

## PURCHASING THROUGH THE LENS OF

# Food Justice

**Food Justice** is defined as "access to nutritious, culturally appropriate food regardless of race, income, class, gender and geography", "fair wages & working conditions" and the use of sustainable agricultural methods.



## NUTRITION, SUSTAINABILITY & CLIMATE FRIENDLY

**Food Justice** can be incorporated as a value through purchasing power & integrating

- **Nutritious** plant-based foods, less processed foods, and minimal meat & dairy.
- **Sustainable & Climate Friendly** foods grown organically, with just labor conditions and as locally grown as possible. Future efforts should be made to incorporate the purchase of foods in sustainable packaging and plans to reduce the overall amount of food waste.

## DIRTY DOZEN & CLEAN 15

**Dirty Dozen:** foods that should be bought organic due to pesticide residue if bought non-organic.

- Strawberries, Spinach, Kale (Collard & Mustard Greens), Nectarines, Apples, Grapes, Cherries, Peaches, Pears, Bell peppers & Hot Peppers, Celery, Tomatoes

**Clean 15:** foods that have the lowest amount of pesticide residue if bought non-organic.

- Avocados, Corn, Pineapple, Onion, Papaya, Sweep pea, Eggplant, Asparagus, Broccoli, Cabbage, Kiwi, Cauliflower, Mushrooms, Honeydew, Cantaloupe

## PLANT BASED FOODS

Not only are plant-based foods more nutritious, they also help us work towards a more **sustainable** future. Tips to incorporate PBFoods:

- Incorporate Meatless Mondays into weekly rotations
- Less processed foods (ready to eat meals)
- Choose lean meats (turkey, chicken) as opposed to red meats (beef, pork)
- Buy plant-based foods that are grown as locally as possible (within the city or state)

## FOODS & FAIR LABOR

How can you choose foods that ensure **just labor conditions** for farmers?

1. Choose foods from small farms instead of large industrial farms
2. Choose foods that are Fairtrade Certified because of their commitment to providing a safe workplace for farmers

## GHG IMPACT

	FOOD	IMPACT (CO <sub>2</sub> e emissions per gram of protein)	COST (based on price per gram of protein)
LOW	Wheat	█	\$
	Corn	█	\$
	Beans, chickpeas, lentils	█	\$
	Rice	█	\$
	Fish	█	\$\$\$
	Soy	█	\$
	Nuts	█	\$\$\$
MEDIUM	Eggs	█	\$\$
	Poultry	█	\$\$
	Pork	█	\$\$
	Dairy (milk, cheese)	█	\$\$
HIGH	Beef	█	\$\$\$
	Lamb & goat	█	\$\$\$

### INFORMATION SOURCES

- <https://www.ewg.org/foodnews/summary.php>
- [https://www.hampshire.edu/sites/default/files/shared\\_files/Purchasing\\_Guide\\_Working\\_Draft\\_January\\_2013-1.pdf](https://www.hampshire.edu/sites/default/files/shared_files/Purchasing_Guide_Working_Draft_January_2013-1.pdf)
- [https://lbs6437.g98c16910y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2017/12/MunicipalReport\\_ko\\_120117\\_v2-1.pdf](https://lbs6437.g98c16910y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2017/12/MunicipalReport_ko_120117_v2-1.pdf)
- [https://www.nal.usda.gov/sites/default/files/fnic\\_uploads/homeless.pdf](https://www.nal.usda.gov/sites/default/files/fnic_uploads/homeless.pdf)
- <https://viacompanesina.org/en/wp-content/uploads/sites/2/2018/02/Food-Sovereignty-A-guide-Low-Res-Vreson.pdf>

## TIPS & RESOURCES FOR IMPLEMENTING

# Food Justice

### FOOD RESOURCE MANAGEMENT

#### Eat Right When Money's Tight Tip Sheet:

Supplemental Nutrition Assistance Program (SNAP), Food and Nutrition Service, U.S. Department of Agriculture

- Website: <https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf>
- This resource provides tips on shopping for healthful meals on a limited income.

#### SNAP-Ed Connection Recipe Finder Database:

SNAP-Ed Connection, National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

- Website: <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes>
- A recipe database designed specifically for nutrition educators working with low-income individuals. The recipes are low-cost, use few ingredients, and adhere to the Dietary Guidelines for Americans. Every recipe is available in both Spanish and English.

#### 30 Ways in 30 Days to Stretch Your Food Budget:

Produce for Better Health Foundation

- Website: <https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/>
- This resource provides a total of 30 tips on optimizing one's limited food budget.



### MEAL PLANNING

#### MyPlate Meal Planning Tips:

These tips provided by the U.S. Department of Agriculture align with the current dietary guidelines, also known as MyPlate!

- Plan meals that make use of ingredients you currently have on hand.
- Make a list of the meals you intend to consume for the week and use it as a guide and be sure to include beverages and snacks as well!
- Begin your meal planning by listing the ingredients for the meals you intend to prepare and check off the items you already have. Purchasing for the week allows you to make fewer shopping excursions.
- Make enough of a dish to consume several times throughout the week, or freeze some to enjoy later. Making leftovers a part of your strategy might help you save time and money.
- Plan your meals so that you consume foods from all five food groups (e.g. fruits, vegetables, grains, protein foods, and dairy) every day. When planning, check the Nutrition Facts label to be wary of additional sugars, saturated fat, and sodium.

Source: <https://www.myplate.gov/tip-sheet/meal-planning>



#### INFORMATION SOURCES

- <https://www.ewg.org/foodnews/summary.php>
- [https://www.hampshire.edu/sites/default/files/shared\\_files/Purchasing\\_Guide\\_Working\\_Draft\\_January\\_2013-1.pdf](https://www.hampshire.edu/sites/default/files/shared_files/Purchasing_Guide_Working_Draft_January_2013-1.pdf)
- [https://1bpb6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2017/12/MunicipalReport\\_ko\\_120117\\_v2-1.pdf](https://1bpb6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2017/12/MunicipalReport_ko_120117_v2-1.pdf)
- [https://www.nal.usda.gov/sites/default/files/fmic\\_uploads/homeless.pdf](https://www.nal.usda.gov/sites/default/files/fmic_uploads/homeless.pdf)
- <https://viacomptesina.org/en/wp-content/uploads/sites/2/2018/02/Food-Sovereignty-A-guide-Low-Res-Vreson.pdf>

# EASY & SIMPLE

# Recipes

## DIVERSITY & CULTURAL FOODS

Importance of including more diversity and culturally relevant foods at the Orion Center:

- Allows for connection to one's culture and provides comfort
- Access to culturally appropriate food is important in building a sense of self-esteem
- Promotes inclusion and sense of equality within the homeless youth

## BREAKFAST QUESADILLAS

### Ingredients:

20 eggs beaten  
Salt and pepper to taste  
20 flour tortilla shells  
20 slices bacon crumbled (and/or cooked, crumbled sausage)  
10 cups Mexican blend or Monterey Jack cheese shredded, divided  
Salsa and sour cream to taste

Serves: 20

### Instructions:

1. Scramble the eggs in a large skillet, and add salt and pepper to taste
2. Spray skillet or griddle with cooking spray and heat over medium-high heat. Place one tortilla on the skillet or griddle and heat on one side.
3. When tortilla is hot, flip and add half of the cheese. Then add scrambled egg and bacon, and distribute evenly.
4. Sprinkle on remaining cheese and top with remaining tortilla. Cook for about 1 minute or until cheese starts to melt, then carefully flip.
5. When cheese is melted and the tortilla is golden brown, remove from pan. Cut into quarters and serve with sour cream and/or salsa.



## EASY VEGAN BREAKFAST TACOS

### Ingredients:

(two-taco servings)

### Tacos:

48 oz firm tofu  
6 cups cooked black beans  
1.5 red onions, diced  
6 cups fresh cilantro, chopped  
6 ripe avocados, sliced or substitute with guacamole  
3 cups salsa (for serving, hot sauce also optional)  
6 medium limes (sliced for serving)  
1.5 cups pomegranate arils  
36 corn tortillas (2 per person)

Serves: 18

### Tofu Seasoning:

4.5 tsp garlic powder  
3 tsp chili powder  
6 tsp cumin  
3/4 tsp sea salt  
6 tsp salsa  
6 tbsp water

### Instructions:

1. Wrap tofu in a clean, absorbent towel and place something heavy on top, such as a cast-iron skillet, while prepping toppings.
2. Cook black beans in a small saucepan over medium heat until bubbly. Then reduce heat to simmer and set aside. If unsalted/unseasoned, add a pinch of salt, cumin, chili powder, and garlic powder.
3. Add dry tofu spices + salsa to a small bowl and add enough water to make a pourable sauce. Set aside.
4. Heat a large skillet over medium heat and unwrap tofu. Use a fork to crumble.
5. Once the pan is hot, add 6-12 Tbsp oil of choice and the tofu. Stir fry for 4-5 minutes to brown. Then add seasoning and toss to coat. Continue cooking until browned and fragrant – about 5-10 minutes – stirring frequently. Set aside.
6. To serve, warm tortillas in the microwave wrapped in a damp paper towel or in a 250-degree F (121 C) oven (optional). Top tortillas with tofu scramble, black beans, onion, avocado, cilantro, salsa, fresh lime juice, and pomegranate arils (or desired toppings).



## DOMINICAN HOT DOG WITH CABBAGE

### Ingredients:

24 hot dog sausages  
4.5 cups of shredded cabbage  
6 cups of boiling water  
6 teaspoon of salt  
12 tablespoons of ketchup  
12 tablespoons of mayo  
1.5 cup of sweet relish  
24 hot dog buns  
3/4 cup of potato chips, crushed  
12 tablespoons of mustard (optional)

Serves: 24

### Instructions:

1. Lightly boil or BBQ the sausages.
2. In the meantime, mix the boiling with the cabbage. Let it rest until it reaches room temperature.
3. Remove the cabbage from the water and discard the water. Mix the cabbage with ketchup, mayo and relish.
4. Cut the bread, place the sausage in it and cover with cabbage, potato chips and mustard.

### INFORMATION SOURCES

- <https://minimalistbaker.com/easy-vegan-breakfast-tacos/>
- <https://www.dominicancooking.com/15863/hot-dog-recipes-fiesta>
- <https://www.sbs.com.au/food/article/2020/05/26/why-traditional-and-culturally-appropriate-foods-are-important-these-need>

# EASY & SIMPLE

# Recipes

## WHY INCLUDE BREAKFAST AND CULTURALLY RELEVANT FOODS?

- The Orion Center tends to serve LGBTQIA+ individuals, Caucasian, African American, and Hispanic/Latinx individuals. The Orion Center currently serves its clients soul food, Filipino, Indian and Mediterranean food and could greatly benefit from including Hispanic/Latinx food as it is currently underrepresented.
- Providing easy hot breakfasts could also contribute to making the youth feel valued while maintaining flexibility and minimal training for the staff.

## PUERTO RICAN ARROZ CON POLLO

### Ingredients:

#### Chicken:

- 10 tablespoon olive oil, divided
- 7.5 pounds boneless skinless chicken thighs

#### Adobo Seasoning:

- 5 teaspoon cumin
- 3.75 teaspoon paprika
- 2.5 teaspoon chili powder
- 2.5 teaspoon red cayenne pepper
- 2.5 teaspoon onion powder
- 2.5 teaspoon garlic powder
- 1.25 teaspoon coriander
- 2.5 teaspoon salt
- Freshly ground black pepper

#### Sofrito & Rice:

- 15 cloves garlic, minced
- 1.25 cup finely diced green pepper
- 1.25 cup finely diced white onion
- 1.25 cup finely diced cilantro
- Optional: 5 jalapeno, diced
- 1.25 teaspoon ground coriander
- 1.25 teaspoon cumin
- 1.25 teaspoon ground turmeric
- 1.25 teaspoon garlic powder
- 1.25 teaspoon oregano
- 1.25 teaspoon salt
- 1.25 teaspoon black pepper
- 5 cup tomato sauce
- 6.25 cups water
- 5 cup basmati white rice (don't use brown, it will take too long to cook)\*\*
- 3.33 cup frozen peas (or rinsed and drained pigeon peas)
- OPTIONAL: 2.5 cup pitted green olives

### Instructions:

1. Add chicken to a large bowl. Add in 1 tablespoon olive oil and your adobo seasoning: cumin, paprika, chili powder, cayenne pepper, onion powder, garlic powder, coriander, salt and pepper. Use clean hands to toss the chicken in the mixture. Cover and allow chicken to marinate for 30 minutes, or you can skip this completely and begin the cooking process!
2. Next add remaining 1 tablespoon olive oil to a large deep 10 inch skillet and place over medium high heat. (If you do not have a skillet a large pot will also work very well!) Once oil is hot, add in chicken and season with a little more salt and pepper. Cook until browned 4-5 minutes, then flip and cook an additional 4-5 minutes. Remove from pan and transfer to a plate.
3. In the same skillet (it should be greased enough already for sauteing) you will make your sofrito by adding in garlic, jalapeno, diced green pepper, diced onion and cilantro.
4. Sauté for 2-3 minutes, then add in your spices (also known as homemade sazón spices): cumin, turmeric, coriander, garlic powder, oregano, salt and pepper and cook for 30 seconds. Then add in tomato sauce and water and stir well to combine.
5. Bring to a simmer then fold in the rice and peas, making sure it is evenly distributed. Add browned chicken on top.
6. Reduce heat to low, cover the skillet immediately and cook for 20-25 minutes.
7. After 20-25 minutes, most of the liquid should be absorbed and rice should be cooked. Serve immediately. Garnish with cilantro and serve with a squeeze of fresh lime juice.
8. To meal prep: This meal serves four. Place rice in a meal prep containers and top with 1 chicken thigh. Garnish with cilantro.

## SAUSAGE AND CRESCENT ROLL CASSEROLE

### Ingredients:

- 2 pound bulk pork sausage (can substitute with spicy or mild Italian sausage)
- 2 (8 oz) tubes of refrigerated crescent rolls
- 4 cups shredded part-skim mozzarella cheese
- 16 large eggs
- 4 cups 2% milk
- 1 teaspoon salt
- 0.5 teaspoon pepper

### Serves: 24

### Instructions:

1. Preheat oven to 375°. In a large skillet, cook sausage over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Unroll crescent roll dough into a greased 13x9-in. baking dish. Seal seams and perforations. Sprinkle with sausage and cheese.
2. In a large bowl, whisk eggs, milk, salt and pepper. Pour over sausage and cheese.
3. Bake, uncovered, 35-40 minutes or until a knife inserted in the center comes out clean. Let stand 5-10 minutes before serving.
4. Make-Ahead: Refrigerate unbaked casserole, covered, several hours or overnight. To use, preheat oven to 375°. Remove casserole from refrigerator while oven heats. Bake as directed, increasing time as necessary until a knife inserted in the center comes out clean. Let stand 5-10 minutes before serving.

## CHIPOTLE BLACK BEAN TORTILLA SOUP

### Ingredients:

- Soup:
- 6 Tbsp avocado or coconut oil
- 1.5 white or yellow onion (diced)
- 9 cloves garlic (minced)
- 1.5 red or orange pepper (diced)
- 4.5 tsp cumin
- 3 tsp chili powder
- 4.5 cups Red Chipotle Salsa (or any blended or chunky spicy salsa)
- 12 cups vegetable stock
- 6 Tbsp coconut sugar or maple syrup (to taste) (optional)
- 6 15-ounce black beans (cooked in salt // slightly drained)
- 3 15.25-ounce whole kernel corn (drained)

### Serves: 18

#### For Serving (Optional):

- Lime juice
- Fresh cilantro (chopped)
- Red onion (diced)
- Tortilla chips
- Ripe avocado (cubed)
- Hot sauce

### Instructions:

1. Heat a large pot over medium heat. Once hot, add oil, garlic, onion, pepper, a pinch each salt and pepper and stir. Cook for 4-5 minutes, stirring frequently, until onions are translucent and the peppers have a bit of color.
2. Add cumin and chili powder and stir to coat. Then add salsa, vegetable stock and coconut sugar. Stir to combine, then increase heat to medium heat and bring to a low boil.
3. Once it's boiling, add black beans and corn and stir. Reduce heat to low and simmer, covered, for 30 minutes or more, stirring occasionally. The longer it simmers, the more the flavor will develop.

### INFORMATION SOURCES

- <https://www.ambitiouskitchen.com/puerto-rican-chicken-and-rice-arroz-con-pollo/>
- <https://www.tasteofhome.com/recipes/sausage-crescent-roll-casserole/>
- <https://minimalistbaker.com/chipotle-black-bean-tortilla-soup/>