



FOOD RESOURCES & COST-SAVING TIPS TO FEED YOU AND YOUR FAMILY



AVAILABLE FOOD RESOURCES

- Food Pantries/Cupboards
- Foodlink's Curbside Market & Mobile Pantry
- Foodlink's Summer Meals & Backpack Programs
- Soup Kitchens
- WIC
- SNAP
- Farmers' Markets
- FreshConnect Checks Program
- Farmers' Market Nutrition Program
- Public Market Token Program

WHEN PLANNING FOR AND CREATING YOUR MEALS, DO NOT FORGET TO...

- Combine fresh produce with your pantry items
- Purchase locally within your community
- Select foods that are in season
- Eat a rainbow of fruits & vegetables

TEXAS CAVIAR RECIPE!

- ☐ 1 (15-oz.) can black-eyed peas
- ☐ 1 (15-oz.) can black beans
- ☐ 1 (15-oz.) can corn
- ☐ 1 red pepper
- ☐ 1 orange pepper
- ☐ 1 yellow pepper
- ☐ 1 small red onion
- ☐ 4 jalapeño peppers
- ☐ 4 roma tomatoes
- ☐ 1 bunch of cilantro
- ☐ 8 oz Italian dressing

DIRECTIONS: Drain and rinse black-eyed peas, black beans, and corn. Place in large bowl. Dice vegetables and add to bowl. Add Italian dressing and cilantro. Stir well. Cover and refrigerate to marinate. Serve with chips or have as a slide dish!

TIPS TO STRETCH YOUR FOOD \$\$

- Always bring a list
 - Don't buy what you don't need
- Frozen vegetables and fruits
 - Longer lasting, less waste, nutrient-filled
- Canned vegetables, fruits, and meats
 - Low-cost vitamins, minerals & protein
- Family sizes
 - Save \$ by buying larger sizes
- Look for sale items and deals on quantities
 - Store flyers, digital coupons
- Take advantage of the Rochester Public Market
 - Shop local and fresh produce, dairy & meats
 - Market Token Program: purchase tokens with SNAP benefits
 - Get a \$2 coupon for every \$5 purchased
 - Tokens and coupons can be used for all SNAP eligible items

TOP NUTRITION-BANG-FOR- YOUR- BUCK ITEMS UNDER \$25

- 1. Carton of eggs ☐
- 2. Fresh meat, under \$5 ☐
- 3. Can of tuna ☐
- 4. Jar of peanut butter ☐
- 5. Loaf of whole wheat bread ☐
- 6. Box of pasta ☐
- 7. Rolled oats ☐
- 8. Frozen green vegetable ☐
- 9. Bag of apples ☐
- 10. Banana bunch ☐
- 11. Can of beans ☐
- 12. Gallon 2% milk ☐
- 13. Grated cheddar cheese ☐
- 14. Jar of pasta sauce ☐
- 15. Jar of salsa ☐

