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FOOD SAFETY

Store meal prep ingredients in the fridge after cooking, dicing, or chopping them.

Eat within 7 days or freeze.

Who Else is Sick of Cooking?

As we enter into month 8 of the COVID pandemic, days may feel like they are blending together and meals have probably become a never ending chore. If this sounds familiar, here are a few tips to make sure you keep yourself well fed with minimal effort.



Redefine a meal

Meals don't need to be fancy, cooked, or time-consuming. Try combining three or four different food groups and eating enough to be satisfied. Go-to combos include:

- A wrap with deli meat, cheese, and some veggies
- An egg sandwich
- A snack plate. Mix and match fruit, slices of cheese, cut up veggies, crackers, beans, nuts, etc.

Meal Prep

Meal prep doesn't need to result in prepared, beautiful lunches for the whole week. Try spending some time once a week roasting vegetables, cooking a grain, hard boiling some eggs and slicing fruit. That way you'll be able to open up the fridge and get right to eating.

Meal Swap with Friends

Are you still okay with cooking but you can't stomach the thought of eating the same dish again? Reach out to nearby family, friends, or neighbors, and see if they want to do a meal swap with you. You'll all get some variety in what you eat without needing to learn a new dish. Even better, join them for a socially-distanced meal outside!



Garlicky Beans and Toast

Ingredients

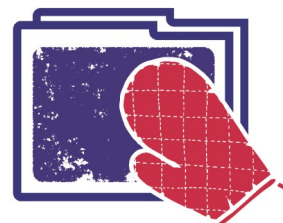
- 3 cans of white beans (great northern, navy, or cannellini)
- 3 tbsp vegetable oil
- 1 bunch kale washed, cut into 1-inch pieces
- 6 cloves garlic finely chopped
- 1 tsp salt; plus more to taste
- 1/4 tsp pepper black; freshly ground
- 6 slices whole wheat bread toasted (or sourdough)
- 1/4 tsp chili flakes (optional)
- 1/4 cup Parmesan cheese shredded

Directions

1. In a deep skillet, heat the oil over medium heat until it shimmers.
2. Stir in the kale and sauté until very tender, about 5 minutes.
3. Stir in the garlic and cook until it starts to soften, about 2 minutes.
4. Stir in the drained beans, 1 cup water, and salt. Cook just until the beans are hot and the flavors have melded, 2 to 3 minutes.
5. Stir in the pepper, taste, and add more salt if needed.
6. Divide the toast among shallow serving bowls. Sprinkle with chili flakes, if using, and spoon the bean mixture and broth on top. Finish with the Parmesan and serve hot.

Makes 6 servings

Recipe adapted from USA Pulses



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Nutrition Facts

Garlicky Beans and Toast

Amount Per Serving

Calories 159

Calories from Fat 27

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 4mg	1%
Sodium 379mg	16%
Potassium 461mg	13%
Total Carbohydrates 25g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 9g	18%
Vitamin A	45%
Vitamin C	55%
Vitamin D	0%
Calcium	21%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.

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LOOKING FOR RECIPE INSPIRATION?
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our online recipe database
at GBFB.org/clickncook

What Can You Do With ... Cabbage?

Choosing: Cabbage should be firm and dense with no brown spots. Leaves should be shiny and not cracked, bruised, or loose. Cabbage can be green, white, or purple.

Storing: Store in the refrigerator, unwashed, for up to one week.

Preparing: Remove the outer leaves and rinse well.

Cooking: Cabbage can be steamed, boiled, braised, fermented, microwaved, stuffed, or stir-fried, and eaten raw.

Uses: It's often added to soups for more bulk. Sliced thin, cabbage can be used as the base for coleslaw or added to salads. A popular cabbage dish is stuffed cabbage, made by wrapping a cabbage leaf around a meat, onion, and tomato patty and then stewing the rolls in tomato sauce.

Nutrition: Cabbage is a great source of vitamins C and K. Cabbage is also high in sulfur-containing compounds that are linked to reduced cancer rates.



Cabbage and Ham Stir Fry

Ingredients

- 4 oz wide rice noodles
- 1 small head green cabbage
- 4 oz sliced lower-sodium deli ham
- 1 bunch green onions
- 1 tbsp canola oil
- 2 tbsp minced garlic
- 3 tbsp balsamic vinegar
- 1 tbsp reduced-sodium soy sauce

Directions

1. Cook the rice noodles according to package directions. Core and very thinly slice the cabbage. Cut the ham into short strips. Thinly slice the green onions.
2. In a 12-inch skillet, heat the oil on medium-high. Add green onions, ham, and garlic. Cook 2–3 min., until garlic is golden, stirring often. Add cabbage. Cook 7–8 min., until cabbage has wilted, stirring often.
3. Into skillet, stir the vinegar and soy sauce. Season with pepper. Cook 2 min., stirring to combine.
4. Add rice noodles to cabbage mixture and toss until well combined. Serve immediately.







Do You Qualify for SNAP?

SNAP (formerly food stamps) stands for the Supplemental Nutrition Assistance Program which helps people buy the food needed for good health. SNAP benefits are put on an electronic card that is used like an ATM or bank card. You can use SNAP at most supermarkets, convenience stores, and some farmers' markets.

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you're eligible, to apply, or for help with your existing case.

Contact us today!
Call: 617-598-5022
Email: SNAP@gbfb.org
gbfb.org/SNAP

Household Size	Gross Monthly Income Limit <small>(before taxes or healthcare is taken out)</small>
	\$2,127
	\$2,873
	\$3,620
	\$4,367
Each additional member	+\$747

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**Everyone has a role in ending hunger
in our community. sm**

October 2020

National Apple Month

National Pizza Month

World Vegetarian Day
October 1

National Taco Day
October 4

National Potato Day
October 27