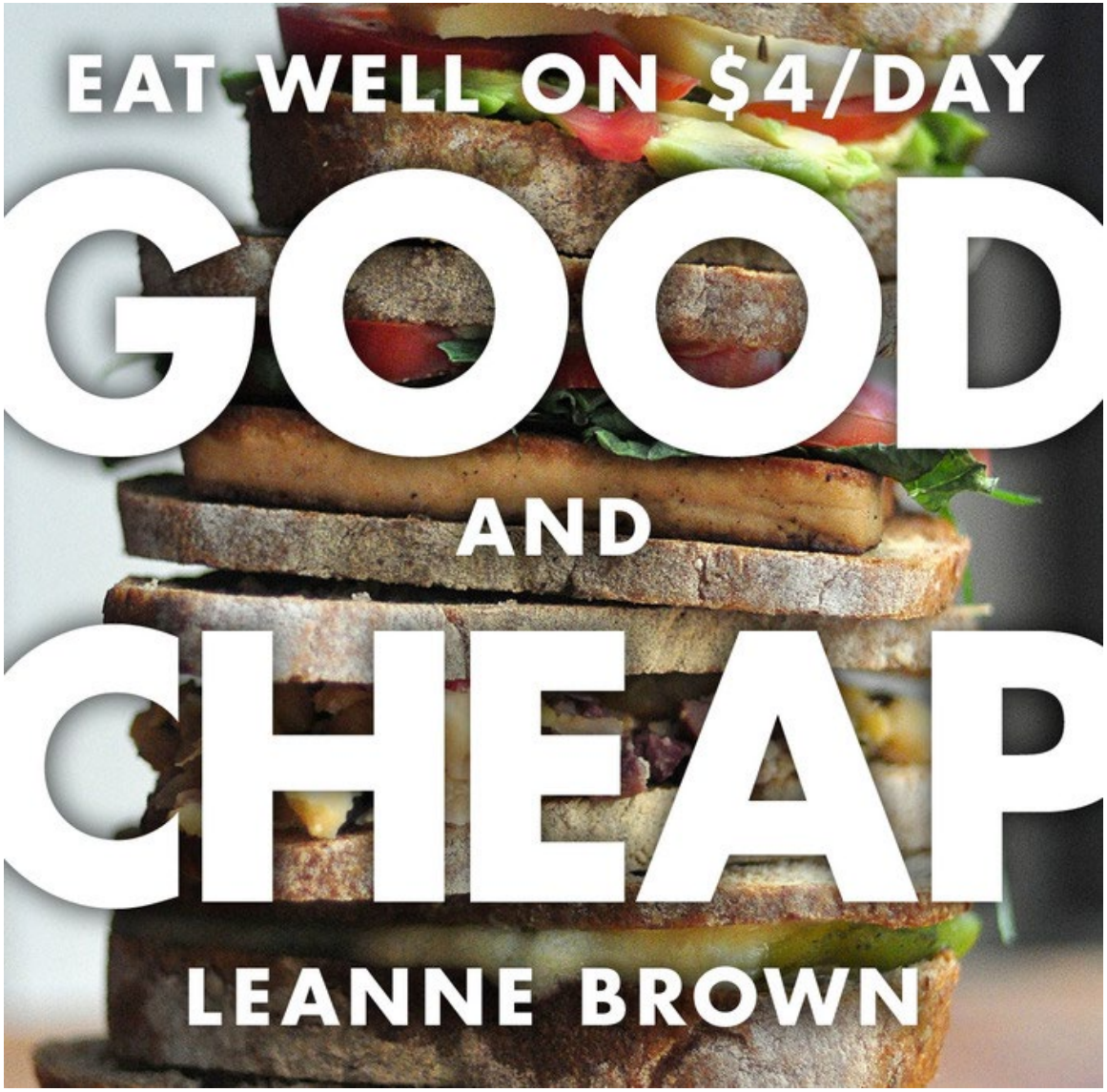

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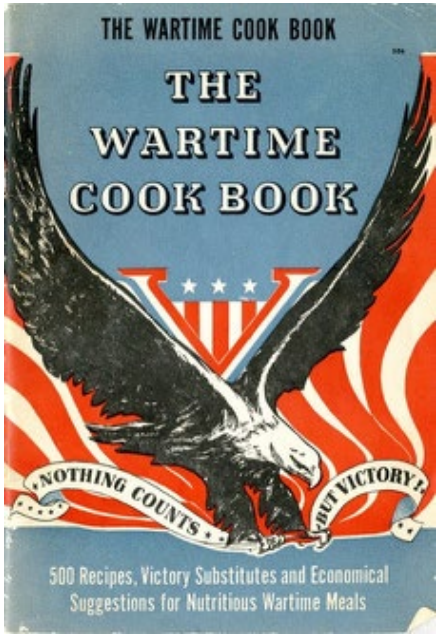
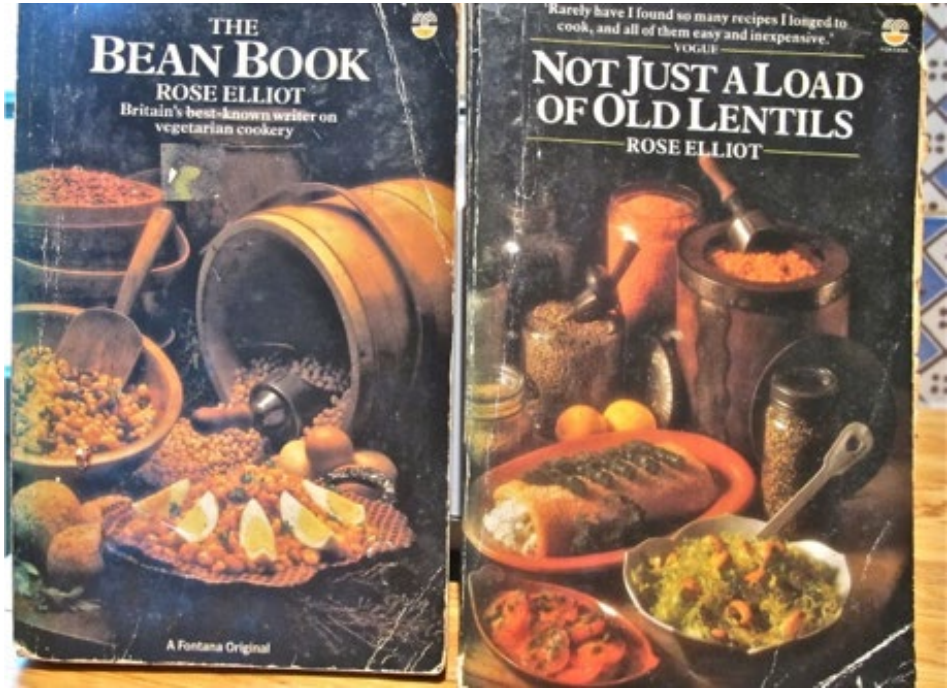

THE WARTIME COOK BOOK
THE WARTIME COOK BOOK
NOTHING COUNTS BUT VICTORY!
500 Recipes, Victory Substitutes and Economical Suggestions for Nutritious Wartime Meals


Eat More, Weigh Less?
How to manage your weight without being hungry
607 calories
393 calories


THE BEAN BOOK
ROSE ELLIOT
Britain's best-known writer on vegetarian cookery
A Fontana Original
'Rarely have I found so many recipes I longed to cook, and all of them easy and inexpensive.'
VOGUE
NOT JUST A LOAD OF OLD LENTILS
ROSE ELLIOT


FOR BETTER
FOR BEST

$6 TOTAL
$1.50 / SERVING


$2.80 TOTAL
$0.70 / SERVING

The Problem

41 MILLION AMERICANS ON FOOD STAMPS

ENTIRE POPULATION OF CANADA: 35 MILLION

Confronting our own prejudice

How does our experience and assumptions affect how we approach solutions?

The corrosive power of Shame

Shame keeps hunger hidden

Beliefs/myths vs Reality

people experiencing poverty are not a monolith

Awareness

The challenges of eating on a budget

- You may live in an area where fresh food access is limited.
- You may work long hours and be short on time
- You may be sick or looking after someone who is sick
- You may be dealing with high stress and/or mental health issues
- You may not have stable housing or a place to store food and cook

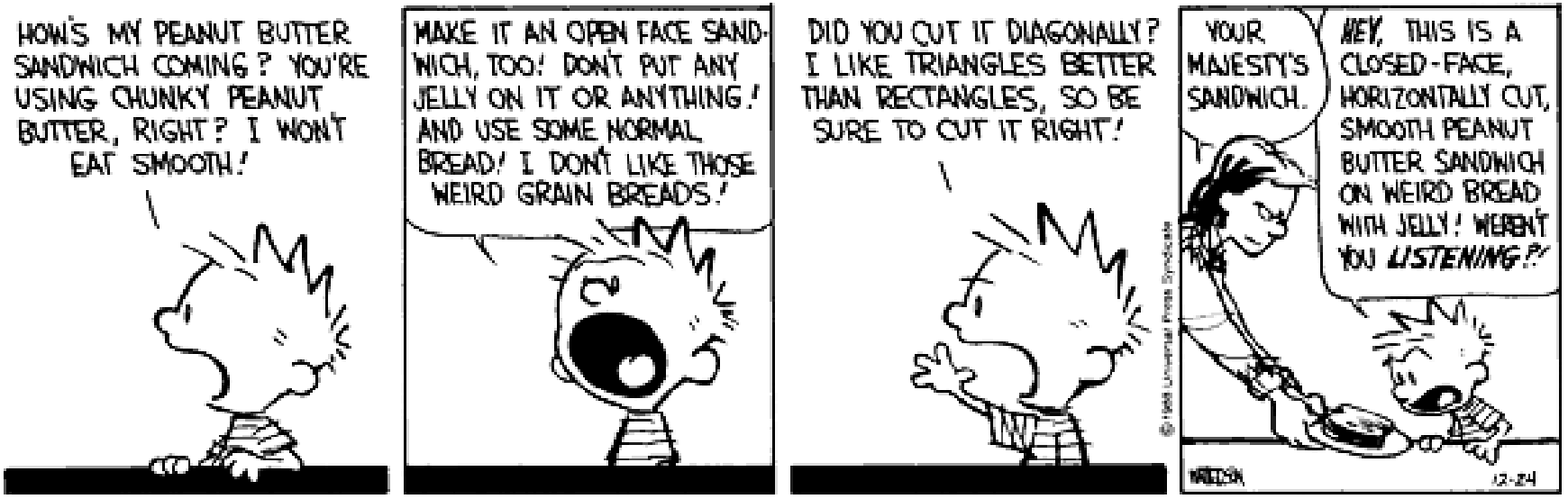
Eating Healthy AND on a Budget

- The healthiest foods seem the most expensive
- You might not like a lot of healthy foods
- It's harder to store fresh food and you are afraid of waste
- The healthy foods you can afford require cooking
- You might have particular health issues that limit options further

Common Fears

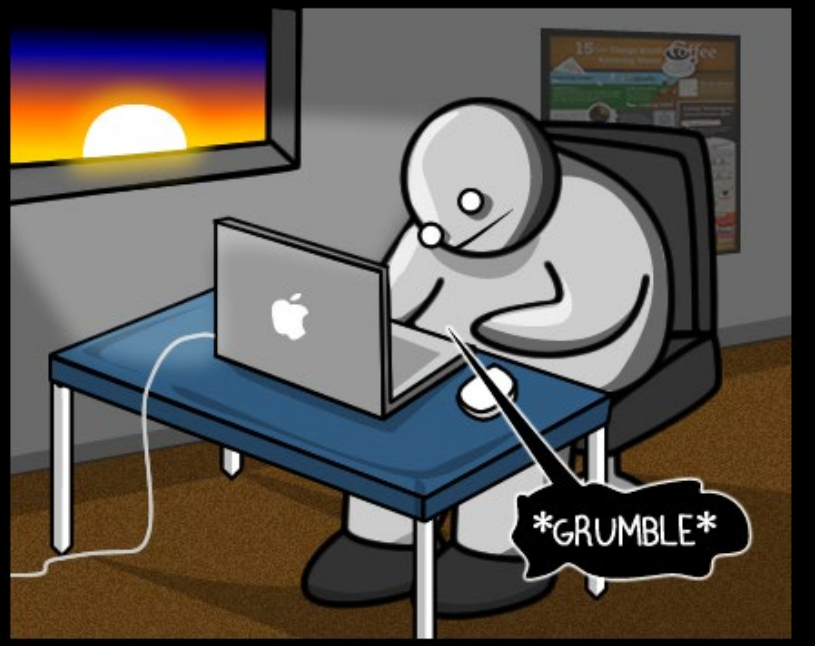
1. I worry that when I cook at home it has to be perfectly healthy or I am failing. It's not okay to just cook something I like.
2. I like cooking, but I am sick of coming home after work and having my husband and kids say 'what's for dinner?' When it's always my responsibility to do everything, it's too much pressure and it feels unfair.
3. Because I can't afford to eat out or to buy some of the ingredients I like, I MUST cook, and that makes it feel like pure drudgery.
4. I am too tired so much of the time. Shopping, planning, and deciding is too much to coordinate.

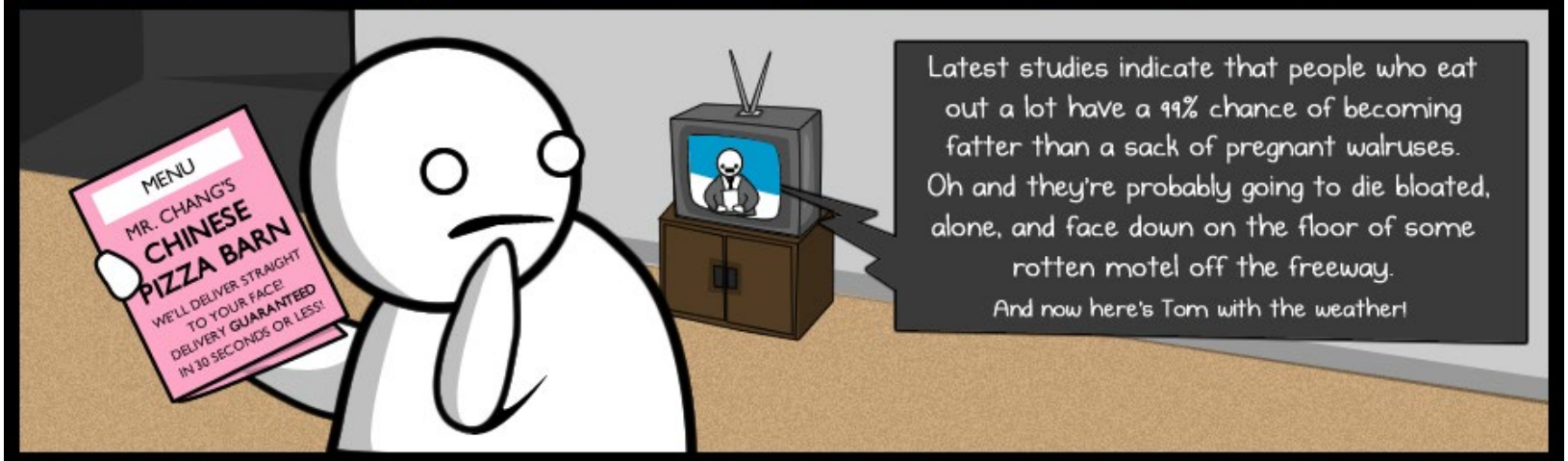
The struggle is real

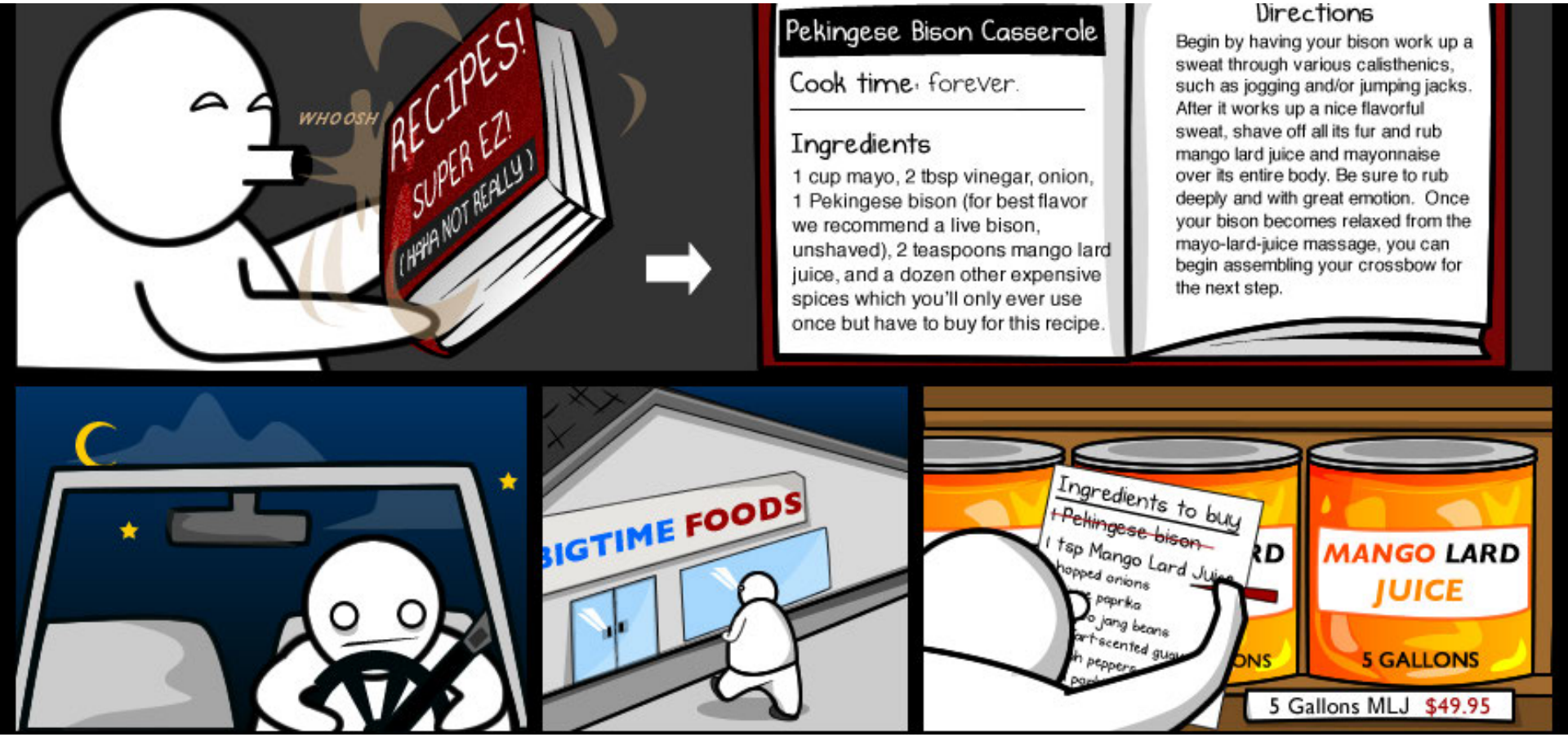


Why I don't cook at home

The Oatmeal http://theoatmeal.com

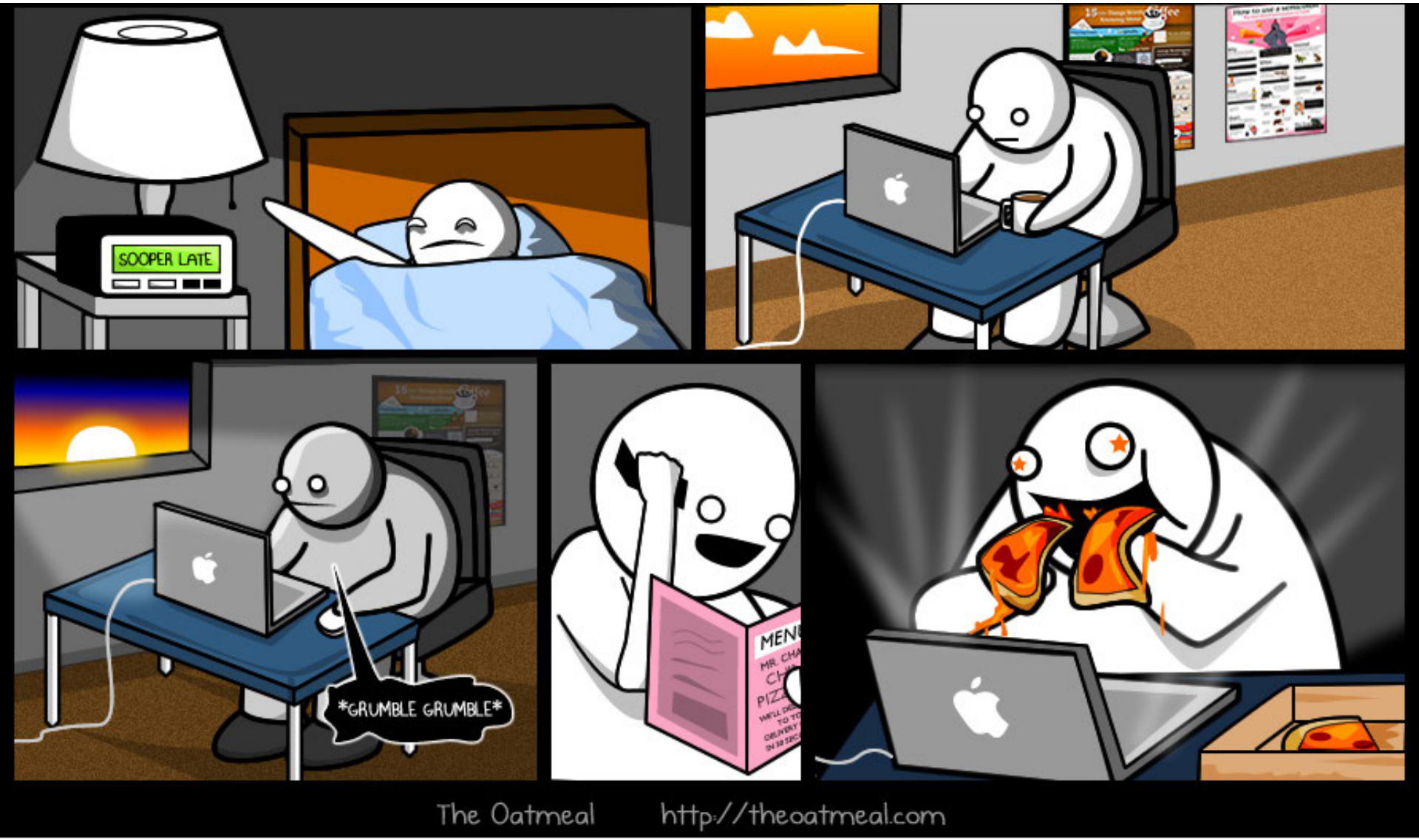





WHOOSH
RECIPES!
SUPER EZ!
(HAHA NOT REALLY)
Pekingese Bison Casserole
Cook time: forever.
Ingredients
1 cup mayo, 2 tbsp vinegar, onion, 1 Pekingese bison (for best flavor we recommend a live bison, unshaved), 2 teaspoons mango lard juice, and a dozen other expensive spices which you'll only ever use once but have to buy for this recipe.
Directions
Begin by having your bison work up a sweat through various calisthenics, such as jogging and/or jumping jacks. After it works up a nice flavorful sweat, shave off all its fur and rub mango lard juice and mayonnaise over its entire body. Be sure to rub deeply and with great emotion. Once your bison becomes relaxed from the mayo-lard-juice massage, you can begin assembling your crossbow for the next step.
BIGTIME FOODS
Ingredients to buy
1 Pekingese bison
1 tsp Mango Lard Juice
MANGO LARD JUICE
5 GALLONS
5 Gallons MLJ $49.95

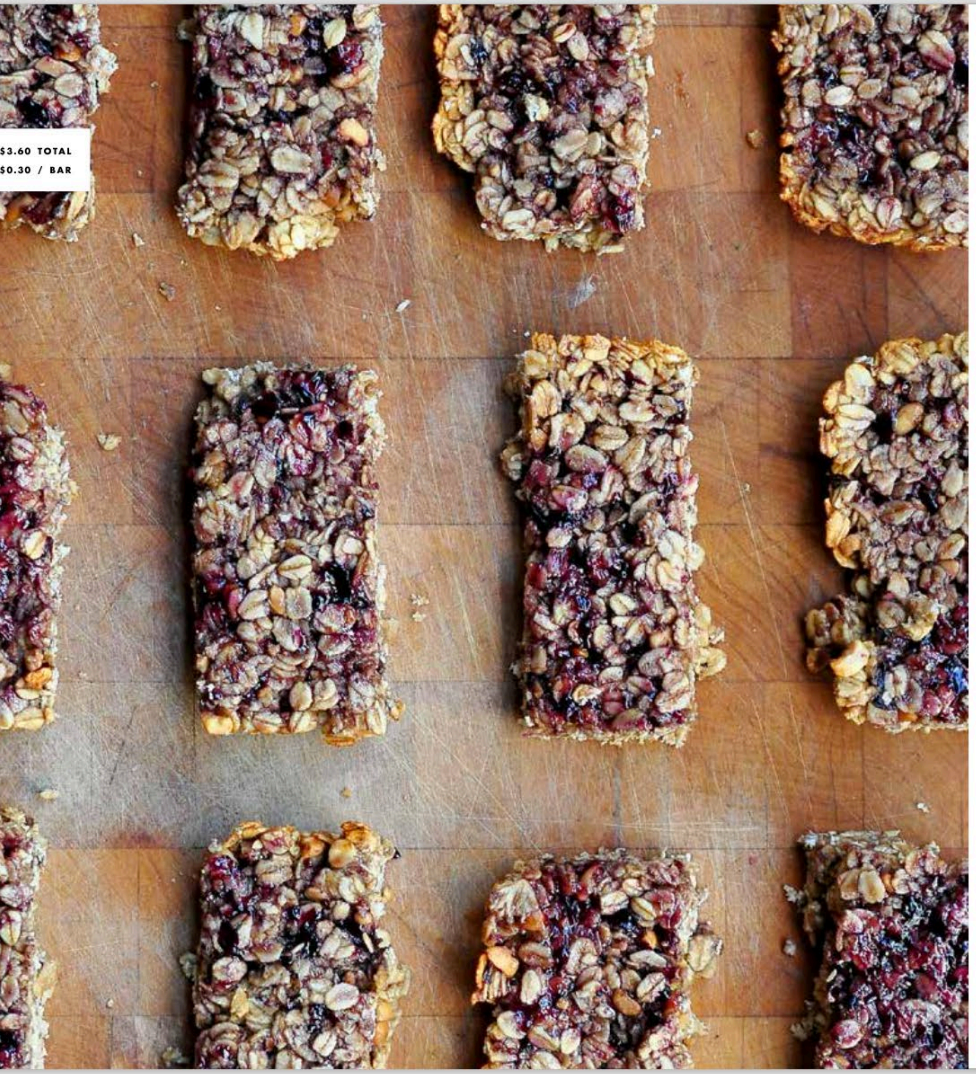

$624.95
MANGO
JUI
Later ...


crunch
munch
crunch
sigh...
clink clink scrape
bison leftovers
more leftovers
even more!
you're gonna be eating this for a year
bison
4 ever


SOOPER LATE
GRUMBLE GRUMBLE
The Oatmeal
http://theoatmeal.com

Positioning

- Photos
- Pleasure, celebration and joy
- Practical: supermarket strategies and groceries for the pantry (beginning of book)
- Set up for success
- Compassion and listening
- Shame reduction!



Peanut Butter and Jelly Granola Bars

MAKES TWELVE

Tired of endless PB+J sandwiches? Give these bars a try instead! I designed them for my friend Alex, who is allergic to gluten and is the best long-distance runner I know. I wanted to create a simple but nutritious breakfast that he could grab on his way out for a run. They are a little more crumbly than a store-bought granola bar, however.

As a bonus, these are made entirely from ingredients that you can find in any corner store or food pantry. Any kind of jam or jelly will do; I used blueberry, but grape or strawberry or any other flavor would be tasty.

3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies)
½ cup peanut butter
½ cup jelly or jam
¼ cup hot water
¼ tsp salt
butter or vegetable oil

ADDITIONS
nuts
coconut
dried fruit
honey

Heat the oven to 350 °F.

Butter or oil an 8" x 11" baking pan. If you have a different size pan, that's fine—it'll just change how thick the bars are.

Pour the oats into a large bowl. You can use quick oats if they're all you have, but I prefer the bite and chew of rolled oats. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies, but the bars are great either way.

Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth.

Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.

Pop the pan into the oven for 25 minutes, until it's toasty and brown around the edges. Mmm. Crunchy.

Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

IDEAS

Popcorn!

Popcorn is such a great snack. It's easy to forget how easy and cheap it is to prepare at home. Try some different toppings! I've suggested a few on the opposite page.

⅓ cup popcorn
2 tbsp vegetable oil
2 tbsp butter, melted
salt

Place a large pot with a tight-fitting lid on the stove. Pour in the vegetable oil, then the popcorn kernels. Put the lid on and turn the heat to medium.

Using pot holders or oven mitts, occasionally shake the pot from side to side to make sure the kernels are evenly distributed in the oil. Once the popcorn begins to pop, turn the heat down to medium-low and gently shake again.

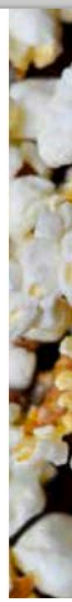
Once the popping slows down to 5 to 10 seconds between pops, turn the heat off. Wait until you're sure the corn has stopped popping and remove the lid.

Move the popcorn to a bowl and pour butter, salt, and other spices or toppings over top. Gently toss to coat it evenly.

This recipe makes about 10 to 12 cups of popped popcorn—enough for four people. Eat it while it's hot!

SCALLION AND CILANTRO

TURMERIC AND CORIANDER

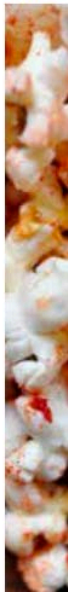


SPICE O

CAYENNE AND
SMOKED PAPRIKA

BROWN SUGAR
AND ORANGE ZEST

CHILI P



Chana Masala

FOR TWO

This is a staple in my home, and for many friends as well. If you don't have cooked chickpeas around, you can use canned, but it will add about $1 to the cost.

½ tbsp ghee or ½ tbsp butter and a splash of olive oil
1 tsp cumin seeds
½ cup onion, diced
1 tsp garlic, finely chopped
1 tsp ginger, grated
½ jalapeño, finely diced
3 tsp coriander powder
1 tsp turmeric
¼ tsp cayenne powder
½ tsp garam masala powder
1 tsp smoked paprika
½ tsp salt
1 cup canned, puréed tomatoes
2½ cups cooked chickpeas, drained
½ cup water

GARNISH
cilantro
yogurt

Measure out all the spices except the cumin seeds and put them in a small bowl.

Let the ghee (clarified butter) melt in a small saucepan over medium-low heat. (Ghee is the traditional Indian choice, but you can substitute butter and a splash of olive oil if you can't find ghee.) Once the ghee begins to sizzle, add the cumin seeds and stir for about 5 seconds. Add the onion and sauté for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeño and cook for 1 more minute. Add the spices and then the puréed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.

Once the tomato has reduced and the ghee starts to separate from the sauce, add the chickpeas and water. Mix, then bring it to a boil before reducing to a simmer. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce. Garnish with yogurt and cilantro. For a full meal, serve over rice or with rotis.

2635

Can you eat well on food stamps? An NYU grad student looked into the issue for her thesis and has released a (free) cookbook for those trying to live on $4/day. (x-post from /r/Food) (leannebrown.ca)

submitted 12 days ago by WindsorNot

552 comments share

top 200 comments show 500

sorted by: old

[–] **Nessunolosa** 79 points 11 days ago

And for those in the UK, check out Jack Monroe. She's making cookbooks based on her experience feeding two people nutritiously on less than £10 a week. I'm not quite there, but the recipes are great.

permalink

load more comments (21 replies)

[–] **b0ltzmann138e-23** 429 points 11 days ago

I love that she provides the PDF for free - and not actually try to make a profit off poor people.

permalink

[–] **UCanDoEat** 108 points 11 days ago

Just glimpsed through those 2 PDFs, they're really high quality, too! I feel bad saving it into my laptop and not being able to actually buy one.

permalink parent

[–] **betterworldbiker** 17 points 11 days ago

Yeah, these are really awesome. I will definitely be using some of these recipes. Cheap, simple, easy. I love it.

permalink parent

load more comments (6 replies)

[+] *jmottram08 comment score below threshold* (6 children)

Frugal

Frugality is the mental approach we each take when considering our resource allocations. It includes time, money, convenience, and many other factors. The purpose of r/frugal is to share what we have each learned. Let's all work together to keep r/frugal on-topic, friendly, honest and helpful.

KICKSTARTER

Good and Cheap: Eat Well on $4/Day (the PDF is free!)

by **Leanne Brown**

5,636
backers

$144,681
pledged of $10,000 goal

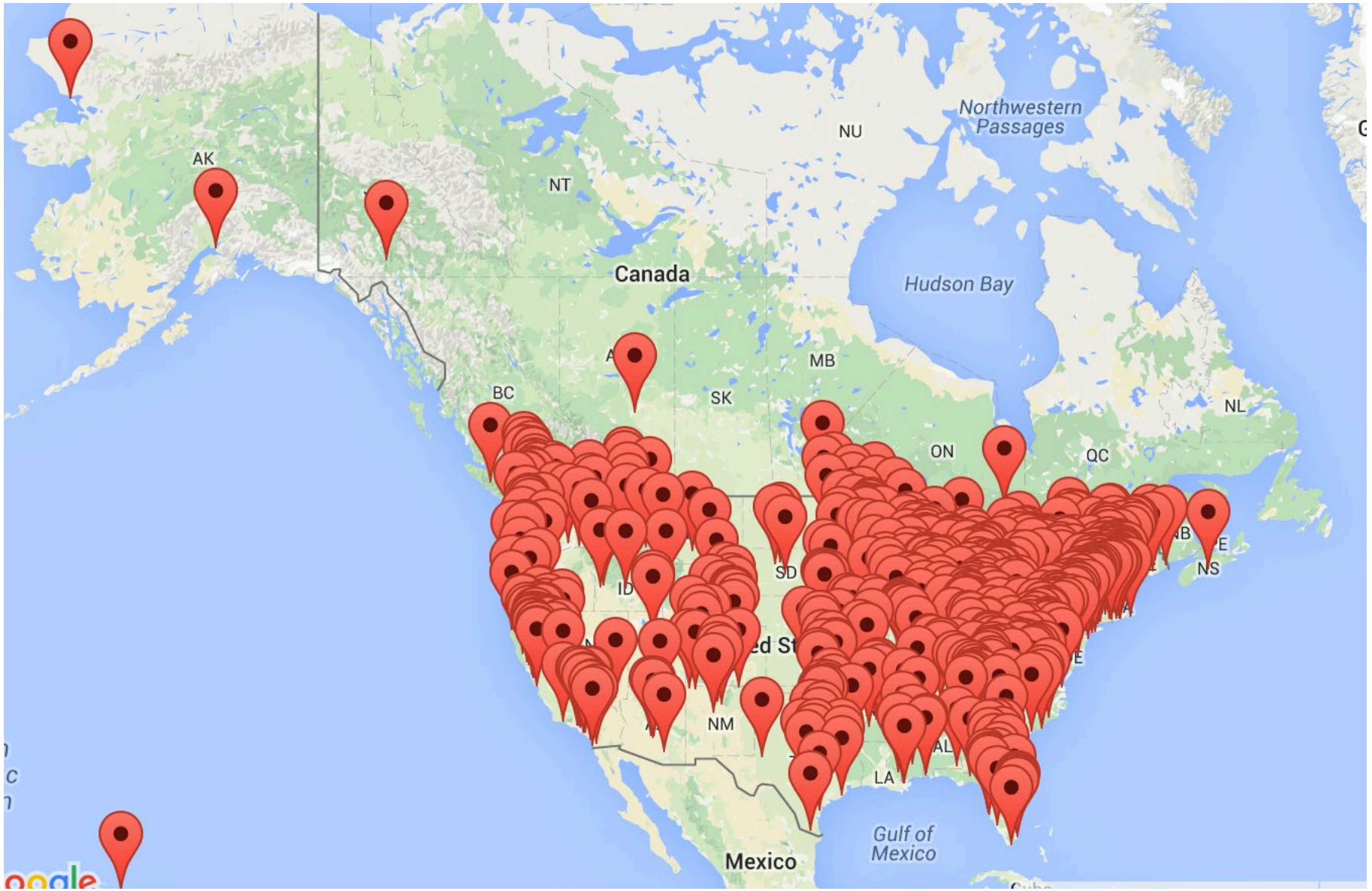
0
seconds to go

Funded!

This project was successfully funded on July 13, 2014.

Good and Cheap is a gorgeous cookbook for tight budgets. It's free

Leanne Brown



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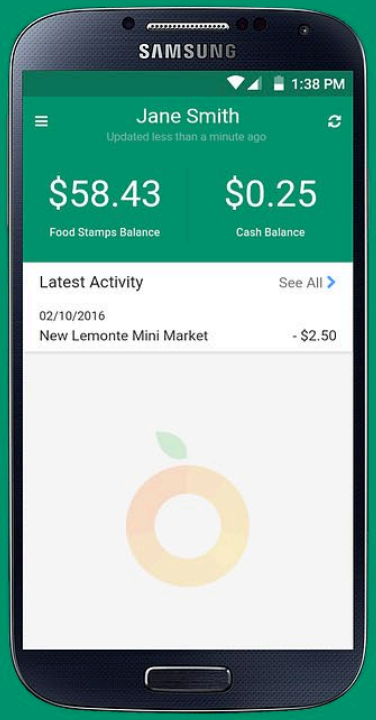
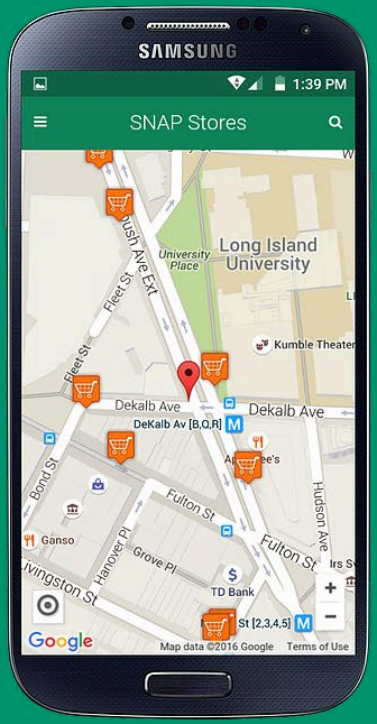




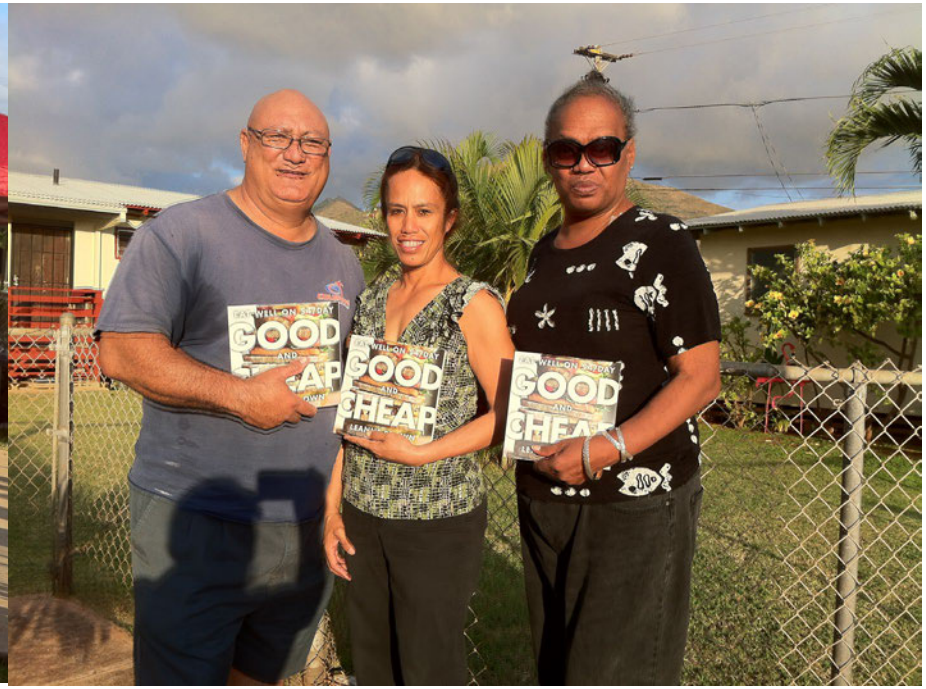
Teaching

Trexler Middle School in Allentown, PA and Anglos Latinos Motivados a Superarse (ALMAS) in St. Paul, MN.

Local Community Food Center, Stratford, ON

Pinebelt Association for Families, Mississippi

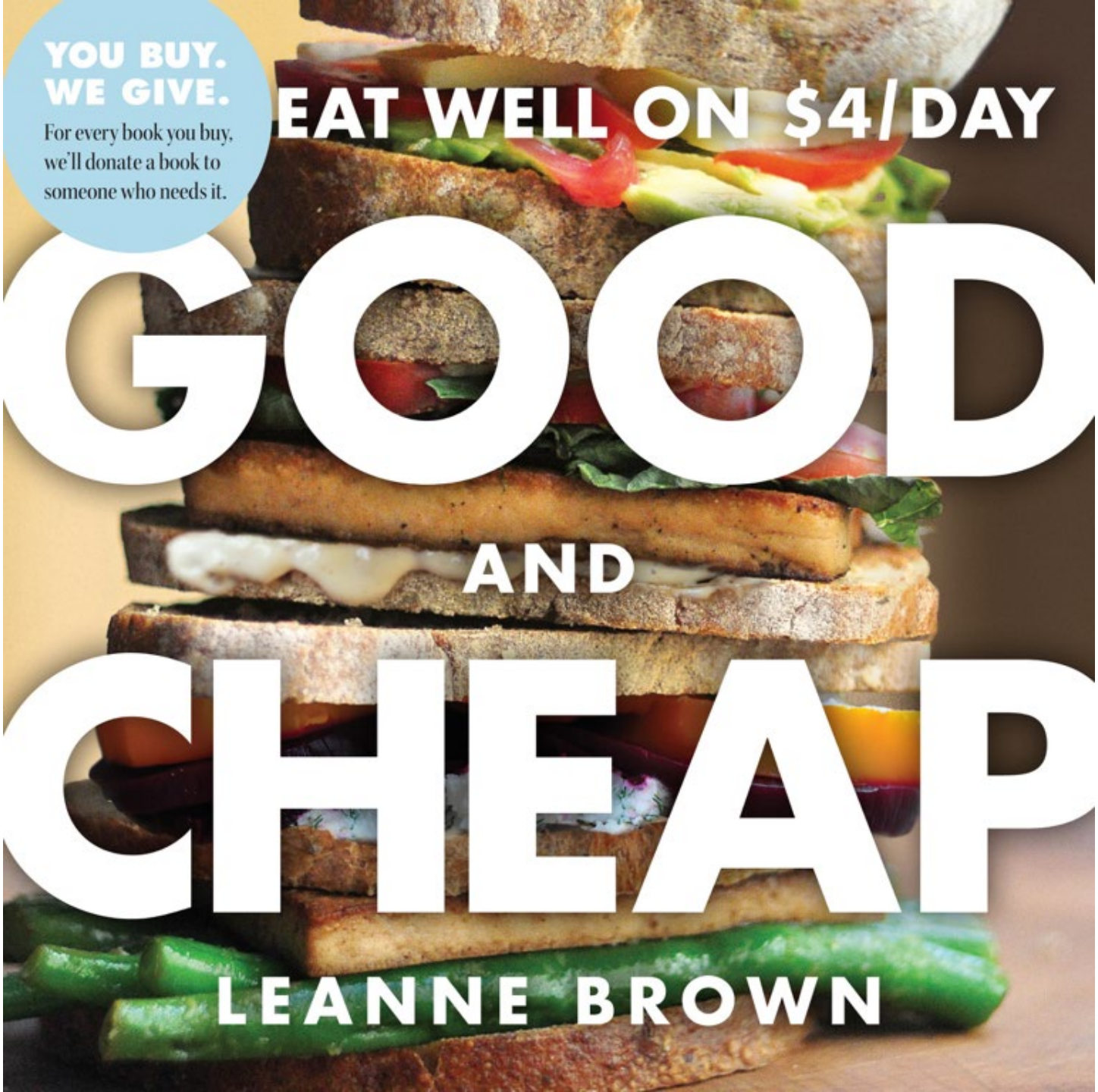
Cook-Off! In Hawaii



With a fresh food box in NYC

Culinary Literacy Center at the Free Library of Philadelphia

Teela Magar and Cing Neam prepare the roti dough. (Bastiaan Slabbers/for NewsWorks)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