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Emergency Foodbank Guidebook

AMS FOODBANK

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# Introduction and Overview

About the AMS Foodbank

The AMS Foodbank is offered as a service of the AMS Student Society to the students of the UBC Vancouver Campus. The Foodbank is funded by the Society but also receives sponsorship from numerous university and local sponsors and donors. Since its inception, the Foodbank has continued to grow its stock and variety of offerings in an effort to keep up with an increasing year-after-year demand.

About this guidebook

This guidebook has been created by your AMS Foodbank, along with the assistance of AMS Communications and the entire AMS Services. The purpose of the guidebook is to demonstrate to the students of the University of British Columbia to budget themselves financially, to shop healthily, and to make low-cost meals with some recipe ideas, as well as supplemental resources the UBC community can provide to you.

As representatives of the AMS, and UBC as a whole, we would like to welcome you to the AMS Foodbank, and to remind you that our doors are always open for you in times of need.

Best,

AMS Foodbank

# How to save money for food

Top tips:

1. **Create a plan of what you want to eat**- creating a plan gives you a better understanding of what you usually eat, as well as the prices and affordability of your choices.
2. **Create a budget for food purchases**- This goes hand in hand with understanding your finances, on average an individual should spend approximately 14%-20% of their income on food purchases
3. **Eat in**-Dinner out on campus and around Vancouver can cost anywhere from $12-$20 a meal. Cooking yourself can bring that price of the meal down to $1.50-$2.50 a meal which translates to about $9600 in savings over a four year UBC education.
4. **Choose the correct meal plan**- If you live in residence, a meal plan may be mandatory. If this is the case then choose the one that affordable and customized to your own diet plans. Plans range from the Minimum Plan to the Varsity Plan, and are all declining balance plans. This means that funds are deposited into the account, and deducted when purchases are made. It is also important to pay attention to the various prices of the food in cafeterias.
5. **Get only what you need**- Writing down a grocery list of items you need is important prior to beginning your shopping trip. Try not to go grocery shopping hungry!
6. **Share with others**-Set up an arrangement with friends and/or roommates. Buying in bulk is more cost efficient.

# How to preserve food and shop smart

Preserving food can be crucial in saving money

Fruit and Vegetables

* Pre-cut or pre-washed items are often more expensive
* Canned/dried/bagged/frozen items are cheaper
* Keep vegetables and fruit separate! Veggies may spoil if they are kept near fruits!
* Wrapping celery in tin foil makes it last longer

Meats

* Prepared/ seasoned meats are more expensive
* Frozen meat is good up for a year. Buy meat in bulk and look for sales.

Dairy

* Skim milk powder is cheaper than but equally as nutritious as liquid milk
* Milk bags/jugs can be frozen for 3 months at a time

# How to make a budget

## Budgeting Tips:

1. **Think and plan long-term** – Daily cups of coffee is more expensive than getting your own coffee pot.
2. **Pack a lunch** – Bringing a lunch with you to school/work will save you tons of money than eating out.
3. **Distinguish between “needs” and “wants”** – Get the ‘needs’ first. If there’s money left over, then spend wisely consider the ‘wants’.
4. **Save money** – Use coupons, Groupons, check the weekly grocery ads, and incorporate sale foods into your meal planning
5. **Set up budget** – Know exactly how much you are going to spend. Do not go over the limits. Keep a list on the fridge, write things down immediately. Don’t go with memory as this can save you from running back to the grocery stores.
6. **Keep a record** – Keeping bills and receipts, separated by each month, will allow you to go back to check your progress and make changes accordingly.

## 

## Recipes

1. **Applesauce Bran Loaf**

Serving Size: 8

¾ Cup wheat bran 175 ml

1 Cup whole wheat flour 250 ml

1 Cup unsweetened apple sauce 250 ml

½ Cup non-fat Greek yogurt 125 ml

½ Cup golden raisins 25 ml

1 tsp. baking powder 5 ml

1 tsp. baking soda 5 ml

1 egg

Instructions

1. Preheat oven to 375°F (190°C). Spray 8 X 4-inch (1.5 L) loaf pan with Canola Oil Cooking Spray.

2. In large bowl, whisk together flour, bran, golden raisins, baking powder and baking soda. In another bowl and using a wooden spoon, stir together egg, applesauce, yogurt and oil; stir into bran mixture just until moistened. Do not over mix. Pour batter into prepared loaf pan.

3. Bake in center of oven for 35 to 40 minutes or until tester inserted in center comes out clean. Cool in pan on wire rack for 10 minutes. Remove from pan to cool fully.

## 

1. **Crunchy Fruit Parfait**

Serving Size: 4

1 Cup frozen fruit cubes 250 ml

2 tbsp. raisins 25 ml

2 tbsp. cranberries 25 ml

1-1/3 Cups plain Greek yogurt 325 ml

1 Cup granola 250 ml

Instructions

1. Let fruits stand at room temperature for 10 minutes. Roughly chop the fruits. Stir cranberries and raisins into yogurt.

2. Into four 1cup (250 mL) glasses, layer half of yogurt, all of fruits, half of granola, remaining yogurt and remaining granola.

1. **Hummus Grilled Vegetable**

Serving Size: 4

2 medium zucchini, cut lengthwise into 1/4-inch slices

2 tsp. olive oil 10 ml

1/8 tsp salt

Pinch freshly ground black pepper

1 Cup home-made hummus\* 250 ml

4 pieces whole-wheat wrap bread (about 9 inches in diameter)

1 medium red bell pepper, thinly sliced

2 ounces baby spinach leaves (2 cups lightly packed)

1/2 cup red onion thinly sliced into half moons

1/4 cup fresh mint leaves

Instructions

1. Preheat the grill or grill pan over medium heat. Brush both sides of the zucchini slices with the oil and sprinkle with the salt and pepper. Grill until tender and slightly browned, about 4 minutes per side.

2. Spread 1/4 cup of the hummus over each piece of bread. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of the spinach, a few sliced onions, and 1 tablespoon of the mint. Roll each of them up and cut in half on a diagonal.

\*Hummus Recipe (Serving Size: 6-8)

* 2 x 400g cans of chickpeas
* 4 tsp. tahini/ peanut butter
* 2 garlic cloves, crushed
* 1 tsp. crushed sea salt
* 6 tbsp. quality extra virgin olive oil (plus extra for drizzling)
* 3½ tbsp. freshly squeezed lemon juice
* Paprika (optional)
* Coriander or parsley leaves (optional)

1. **Roasted Veggie Pizza**

Serving Size: 8

2 sweet red peppers, seeded and chopped

2 Cups butternut squash, pieces cut in quarters 500 mL

2 Cups cherry tomatoes 500 mL

 Half red onion chopped

2 large cloves garlic, thinly sliced

4 tsp. olive oil 20 mL

Pinch each salt and freshly ground black pepper

1 pkg. whole wheat whole grain pizza crust 200 g

1 tbsp. balsamic vinegar 15 mL

3 tbsp. shaved Parmesan cheese 45 mL

8 large fresh basil leaves, torn in half

Instructions

1. Preheat oven to 400°F (200°C).

2. In large bowl, toss together red pepper, squash, tomatoes, onion, garlic, oil, salt and pepper. Transfer to rimmed baking sheet; spread evenly. Bake in center of oven for 20 to 25 minutes, turning halfway, or until vegetables are softened; remove from oven.

3. Place pizza crust directly on center oven rack; bake for about 4 minutes or until lightly toasted. Immediately transfer to serving platter; top with roasted vegetables and drizzle with balsamic vinegar. Garnish with Parmesan and basil leaves. Serve immediately.

1. **Tofu Breakfast Scramble with Baked Tomatoes**

Serving Size: 4

2 large tomatoes, cut in half crosswise

 4 tsp. low fat grated cheese 20 mL

2 tsp. low sodium soy sauce 10 mL

4 slices chicken breasts cut crosswise in thin strips

2 green onions, chopped

1 pkg. Medium-Firm Tofu 454 g

1/2 tsp. hot sauce, or to taste 2 mL (optional)

1/2 tsp. ground coriander 2 mL

1/2 tsp. turmeric 2 mL

Instructions

1. Preheat oven to 400°F (200°C). Spray small baking sheet with cooking spray.

2. Place tomatoes cut side up on baking sheet. Spray tops of tomatoes with cooking spray; sprinkle with Parmesan. Bake in center of oven until tomatoes are softened and golden on top, about 20 minutes.

3. Meanwhile, spray nonstick frying pan with cooking spray and heat over medium heat. Cook chicken breast and green onions until onions are softened, about 2 minutes. Add tofu, soy sauce, hot sauce, coriander and turmeric. Cook, stirring often, until heated through and liquid evaporates, about 5 minutes.

4. Divide tomatoes and tofu scramble among four plates.

## Create Your Own Recipes

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# RESOURCES

## On-Campus Support

|  |  |
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| Safe Walk http://www.ams.ubc.ca/wp-content/uploads/2013/02/safewalk_logo_bw.gif | Location: Room 100A, located at the north end of the main concourse in SUB Phone: 604-822-5355  Email: [safewalk@ams.ubc.ca](mailto:safewalk@ams.ubc.ca) |
| Connect Volunteer | Location: SUB Room 249A Phone: 604-822-9268  Email: [volunteers@ams.ubc.ca](mailto:volunteers@ams.ubc.ca)  Internship Opportunities:  Location: SUB Room 249C  Phone: 604-827-3607  Email: internship@ams.ubc.ca |
| Speak Easy | Information Centre and Drop-In Support services: SUB main concourse north Phone: 604-822-3777 |
| A+ Tutoring | Location: SUB Room 249O Phone: 604-822-9084 |
| SASC | Location: SUB Room 119A/B, main floor, north east corner of SUB Phone: 604-827-5180  Email: [sasc@ams.ubc.ca](mailto:sasc@ams.ubc.ca) |
| AMS ADVOCACY Office | Location: SUB Room 249G Phone: 604-822-9855  Email: advocate@ams.ubc.ca |

## External Food Banks

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| --- | --- |
|  | **Location: 1150 Raymur Avenue Vancouver, BC V6A 3T2**  Phone: 604-876-3601  Email: [foodbank@foodbank.bc.ca](mailto:foodbank@foodbank.bc.ca)  www.foodbank.bc.ca |
|  | **Location:**  Vancouver  Market Manager: Keri Tuomi Tel: 604-602-0186 Fax: 604-682-3494Hours of Operation: Monday & Saturday: 9am – 4:15pm Tuesday – Friday: 9am – 6:15pm Sunday and Holidays: Closed  Market Manager: Keri Tuomi Tel: 604-605-0735Hours of Operation: Monday & Saturday: 9am – 4:15pm Tuesday – Friday: 9am – 6:15pm Sunday and Holidays: Closed  Surrey  Market Supervisor: Mandy Chisholm Tel: 604-588-3476Hours of Operation: Monday & Saturday: 9am – 4:15pm Tuesday – Friday: 9am – 6:15pm Sunday and Holidays: Closed  Burnaby/New West  Market Manager: Michelle Cahill Tel: 604-553-0636 Hours of Operation: Monday & Saturday: 9am – 4:15pm Tuesday – Friday: 9am – 6:15pm Sunday and Holidays: Closed |

## 

# Healthy Shopping Options

## Refer to Canada’s Food Guide: http://www.hc-sc.gc.ca/fn-an/alt\_formats/hpfb-dgpsa/pdf/food-guide-aliment/view\_eatwell\_vue\_bienmang-eng.pdf

## 

## Grains

Make at least half of your grain products whole grain each day. Consider:

* Whole wheat bagel, bread, couscous, pasta
* Oatmeal

## Vegetables

Eat at least one dark green and one orange vegetable each day. Consider:

* Broccoli
* Romaine lettuce
* Spinach
* Carrots
* Sweet potatoes

## Fruits

Choose whole fruits more often than juice. Consider:

* Bananas
* Apples
* Grapefruit
* Oranges
* Blueberries
* Strawberries

## Milk and Alternatives

Select lower fat milk alternatives

* Fat-free or reduced fat cheese
* Fat-free or plain yogurt
* 1% or skim milk

## Meat and Alternatives

Have meat alternatives more often. Consider:

* Beans
* Lentils
* Tofu

# Seasonal Fresh Local Foods

Source: http://www.bcfarmfresh.com/farm-products/

## Fruits

|  | **J** | **F** | **M** | **A** | **M** | **J** | **J** | **A** | **S** | **O** | **N** | **D** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [Apples](http://www.bcfarmfresh.com/farm-products/apples/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Blackberries](http://www.bcfarmfresh.com/farm-products/blackberries/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Blueberries](http://www.bcfarmfresh.com/farm-products/blueberries/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cherries](http://www.bcfarmfresh.com/farm-products/cherries) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Currants](http://www.bcfarmfresh.com/farm-products/currants/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Gooseberries](http://www.bcfarmfresh.com/farm-products/gooseberries/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Hazelnuts](http://www.bcfarmfresh.com/farm-products/hazelnuts/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Pears](http://www.bcfarmfresh.com/farm-products/pears/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Plums](http://www.bcfarmfresh.com/farm-products/plums/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Prunes](http://www.bcfarmfresh.com/farm-products/prunes/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Raspberries](http://www.bcfarmfresh.com/farm-products/raspberries/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Saskatoons](http://www.bcfarmfresh.com/farm-products/saskatoon-berries) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Stawberries](http://www.bcfarmfresh.com/farm-products/Strawberries) |  |  |  |  |  |  |  |  |  |  |  |  |

## Vegetables

|  | **J** | **F** | **M** | **A** | **M** | **J** | **J** | **A** | **S** | **O** | **N** | **D** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [Asian Vegetables](http://www.bcfarmfresh.com/farm-products/asian-vegetables) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Beans](http://www.bcfarmfresh.com/farm-products/beans) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Broccoli](http://www.bcfarmfresh.com/farm-products/broccoli) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Brussel Sprouts](http://www.bcfarmfresh.com/farm-products/brussel-sprouts) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cabbage (Red)](http://www.bcfarmfresh.com/farm-products/cabbage) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cabbage (Green)](http://www.bcfarmfresh.com/farm-products/cabbage) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Carrots](http://www.bcfarmfresh.com/farm-products/carrots) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cauliflower](http://www.bcfarmfresh.com/farm-products/cauliflower) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Celery](http://www.bcfarmfresh.com/farm-products/celery) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Corn (Sweet)](http://www.bcfarmfresh.com/farm-products/corn-sweet) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cucumbers (Field)](http://www.bcfarmfresh.com/farm-products/cucumbers-field) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Garlic](http://www.bcfarmfresh.com/farm-products/garlic) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Leeks](http://www.bcfarmfresh.com/farm-products/leeks) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Lettuce (Field)](http://www.bcfarmfresh.com/farm-products/lettuce-field) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Onions (Green)](http://www.bcfarmfresh.com/farm-products/onions) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Onions (Yellow/Red)](http://www.bcfarmfresh.com/farm-products/onions) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Parsnips](http://www.bcfarmfresh.com/farm-products/parsnips) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Peppers (Field)](http://www.bcfarmfresh.com/farm-products/peppers-field) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Potatoes](http://www.bcfarmfresh.com/farm-products/potatoes) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Pumpkins](http://www.bcfarmfresh.com/farm-products/pumpkins) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Radishes](http://www.bcfarmfresh.com/farm-products/radishes) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Rhubarb](http://www.bcfarmfresh.com/farm-products/rhubarb) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Rutabagas](http://www.bcfarmfresh.com/farm-products/) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Salad Greens](http://www.bcfarmfresh.com/farm-products/salad-greens) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Spinach](http://www.bcfarmfresh.com/farm-products/spinach) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Squash](http://www.bcfarmfresh.com/farm-products/squash) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Tomatoes (Field)](http://www.bcfarmfresh.com/farm-products/tomatoes-field) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Turnips](http://www.bcfarmfresh.com/farm-products/turnips) |  |  |  |  |  |  |  |  |  |  |  |  |
| [Zucchini](http://www.bcfarmfresh.com/farm-products/zucchini) |  |  |  |  |  |  |  |  |  |  |  |  |