About Leah’s Pantry

• Nutrition education and cooking workshops for low-income communities
• Have worked with 6,000 individuals and 150 organizations since 2006
• Many of our clients access food banks regularly
• In-person experiences informed creation of EatFresh.org
EatFresh.org Audience

Those not currently being reached by SNAP-Ed interventions

Those receiving interventions who seek reliable information online

Providers who will use a useful website for programs and clients
Benefits of Using EatFresh.org

- USDA-approved user-facing nutrition and recipe resource
- Mobile, tablet and desktop-friendly website
- Easy to navigate
- Available in English, Spanish, Chinese
Benefits of Using EatFresh.org

- Alleviates the burden of being an “expert” in nutrition
- Messages align with other SNAP-Ed messages, assuring that you can rely on using them
- Responsive to new information
  - 2015 Dietary Guidelines updates
Recipe of the Month

Sausage and Greens Stew

Ask a Dietitian

Take the FREE EatFresh.org Mini Course

VIDEO: How to Use EatFresh.org

I Live EatFresh

“I use the Low Added Sugar Meal Plan to keep my energy stable during the day. My favorite recipe from this meal plan is Hearty Egg Burritos.”

View Low Added Sugar Meal Plan

View Tips for More Energy
Sharing Toolbar

Recipes Like This One

Tacos

Photo attribution: My Tu
Hover Tip on Ingredients

- **GREEN ONIONS**
  - Try this instead: Red Onion, Yellow Onion, White Onion, Pearl Onion, Scallion (green onion)
  - Read more about Onion >

1. Lemon
2. Green onions
1. (6-ounce) can low-sodium chicken broth
1. (15.5-ounce) can white beans
1. Tablespoon Canola oil
1. Tablespoon Dijon or curry sauce
½ Teaspoon Salt
¼ Teaspoon Ground black pepper

**Onion**

**Foods Included**
Red Onion, Yellow Onion, White Onion, Pearl Onion, Scallion (green onion)

**Description**
Onions are an edible bulb that grow underneath soil. Onions are commonly used in cooking and can be eaten raw or cooked. They have many layers inside with thin papery layers on the outside. They are crunchy and pungent when raw, and are soft and sweet when cooked.

**Buy It**
- Onions should have dry, papery skins and be very hard.

**Featured Recipe**
French Onion Soup

**Poll**
How did you hear about EatFresh.org?
- Flyer, postcard, poster, bus ad, or other print material
- Health educator
- CalFresh or CalWORKs Eligibility Worker
- Nutrition workshop instructor

Learn about your local Farmer’s Markets
Yield Changes

Sausage & Greens Stew

$ Budget-friendly recipe

* Serves: 2 • 8 hours 5 mins. • Dairy-free • Gluten-free

This one-pot meal makes great use of inexpensive dried beans.

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Pound</td>
<td>Dried beans</td>
</tr>
<tr>
<td>¼ Pound</td>
<td>sausage</td>
</tr>
<tr>
<td>1</td>
<td>Small onions</td>
</tr>
<tr>
<td>2</td>
<td>Stalks celery</td>
</tr>
<tr>
<td>1</td>
<td>Teaspoon Dried thyme</td>
</tr>
<tr>
<td>4</td>
<td>Cup Water or Low-sodium chicken broth</td>
</tr>
<tr>
<td>1 bunch</td>
<td>kale or Collard greens</td>
</tr>
<tr>
<td>1½ Teaspoon</td>
<td>Apple cider or Red wine vinegar</td>
</tr>
<tr>
<td></td>
<td>salt and black pepper to taste</td>
</tr>
</tbody>
</table>

Serves 2

Serves 8

- Double
- Halve
Comments on Recipes

Avocado, Rice, and...

1 Comment

Sort by Best

Join the discussion...

My Tu Duong

3 hours ago.

This is one of my favorite recipe of all times! It is simple to prepare and tastes delicious. In fact, I am making this tonight.

Sautéed Vegetables

2 comments • 9 days ago

Jess — This is my go-to easy dinner! I also like adding chicken and basil or ginger and a little soy sauce.

Carrot, Jicama and Orange Salad

1 comment • 9 days ago

Erin — I made this salad last week and loved it! I used greek yogurt instead of mayo, but I also think it could be...
Ask a Dietitian

Your EatFresh.org Dietitian:
Jenna Olson, RD
Location: San Diego, CA
Organization: Jacobs & Cushman San Diego Food Bank
Favorite Fruit: Pineapple

Ask a Dietitian Now >

Recent questions and answers

How come it is so hard for me to keep a diet? How can I make myself eat healthy?
When it comes to healthy eating, everyone is different. The best thing that helps when eating healthy is to make small changes overtime so you do not feel like you are depriving yourself.
Read more »

I have Hepatitis C. Are there any guidelines I should follow?
Alike any medical condition it is difficult to provide specific guidelines. But in general individuals with chronic Hepatitis C should avoid alcohol.
Read more »

Ask a Dietitian

Sometimes our users have specific nutrition questions that require an expert to answer. Post your question back to you within 24-48 hours.

Enter your question here.
Please limit your question to less than 250 characters.

Enter your email address so we can respond to you *

Our users love to learn from our dietitian, even when someone else asks the question. Is it ok if we show your question to others?
Yes No

Submit
Local Resources by County

San Francisco

Choose Different County

Farmer's Markets

Filter by city

Apply  Clear

Alemany Farmer's Market
100 Alemany Blvd
San Francisco, CA 94110

Hours & Information:
Saturday 6:00am - 5:00pm
Accepts EBT

Castro Farmer's Market
288 Noe St.
San Francisco, CA 94114
http://www.pctma.com/market_home.php?market_id=64

Hours & Information:
Wednesdays 4:00pm - 8:00pm, March - December
Accepts EBT

Crocker Galleria
50 Post St.
San Francisco, CA 94108
http://cafarmersmkts.com/markets/category/crocker-galleria

Hours & Information:
Tuesdays and Thursdays 11am - 3pm
Accepts EBT

Divisadero Farmer's Market

Apply for CalFresh

SnapFresh helps you find the closest places that accept EBT cards (Food Stamps/SNAP).

Farmers' Market Finder

Use your CalFresh EBT at Farmers' Markets across California.

www.FMFinder.org

General County Info

2-1-1 is a way to access community information and referral services.
Add a shortcut to your home screen
(it’s not an app)
Best Practices: SF-Marin Food Bank

• Search for recipe ideas for cooking demos

• Pass out recipe cards to clients at distributions and community tabling events

• Introduce and reference EatFresh.org during nutrition education activities
Best Practices: SF-Marin Food Bank

Recipes are helpful because:

• Accessible for people with varying levels of cooking skills
• Easy to find ingredient substitutions
• Incorporates food distributed by the food bank
• Nutrition information is helpful
• Save time and money on translations – able to print recipes in all three languages for classes
Best Practices: Feeding America San Diego

- Use Twitter to promote EatFresh.org recipes
- Distribute posters quarterly to school and mobile pantry sites
- Link to EatFresh.org on agency-only website as a tool
- Distribute recipe cards at CalFresh application appointments
Best Practices:
San Diego Food Bank

• Pull info from Discover Foods pages to create handouts for clients

• Distribute recipe cards to clients through food bank agencies

• FASD/SDFB have designed their agency nutrition trainings around EatFresh.org; use recipe cards and posters to reinforce nutrition messaging throughout the year
EatFresh.org Toolkit

http://leahspantrrysf.org/eatfresh-toolkit

- Logo Files
- Posters
- Flyers
- Recipe & Messaging Postcards
- Website Badges
- User How-to Guides
- Demo Video
Order Print Materials

http://leahspantrysf.org/eatfresh-order

Rainbow Coleslaw
Pack with Oven Fried Chicken for a tasty picnic lunch.

Ingredients
1 cup thinly sliced red cabbage
2 cups thinly sliced green cabbage
1/2 cup chopped yellow or red bell pepper
1/4 cup shredded carrots
1/4 cup chopped red onion

1/2 tsp fat free mayonnaise
1 Tbsp red wine vinegar
1/2 tsp celery seed (optional)
1/2 cup thinly shredded cheddar cheese, cut into bite-sized cubes

Preparation
1. In a large bowl, combine all the vegetables, vinegar, and dressing.
2. Pour the dressing over the vegetables.
3. Toss salad with cheese and serve cold.

Nutrition Information per Serving: Calories: 29, Carbs: 6 g, Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 57 mg, Protein: 2 g

Use MyPlate to help build a balanced diet.
The colors remind us to eat from different food groups.

Vegetables and fruits take up half of MyPlate — are half of your calories coming from these foods every day?

Switch half of your grains to whole grains — for example, whole grain bread and brown rice.

Choose water or low-fat milk with meals.

TRY THIS
Make your dinner this week look like MyPlate. Make half your plate fruits and vegetables, and half your plate grains and protein. Add a side of dairy to complete the balanced meal.
Upcoming EatFresh.org Webinar

EatFresh.org for Food Bank Distribution Agencies
Thursday, May 14th 1:00 – 2:00PM
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