



WI Caring Kitchens

A Mentoring Kitchen

Starter Guide for Branches

The Program at a Glance



Goals → Budgeting Purchasing Cooking

WI Caring Kitchen Project—is a three stage process helping to create sustainable food skills and concepts for others:

1. PEIWI Board/Office/Heart & Stroke will facilitate first three sessions with community resource guests. Featuring:
 - Three afternoon or evening sessions will be held at the Farm Centre
 - WI Caring Kitchen Tip Booklet—includes recipes, tips, and local resources
 - Participants use their own financial resources.
 - For stage 1, participants will be from fostering programs
2. Announcement at PEIWI Convention with a call for valued based recipes & tips
3. Continuation across WI member communities where feasible, participants and interest exists. (Guideline from Stage 1 can be provided.)

Stage 1

3 Sessions:

- March 8—Nutrition basics, Budgeting, Coupons, Flyers, Grocery Shopping, Making Bread
- March 15—Budgeting, Grocery Shopping, Meal Preparation*, Featured Guest
- March 22—Budgeting, Grocery Shopping, Meal Preparation*, Featured Guest

*Meal preparation will be based on grocery specials and may be a combination of soups, casseroles, pastas, meats, poultry, and vegetables dishes to create food skills.

*Each session will incorporate community resources where possible.

*Each session will host a 15 minute guest speaking on various resources available.

In partnership with PEI Heart and Stroke Association

Special thanks to WI members, Dr. Heather Keizer, Ms. Livia Oatway, Food Exchange PEI, PEI Food Share, Food Security Network??, PEI Healthy Eating Alliance ??

Caring Kitchen Background

In the spring of 2016 a need was identified to set up a caring kitchen pilot project to assist in learning how to budget, cook and purchase low cost foods—and with an emphasis on PEI agricultural based products. We will launch into the first night of a three night program. As you read this guide you will see resources which can be modified for WI branch use. It was inspired by Liv Oatway—read her story on the next page—this was originally intended for youth who are ‘aging out’ of the foster care system and need support for life skills.

The following are excerpts from our first night to all participants:

Welcoming Remarks Introduce everyone

This is a 3 week session, so hope to see you each night – as something different is offered each session. Pictures – We will seek your permission for pictures being taken. Please ask questions – for instance proper use of knives if not covered, or what’s an easy salad dressing (mine 1 part olive oil, 1 part balsamic vinegar)

If weather is an issue, we will postpone that session

Clean up together – and privacy – what goes on in the kitchen stays in the kitchen. Any discussion or anything you overhear of a personal nature is confidential. Washrooms are located in the hall.

If you can’t make it – please contact the WI office at 368-4860 or by email – wi@gov.pe.ca as food purchases are based on you participating in all three sessions. Tonight – we are using Sobeys due to their proximity – but you will find we will be working with flyers/coupons from a variety of places – Walmart as an example. After tonight’s session – come on back receive your gift, and you will be measuring making biscuits tonight. Next class – take your bowl, so you can take home what we make next class. Most of all—Have fun, the committee has worked hard to bring you diversified sessions.

February 3, 2016

Dear WI Board - Meet Livia (from *The Guardian*, Feb 2015)



© Submitted photo

Livia Oatway of Charlottetown has helped launch a Facebook group that aims to help permanent foster children who have spent their life in child protection services and are aging out of the system.

Foster child who is about to age out of system helps establish social media site to help others in similar circumstance.

A Facebook group has been launched to provide help for permanent foster children in P.E.I. who have spent a majority of their life in child

protection services. At any given time in P.E.I., there are about 170 children in foster care receiving a nurturing home environment. But that support ends when people reach 18.

With the help of some foster parents, a group of friends launched [Community Fostering of P.E.I. Youth](#) group on Facebook.

Livia Oatway of Charlottetown posted 'Free in P.E.I.' on Facebook in December to reach out to others hoping to find donations of new and used items to help her get going when she turns 18 later this year.

Oatway says she was placed into permanent foster care when she was three years old, along with her four siblings. She's been in about eight different foster homes, four group homes and six different schools.

"This simple post came with overwhelming support and generous people who wanted to help me out. I wasn't expecting such a big response," Oatway told *The Guardian*.

She and a friend quickly realized there is limited support for teenagers who are about to age out of the system.

She said there are two options for teens. They can apply for extended care when they're 17 by writing a letter to the head of child protection services with a plan. In order to qualify, Oatway says people need to either be in school or post-secondary. "Sometimes, these youth will go back with family members, stay with friends or work and try to live on their own," she said.

Oatway has support from one foster mother. Tammy MacKinnon and her husband were foster parents for more than 17 years, having fostered more than 35 children. "One of the biggest needs I see for these youth is providing support to them the same as we would our own children in terms of helping them make decisions about school, life, boyfriends, girlfriends, employment, medical issues, etc," MacKinnon said.

"They need the emotional support of having people remember their birthdays and to celebrate them, to have family to be with for the holidays. They need to have someone they can trust to call when they need someone to talk to, whether it's good or bad," MacKinnon would also like to see a big brother/big sister-type support group for youth aging out of the system. Oatway said she wants to do more.

"I have seen countless youth that I have either lived with in a foster home or group home leave foster care and within a couple of days to weeks to months end up on the street, be put in jail or turn their life to addictions." She says the road to helping foster kids starts with the Facebook group.

"I, personally, want to be able to have a positive impact on the Child Protection Services Act. One day (I hope) to see a better system put into place to help foster kids be more successful and have a bright future," Oatway said.

Caring Kitchen Schedule

Day 1

- 3:30pm – Welcome
- 3:45pm – Store tour
- 4:45pm – Nutrition AND/ OR FLYERS?
- 5:15pm Welcome Gift Presentation
- 5: 20pm Bread or Biscuit making
- 5:55pm – Budget exercise

Day 2

- 3:30pm – Session Overview
- 3:35pm – Budgeting exercise
- 3:40pm Flyer exercise*
- 4pm – Cooking
- 5:45pm – Guest

Day 3

- 4pm – Session Overview
- 4:15pm – Budgeting exercise
- 4:30pm Flyer and coupon exercise *
- 5pm – Cooking with Chef Jeremie Arsenault
- 5:45pm – Farm Center Guest

*ingredients are pre-purchased?

**participants pay a nominal fee

Promotional Poster —available for print, email and jpeg to post in social media



**Are you interested in budgeting, purchasing and cooking
your own nutritious home made meals with a mentor?**

Join us in at a PEI Women's Institute's WI Caring Kitchen!

Featuring:

- Three cooking sessions at the Farm Centre with WI members, Certified Chef and Nutritionists!
This all age program will build your food knowledge and skills.
- WI Caring Kitchen Tip Booklet—includes recipes, tips, and local resources.
- WI Gift Package!

The program:

- **March 16 (Wednesday 3:30-6pm)** —Nutrition and kitchen basics, Budgeting, Grocery Store Tour, and Biscuit Baking.
- **March 22 (Tuesday 4-7pm)**—Budgeting with Flyers and Coupons; and Meal Preparation*
- **March 29 (Tuesday 3:30-6:30pm)**—Meal Preparation with Chef Jeremie Arsenault, and Seed Sharing.

**Meal preparation will be based on grocery specials and may be a combination of soups, casseroles, pastas, meats, poultry, and vegetables dishes to create food skills.*

**Each session will incorporate community resources where possible.*

**Participants will contribute a small fee of \$10 for the entire program.*

**Meal or food item taken home from each session.*

**Participants will receive a surprise gift package valued at approximately \$25!*

**WI's mentoring kitchen is perfect if you are on an economical based budget!*

To register:

Fill out the attached registration form and send by fax to 902-368-4439, or email WI@gov.pe.ca or by calling 902-368-4860 **by Friday, March 11.**

Cost:

A \$10 fee will be collected on the first night to cover food costs.

In partnership with PEI Heart and Stroke Foundation
Special thanks to WI members, Dr. Heather Keizer, Ms. Livia Oatway, Miriam Lank,
Chef Jérémie Arsenault and The Farm Centre.



Registration Form



WI Caring Kitchens Series
Farm Centre, Charlottetown, PE
Wednesday, March 16th 3:30-6pm
Tuesday, March 22nd 4-6:30pm
Tuesday, March 29th 3:30-6pm



Registration Form

Name: _____

Age: _____

Phone #: _____

Email: _____

Address: _____ Postal Code: _____

Food allergies: _____

Where do you normally grocery shop? Please check all that apply

- ☐ Walmart ☐ Sobeys ☐ Superstore ☐ Farmers Market ☐ Shawn's No Frills ☐ Foodland
☐ Wherever has the best deals ☐ Wherever my ride goes ☐ I do not grocery shop ☐ Other _____

How often do you grocery shop in a month?

- ☐ Few times a week ☐ Once a week ☐ Every two weeks
☐ I do all my grocery shopping at the first of the month and try to make it last until the following month

Please rate your knowledge to help us determine what topics to cover at our Caring Kitchens Sessions

	<i>I know a lot but would like to hear more</i>	<i>I know a little bit and would like to learn more</i>	<i>This doesn't interest me</i>
1. Healthy eating – Canada's Food Guide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Eating on a budget	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Cooking basics such as measuring, preparation and knife skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Proper food handling and storage when cooking or putting away leftovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Using grocery store flyers to find deals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Where to access resources in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Gardening and growing my own food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Reading food labels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Grocery shopping and navigating the store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Meal planning for the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What topics would you like to see covered that were not mentioned above?

Do you have a car? ☐ Yes ☐ No

If no, how do you usually travel? ☐ Bus ☐ Taxi ☐ Friend ☐ Walk ☐ Other _____



For more information please contact:
Email: wi@gov.pe.ca or Phone 902-368-4860



**HEART &
STROKE
FOUNDATION**



Welcome to WI Caring Kitchen Sessions

*Thank you for joining us!
Budgeting, purchasing and cooking
your own nutritious home made meals with a mentor will be the high-
lights throughout the three sessions.*

Featuring:

- Three cooking sessions at the Farm Centre with WI members, Certified Chef and Nutritionists!*
- WI Caring Kitchen Booklet—includes recipes, tips, and local resources.*

The program:

- March 8 (Tuesday 3:30-6)—Nutrition basics, Budgeting, Grocery Store Tour, Baking Bread or biscuits.*
- March 16 (Wednesday 3:30-6)—Session's Budget, Coupons, Flyers, Meal Preparation**
- March 22 (Tuesday 4-7pm)—Session's Budget, Meal Preparation*, Guest Chef, Seed Share.*

**Meal preparation will be based on grocery specials and may be a combination of soups, casseroles, pastas, meats, poultry, and vegetables dishes to create food skills.*

**Each session will incorporate community resources where possible.*

**Participants will contribute a small fee of \$10 for the entire program.*

**Meal or food item taken home from each session.*

**Participants will receive a surprise gift package!*

**Accompanying pages in the this booklet are courtesy of WI members, Pinterest, and other website location.*

*If you are unable to join us for any of the sessions please contact
the office at 902-368-4860 or to wi@gov.pe.ca.*

*In partnership with PEI Heart and Stroke Foundation
Special thanks to WI members, Dr. Heather Keizer, Ms. Livia Oatway, Miriam Lank,
Chef Jérémie Arsenault, the Farm Centre.*



The following several pages are a guide that was given as a handout. It changes often, so continued research will always be required to give up to date resources.

Food or Meal Resources on PEI as of February 2016

Facebook Groups of Interest:

Food Exchange PEI: <https://www.facebook.com/groups/593789704038019/>

PEI Food Share: <https://www.facebook.com/groups/peifoodshare/>

For Recipes and blogs

Heart and Stroke - <https://www.facebook.com/heartandstroke/?fref=ts>
(www.heartandstroke.pe.ca)

PEI Women's Institute – <https://www.facebook.com/PEIWomensInstitute/?ref=hl>
(www.peiwi.ca)

Recipe Book: "Eat Well on \$4 by Leanne Brown" online at: <http://static1.squarespace.com/static/52f120cfe4b0bf8fcb650b3e/t/53f4441ae4b08fc795a1a352/1408517146323/good-and-cheap.pdf>

The following information is courtesy of Food Exchange PEI as provided through Facebook.

*Information is accurate at the time of posting (February 2016).

*All Food Banks and Caring Cupboards are connected. You are eligible to visit one Food Bank or Caring Cupboard in your local area every 30 days.

*Other province wide food resources are also included.

Charlottetown

Salvation Army Food Bank – 203 Fitzroy Street – 902-892-2281

-Tuesday and Thursday, 9:00-11:30a.m.

-You can visit every 30 days.

-Stop in as needed between 8:00a.m. and 12:00p.m., Monday to Friday, to pick up some bread and produce, pending availability.

-Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

-The Friendship Room is also open on weekday mornings for coffee, treats, and to spend time with others.

Upper Room Food Bank – 33 Belmont Street – 902-892-7092

- Monday, Wednesday, and Friday, 9:00-11:00a.m.
- You can visit every 30 days.
- Milk is available here to families who have children under the age of 18.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

Upper Room Soup Kitchen – 101 Richmond Street – 902-892-1995

- Sunday - Saturday, 11:30a.m. – 1:00p.m., lunch.
- Monday - Friday, 4:30 – 6:00p.m., supper.
- Lunch is served on special holidays.
- No registration is required.

UPEI Food Bank – UPEI Campus – Chaplaincy Centre - 902-894-2876

- Monday – Friday, 8:30a.m. – 5:00p.m. (may vary).
- Open to all UPEI students, regardless of religious affiliation. No sign up procedures.
- Superstore gift cards are sometimes available through Sister Sue Kidd.

Summerside

The Family Place – 75 Central Street – 902-436-1348

- Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants.
- Program schedule can be found here: <http://www.familyplacepei.com/#!program-schedule>.
- Pre-registration is required for some programs.

Salvation Army Food Bank - 299 Pope Road – 902-436-6044

- Monday, Wednesday, and Friday, 1:00-3:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Stop in at the thrift store (79 Allweather Highway) as needed between 10:00a.m. and 4:00p.m., Monday to Friday, to pick up some bread and sweets, pending availability.

Salvation Army Soup Kitchen - 299 Pope Road - 902-436-6044

- Monday – Friday, 11:30a.m. – 1:00p.m., lunch.

- No registration is required.

Trinity United Church – 90 Spring Street - 902-436-3155

- Offers a hot breakfast on the 2nd Saturday of the month from 8:30-10:00a.m.

- Free, and open to all, regardless of religious affiliation.

St. Mary's Anglican Church – 74 Summer Street – 902-436-3208

- Offers a hot breakfast on the 3rd Saturday of the month from 8:30-10:00a.m.

- Free, and open to all, regardless of religious affiliation.

Summerside Youth Group – 299 Pope Road - 902-436-6044

- Tuesday, 5:30-7:00-p.m.

- Supper, conversation, Bible study, and games are included.

- Hosted by the Salvation Army, and all youth ages 5-12 are welcome.

- Call to register.

Kensington

Murray Christian Centre – 17 School Street (run by The Family Place) - 902-436-1348

- Wednesday, 9:30-11:30a.m.,

- Play group including free play, arts and crafts, circle time, and a snack.

- Pre-registration is required, and more information can be found here:

- <http://www.familyplacepei.com/#!program-schedule>

Tyne Valley

Caring Cupboard - Sonlight Fellowship Centre at the Tyne Valley Presbyterian Church – 847 Canada Road – 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.

- You can visit every 30 days.

- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

- Please bring your own cloth bags to take your food home.

Bloomfield

Caring Cupboard – Saint Anthony’s Parish Hall – 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Alberton

Caring Cupboard – Anglican Church Basement - 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Tignish

Caring Cupboard – Parish Centre Hall – 902-853-2304

- Tuesday from 4:00-5:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Province Wide

Schools

- Most schools offer some kind of breakfast and/or lunch program for students whose families are experiencing a food shortage. Programs vary from school to school. Please contact your school’s guidance counselor for more information about the programs that are available.
- English Language School Board: <http://www.gov.pe.ca/edu/elsb/schools/school-information-2/>
- French Language School Board: <http://www.gov.pe.ca/infopei/index.php3?lang=E&number=80799>
- Private Schools: <http://www.gov.pe.ca/infopei/index.php3?>

Holland College – All campuses

-There are supports in place. Check with Student Services to see what they can do to help.

Chances – 902-892-8744

-Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants.

-Program schedule can be found here: <http://chancesfamily.ca/calendar/>

-Pre-registration is required for some programs.

Churches

-Some churches can provide access to food supplies, and many hold different types of community meals. Some of these are open to all, regardless of religious affiliation. Check with a church in your area.

Neighbourhood Cook Day

-Neighborhood Cook Day is an event hosted for families who need a little extra food to get them through the month. Families and volunteers work together learning new recipes, information about grocery shopping and cooking/assembling meals together in a very informal setting. Usually this event is hosted once a month on the last Saturday of the month from 9-12.

-Check out Facebook group “Neighborhood Cook Day – PEI” for more info and to sign up.

Suspended Coffee and Pizza PEI

- A "suspended" coffee is a cup of coffee paid for in advance by another customer as an anonymous act of charity.

-The tradition began in the working-class cafés of Naples, where someone who had experienced good luck would order a sospeso (suspended coffee), paying the price of two coffees but receiving and consuming only one.

-Food and beverage operators offer suspended coffees or pizza on a first come, first served, no questions asked basis. If you need coffee or a slice of pizza and don't have cash, someone else has already got you covered.

-Check out the Facebook group for more info and to keep up-to-date on newly added locations: Suspended Coffee & Pizza PEI Facebook page.

Souris

There is a Food Bank in Souris. It's located in the basement of the Legion on Main Street, Souris. You can visit once every 4 weeks, up to once a calendar month. Not sure what you need to register the first time, probably the normal health cards and piece of mail. There is also the Main Street Family Resource Center. They offer programs for families, including occasional cooking classes.

902-687-2300 is the number for the Legion itself, they may know who to contact. And 902-687-3928 is the Family Resource Center. Any of the lovely ladies who work there should be able to answer any of your questions.

This next section was also prepared for binders to be given to each participant.



WI Caring Kitchen

A Mentoring Kitchen

Recipes & Tips

Courtesy of:



Tips for new chefs



23 smart ways to save money on groceries

Stick to your list and be wary of features marked “special.”

You run into the grocery store to pick up a few essentials, only to experience sticker shock at the checkout. With everyone talking about rising food prices, you know how easy (and frustrating) it is to rack up a hefty grocery bill. The good news is that healthy eating doesn't have to be expensive or stressful.

Here are 23 economical and simple ways to eat well on a budget.

Choose healthy, affordable items

- Imported, exotic **fruits and vegetables** tend to be expensive, so stick with local items. In winter that means squash, sweet potatoes, cabbage, carrots, beets, apples and pears. Use these staples to prepare [Carrot apple soup](#).
- **Frozen no-name vegetables are usually a good buy, especially when they're on sale.**
- Since **grain products** have a long shelf life, stock up when the price is low. Invest in a large bag of rolled oats instead of single oatmeal portions, and try oat pilaf as a savoury side dish.
- Cook with economical **whole grains** such as pot barley, whole wheat pasta and brown rice. Try [Easy tilapia tomato pasta](#).
- Save on **bread** with day-old whole grain loaves.
- Save on **cereal** by choosing store brands.
- Larger containers of **milk** cost less per serving, but only buy them if you can finish the contents before the expiry date.
- Buy bricks of reduced-fat **cheese** instead of shredded or pre-packaged string cheese.
- Opt for large containers of **yogurt** instead of smaller multi-pack containers.
- When purchasing **meat**, less tender cuts are more affordable, and taste great when cooked slowly in stews, soup or chili. Try pork shoulder, stewing beef or chuck steak, and trim any visible fat.
- For **poultry**, dark meat is less costly than white and has more iron, so choose thighs over breasts.
- **Meat alternatives like canned fish, eggs, peanut butter, tofu, lentils and beans all cost less than meat, so make a few meatless meals every week. Bonus: You'll be reducing your saturated fat intake, which is linked to better heart health.**

Shop smart

- Arrive at the grocery store with a shopping list in hand, and stick to it.
- Buy no-name or store brands, which are as good quality as the branded items.
- Remember that the most expensive brands are kept at your eye level, but great deals can be found if you shop the upper and lower shelves.
- Watch out for the word “special” – it may mean the grocer has a deal with the manufacturer to promote or display a product, but the price may not be any lower than usual.

Reduce waste

- Canadians throw out an enormous amount of food, to the tune of \$31 billion each year. There is no bigger waste of money than buying food that rots in your fridge.
- Buy only what you need and make a habit of using leftovers. Try our [Cabbage and potato mustard roast](#) then make the leftovers into a yummy soup – the recipe is included.
- Buy frozen vegetables if you find fresh ones rot too often.
- Instead of tossing out food waste, consider composting

Clip coupons

- Check grocery store flyers to compare prices on the items you use most.
- Use manufacturer coupons from flyers or couponing websites such as [save.ca](#).
- Spend more time at discount grocers rather than premium chains.

And remember, no matter how sweet the deal is, an unhealthy food that's high in sodium, sugar or trans fat is never a good buy.

— HOW TO — STORE YOUR GROCERIES



WHERE TO STORE



HOW LONG IT WILL KEEP



HOW TO STORE

FRUITS



APPLE

refrigerator drawer
unwrapped
3 weeks



AVOCADO (HALVED)

refrigerator shelf
lemon juice squeezed on
the flesh, wrapped in plastic
1 day



BANANA (HALVED)

refrigerator shelf
peel on,
wrapped in foil
1-2 days



CITRUS

refrigerator shelf
unwrapped
2 weeks



GRAPES

refrigerator drawer
perforated plastic bag
1-2 weeks



MELON (HALVED)

refrigerator shelf
wrapped in plastic
7-10 days



PEAR

countertop
unwrapped
4 days once ripe



AVOCADO

countertop to ripen,
refrigerator shelf when ripe
unwrapped
4 days once ripe



BANANA

countertop
unwrapped
3 days once ripe



BERRIES

refrigerator drawer
uncovered,
vented container
3-5 days



CITRUS (HALVED)

refrigerator shelf
wrapped in plastic
2-3 days



MELON

countertop
unwrapped
5 days once ripe



PEACH/PLUM

countertop to ripen
refrigerator shelf when ripe
unwrapped
5 days once ripe



TOMATOES

countertop
unwrapped/
in a vented container
5 days

VEGETABLES



ASPARAGUS

refrigerator shelf
stems in water,
lightly covered with plastic
4 days



BELL PEPPER

refrigerator shelf
plastic bag
1 week



CABBAGE

refrigerator drawer
wrapped in plastic
2 weeks



CAULIFLOWER

refrigerator drawer
wrapped in plastic
5 days



CUCUMBER

refrigerator drawer
wrapped in plastic
1 week



GARLIC

dark pantry
unwrapped, whole
2 months



GINGER (CUT)

refrigerator drawer
plastic bag with
dry paper towel
1-2 weeks



BEETS

refrigerator shelf
plastic bag
2 weeks



BROCCOLI

refrigerator drawer
wrapped in plastic
5 days



CARROTS

refrigerator drawer
plastic bag
3 weeks



CELERY

refrigerator drawer
wrapped in foil
2 weeks



DARK LEAFY GREENS

refrigerator drawer
plastic bag
with dry paper towel
1 week



GINGER

refrigerator shelf
unwrapped
1 month



GREEN BEANS

refrigerator drawer
plastic bag
with dry paper towel
1 week

VEGETABLES

HEAD OF LETTUCE



refrigerator drawer
plastic bag with
dry paper towel
5 days

ONION



dark pantry
unwrapped
1-2 months

PARSNIPS



refrigerator drawer
plastic bag
2 weeks

RADISH



refrigerator shelf
plastic bag
with dry paper towel
2 weeks

SUMMER SQUASH



refrigerator shelf
plastic bag
5 days

WINTER SQUASH



dark pantry
unwrapped
1 month

MUSHROOMS



refrigerator shelf
paper bag
3 days

ONION (HALVED)



refrigerator drawer
sealed plastic bag
3-5 days

POTATOES



dark pantry
paper bag
1-2 months

SALAD GREENS



refrigerator drawer
large plastic container,
layered with dry paper towels
10 days

SWEET POTATOES



dark pantry
paper bag
2 weeks

WINTER SQUASH (HALVED)



refrigerator drawer
wrapped in foil
2-3 weeks

MEAT, FISH & EGGS



BACON

refrigerator
meat drawer
sealed bag with
no air
2 weeks unopened,
1 week opened

OR



freezer
sealed bag with
no air
1 month



EGGS

refrigerator shelf
egg carton
2 weeks or until
the expiration date on carton



RAW FISH, SCALLOPS, SHRIMP

refrigerator
meat drawer
packaging it
came in
1 day

OR



freezer
sealed bag with
no air
3-6 months



RAW POULTRY

refrigerator
meat drawer
packaging it
came in
2 days

OR



freezer
sealed bag with
no air
3-6 months



COLD CUTS (FROM THE DELI COUNTER)

refrigerator shelf
sealed bag with
no air
2 weeks unopened,
1 week opened



COLD CUTS (PRE-PACKAGED)

refrigerator shelf
packaging it
came in
2 weeks unopened,
5 days opened



LIVE SHELLFISH

refrigerator shelf
shallow tray in a single layer,
covered with damp paper towel
1 day



RAW MEAT

refrigerator
meat drawer
packaging it
came in
2 days

OR



freezer
sealed bag with
no air
3-6 months



SMOKED FISH

refrigerator
shelf
sealed bag with
no air
2 weeks unopened,
5 days opened

OR



freezer
sealed bag with
no air
6 months

BREAD & DAIRY

BREAD



freezer
sealed bag with
no air
3 months

OR



counter
sealed bag with no air,
cut-side down
3 days

CHEESE (SEMI-HARD)



refrigerator
cheese drawer
wrapped in parchment,
then wrapped lightly in plastic
2 weeks

CHEESE (SOFT)



refrigerator
cheese drawer
wrapped in parchment,
then in sealed bag
1-2 weeks

CHEESE (FRESH)



refrigerator
cheese drawer
in water,
change every 2 days
1 week

CHEESE (HARD/AGED)



refrigerator
cheese drawer
wrapped in parchment,
then wrapped lightly in plastic
1 month



VEGGIE COOKING

cheat sheet



DomesticSuperhero.com

VEGETABLE	BOILED	STEAMED	BAKED/ROASTED	MICROWAVED
 Asparagus	Not Recommended	8-10 min	400°F for 8-10 min	2-4 min
 Beans	6-8 min	5-8 min	425°F for 12-15 min	3-4 min
 Brussels Sprouts	Bring to a boil, simmer 5-7 min	8-10 min	400°F for 20 min	4-6 min
 Broccoli	4-6 min	5-6 min	425°F for 15-18 min	2-3 min
 Cabbage (shredded)	5-10 min	5-8 min	400°F for 30 min (wedges)	5-6 min
 Carrots	5-10 min	4-5 min	400°F for 20-30 min (baby carrots)	4-5 min
 Cauliflower	5-10 min	5-10 min	400°F for 25-30 min	2-3 min
 Corn on the Cob	5-8 min	4-7 min	350°F for 30 min, husks on	1.5-2 min
 Eggplant	Not Recommended	5-6 min	425°F for 25-30 min	2-4 min
 Mushrooms	Not Recommended	4-5 min	400°F for 25 min	2-3 min
 Onions (sliced)	30-50 min (whole, outer layer removed)	5 min	425°F for 25-30 min (halved)	Not Recommended
 Peas	8-12 min	4-5 min	400°F for 20 min	2-3 min
 Peppers	Not Recommended	2-4 min	450°F for 15 min or until black (peel skin after)	2-3 min
 Potatoes (cut)	15-20 min	10-12 min	425°F for 20 min	6-8 min
 Spinach	2-5 min	5-6 min	450°F for 3-6 min	1-2 min
 Sweet Potato (cubes)	20-30 min	5-7 min	350°F for 20 min	8 min (whole)
 Zucchini	3-5 min	4-6 min	450°F for 12-15 min	2-3 min

Meat Cooking Guide

Beef					
Oven Baked		Approx. Cooking Time (Mins. per pound)			
Cut	Oven Temp.	Weight	Rare (140°F)	Medium (160°F)	Well (170°F)
Standing rib (ribs 6-7 inches long)	300-325°F	6 - 8 lbs.	23 - 25 mins.	27 - 30 mins.	32 - 35 mins.
Meatloaf	350°F	1 1/2 lbs.		1 1/4 hrs. total	
Pan Broiled		Approx. Cooking Time			
Cut	Thickness	Rare (140°F)	Medium (160°F)		
Rib eye steak	1 inch	15 mins.	20 mins.		
	1 1/2 inch	25 mins.	30 mins.		
	2 inch	35 mins.	45 mins.		
Sirloin steak	1 inch	20 mins.	25 mins.		
	1 1/2 inch	30 mins.	35 mins.		
	2 inch	40 mins.	45 mins.		
Grilled with Medium-high Heat		Approx. Cooking Time			
Cut	Thickness/Weight	Med-rare (145°F)			
Tenderloin	Half, 2 - 3 lbs.	10 - 12 mins.			
	Whole, 4 - 6 lbs.	12 - 15 mins.			

Poultry				
Oven Baked/Roasted			Approx. Cooking Time	
Type	Temp.	Weight	Unstuffed	Stuffed
Chicken	350°F	2 1/2 - 3 lbs.	1 1/4 - 1 1/2 hrs.	1 1/2 - 1 3/4 hrs.
Chicken	350°F	3 - 4 lbs.	1 1/2 - 1 3/4 hrs.	1 3/4 - 2 hrs.
Chicken	350°F	4 - 6 lbs.	1 3/4 - 2 hrs.	2 - 2 1/4 hrs.
Turkey (whole)	325°F	8 - 12 lbs.	2 3/4 - 3 hrs.	3 - 3 1/2 hrs.
Turkey (whole)	325°F	12 - 14 lbs.	3 - 3 3/4 hrs.	3 1/2 - 4 hrs.
Turkey (whole)	325°F	14 - 18 lbs.	3 3/4 - 4 1/4 hrs.	4 - 4 1/4 hrs.
Turkey (whole)	325°F	18 - 20 lbs.	4 1/4 - 4 1/2 hrs.	4 1/4 - 4 3/4 hrs.
Turkey (whole)	325°F	20 - 24 lbs.	4 1/2 - 5 hrs.	4 3/4 - 5 1/2 hrs.
Turkey Breast (half)	325°F	2 - 3 lbs.	50 - 60 mins.	
Turkey Breast (whole)	325°F	4 - 6 lbs.	1 1/2 - 2 1/4 hrs.	
Turkey Breast (whole)	325°F	6 - 8 lbs.	2 1/4 - 3 1/4 hrs.	
Turkey Drumsticks	325°F	3/4 - 1 lb.	2 - 2 1/4 hrs.	
Turkey Thighs	325°F	3/4 - 1 lb.	1 3/4 - 2 hrs.	
Turkey Wings	325°F	6 - 8 oz.	1 3/4 - 2 1/4 hrs.	
Cooked at 350°F in Oven Bag		Approx. Cooking Time		
Type	Total Weight	Regular Size 10" by 16"	Large Size 14" x 20"	Turkey Size 10" x 23 1/2"
Turkey breast, boneless	2 1/2 - 3 lbs.	1 1/4 - 1 3/4 hrs.	2 - 2 1/4 hrs.	3 - 3 1/2 hrs.
	5 lbs.	1 1/4 - 1 3/4 hrs.	2 - 2 1/4 hrs.	3 - 3 1/2 hrs.
	8 - 12 lbs.	1 1/4 - 1 3/4 hrs.	2 - 2 1/4 hrs.	3 - 3 1/2 hrs.
Chicken breast half, boneless	3/4 - 1 lbs.	25 - 30 mins.	25 - 30 mins.	
	1 - 1 1/2 lbs.	25 - 30 mins.	25 - 30 mins.	
Chicken pieces	2 - 2 1/4 lbs.	45 - 50 mins.	45 - 50 mins.	
	2 3/4 - 3 lbs.	45 - 50 mins.	45 - 50 mins.	
Chicken thighs	1/2 - 1 1/2 lbs.	35 - 40 mins.	35 - 40 mins.	
	1 1/2 - 2 1/4 lbs.	35 - 40 mins.	35 - 40 mins.	

Meat Cooking Guide

Pork				
Oven cooked at 350°F	Cut	Weight	Meat Thermometer Reading	Approx. Cooking Time (Per Pound)
Fresh pork	Crown roast	6 - 10 lbs.	160°F	20 mins.
	Center loin roast (with bone)	3 - 5 lbs.	160°F	20 mins.
	Boneless top loin roast	2 - 4 lbs.	160°F	20 mins.
	Blade loin or sirloin	3 - 4 lbs.	170°F	40 - 45 mins.
	Rolled loin	3 - 5 lbs.	170°F	35 - 40 mins.
	Half leg (bone-in)	5 - 8 lbs.	170°F	35 - 40 mins.
	Leg half, shank or butt portion	3 - 4 lbs.	160°-170°F	40 mins.
	Boston butt	3 - 6 lbs.	160°-170°F	45 mins.
	Boston shoulder	4 - 6 lbs.	170°F	40 - 45 mins.
	Tenderloin (roast at 425°-450°F)	1/2 - 1 1/2 lbs.	160°F	25 - 35 mins. total
	Picnic shoulder	5 - 8 lbs.	170°F	30 - 35 mins.
	Rolled picnic shoulder	3 - 5 lbs.	170°F	35 - 40 mins.
	Cushion style shoulder	3 - 5 lbs.	170°F	30 - 35 mins.
	Spare ribs	3 lbs.	Well done	1 1/2 - 2 1/2 hrs. total
Fish				
Baked			Approx. Cooking Time	
Portion	Temp.	Weight/Thickness	Total Time	
Whole	350°F	3 - 5 lbs.	25 - 30 mins.	
Fillets	350°F	3 - 5 lbs.	25 - 30 mins.	
Deep Fried				
Portion	Temp.	Weight/Thickness		
Whole	350°F		3 - 5 mins.	
Fillets	350°F	.75 in.	3 - 5 mins.	
Grilled - 4 in. from the Heat Source				
Portion	Temp.	Weight/Thickness	Turn Once	
Whole	Med		10 - 20 mins.	
Fillets	Med	.75 in.	7 - 9 mins.	

Recipes



Breakfast

Easy 2 Ingredient Pancakes

Servings: 6 mini pancakes

Ingredients:

1 banana
2 eggs

Directions:

1. Using a fork, mash the banana in a bowl.
2. Mix 2 eggs into the mashed banana and whisk together.
3. Pour the batter into a lightly oiled pan. You can make the pancakes as big as you'd like; however, the smaller the pancake, the easier it is to flip.
4. Add your favorite toppings! Maybe some chocolate for that sweet tooth (my go to), some strawberries to pair with the banana or you can stick to the classic syrup option.



Sausage Strata

Ingredients:

6 slices of bread (this can be older and whole wheat is great)
1 lb of sausage meat (or ham)
1 cup grated cheddar cheese (any cheese will do)
6 large eggs
1 1/4 cups milk
10 oz. can of cream of mushroom soup

Directions:

1. Cube bread and spread in greased 9x13 pan.
2. Fry sausage meat if needed, cut in pieces and put evenly over bread.
3. Sprinkle with cheese
4. Beat eggs, add milk and soup, whisk. Pour over all.
5. Bake at 350 for 40-45 minutes.

I usually bake a little longer. This is good hot or cold. Great for a quick breakfast or lunches.

Breakfast

Quiche

Ingredients:

2 cups broccoli, chopped
1/2 cup onion, chopped
1/4 cup mushrooms, chopped
1 cup shredded cheese
1 can of ham or tuna, etc,
1 1/2 cups milk
3/4 cup Bisquick
3 eggs
Salt and pepper

Directions:

1. Grease pie plate. Put your ingredients and then cheese into pie plate.
2. Combine milk, eggs and Bisquick and pour over top of your ingredients.
3. Bake at 350 for 40 minutes.

Basic Overnight Oats

Ingredients:

2/3 cup milk (your choice)
1-2 tbsp. sugar or honey (or any sweetener you like)
1/2 cup oats
1 tbsp greek yogurt (optional)*
1 tbsp chia seeds (optional)*

Directions:

1. In a small dish or mason jar with a cover, add milk and sugar. Add oats and stir.
2. Cover with lid securely and place in the fridge over night.
3. In the morning, add toppings of your choice.
4. Options: Peanut butter, fruit, coconut, chocolate chips, nuts, etc.
5. Eat cold or you can warm in the microwave.



Bread

Super Simple Banana Bread

Ingredients:

3 bananas
1/3 cup melted butter
1/2 cup - 1 cup sugar (depends how sweet you want it)
1 egg, whisked with a fork
1 tsp. vanilla
1 tsp. baking soda
Pinch of salt
1 1/2 cups flour

Directions:

1. Preheat oven to 350.
2. In a bowl, mix all ingredients by hand until well incorporated.
3. Pour into a greased bread pan.
4. Bake 50 minutes to 1 hour or until browned and toothpick inserted in middle comes out clean. (check at about 50 minutes)
5. Cool on rack.



Seaview Bannock

Ingredients:

3 cups of flour
6 tsp. baking powder
1 tbsp. sugar
1 tsp salt
1 tbsp. ground flax seed (optional)
2 cups of any liquid you have on hand

Directions:

1. Mix the dry ingredients together. Add 2 cups of liquid and stir with a fork,
2. Grease cookie sheet or 2 aluminum pie plates.
3. Drop batter onto the pan. Divide in half if using pie plates. Push the batter down with a spatula and make a circle about 2-3 inches thick.
4. Put in a 400 degree oven and bake the large one 25-30 minutes. The smaller ones in pie plates will take about 20-25 minutes.

Bread

Overnight French Bread

Ingredients:

1 cup plus 1Tbs warm water (100 - 120 degrees F)
3/4 tsp yeast
1 pound unbleached white flour (around 3 cups)
1 3/4 tsp salt
cornmeal (optional)
poppy seeds, sesame seeds, coarse salt (optional)

Directions:

Step One – Dough (10 minutes or less)

Pour the water in a bowl, add the yeast, and stir gently to dissolve. Add the flour and salt and mix, then scrape into a big shaggy ball. Knead for about 5 minutes. Add *small* amounts of flour if too wet, *small* amount of water if too dry.

Step Two -- First Rising (around 12 hours)

Cover with plastic wrap or large plastic bag (anchored by rubber band) and let sit overnight or for twelve hours.

Step Three – Shaping (10 minutes or less)

On a floured surface, scrape out the dough and knead for a minute. Shape into two or more loaves, and place on baking sheet parchment paper-covered or greased baking sheet, sprinkled with cornmeal, if desired.

Step Four -- Second Rising (about 3 hours)

Cover pan with bag or wrap or wet dishcloth and let sit for at least three hours. Note: most materials touching the surface will stick to the bread, so try to tent it or carefully lift off covering.

Step Five – Baking (about 20 minutes)

Preheat oven to 425F (375F convection oven)

Slash tops of bread diagonally with sharp knife, spritz or sprinkle with water, sprinkle with seeds if desired, and place in oven. Immediately spritz or sprinkle oven interior and bread with water. Bake for about 20 minutes, until nice and golden brown. Cool on rack.

Bread

Easy Biscuits

Ingredients:

3 cups flour
4 1/2 tsp. baking powder
9 tbsp. oil
1 cup water
1 1/2 tsp. salt

Directions:

1. Preheat your oven to 450.
2. Mix all dry ingredients together.
3. Add oil and water.
4. Use your hand to mix again. Knead the dough on a floured surface.
5. Roll the dough until it is about an inch thick.
6. Use a biscuit cutter (round cookie cutter works too) to cut out biscuits.
7. Place on ungreased baking sheets. Bake 8-10 minutes.



Pizza Dough

Ingredients:

1 1/3 cups flour
2 tsp. baking powder
1/2 tsp. salt
1/2 cup milk
2 tbsp. vegetable oil

Directions:

1. Mix together flour, baking powder and salt. Set aside.
2. Add milk to vegetable oil in separate bowl. Then add wet mixture to dry ingredients.
3. Mix to form a soft dough. Place on greased cookie sheet and spread with floured fingers.
4. Add pizza sauce and toppings.
5. Bake for 15-20 minutes.

Dinner

5 Ingredient Easy Chili

Ingredients:

- 1 lb ground beef or turkey
- 3 (15 oz.) cans diced tomatoes
- 2 (15 oz.) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
- 1 small white onion, diced
- 2 tbsp. chili powder
- *Optional toppings: shredded cheese, chopped green onion, sour cream, etc.

Directions:

1. In a large stockpot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Drain the excess grease.
2. Add remaining ingredients and stir to combine.
3. Bring to a boil, then reduce heat to medium-low, cover and simmer for 15 minutes or until the onion is cooked and softened.

Chicken and Rice Casserole

Ingredients:

- 1 cut up chicken (or equivalent of breasts or thighs etc.)
- 1 can cream of chicken or mushroom soup
- 1 cup uncooked long grain rice
- 2 cups water
- 1 package onion soup mix

Directions:

1. Mix last 4 ingredients together in roaster (or casserole dish with cover).
2. Lay chicken pieces evenly across pan. Cover.
3. Bake at 350 for 1 –1 1/2 hours (look at 1 hour, if all liquid is absorbed, then check chicken, if cooked remove from oven).

This meal will keep in fridge for 4-5 days, for a quick lunch.

Dinner

Lentil Soup

Ingredients:

2 tsp. butter
2 large carrots, finely chopped
1 onion, finely chopped
1 clove garlic, minced
3/4 tsp. salt
1/4 tsp. dried rosemary or thyme, crushed
1 cup dried red lentils, rinsed and drained
3 cups water
1 tbsp flour
2 cups milk
2 tbsp. freshly squeezed lemon juice or wine vinegar
Pepper
2 tbsp thinly sliced fresh basil and green onions

Directions:

1. In a pot heat butter over medium heat. Sauté carrots, onion, garlic, salt and rosemary for about 5 minutes or until onion is softened. Stir in lentils and water; cover and bring to a boil. Reduce heat to medium-low and boil gently, covered for 15 minutes or until lentils and carrots are soft.
2. Whisk flour into milk and gradually stir into pot; increase heat to medium. Simmer, stirring for about 3 minutes, until slightly thickened (do not let boil). Stir in lemon juice and season to taste with pepper.
3. Ladle into bowls and serve sprinkled with basil and green onions.

Easy Sloppy Joes

Ingredients:

1 lb ground beef
1/8 cup brown sugar
1/8 cup mustard
1/2 cup ketchup
Hamburger buns

Directions:

1. Brown the ground beef in a skillet, once browned, drain.
2. Add in brown sugar, mustard and ketchup. Stir to combine. Allow to simmer on low for about 5 minutes to combine the flavours.
3. Serve on buns of your choice with your favourite sides.

Dinner

Meat Loaf

Ingredients:

2 lb lean ground beef (equals 4 cups packed full)
1 large egg
1/2 cup milk
1 cup bread crumbs
1 package onion soup mix

Directions:

1. Mix last 4 ingredients together with a fork.
2. Add ground beef and mix well.
3. One batch will fill a loaf pan (or put in a casserole dish)
4. You can freeze this uncooked as well.
5. To cook from fresh: 350 for 1 hour (or a bit more if really thick)
6. To cook from frozen: 350 for 2 hours (after 1 hour cover loosely with tin foil to avoid top becoming crusty and hard).

*Hint: at end of cooking time I cut in half to make sure there is no pink.

Cheesy Fries

Ingredients:

3 medium potatoes
3 tbsp. margarine, melted
1/4 cup parmesan cheese
1/2 tsp salt
1/2 tsp. paprika

Directions:

1. Mix together parmesan cheese, salt and paprika in small bowl or bag and set aside.
2. Scrub potatoes, leave skin on. Cut potatoes into wedges (try to keep even sizes). Place wedges on foil covered and greased baking sheet. Using a tablespoon drizzle melted margarine over potatoes.
3. Using another tablespoon sprinkle powdered mixture over potatoes.
4. Bake uncovered at 375 for 20-30 minutes (use toothpick to check for doneness - exact times depends on thickness of wedge).

*Hint: you can double or triple the powdered mixture and store in a sealed bag in fridge for up to a month (put date mixed on the bag).

Dinner

Oven Roasted Broccoli

Ingredients:

2-3 heads of broccoli, cut up (or use frozen)
1/4 cup olive oil
Pinch of sea salt



Directions:

1. Cut the florets off of your broccoli and put them all in a ziplock bag.
2. Add 1/4 cup olive oil and a pinch of sea salt.
3. Shake it up until broccoli is coated with oil.
4. Spread broccoli out on greased baking sheet.
5. Cook at 450 for about 13 minutes.

Hamburger Soup

Ingredients:

2 lbs ground beef (lean)
6 cups tomato juice
1 cup tomato paste
1 cup tomato sauce
2 cups celery, sliced (optional)
2 cups onion, diced
1 cup mushrooms, cut up small
2 cups frozen vegetables (your choice)
1 cup carrots, chopped
2 cups cabbage, finely chopped
4 small potatoes, peeled and diced
1 tsp. Worcestershire sauce
1 tsp. sweet basil
1 tsp. oregano
1 bay leaf (remove after cooking)
1 tsp. garlic powder

Directions:

1. Cook beef well and drain excess fat. Put hamburger and all other ingredients in a large pot.
2. Simmer on low for 2 hours.
3. This freezes well, can place in dishes ready to take to work or school for a lunch.

Dinner

Easy Spaghetti Sauce

Ingredients:

- 1/2 lb ground beef
- 1/2 cup onion, chopped
- 1 can tomato soup
- 1/2 can of water (can add more if needed)
- 1-3 tbsp. vinegar
- 1 tsp. chili powder
- 1/4 cup ketchup
- 1/2 tsp. salt
- 1/2 tsp. garlic powder

Directions:

1. Cook ground beef in frying pan, when cooked drain of excess fat.
2. Add in remaining ingredients, stir well and simmer for 5 minutes.
3. This is great over noodles too.

Easy BBQ Chicken

Ingredients:

- 3 chicken breasts
- BBQ sauce
- 1 Onion, sliced
- 1/4 cup cheddar cheese

Directions:

1. Place chicken breasts in greased baking dish.
2. Pour a drizzle of BBQ sauce over the chicken, then add onion over the sauce.
3. Top with cheese and bake at 350 for 30 minutes. Cut into chicken at 20 minutes to check for doneness.



Dinner

Hamburger Cabbage Casserole

Ingredients:

1 lb lean ground beef
3 cups cabbage, chopped (or shredded cabbage)
1 can tomato soup
1 cup water
1/4 cup rice
1 small onion, chopped

Directions:

1. Cook ground beef and onion in a large pan, drain off excess fat.
2. Add tomato soup, water, and rice to pan with ground beef.
3. Let simmer on medium until rice is almost cooked (10-15 minutes). Stirring often,
4. Layer chopped cabbage in a greased casserole dish.
5. Once ground beef mixture is done, pour over cabbage. Cover dish with tin foil and bake at 350 for 1 1/2 hours.
6. Recipe keeps well in the fridge for up to 5 days or can freeze.

Kraft Dinner Casserole

Ingredients:

1 box Kraft Dinner
Can of tuna, ham or cooked ground beef.
1 can of cream of mushroom soup
1/4 cup cheese
Cracker crumbs

Directions:

1. Cook Kraft Dinner as per box directions.
2. Once cooked add in tuna, or ham or ground beef. Add in soup.
3. Mix together then pour into greased loaf pan or casserole dish.
4. Sprinkle cheese and cracker crumbs on top.
5. Heat in oven for 30 minutes at 350.

Dessert

Chocolate Chip Cookies with Splenda

Ingredients:

2 1/4 cup flour
1 tsp. baking soda
1 tsp. salt
1 cup margarine, softened
1/3 cup splenda sugar blend for baking
3/4 packed brown sugar
1 tsp. vanilla extract
2 large eggs
2 cups chocolate chips

Directions:

1. Combine flour, baking soda and salt in small bowl, set aside.
2. Combine margarine, splenda, brown sugar and vanilla in a large bowl.
3. Add eggs, one at a time, beat well.
4. Add flour mixture to wet mixture, mixing well. Then add chocolate chips and mix.
5. Drop by rounded teaspoons onto ungreased cookie sheets.
6. Bake at 350 for 9-1 minutes (until golden brown). Cool on cookie sheets for at least 2 minutes, then move to wire rack to cook completely. Makes 28 cookies. These freeze well and are tasty.

Easy Apple Crisp

Ingredients:

5 medium apples, peeled, cored and sliced
1/4 cup sugar
3/4 tsp cinnamon
1/4 tsp. nutmeg
1/4 cup flour
1 cup oatmeal
1/3 cup brown sugar, packed
1/4 cup margarine, melted

Directions:

1. Mix together sugar, cinnamon, nutmeg together in small bowl, set aside.
2. Mix together flour, oatmeal, brown sugar, and margarine, set aside.
3. Layer apples in an 8x8 inch pan or round casserole dish. Sprinkle with sugar, cinnamon mixture. Then top with oatmeal mixture.
4. Bake at 350 for 45 minutes.

Snacks

Oven Roasted Chickpeas

Ingredients:

- 2 cans chickpeas (garbanzo beans) or about 4 cups cooked chickpeas from dried beans
- 2 tablespoons olive oil
- seasonings of your choice (see below for suggestions)

Directions

1. Preheat oven to 375 degrees.
2. Prepare the beans for roasting by draining and rinsing them, then letting them dry on a towel until most of the excess moisture is absorbed. Spread on a baking sheet lined with parchment paper or a silicone baking mat. Roast the chickpeas in the oven for 45-60 minutes or until the beans are crunchy throughout (just test one- if they are still mostly soft on the inside and there's no crunch, keep baking).
3. Immediately (while beans are still hot), toss with olive oil and seasonings. Serve hot or at room temperature. They are best the first day, but can be kept in an airtight container for up to 4 days.



Seasoning Suggestions (add more or less if you like, these are just guidelines)

- Sesame Soy- 1 teaspoon sesame oil, 1 teaspoon garlic powder, 1/2 teaspoon sea salt, 1 tablespoon sesame seeds
- Honey Cinnamon- 1 teaspoon cinnamon, a pinch nutmeg, 1/4 teaspoon sea salt, 2 tablespoons honey (you can throw these back in the oven for 10-15 minutes to caramelize if you like)
- Garlic Parmesan- 1/4 cup grated parmesan cheese, 1 teaspoon garlic powder or 2 cloves fresh minced garlic, 1/4 teaspoon fresh cracked pepper, 1/2 teaspoon sea salt
- Smoky Spice Blend- 1/2 teaspoon ancho chile powder, 1/2 teaspoon smoked paprika, 1/2 teaspoon garlic powder, 1/2 teaspoon cumin, 1/4 teaspoon fresh cracked pepper, 1/2 teaspoon sea salt, pinch cayenne (optional)

Snacks

Baked Cinnamon Apple Chips

Ingredients:

3 apples
Cinnamon
Sugar

Directions

1. Preheat oven to 200. line 2 large baking sheets with silicone mats or parchment paper. Set aside.
2. Wash and thinly slice the apples as shown in the photos above. Spread the apple slices onto the baking pans making 1 single layer. Sprinkle with cinnamon and sugar.
3. Bake for 1 hour, flip the apples over, bake for another 1 - 1 1/2 hours. Turn the oven off and keep the apples inside as the oven cools down for 1 hour. This will help them get crunchy. Some apples may just be chewy and only slightly crunchy after 3 hours in the oven.



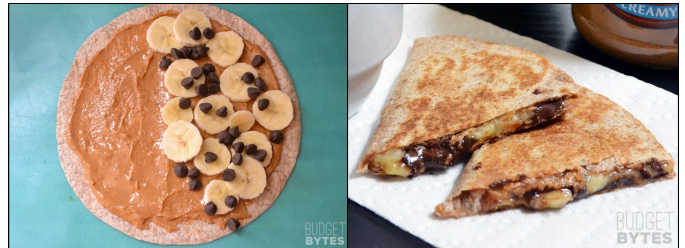
Peanut Butter Banana Quesadillas

Ingredients:

1 8 inch whole wheat tortilla
2 tbsp. peanut butter
1/2 medium banana
1 tbsp chocolate chips

Directions:

1. Spread the peanut butter over the surface of the tortilla.
2. Slice the banana very thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.
3. Cook the quesadilla in a skillet (or pan) over medium heat until golden brown and crispy on both sides.



Food or Meal Resources on PEI

as of February 2016

Facebook Groups of Interest:

Food Exchange PEI: <https://www.facebook.com/groups/593789704038019/>

PEI Food Share: <https://www.facebook.com/groups/peifoodshare/>

For Recipes and blogs

Heart and Stroke - <https://www.facebook.com/heartandstroke/?fref=ts> (www.heartandstroke.pe.ca)

PEI Women's Institute – <https://www.facebook.com/PEIWomensInstitute/?ref=hl> (www.peiwi.ca)

Recipe Book: “Eat Well on \$4 by Leanne Brown” online at: <http://static1.squarespace.com/static/52f120cfe4b0bf8fcb650b3e/t/53f4441ae4b08fc795a1a352/1408517146323/good-and-cheap.pdf>

The following information is courtesy of Food Exchange PEI as provided through Facebook.

*Information is accurate at the time of posting (February 2016).

*All Food Banks and Caring Cupboards are connected. You are eligible to visit one Food Bank or Caring Cupboard in your local area every 30 days.

*Other province wide food resources are also included.

Charlottetown

Salvation Army Food Bank – 203 Fitzroy Street – 902-892-2281

- Tuesday and Thursday, 9:00-11:30a.m.

- You can visit every 30 days.

- Stop in as needed between 8:00a.m. and 12:00p.m., Monday to Friday, to pick up some bread and produce, pending availability.

- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

- The Friendship Room is also open on weekday mornings for coffee, treats, and to spend time with others.

Upper Room Food Bank – 33 Belmont Street – 902-892-7092

- Monday, Wednesday, and Friday, 9:00-11:00a.m.

- You can visit every 30 days.

- Milk is available here to families who have children under the age of 18.

- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

Upper Room Soup Kitchen – 101 Richmond Street – 902-892-1995

- Sunday - Saturday, 11:30a.m. – 1:00p.m., lunch.

- Monday - Friday, 4:30 – 6:00p.m., supper.

- Lunch is served on special holidays.

- No registration is required.

UPEI Food Bank – UPEI Campus – Chaplaincy Centre - 902-894-2876

- Monday – Friday, 8:30a.m. – 5:00p.m. (may vary).

- Open to all UPEI students, regardless of religious affiliation. No sign up procedures.

- Superstore gift cards are sometimes available through Sister Sue Kidd.

Food or Meal Resources on PEI

as of February 2016

Summerside

The Family Place – 75 Central Street – 902-436-1348

- Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants.
- Program schedule can be found here: <http://www.familyplacepei.com/#!program-schedule>.
- Pre-registration is required for some programs.

Salvation Army Food Bank - 299 Pope Road – 902-436-6044

- Monday, Wednesday, and Friday, 1:00-3:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Stop in at the thrift store (79 Allweather Highway) as needed between 10:00a.m. and 4:00p.m., Monday to Friday, to pick up some bread and sweets, pending availability.

Salvation Army Soup Kitchen - 299 Pope Road - 902-436-6044

- Monday – Friday, 11:30a.m. – 1:00p.m., lunch.
- No registration is required.

Trinity United Church – 90 Spring Street - 902-436-3155

- Offers a hot breakfast on the 2nd Saturday of the month from 8:30-10:00a.m.
- Free, and open to all, regardless of religious affiliation.

St. Mary's Anglican Church – 74 Summer Street – 902-436-3208

- Offers a hot breakfast on the 3rd Saturday of the month from 8:30-10:00a.m.
- Free, and open to all, regardless of religious affiliation.

Summerside Youth Group – 299 Pope Road - 902-436-6044

- Tuesday, 5:30-7:00-p.m.
- Supper, conversation, Bible study, and games are included.
- Hosted by the Salvation Army, and all youth ages 5-12 are welcome.
- Call to register.

Kensington

Murray Christian Centre – 17 School Street (run by The Family Place) - 902-436-1348

- Wednesday, 9:30-11:30a.m.,
- Play group including free play, arts and crafts, circle time, and a snack.
- Pre-registration is required, and more information can be found here: [http://](http://www.familyplacepei.com/#!program-schedule)

www.familyplacepei.com/#!program-schedule

Tyne Valley

Caring Cupboard - Sonlight Fellowship Centre at the Tyne Valley Presbyterian Church – 847 Canada Road – 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Food or Meal Resources on PEI

as of February 2016

Bloomfield

Caring Cupboard – Saint Anthony's Parish Hall – 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Alberton

Caring Cupboard – Anglican Church Basement - 902-853-2304

- Thursdays from 10:00a.m.-12:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Tignish

Caring Cupboard – Parish Centre Hall – 902-853-2304

- Tuesday from 4:00-5:00p.m.
- You can visit every 30 days.
- Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.
- Please bring your own cloth bags to take your food home.

Province Wide

Schools

- Most schools offer some kind of breakfast and/or lunch program for students whose families are experiencing a food shortage. Programs vary from school to school. Please contact your school's guidance counselor for more information about the programs that are available.
- English Language School Board: <http://www.gov.pe.ca/edu/elsb/schools/school-information-2/>
- French Language School Board: <http://www.gov.pe.ca/infopei/index.php3?lang=E&number=80799>
- Private Schools: <http://www.gov.pe.ca/infopei/index.php3?number=1032102&lang=E>

Holland College – All campuses

- There are supports in place. Check with Student Services to see what they can do to help.

Chances – 902-892-8744

- Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants.
- Program schedule can be found here: <http://chancesfamily.ca/calendar/>
- Pre-registration is required for some programs.

Food or Meal Resources on PEI

as of February 2016

Churches

-Some churches can provide access to food supplies, and many hold different types of community meals. Some of these are open to all, regardless of religious affiliation. Check with a church in your area.

Neighbourhood Cook Day

-Neighborhood Cook Day is an event hosted for families who need a little extra food to get them through the month. Families and volunteers work together learning new recipes, information about grocery shopping and cooking/assembling meals together in a very informal setting. Usually this event is hosted once a month on the last Saturday of the month from 9-12.

-Check out Facebook group "Neighborhood Cook Day – PEI" for more info and to sign up.

Suspended Coffee and Pizza PEI

- A "suspended" coffee is a cup of coffee paid for in advance by another customer as an anonymous act of charity.

-The tradition began in the working-class cafés of Naples, where someone who had experienced good luck would order a sospeso (suspended coffee), paying the price of two coffees but receiving and consuming only one.

-Food and beverage operators offer suspended coffees or pizza on a first come, first served, no questions asked basis. If you need coffee or a slice of pizza and don't have cash, someone else has already got you covered.

-Check out the Facebook group for more info and to keep up-to-date on newly added locations: Suspended Coffee & Pizza PEI Facebook page.

Souris

There is a Food Bank in Souris. It's located in the basement of the Legion on Main Street, Souris. You can visit once every 4 weeks, up to once a calendar month. Not sure what you need to register the first time, probably the normal health cards and piece of mail. There is also the Main Street Family Resource Center. They offer programs for families, including occasional cooking classes. 902-687-2300 is the number for the Legion itself, they may know who to contact. And 902-687-3928 is the Family Resource Center. Any of the lovely ladies who work there should be able to answer any of your questions.

**This next section was handed out to record
and budget expenses.**

[illegible]

[illegible]

[illegible]

April 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

[illegible][illegible]

[illegible]

July 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

[illegible][illegible]

[illegible]

October 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

[illegible][illegible]

[illegible]

Each night it is helpful to introduce your agenda and assign duties for the evening, the following is an example:

Welcome back

New participant - Samantha

Guest speaker at 530

Pat—will be cooking hamburger

Jenilyn – will be setting up cutting stations.

Katie – will chat on flyers

Ellen— chat on diet staples and budgets after or before our guest.

As we prepare items today, we can have the opportunity to cook here, or you can take home to cook – just let us know.

As a reminder next week Chef Jeremie will be here...

Our guest speaker will be Sharon Collins – she is a consultant with Investor's Group. I do know she has had a super successful following at the Cornwall Library – their attendees keep increasing each month when Sharon presents. Welcome Sharon...

WI Caring Kitchen Gift Package

In our packages given out on the first night, they contained the following gifts:

- Bowl
- Measuring Cup
- Mixing Spatula
- Measuring Spoons
- Flour (divided up)
- Yeast
- Baking Powder
- Baking Soda
- Salt
- Oil
- Bags

Thank you for your interest in WI Caring Kitchens—we hope some of these items are of use in your community.

Lastly, our budget for the entire program was \$200, in addition to the participants placing in \$10 each.

Should you have any questions, or would like to add your ideas to this worthwhile project please contact the WI Office at 902-368-4860 or wi@gov.pe.ca



Are you interested in budgeting, purchasing and cooking your own nutritious home made meals with a mentor?

Join us in at a PEI Women's Institute's WI Caring Kitchen!

Featuring:

- Three cooking sessions at the Farm Centre with WI members, Certified Chef and Nutritionists!

The program:

- March 8 (Tuesday 3:30-6)—Nutrition basics, Budgeting, Grocery Store Tour, Baking Bread or biscuits.
- March 16 (Wednesday 3:30-6)—Session's Budget, Coupons, Flyers, Meal Preparation*
- March 22 (Tuesday 4-7pm)—Session's Budget, Meal Preparation*, Guest Chef, Seed Share.

**Meal preparation will be based on grocery specials and may be a combination of soups, casseroles, pastas, meats, poultry, and vegetables dishes to create food skills.*

**Each session will incorporate community resources where possible.*

**Participants will contribute a small fee of \$10 for the entire program.*

**Meal or food item taken home from each session.*

**Participants will receive a surprise gift package!*

To register:

Fill out the attached registration form or contact wi@gov.pe.ca or 902-368-4860.

The \$10 fee will be collected on the first night to cover food costs.

*In partnership with PEI Heart and Stroke Foundation
Special thanks to WI members, Dr. Heather Keizer, Ms. Livia Oatway, Miriam Lank,
Chef Jérémie Arseneault, the Farm Centre.*

