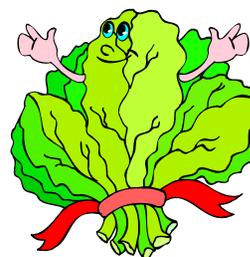
Buy things in bulk and look for sales: Larger packages and things bought in bulk are usually cheaper than foods in smaller packages. Stock up on items that are on sale — but only if you'll really use them! Don't buy something just because it's on sale if you don't think you'll use it. Check newspapers or store flyers for specials and try to plan your meals for the week around those foods. You can even buy chicken, meat and fish on sale and then freeze whatever you don't plan to use immediately.

SUMMER



Summertime Vegetables

Beets	Broccoli	Cabbage
Carrots	Cauliflower	Celery
Cucumber	Eggplant	Lettuce
Summer Squash	Sweet Corn	Tomatoes



Summertime Fruits

Apricots	Blueberries	Cherries
Currants	Melons	Nectarines
Peaches	Plums	Raspberries

Pasta Primavera Salad

Adapted from: Vegetable of the Month Club™, FoodChange

You will need:

- 1 cup peeled and sliced (¼ -inch thick) carrots
- 4 cups fresh broccoli and/or cauliflower florets
- ½ pound pasta shapes (try spirals, shells, or ziti)
- 1 cup black olives, pitted and cut in half
- 1 tomato, seeded and chopped
- 2 teaspoons dried oregano
- 1 garlic clove, finely minced
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 3 tablespoons grated parmesan cheese

What to do:

1. Bring a large pot of slightly salted water to boil. Add carrots, cauliflower, and/or broccoli. Cook in boiling water for 2 minutes until vegetables are brightly colored.
2. Remove vegetables with a slotted spoon (leaving the water in the pot) and drain in colander. Rinse under cold water to stop the cooking. Place vegetables in a large bowl and set aside.
3. Bring water back to a boil. Add pasta and cook until tender but firm. Drain pasta in colander.
4. Add pasta to bowl of vegetables and combine with olives, tomato, oregano, garlic, vinegar, oil, and parmesan.
5. Toss well to blend ingredients.
6. Chill salad or serve at room temperature.

Nutrients per serving:

Yield: 4 servings

Serving size: 1½ cups

Calories: 390

Total Fat: 17 grams

Saturated Fat: 3 grams

Cholesterol: 5 milligrams

Sodium: 410 milligrams

Cauliflower and broccoli are good sources of vitamin C and are high in fiber. These nutrients help us fight sickness, lower cholesterol, and improve digestion.

Estimated Cost: Just
\$0.73 per serving!!

Checklist of Papers to Bring When You Apply

Before you receive food stamps, you will need to bring or send some papers to prove your identity, income, and address. You do not need to bring all of these items with you when you apply. If you do not have, or cannot get, some of these papers, the workers at the food stamp center should help you.

- **Identification.** You can use one of the following:
 - birth certificate
 - driver's license
 - school or work ID
 - voter registration card
 - other proof of identity
- **Social Security number** for all applying household members.
- **Income statements** showing the amount of income you earn. You may be asked to bring pay stubs, income tax returns, or W-2 forms. If you receive income from other programs such as social security, pension, unemployment compensation, or veterans benefits, you will be asked to show proof.

Other information may be needed, including:

- **Bank book or bank account statement**
- **Utility bills** (gas, electric, telephone)
- **Rent or mortgage receipt**
- **Receipts for child care** or other dependent care
- **Medical bills** if disabled or 60 years or older

You may be eligible for food stamps!
Call FoodChange at 212-894-8060 for a *free* and *confidential* pre-screening and find out if you are eligible for extra money to buy food!

You May Be Eligible for Food Stamps

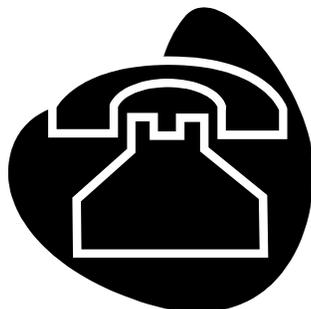
How do I Know if my Family Qualifies for Food Stamps?

There are two tests:

1. **Resource Test:** To get food stamps, your resources must not exceed \$2,000 for most households, or \$3,000 for households with a person who is disabled or 60 years or older. Resources include cash in the bank, stocks, or U.S. savings bonds. At least one licensed car per adult household member is exempt from the resource test, regardless of its value.
2. **Income Test:** Income means your household's total gross monthly income before taxes and before subtracting household expenses. Maximum income is based on family size. For example, the monthly income limit for a family of 3 (without a disabled or elderly person) is under \$1,698.

Please note:

- You may be eligible for expedited food stamps within 5 days if you earned less than \$150 this month, have less than \$100 in ready cash, or your rent and utilities are more than your income and resources. Your identity is the only thing you have to prove for expedited food stamps.
- You do not need cooking facilities to get food stamps and you may be eligible for an additional Restaurant Allowance if you also apply for public assistance.



Learn More About Food Stamps. Call FoodChange: 1-866-FOOD-NYC

Sweet and Spicy Summer Squash

Adapted from: Vegetable of the Month Club™, FoodChange

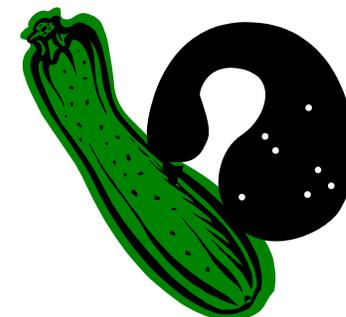
You will need:

- 1 tablespoon olive oil
- 3-4 cups chopped summer squash (about 3 medium)
- 1 medium onion, chopped
- 2 medium green peppers, chopped
- 2 tablespoons honey
- pinch cayenne pepper or splash hot sauce
- salt or pepper, to taste

The most popular summer squash are yellow crook-neck squash, yellow straightneck squash, and zucchini.

What to do:

1. In a large skillet, heat oil over medium-high heat. Add squash, onion, and green peppers and sauté 10 minutes, or until tender.
2. Stir in honey and cayenne pepper or hot sauce. Remove from heat. Add salt and pepper to taste.
3. Cover and let stand for 3 minutes before serving.



Nutrients per serving:

Yield: 4 servings
 Serving size: about 1 cup
 Calories: 120
 Total Fat: 3.5 grams
 Saturated Fat: 0 grams
 Cholesterol: 0 milligrams
 Sodium: 150 milligrams

Estimated Cost: Just
 \$0.50 per serving!!

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Jonnycakes

Adapted from: CookShop®, FoodChange

You will need:

- 1½ cups stone-ground cornmeal
- 1 teaspoon salt
- 2¼ cups boiling water
- vegetable oil, as needed
- optional toppings: jam, maple

Jonnycakes can be served for breakfast or as a yummy snack!

What to do:

1. Put cornmeal, salt and sugar in a large bowl.
2. Slowly add the boiling water, and stir while you add the water with a whisk to prevent lumps. Set the bowl aside for 12 minutes.
3. Heat oil in a skillet over medium heat. Measure out a ¼ cup portion of the batter and put it in the pan. Repeat this step until batter is gone. The cakes should be about ¾ inches thick and no more than 3 inches across.
4. Cook the cakes at a sizzle until the underside is a very deep golden brown, about 6-11 minutes. Then, flip and cook the other side until it is deep golden brown.
5. Place Jonnycakes on paper towel to soak up excess oil.
6. Serve with maple syrup, butter, or jam!



Nutrients per Serving:

Yield: 4-6 servings

Serving size: 1 cake

Calories: 180

Total Fat: 7grams

Saturated Fat: 1 gram

Cholesterol: 0 milligrams

Sodium: 480 milligrams

Estimated Cost: Just
\$0.05 per serving!!

What Can Food Stamps Do for Me?

What Can I Buy with my Food Stamps?

- Milk and other dairy products
- Meat, fish, poultry, eggs, beans
- Cereals, rice, pasta and other grain products
- Ingredients used for baking or cooking, like flour and yeast
- Fruits and vegetables—fresh, canned, frozen or dried
- Cold deli foods like salads and sandwiches to be eaten at home
- Infant formula, special dietetic or diabetic foods
- Organic and natural food items
- Garden seeds and plants that you can use to grow your own food at home
- Staple ingredients like oil and sugar, coffee and tea.



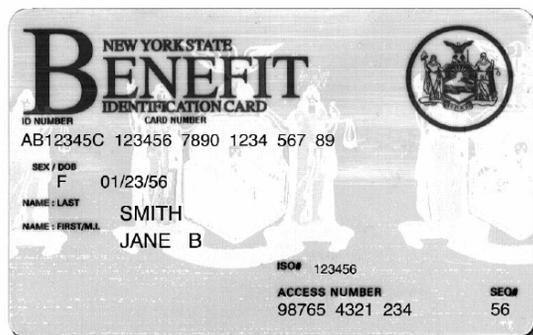
What Can't I Buy with my Food Stamps?

- Any kind of alcohol, wine or beer
- All tobacco products, like cigars, cigarettes, and snuff
- Nonfood items like cleaning products, soap, shampoo, paper products
- Any ready to heat "HOT" foods, like hot pizza or rotisserie chicken
- Foods not meant for people, like pet food or bird seed
- Drugstore medicines, like aspirin, antacids, cough syrup or vitamin supplements
- Items to preserve food like freezer bags, plastic boxes or glass jars
- Food stamps cannot be sold or traded. In fact, it's illegal to do so.



Adapted from *How to Use Your Food Stamp Benefit*, University of New Hampshire Cooperative Extension, 2002.

Apply for a Food Card!



Using your food stamp benefit card is now easier than ever! Food stamp benefits are received on an EBT (electronic benefit transfer) card that works just like a debit card or ATM card. It can be used quickly and easily at the checkout counters of grocery stores, bodegas, and farmers markets throughout the state to buy a variety of food items. With the Food Card, you get to choose the food you want to eat. For example, you can use your food stamp benefits to buy fresh fruits and vegetables and leaner cuts of meat — items that you might not have bought before in order to save money. The Food Card gives you that little bit of extra money so that you can buy the healthy food your family deserves.



Learn More About Food Stamps. Call FoodChange: 1-866-FOOD-NYC

Vegetarian Burritos with Tomato Salsa

Adapted from: CookShop®, FoodChange

You will need:

To make the burrito...

- 6-7 flour tortillas
- 1 15-ounce can black beans, drained and rinsed
- ¼ cup corn (fresh, canned, or frozen)
- 1 red bell pepper, thinly sliced
- 1 tomato, diced
- 6 stalks scallions, greens only, sliced
- 2 tablespoons cilantro, leaves only, chopped
- ¼ tablespoon cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1½ cups shredded spinach
- ¼ pound cheddar cheese, grated
- ½ cup Tomato Salsa (*see below!*)
- ½ cup uncooked brown or white rice

Beans are an excellent source of protein and fiber.

To make the salsa...

- 2 large, ripe tomatoes, diced
- 1 small red onion, finely chopped
- ¼ cup cilantro, leaves only - chopped
- ¼ teaspoon cumin
- ¼ chili powder
- 3 tablespoons lime juice
- 1/3 teaspoon salt
- ¼ teaspoon pepper



Recipe Continues on Next Page!

Learn More About Food Stamps. Call FoodChange: 1-866-FOOD-NYC

What to do:

Make the salsa...

1. Dice tomatoes and onion. Remove the cilantro leaves from the stems and chop the leaves into small pieces.
2. Combine the tomatoes, onion, cilantro leaves, oregano, cumin, chili powder, lime juice, salt and pepper in a bowl and mix well! Taste and add more seasonings if necessary.

Put it all together!

3. Wrap tortillas in aluminum foil. Put them in the oven at 250° F while you prepare the rest of the burritos.
4. In a large bowl, combine beans, cooked rice, corn, sliced red peppers, diced tomatoes, sliced scallions, chopped cilantro, cumin, salt and pepper. Add diced green chilies



if you chose to include them. Mix well!

5. Divide bean mixture evenly among the warm tortillas. Top each with spinach, cheese, and tomato salsa. Wrap, and enjoy!

Storage Tip!
 Dried beans can be stored for up to one year. They must be stored in a tightly sealed glass jar in a cool, dry place. But, don't refrigerate dried beans because the dampness can make their skins very tough!



Nutrients per Serving:
 Yield: 6 servings
 Serving size: 1 burrito
 Calories: 490
 Total Fat: 13 grams
 Saturated Fat: 6 grams
 Cholesterol: 20 milligrams
 Sodium: 700 milligrams

Estimated Cost: Just \$0.93 per serving!!



HEALTHY EATING ON A

BUDGET

Mouth Watering Oven Fried Fish

Adapted from: *Heart Healthy Home Cooking: African American Style*, NIH

You will need:

- 2 pounds fish fillets
- 1 tablespoon fresh lemon juice
- ¼ cup skim milk or 1% buttermilk
- 2 drops hot pepper sauce
- 1 teaspoon garlic, fresh, minced
- ¼ teaspoon white pepper, ground
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ½ cup regular bread crumbs or cornflakes, crumbled
- 1 tablespoon vegetable or canola oil (for lightly greasing baking dish)
- 1 lemon, fresh, cut in wedges

For variety, try this fish recipe with any kind of fish!

What to do:

1. Preheat oven to 475 °F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.



Nutrients per Serving:

Yield: 6 servings

Serving size: 1 cut piece

Calories: 183

Total Fat: 2 grams

Saturated Fat: less than 1 gram

Cholesterol: 80 milligrams

Sodium: 325 milligrams

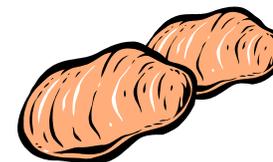
Estimated Cost: Just
\$1.79 per serving!!

AUTUMN



Autumn Vegetables

Beets	Broccoli	Cabbage
Carrots	Cauliflower	Greens
Onions	Pumpkins	Scallions
Sweet Potatoes	Tomato	Winter Squash



Autumn Fruits

Apples	Apple Cider	Cranberries
Grapes	Pears	Raspberries

Smothered Greens

Adapted from: *Heart Healthy Home Cooking: African American Style*, NIH

You will need:

- 3 cups water
- ¼ pound smoked turkey breast, skinless
- 1 tablespoon hot pepper, freshly chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ginger, ground
- ¼ cup onion, chopped
- 2 pounds greens (mustard, turnip, collard, kale, or mixture)

Use just a little bit of skinless smoked turkey breast instead of fatback to lower the amount of fat but keep the taste!

What to do:

1. Place all ingredients *except greens* into a large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to the saucepan. Cook 20 to 30 minutes, until tender.

Nutrients per Serving:

Yield: 5 servings
 Serving size: 1 cup
 Calories: 80
 Total Fat: 2 grams
 Saturated Fat: less than 1 gram
 Cholesterol: 16 milligrams
 Sodium: 378 milligrams



Estimated Cost: Just
\$0.48 per serving!!

Healthy Papusas Revueltas

Adapted from: *Delicious Heart-Healthy Latino Recipes*, NIH

You will need:

- 1 pound ground chicken breast
- 1 tablespoon vegetable or canola oil
- ½ pound low fat mozzarella cheese, grated
- ½ small onion, finely diced
- 1 clove garlic, minced
- 1 medium green pepper, seeded and minced
- 1 small tomato, finely chopped
- ½ teaspoon salt
- 5 cups instant corn flour (masa harina)
- 6 cups water

Using low fat cheese and ground chicken will help you reduce fat and calories. And the recipe still tastes great!

What to do:

1. In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a ½-inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is ½-inch thick.
6. In a very hot, iron skillet, cook the papusas on each side until golden brown.

Nutrients per Serving:

Yield: 12 servings
 Serving size: 2 papusas
 Calories: 290
 Total Fat: 6 grams
 Saturated Fat: 3 grams
 Cholesterol: 31 milligrams
 Sodium: 211 milligrams

Estimated Cost: Just
\$0.69 per serving!!

Turnip Waldorf Salad

Adapted from: Vegetable of the Month Club™, FoodChange

You will need:

- 3 tablespoons fresh lemon juice
- ½ cup low-fat mayonnaise
- ¾ pound turnips (about 4 medium sized turnips), peeled and coarsely grated
- 1 cup diced celery (about 4 stalks)
- ½ cup raisins
- 2 red apples, diced (wash well, but don't peel)
- 4 large lettuce leaves (optional)

Turnips store well and taste great raw or cooked!

What to do:

1. Combine lemon juice and mayonnaise.
2. Just before serving, add grated turnips, chopped celery, raisins.
3. Chop the apples at the last minute, or it will turn brown. Add the apples to the mix.
4. Serve on lettuce leaves.



Nutrients per Serving:

Yield: 4 servings
 Serving size: about 1½ cups
 Calories: 185
 Total Fat: 5.5 grams
 Saturated Fat: 1 grams
 Cholesterol: 6.8 milligrams
 Sodium: 114 milligrams

Estimated Cost: Just
\$0.66 per serving!!

Caribbean Pink Beans

Adapted from: *Delicious Heart-Healthy Latino Recipes*, NIH

You will need:

- 1 pound dried pink beans
- 20 cups water
- 2 medium plantains, finely chopped
- 1 large tomato, finely chopped
- 1 small red pepper, finely chopped
- 1 medium white onion, finely chopped
- 3 cloves garlic, finely chopped
- 1½ teaspoons salt

These tasty beans are prepared without lard or other fat! Caribbean Pink Beans taste great served over brown rice!

What to do:

1. Rinse and pick through the beans. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Discard the water, rinse the beans and then cover them with 10 cups of fresh water.
3. Cook the beans until they are soft (about 45 minutes). Add more water as needed while the beans are cooking.
4. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft.

Nutrients per Serving:

Yield: 16 servings
 Serving size: 1/2 cup
 Calories: 133
 Total Fat: less than 1 gram
 Saturated Fat: less than 1 gram
 Cholesterol: 0 milligrams
 Sodium: 205 milligrams

Estimated Cost: Just
\$0.12 per serving!!

Mock-Southern Sweet Potato Pie

Adapted from: *Heart Healthy Home Cooking: African American Style*, NIH

You will need:

To make the crust...

- 1¼ cups flour
- ¼ teaspoon sugar
- 1/3 cup skim milk
- 2 tablespoons vegetable or canola oil

To make the filling...

- ¼ cup white sugar
- ¼ cup brown sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 3 large eggs, beaten
- ¼ cup evaporated skim milk, canned
- 1 teaspoon vanilla extract
- 3 cups cooked and mashed sweet potatoes (about 1½ pounds).

What to do:

1. Preheat oven to 350 °F.

To make the crust...

2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper. Peel off top paper and invert crust into 9-inch pie plate.

You can cook sweet potatoes by piercing them with a fork and sticking them in the microwave for just 4 to 5 minutes!

squares of

To make the filling...

6. Combine sugars, salt, spices, and eggs.
7. Add evaporated milk and vanilla. Stir.
8. Add sweet potatoes and mix well.
9. Pour mixture into pie shell.
10. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.



Nutrients per Serving:

Yield: 16 servings
 Serving size: 1 slice
 Calories: 147
 Total Fat: 3 grams
 Saturated Fat: less than 1 gram
 Cholesterol: 40 milligrams
 Sodium: 98 milligrams

Estimated Cost: Just \$0.11 per serving!!

Fresh Cabbage and Tomato Salad

Adapted from: *Delicious Heart-Healthy Latino Recipes*, NIH

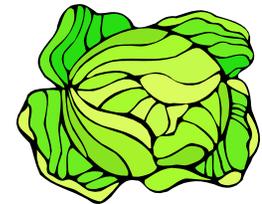
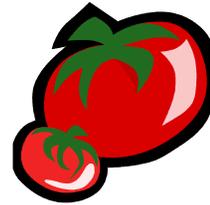
You will need:

- 1 small head cabbage, thinly sliced
- 2 medium sized tomatoes, cut into cubes
- 1 cup sliced radishes
- ¼ teaspoon salt
- 2 teaspoons olive oil
- 2 teaspoons rice vinegar (or lime juice)
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- 2 tablespoons fresh cilantro, chopped

This is an easy and tasty way to prepare vegetables. Cabbage has lots of vitamins and fiber to keep your family healthy!

What to do:

1. In a large bowl, mix together the cabbage, tomatoes and radishes.
2. In another bowl, mix together salt, olive oil, rice vinegar, black pepper, red pepper, and cilantro to make the dressing. Pour the dressing over the vegetables. Serve and enjoy!



Nutrients per Serving:

Yield: 8 servings
 Serving size: 1 cup
 Calories: 41
 Total Fat: 1 gram
 Saturated Fat: less than 1 gram
 Cholesterol: 0 milligram
 Sodium: 88 milligrams

Estimated Cost: Just \$0.21 per serving!!

Winter Squash and Black Bean Chili

Adapted from: Vegetable of the Month Club™, FoodChange

You will need:

- 5 teaspoons vegetable or olive oil
- 1 medium Butternut or Hubbard squash, peeled and cut into ¾ inch cubes
- 2 medium carrots, diced
- 1 medium onion, diced
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon ground cayenne
- 2 cloves garlic, minced
- 1 28-ounce can plum tomatoes
- 1 cup water
- ¼ teaspoon salt
- 2 15-ounce cans black beans, drained
- ¼ cup chopped cilantro (optional)

What to do:

1. In a large pot, heat 2 teaspoons oil over medium-high heat. Add squash and cook, stirring occasionally, until golden. Remove squash and set aside.
1. Return the empty pot to stove. Heat 3 more teaspoons oil over medium-high heat. Sauté carrots and onion until well browned. Stir in chili powder, cumin, cayenne, and garlic. Cook one minute, stirring well.
2. Add tomatoes with their liquid, water, and salt. Bring to a boil over high heat. Reduce to low heat. Cover and simmer 15 minutes, stirring occasionally with a spoon to break up tomatoes.
3. Stir in squash and black beans. Raise heat and bring to a boil. Lower heat, cover, and simmer 15 minutes, or until squash is tender and chili thickens. Stir in cilantro and serve!

Nutrients per Serving:

Yield: 6-8 servings
 Serving size: about 2 cups
 Calories: 340
 Total Fat: 4.5 grams
 Saturated Fat: 0.5 grams
 Cholesterol: 0 milligrams
 Sodium: 350 milligrams

Estimated Cost: Just
\$0.82 per serving!!

Some common winter squash are butternut, acorn and Hubbard.

Three-Bean Salad with Cilantro-Chile Dressing

Adapted from: Vegetable of the Month Club®, FoodChange

You will need:

- 1/3 cup fresh lime juice (3 limes)
- 1 teaspoon salt
- 1 clove garlic, finely minced
- 1 jalapeño chile, seeded and finely minced (make sure to wear gloves or wash hands well with soap after handling the chile!)
- 1 cup chopped fresh cilantro
- ½ cup vegetable or canola oil
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can white beans (canelli or navy), drained and rinsed
- 1 pound green beans, trimmed and cut into 1-inch pieces

Green beans are high in fiber and water, low in calories and rich in vitamins!

What to do:

1. In a large bowl, whisk together lime juice, salt, garlic, jalapeño, and 1/2 cup cilantro. Slowly drizzle in oil while whisking until the dressing is blended. Add black and white beans and toss. Cover and put in the refrigerator to marinate.
2. Steam the green beans until they are crisp-tender, about 5 minutes. Drain and run under cold water.
3. When you are ready to serve the salad, toss black and white beans with the green beans. Sprinkle remaining cilantro over salad. Toss well and serve at room temperature.



Nutrients per Serving:

Yield: 6-8 servings
 Serving size: about 3/4 cups
 Calories: 310
 Total Fat: 16 grams
 Saturated Fat: 2 grams
 Cholesterol: 0 milligrams
 Sodium: 340 milligrams

Estimated Cost: Just
0.36 per serving!!

Quick Beef Casserole

Adapted from: *Delicious Heart-Healthy Latino Recipes*, NIH

You will need:

- ½ pound lean ground beef
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup green pepper, cubed
- 3½ cups tomatoes, diced
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon paprika
- 1 cup frozen peas
- 2 small carrots, diced
- 1 cup uncooked rice
- 1½ cups water

Drain fat from cooked beef to lower the amount of fat and calories.

What to do:

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients to the beef. Mix well. Cook over medium heat and cover skillet until boiling.
3. Reduce to low heat and simmer for 35 minutes.
4. Serve hot.



Nutrients per Serving:

Yield: 8 servings

Serving size: 1 1/3 cups

Calories: 184

Total Fat: 3 grams

Saturated Fat: 1 gram

Cholesterol: 15 milligrams

Sodium: 125 milligrams

Estimated Cost: Just
\$0.56 per serving!!

WINTER



Winter Vegetables

Beets

Cabbage

Carrots

Garlic

Kale

Mushrooms

Onions

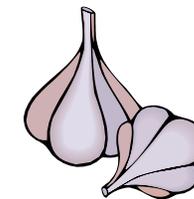
Potatoes

Sprouts

Sweet Potatoes

Turnips

Winter Squash



Winter Fruits

Apples

Apple Cider

Pears

