ASI Food Pantry's Recipe Book
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The ASI Food Pantry exists to provide food & basic necessities to Sac State students with financial hardships and food insecurity, at no cost. In addition to helping alleviate hunger within our student community, the ASI Food Pantry aims to decrease the impact that food insecurities have on the academic success of our students.
Map to the ASI Food Pantry!

Santa Clara Hall & Riverside Hall

ASI Food Pantry
University Union

Ernest Science Center

Hornet Bookstore

Parking Structure II

State University Drive

Map Legend:
- Road
- Pedestrian Walkway
- Path to ASI Food Pantry
- 30 Min Parking Location

*Entrance to the ASI Food Pantry is located on the side of the University Union opposite to Santa Clara Hall.
Here at the food pantry we advocate sustainability. By bringing your own bag each visit, you help conserve resources & reduce waste to help the environment!
**TIPS & TRICKS FOR KEEPING YOUR FOOD FRESH!**

- USDA recommends using insulated lunch boxes to help keep food fresh and protect yourself from foodborne illnesses.
- Perishable lunch food (food that must be refrigerated) like deli meats, cheese, milk & yogurt should never sit at room temperature for more than 2 hours, or more than 1 hour if the air temperature is above 90° F.
- Consider using an icepack when you know you won’t have access to a fridge/freezer for a few hours!

**MICROWAVES AVAILABLE ON CAMPUS:**
- The Riverfront Center
- University Union
Date Labeling on Food

Manufacturers provide dating to suggest to consumers and retailers when the food is of peak quality. Except for infant formula & medicine, the dates are not an indicator of the product’s safety and are not required by Federal law. This has lead to misconceptions and an enormous amount of prematurely discarded food. Food banks will often receive donations of food products past the date label, in efforts to decrease food waste and provide safe food for individuals in need in their community. As a partner agency of the Sacramento Food Bank, you may find food products at the ASI Food Pantry with food date labels that have passed, but rest assured that we sort and refer to a verified manual before distributing the goods.

"Best if Used By/Before" date:
- Suggests when a product may be of best flavor or quality. It is not a safety date.

"Sell-By" date:
- Tells the store how long to display the product for sale for inventory management. It is not a safety date.

"Use-By" date:
- The last date suggested for the use of the product while at peak quality. It is not a safety date except when used on infant formula & medicine.
BREAKFAST, LUNCH, OR ANYTIME
Making breakfast as a student when rushing or having no ideas for a quick & filling breakfasts sometimes leads to just skipping it. Breakfast is crucial for that kickstart and to be more focused & ready to take on the day! We came up with a few breakfast ideas that are nourishing, simple, and not time consuming!
EASY OAT FLOUR BANANA PANCAKES

INGREDIENTS:
- 3 cups of oats
- 2 cups milk of choice
- 2 ripe bananas
- Butter or oil of choice

Optional Ingredients
- 1 tsp baking powder, for fluffier pancakes
- 1/8 tsp. salt, 1/4 tsp. cinnamon
- 1/4 tsp. vanilla extract
- Chopped nuts or chocolate chips
- Maple syrup, honey, jam, powdered sugar
- Fresh fruit, nut butter or choice

INSTRUCTIONS:
1. Blend up oats into flour in a blender
2. Add in bananas and milk & blend with optional baking powder
3. Stir in optional ingredients
4. Heat a pan on medium high with oil or butter and add batter, cook until bubbles form (2-3 min), then flip and cook an additional 2-3 minutes
5. Top with syrup, nut butter of choice, fruit and or any topping of choice!
OVERNIGHT APPLE & CINNAMON OATS

INGREDIENTS:

• 1/2 cup of oats
• 1/4 cup plain, nonfat yogurt
• 1/2 cup of milk of your choice
• 1/2 cup apple, chopped
• 1/8 tsp ground cinnamon
• 1 tsp honey
• 1 tsp chia

INSTRUCTIONS:

1. Add oats to a container of choice & pour in milk & low-fat yogurt.
2. Add layer of chopped apples, top off w/ cinnamon, drizzle of honey, & chia seeds.
3. Place in fridge & enjoy in the morning! Let oats steep for at least 8 hours in a refrigerator 40° F or colder.
(Best to eat within 24 hours!)
AVOCADO TOAST WITH EGG

INGREDIENTS:
- 1 slice whole grain bread, toasted (1.5 oz)
- Mashed, 1/4 small haas avocado
- Butter or oil of choice
- 1 large egg
- Kosher salt, black pepper, red pepper to taste
- Hot sauce, optional

INSTRUCTIONS:
1. Mash the avocado in a small bowl and season with salt and pepper.
2. Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.
3. Place mashed avocado over toast, top with egg, salt, pepper, red pepper or hot sauce if desired!

AVOCADO TOAST VARIATIONS
- Not a fan of eggs? Leave them out!
- Add salmon for protein!
- Add lemon to avocado mix for extra flavor
- Add red onion on top for extreme yumminess!
LUNCH RECIPES

Making your own lunch can always feel rewarding when wanting to save, budget or even eat more nutrient dense foods! We came up with some fun lunch recipes with staple foods that can usually be found at the food pantry!
CHICKPEA SALAD SANDWICH

INGREDIENTS:

- 1 3/4 cups of cooked chickpea (canned works!)
- 1/4 chopped red onion
- 1/2 cup chopped celery
- 1 Tbsp mayo of choice
- 1 tsp mustard of choice
- Juice of 1 lemon
- 1/2 tsp of salt/pepper
- Ripe avocado
- Leafy green of your choice
- Bread of your choice. Toasted

INSTURCTIONS:

1. Rinse & drain chickpeas. Remove outer skins (optional)
2. In bowl, using a fork or potato masher smash chickpeas & avocado together. Then stir in all ingredients.
3. Add salt & pepper, to taste.
4. Spread salad on bread and top with your favorite sandwich toppings such as spinach, lettuce or sprouts.

Chickpeas are also called garbanzo beans or Bengal gram. They are high in fiber and protein and are a good source of iron, phosphorus, and folic acid.
HEARTY VEGGIE SOUP

INGREDIENTS:

- 1 Stick Butter
- 1/2 Cup All-Purpose Flour
- 1 Qt Chicken Stock
- 1 Tsp Salt
- 1 Lb Chicken Breast Cubed
- 1 Onion Diced
- 1 Cup Potatoes Diced
- 6 Cups Water
- 1 Cup Carrots Diced
- 1 Cup Celery Diced
- 1 Can Black Eyed Peas
- 1 Can Whole Tomatoes
- Fresh Parsley Flakes

INSTRUCTIONS:

1. In large saucepan melt 1 stick of butter. Add flour & chicken stock, whisk until smooth.
2. Add chicken, potatoes & onion in a saucepan & cook until chicken is no longer pink.
3. Add water, carrots, celery and black eyed peas. Cook for 20 min.
4. Cook until vegetables are tender.
5. Garnish with fresh parsley flakes.
RICE & BEAN BURRITO BOWL

INGREDIENTS :

- 1 avocado (or 1/4– 1/2 an avocado per bowl)
- 2 cup cooked brown rice (or about 1/2 cup per bowl)
- 1 19 oz. caned beans of choice, drained and rinsed (or about 1/2 cup per bowl)
- 2 cup corn (or 1/2 cup per bowl)
- 1 bunch romaine lettuce (or about 2 cup shredded per bowl)
- 1 cup salsa (or about 1/4 cup per bowl)

INSTRUCTIONS :

1. Prepare 4 bowls or containers.
2. Divide the ingredients between 4 servings.
3. Enjoy right away as is or top with fresh cilantro and a squeeze of lime.
As hornets, we know it's not always easy being a student, that is why you must treat yourself! Please enjoy some of our favorite sweet snacks that are not only super yummy, but also protein packed!
PB GRANOLA APPLE RINGS

INGREDIENTS:

- 1 cup granola
- 1/4 cup peanut butter
- 1 Tbsp. honey
- 2 red or green apples, cored & cut into 6 rings

INSTRUCTIONS:

1. Place 1 cup of the granola mixture in a small dish.
2. Combine peanut butter & honey in a small bowl, stirring until smooth.
3. Spread mixture evenly on 1 side of each apple slice. Sprinkle evenly with granola. Enjoy!
APPLE PIE OATMEAL

INGREDIENTS:
- 1 cup milk
- 3 large eggs
- 2 cups chopped apples
- 1 cup quick-cooking oats
- 1/2 cup all-purpose flour
- 1/3 cup packed brown sugar
- 2 teaspoons baking powder
- 1-1/2 teaspoons cinnamon
- 1/4 teaspoon salt

INSTRUCTIONS:
1. In a bowl, whisk oats, flour, brown sugar, baking powder, pie spice & salt.
2. In another bowl, whisk eggs, 1 cup milk & vanilla until blended. Add to oat mixture, stirring just until moistened. Mix in apples.
3. Transfer to a greased 3-qt. slow cooker. Cook, covered, on low until apples are tender and top is set, 4-5 hours.
4. Stir in remaining milk. Serve warm or cold, with ice cream if desired.
CEREAL BARS

INGREDIENTS:

- 2 cups dry cereal of your choice
- 6 tablespoon almond or peanut butter
- 6 tablespoon maple syrup or agave nectar or sweetening syrup of your choice

INSTRUCTIONS:

1. Line a baking tray with baking paper and set aside.
2. In a large mixing bowl, add your dry cereal and set aside.
3. Stovetop or in the microwave, melt your nut butter with your sticky sweetener and then pour the mixture into the crispy rice cereal and mix well.
4. Pour mixture into the lined baking tray and press firmly into place. Refrigerate for at least 30 minutes to firm up.
5. Slice bars into desirable shapes & enjoy!
JOIN SWIPE OUT HUNGER

WHAT IS SWIPE OUT HUNGER?

1. Hosting meals swipe drives & food drives in the community.
2. Student led initiatives promoting available food resources to our peers.
3. Utilizing every platform that we have to get students the food they need.
4. Spreading facts & reality about food insecurity.

USE THE LINK BELOW OR SCAN THE QR CODE.

SIGN UP NOW AT HTTPS://LINKTR.EE/CSUSSWIPEOUTHUNGER

SOMETHING TO BE HOPEFUL ABOUT

Professional Development
Apply for a board position to add to your résumé.

Phanthropy
Give your time & energy to those who have none.

Community
Create long lasting friendships with like-minded peers.

OUR IMPACT

- 63% of students feel less stress and anxiety about where they get their next meal.
- 65% of students are able to eat more regularly.
- 61% of students feel that their college is more supportive of students like them.

HOSTING MEALS SWIPE DRIVES & FOOD DRIVES IN THE COMMUNITY.

STUDENT LED INITIATIVES PROMOTING AVAILABLE FOOD RESOURCES TO OUR PEERS.

UTILIZING EVERY PLATFORM THAT WE HAVE TO GET STUDENTS THE FOOD THEY NEED.

SPREADING FACTS & REALITY ABOUT FOOD INSECURITY.