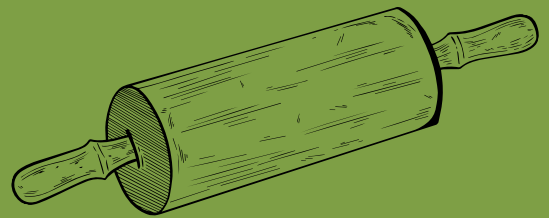


# ASI Food Pantry's Recipe Book

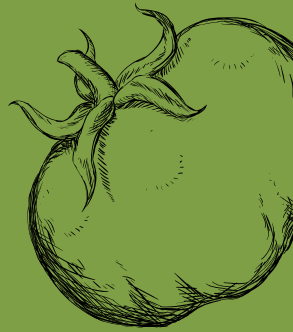
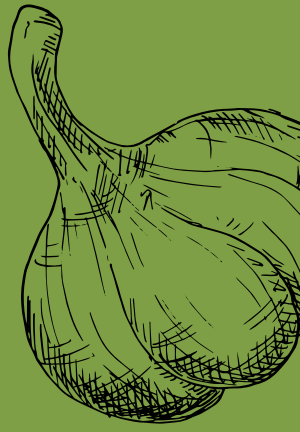


 asi  
foodpantry

ASSOCIATED STUDENTS, INC. | SACRAMENTO STATE

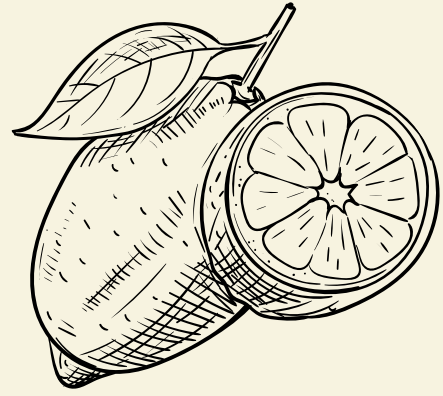
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**ABOUT**

# **ASI FOOD PANTRY**



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.

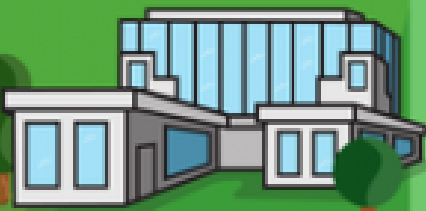


**LEARN MORE:  
[ASI.CSUS.EDU/ASI-FOOD-PANTRY](http://ASI.CSUS.EDU/ASI-FOOD-PANTRY)**

# MAP TO THE ASI FOOD PANTRY!



Santa Clara Hall & Riverside Hall



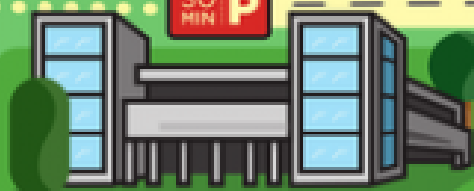
University Union



Ernest Science Center







Hornet Bookstore



Parking Structure II

STATE UNIVERSITY DRIVE

## Map Legend

-  Road
-  Pedestrian Walkway
-  Path to ASI Food Pantry
-  Free 30 Minute Parking Location

\*Entrance to the ASI Food Pantry is located on the side of the University Union opposite to Santa Clara Hall.

# ***BRING YOUR OWN BAG***



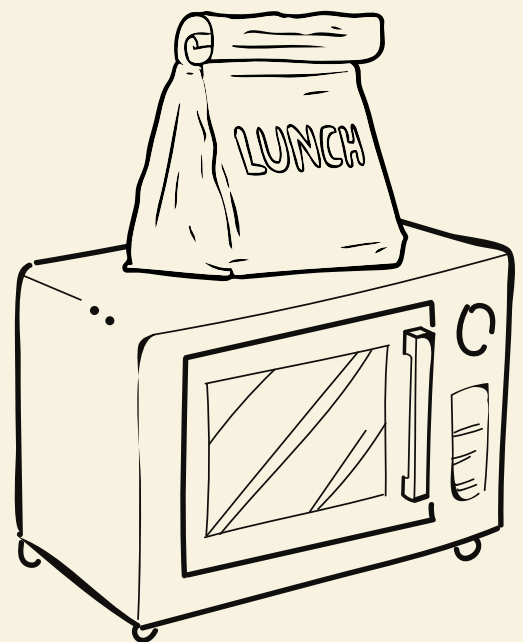
Here at the food pantry we advocate sustainability. By bringing your own bag each visit, you help conserve resources & reduce waste to help the environment!

# ***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 led 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.

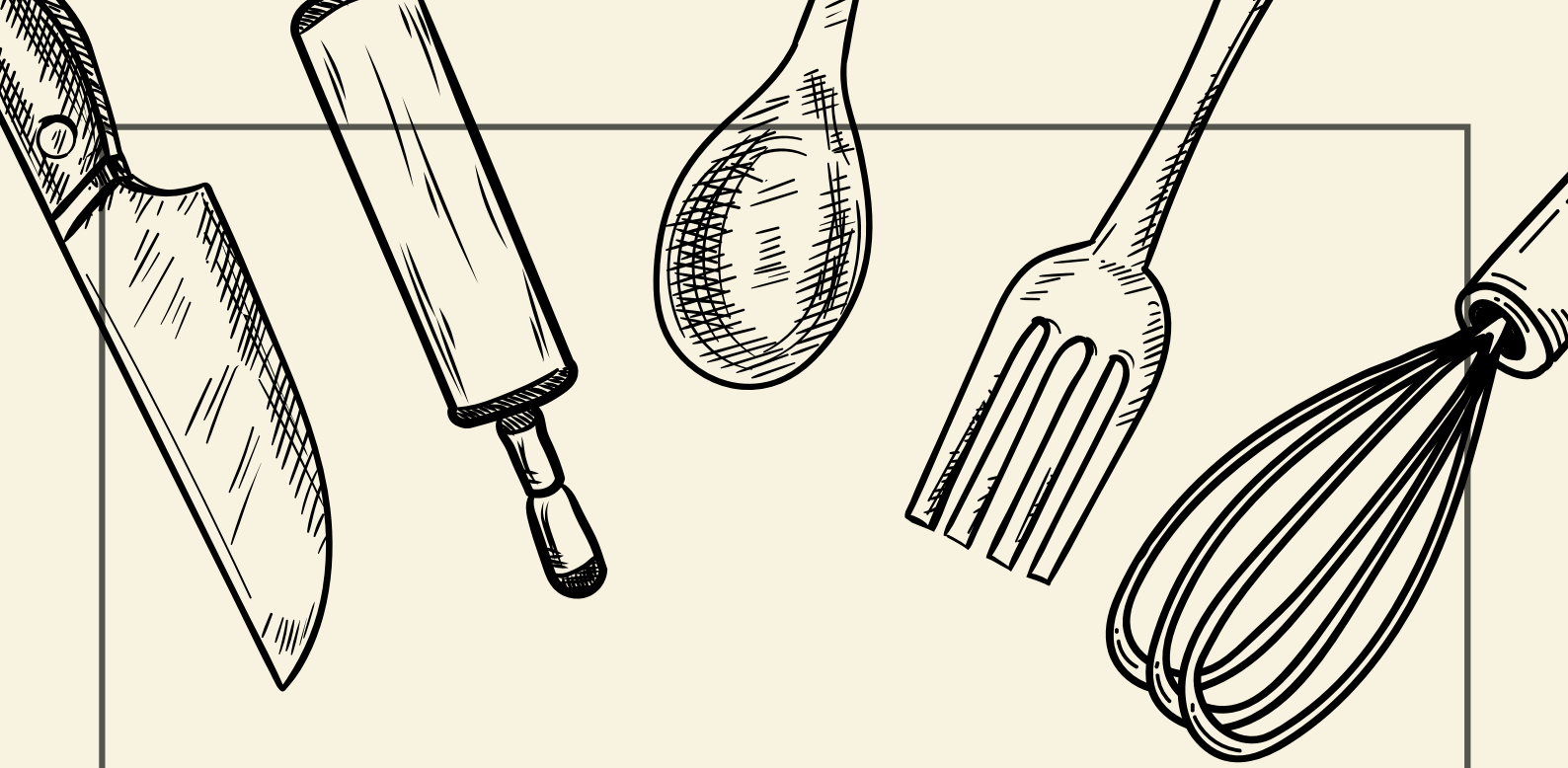
## **"Sell-By" date:**

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

## **"Use-By" date:**

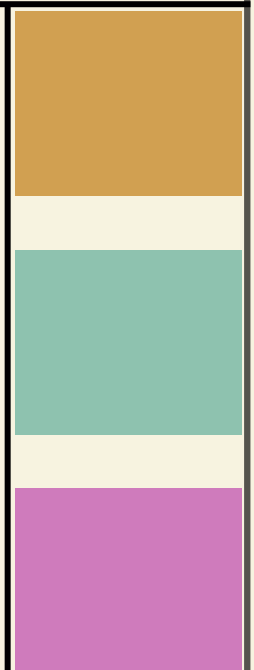
- The last date suggested for the use of the product while at peak quality. It is not a safety date *except* when used on infant formula & medicine.



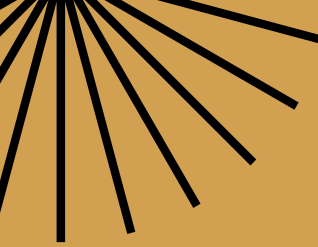


# RECIPES

***BREAKFAST, LUNCH, OR ANYTIME***



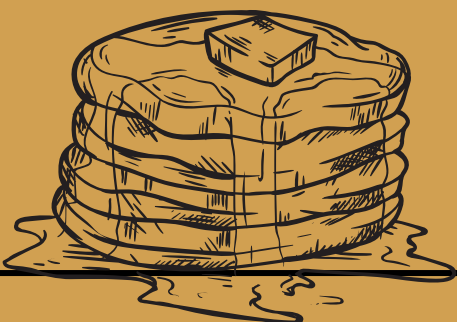




# ***BREAKFAST RECIPES***



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*

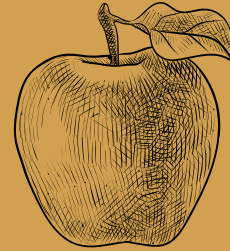
- 1 tsp *baking powder*, for fluffier pancakes
- 1/8 tsp. salt, 1/4 tsp. cinnamon
- 1/4 tsp. vanilla extract
- Chopped nuts or chocolate chips
- Maple syrup, honey, jam, powdered sugar
- **Fresh fruit, nut butter** or choice



## 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 :

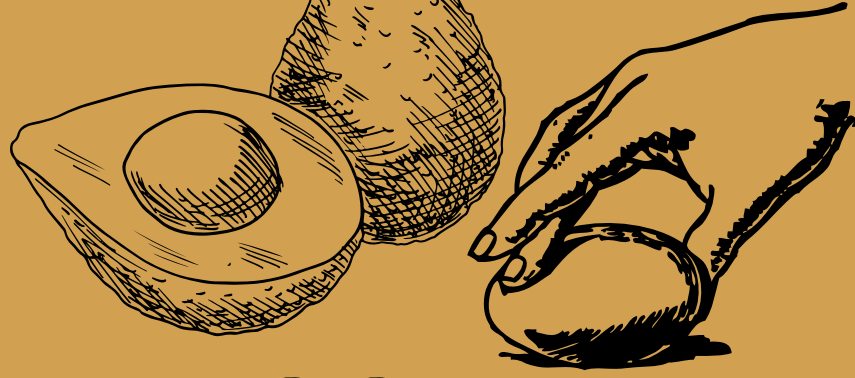
- 1/2 cup of **oats**
- 1/4 cup plain, nonfat yogurt
- 1/2 cup of **milk** of your choice
- 1/2 cup apple, chopped
- 1/8 tsp ground cinnamon
- 1 tsp honey
- 1 tsp chia



## 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!

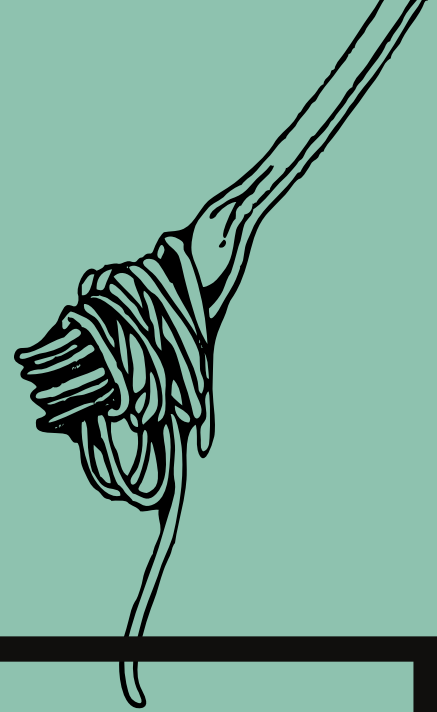


### AVOCADO TOAST VARIATIONS

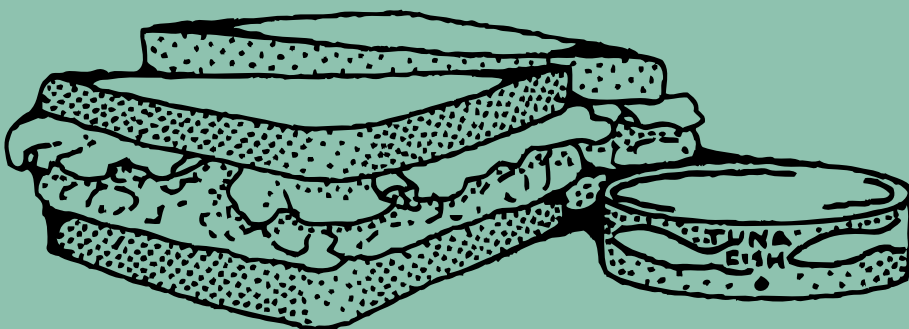
- Not a fan of eggs? Leave them out!
- Add salmon for protein!
- Add lemon to avocado mix for extra flavor
- Add red onion on top for extreme yumminess!



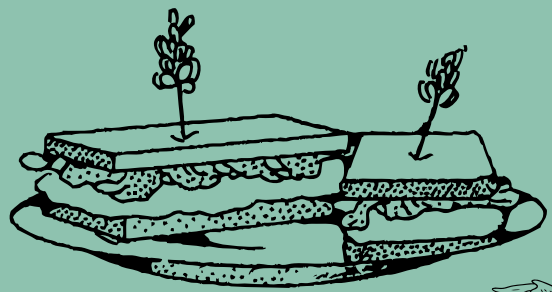
# ***LUNCH RECIPES***



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 Tbps 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

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.



## INSTRUCTIONS :

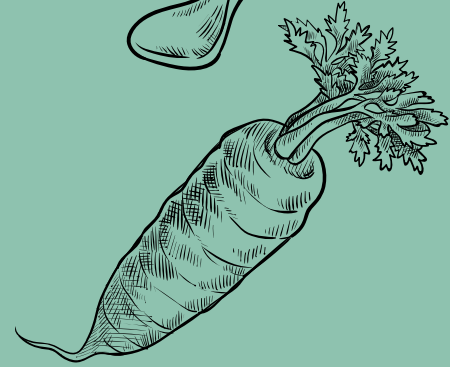
1. Rinse & drain chickpeas. Remove outer skins (optional)
2. In bowl, using a fork or potato masher smash chickpeas & avocado together. Then stir in all ingredients.
3. Add salt & pepper, to taste.
4. Spread salad on bread and top with your favorite sandwich toppings such as spinach, lettuce or sprouts.

# HEARTY VEGGIE SOUP



## INGREDIENTS :

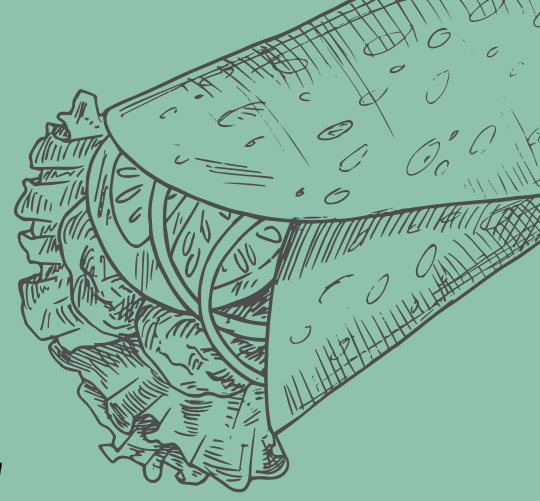
- 1 Stick Butter
- 1/2 Cup All-Purpose Flour
- 1 Qt Chicken Stock
- 1 Tsp Salt
- 1 Lb Chicken Breast Cubed
- 1 Onion Diced
- 1 Cup Potatoes Diced
- 6 Cups Water
- 1 Cup Carrots Diced
- 1 Cup Celery Diced
- 1 Can Black Eyed Peas
- 1 Can Whole Tomatoes
- Fresh Parsley Flakes



## 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.

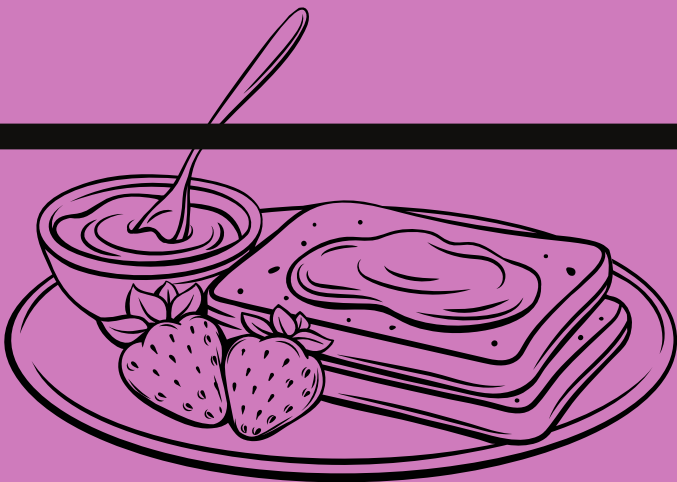




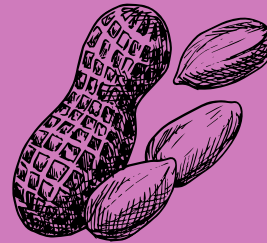
# ***SWEET TREAT RECIPES***



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.

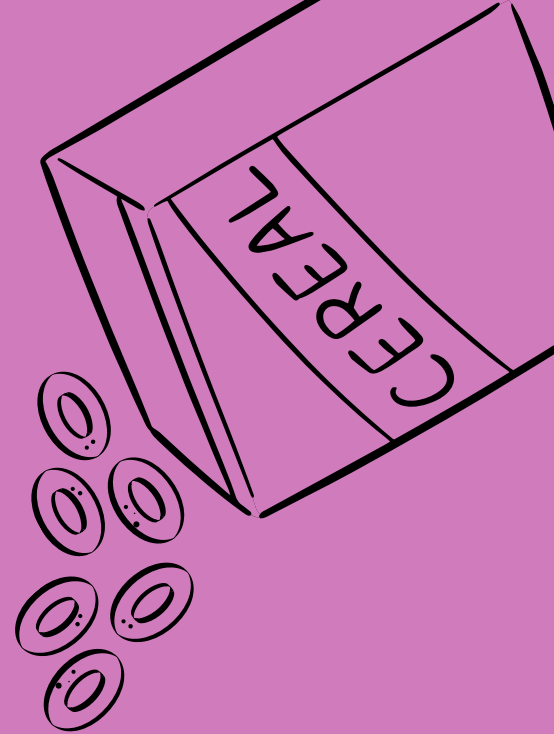
# CEREAL BARS

## 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



# SWIPE OUT HUNGER

## WHAT IS SWIPE OUT HUNGER?

USE THE LINK BELOW  
OR SCAN THE QR CODE



- 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

 SUSTAINABLE

 STUDENT-CENTRIC

 INNOVATIVE

 DESTIGMATIZING

## SOMETHING TO BE HOPEFUL ABOUT



Professional Development

Apply for a board position to add to your résumé



Philanthropy

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

SIGN UP NOW AT  
[HTTPS://LINKTR.EE/CSUSSWIPEOUTHUNGER](https://linktr.ee/csusswipeouthunger)