Outline:

● Common Barriers to Cooking At Home
● Shopping in Your Pantry
● Seasonal Produce
● Meal Planning Based on Food Groups
● 4-3-2-2 Method
● Garden Veggie Bowl Food Demo
● Q & A
What barriers do you have to making meals at home?
Common Barriers to Cooking at Home

- No Time
- No Confidence
- Lack of Inspiration
- Different Schedules
- Various Food Preferences
Shop in Your Pantry

- Write out an inventory of what you have
  - Items that have expiration date, items that are “bottom of the barrel” and taking up space, canned and frozen items
- Dispose of ingredients that show signs of spoilage
- Keep a variety of frozen, canned, and fresh items on hand
  - Look for sale items in freezer/canned isles and shelf stable seasonal produce
Focus on Produce in Season

- Purchasing locally grown foods helps support local farms
- Foods that are grown and consumed during their appropriate seasons are more nutritionally dense
- Seasonal produce is typically more affordable due to lower transportation costs and higher yield

- Recommended Resource: https://seasonalfoodguide.org/
Recipe Resources that Filter for Ingredients on Hand

Allrecipes Dinner Spinner — a free mobile phone app for both Android and iPhone that allows filtering ability as well as the ability to create custom collections to organize, store or share recipes

Fridgetotable.com — a website that allows you to select a main ingredient and add other popular ingredients according to what you have on hand

MyRecipes.com — offers the ability to search through the recipes in the Cooking Light magazine

Supercook — a website and app that allows you to add the main ingredient in the search area and then sort the results listed by the highest-rated recipes or the percentage of users who would make it again

Tasty.co — set filters for ingredients, mealtimes and dietary restrictions

Yummly.com — recipe recommendations personalized to your tastes, a digital recipe box, a shopping list, and an option for grocery delivery
Plan Meals Based on Food Groups

Food Groups:
- Protein
- Vegetables
- Fruits
- Grains/Starches
- Healthy Fat
The 4-3-2-2 Method

4-3-3-2 method is a good starting point when it comes to buying perishable items

- **4 types of vegetables** (such as a bag of leafy greens, a couple of sweet potatoes, a bundle of carrots, a head of cauliflower)
- **3 types fruit** (such as apples, strawberries, and bananas)
- **3 types of protein** (such as fish, eggs, and tofu)
- **2 types of dairy/dairy alternative** (such as Greek yogurt and soy milk)
Garden Veggie Bowl

Prep time: 15 minutes  Cook time: 30 minutes  Serves: 4 servings

Veggie Bowl Ingredients:
- 2 medium sweet potatoes
- 2 bell peppers, sliced
- 1 15 oz can chickpeas
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 tablespoon olive oil
- 1 cup quinoa
- Salt and black pepper, to taste
- Zest of 1 lime

Garden Herb Sauce Ingredients:
- 1 bunch cilantro
- ½ bunch parsley
- 2 cloves garlic
- 1 lime, juiced
- ¼ cup olive oil
- ½ jalapeno (or more)
- 1 tablespoon ACV
- Pinch of salt
Thanks!

Any questions?

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