



2022 MEAL SITE COOKBOOK

A collection of hearty
and filling recipes that
bring communities together.



RHODE ISLAND COMMUNITY
FOOD BANK
40 YEARS | ENSURING NO ONE
GOES HUNGRY

INTRODUCTION

If the pandemic has taught us anything, it's that connection is essential to our humanity and happiness. Community and togetherness have never been more important.

As food providers, we connect and communicate through the common language of food.

This cookbook offers a collection of crowd favorite recipes provided to communities by our diverse network of meal site member agencies.

WHAT'S INSIDE

In this cookbook you will find recipe submissions from eight Food Bank member meal sites. The recipes are accompanied by pictures and heartfelt thoughts, reflecting on the mission of each of these organizations.

Throughout the cookbook, look for the Food Bank's Healthy Habits logo:



Healthy Habits is the nutrition education program at the Food Bank. We've included ten delicious Healthy Habits recipes in this cookbook.

For more Healthy Habits recipes and videos visit:

www.rifoodbank.org/what-we-do/food-bank-programs/healthy-habits

Additionally, you will find common kitchen conversions and substitutes and ethnic spice cards that feature signature spice blends from different cuisines around the world. Use these tools to customize the dishes.

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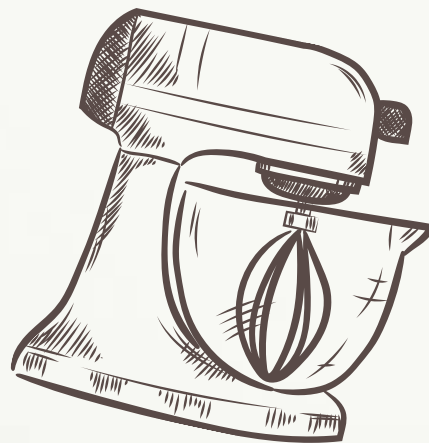
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@cookwithreanu

SUMMER GAZPACHO SALAD

by Chef Michael McCarthy of Amos House, Providence

Serves 50

Ingredients

- 12 cucumbers
- 24 vine ripe tomatoes
- 72 cherry or grape tomatoes
- 12 avocados
- 12 ripe mangos (optional)
- 24 stalks celery
- 24 tablespoons parsley

Vinaigrette

- ½ cup olive oil
- ¼ cup white wine vinegar
- ¼ cup fresh lemon juice
- Remaining juice from the sliced tomatoes
- 2 garlic cloves minced
- ½ tsp salt
- ¼ tsp ground cumin.
- Mix all ingredients to a food processor or by hand. Whisk the vinegar and lemon juice into the olive oil until emulsified. Add in garlic, salt and cumin.

Directions

1. Peel and cube the cucumber (discard seeds, if desired).
2. Cube the vine ripe tomato over a bowl to retain the juices.
3. Slice cherry or grape tomatoes in half.
4. Peel, core and cube avocado.
5. Peel, core and cube mango.
6. Slice celery lengthwise, then dice.
7. Finely chop 2 tablespoons parsley.
8. Toss all ingredients above in a bowl.
9. Make vinaigrette ingredients in a bowl and toss with the salad.

Note: Add poached shrimp, chicken, garbanzo beans or quinoa into this dish for added protein.



WOONSOCKET'S FAMOUS DYNAMITE

by Chef Jeanne Michon of New Beginnings, Woonsocket

Serves 40

Ingredients

- 10 lbs. ground beef
- 5 lbs. assorted green/red/yellow/orange peppers-diced
- 3 lbs. sweet onions-diced
- 1 whole bunch celery-washed, leaves removed, sliced thinly
- 4-28oz cans tomato sauce
- Garlic powder
- Salt & Pepper to taste
- Dynamite rolls

Directions

1. Sautee ground beef until browned and drain.
2. Add diced peppers/onions/celery and cook until soft.
3. Add garlic powder, salt, and pepper to taste.
4. Add tomato sauce and simmer until thickened, at least an hour.
5. Serve in a fresh dynamite roll sliced down the center.

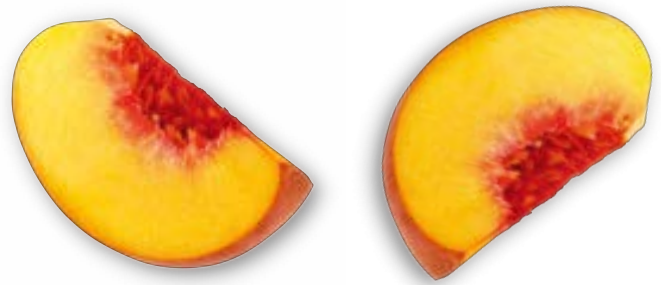
Note: For a spicier taste, add hot sauce or crushed red pepper flakes.



@CookingClassy

ONE SKILLET CHICKEN & PEACHES

by Jill Woodcome, Executive Director
of Good Neighbors, Riverside
Serves 50



Directions

1. Drain the cans of peaches and then chop peaches into $\frac{1}{2}$ pieces. Put juice and peaches aside.
2. Cut up chicken into bite size pieces. Sprinkle with salt and pepper. Cook chicken in 1 tablespoons oil for about 7 minutes, until brown and cooked through.
3. Remove from pan and cover to keep warm. Do not wipe out pan.
4. Add oil to pan and add rosemary, onion, and garlic and cook for 1 minute or until lightly golden, scraping up bits from pan.
5. Add peach juice, brown sugar, apple cider vinegar, soy sauce, mustard and chicken broth. Cook for 5 minutes on low to blend flavors.
6. Return chicken to pan sauce and cook 5 minutes on low.
7. Add chopped peaches to pan and cook 5 minutes.
8. Serve over rice and top with chopped scallions and chopped peanuts of desired.

Note: Chicken left-overs are a great way to create this dish.

Ingredients

- 50 lbs. boneless chicken breasts or thighs
- 1 $\frac{3}{4}$ cups of canola oil
- 4 cups, 2 tbs. & 2 tsp of chopped onions
- 24 minced garlic cloves
- $\frac{1}{4}$ cup chopped rosemary or cilantro
- 4 cups, 2 tbs. & 2 tsp brown sugar
- 1 $\frac{1}{2}$ cups & 1 tbs. apple cider vinegar
- 1 $\frac{1}{2}$ cups & 1 tbs. low sodium soy sauce
- $\frac{1}{2}$ cup & 1 tsp Dijon mustard
- 6 $\frac{1}{4}$ cup chicken broth
- 2 tbs. salt
- 50, 14 $\frac{1}{2}$ oz. sliced peaches - peaches in light juice or no sugar can be used
- 1 tbs. black pepper
- 100 chopped scallions
- Crushed peanuts-optional



SORTA-KINDA JAMBALAYA

by Larry LoVerde, Kitchen Manager of McAuley House, Providence

Serves 50

Ingredients

- 18 ,15oz. cans (or 54, 5oz. cans) of white meat chicken, well drained but still chunky
 - or 10 lbs. boneless/skinless chicken breast, seasoned with salt and pepper and roasted at 350F for 25-30 minutes, till it reaches an internal temperature of 160F, then cut into bite size chunks
- 10 lbs. “Fully cooked” chorizo sausage (we use *Old Neighborhood brand*) cut into ¼ inch thick half moons.
- 5 lbs. onions, chopped
- 5 lb. red and green bell peppers, chopped
- 1½ cups minced garlic
- 6 , #10 cans of diced tomato, with the liquid
- ¼ cup Cajun seasoning
- 3½ lbs. rice (we use parboiled brown rice) prepared according to manufacturer's instructions. It will make two full sized hotel pans of cooked rice.

Directions

1. While rice is cooking, sauté onions and peppers over medium heat till soft, but not browned.
2. Add garlic and half the Cajun seasoning. Cook two minutes more.
3. Add chicken and sausage and toss.
4. Add diced tomatoes and half the liquid.
5. Add the rest of the Cajun seasoning and stir well.
6. Reduce heat and simmer for 30 minutes. If mixture seems too dry, add additional liquid.
7. Serve over rice.

Note: This recipe was born when we had a whole lot of USDA canned white meat chicken from the Food Bank. Looking for something new, we simmered the chicken with spicy sausage and vegetables in a tomato broth. Served over rice and it was, and remains, a popular dish with our guests.



@carnaldish

PAULINE'S COLLARD GREENS

by Pauline Perkins-Moye, Volunteer Cook of Community Baptist Church, Newport
Serves 20

Ingredients

- 20 bunches (pounds) of fresh collard greens . (You can substitute 20 frozen bags of collards).
- 3 or 4 large onions, diced
- 3 Tbsp vegetable oil
- 6 Smoked Turkey Necks, Legs, or tails.
- Seasoning Salt
- Black pepper (to taste)
- Goya Pork seasoning mix

Directions

1. Wash greens thoroughly, if using fresh, and remove stems, chop leaves.
2. In a large pot, saute' onions in oil until translucent, then add in turkey parts.
3. Fill the pot with water, halfway.
4. Add greens and let them come to a boil, then turn down so that it's just above simmering.
5. Let the collard greens cook for about 2 hrs until tender.

Note: To change the texture, shred the turkey.



RAVIOLI LASAGNA

by Joan Zompa, Meal Site Director of St. Charles of Borromeo, Providence

Serves 100

Ingredients

- 25 pounds ground hamburger
- 20 pounds frozen cheese ravioli
- 10 pounds Parmesan cheese
- 10 pounds grated Mozzarella cheese
- Red gravy prepared with a volume equivalent to 6, #10 cans

Directions

1. Prepare a red gravy in traditional Italian fashion.
2. Layer cooked hamburger, covering the bottom of a large pan and add gravy over top.
3. Add 2 layers of cheese and add more gravy.
4. Add raviolis to cover the mixture and cover with more gravy.
5. Continue this until you have 3 layers of ravioli and have used a majority, if not all of the gravy.
6. Cook at 400 degrees for approximately 45-60 minutes or until it reaches the proper internal temperature and ENJOY!



@DavidRocheleau

EASY DROP BISCUITS

by Chef David Rocheleau of Crossroads RI Meal Program, Providence

Yields 12 dozen

Ingredients

- 10 lbs. (31 cups) all-purpose flour
- 2/3 cup baking powder
- 7 tsp baking soda
- 1/3 cup sugar
- 8 tsp kosher salt (or table salt-4tsp)
- 3 quarts (plus extra) buttermilk
- 3 lbs. butter, melted and cooled slightly

Note: If you don't have buttermilk, substitute with yogurt or sour cream thinned with milk.

Directions

1. Preheat convection oven to 400° degrees.
2. Whisk flour, baking powder, baking soda, sugar, and salt in a large bowl. Combine buttermilk and melted butter in a smaller bowl, stirring until butter forms small clumps.
3. Add liquids to dry ingredients and stir with a rubber spatula until just incorporated and batter pulls away from the sides of the bowl, moistening the dry parts with additional buttermilk or milk as necessary.
4. Spray sheet pans with cooking spray. Scoop batter, slightly spaced, with a #20 scoop ice cream scoop onto sheet pans. Note: a larger scoop will yield fewer biscuits-- adjust the baking time accordingly.
5. Bake until tops are golden brown and crisp, 10-12 minutes, turning halfway through baking time. Use a toothpick to determine doneness.
6. Brush with additional melted butter if desired.



@nytimes

TRINIDAD MACARONI PIE

by Josephine St. John, Meal Site Coordinator of Impact Center Providence Assembly of God, Providence
Serves 6

Ingredients

- 2 cups elbow macaroni, uncooked
- 1 tablespoon salted butter
- ¼ cup onion, finely chopped
- 2 large eggs
- 2 2/3 cups evaporated milk, (measure from 2 cans of Carnation milk)
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- 1 teaspoon garlic powder
- 1 1/2 teaspoon dry mustard powder
- 1/2 teaspoon dried thyme
- a pinch of cayenne pepper, optional
- 3½ cups grated aged cheddar cheese, reserve ½ cup for topping

Tips: This dish is traditionally made with Trinidad-style cheese (New Zealand cheddar) but you can use any cheddar you like, or use a mixture of cheddar and mozzarella. Aged cheddar will taste more “cheesy” than a mild cheddar. If the cheese on top begins to brown too quickly, cover it with tin foil for the remaining baking time.

Directions

1. Grease a 9×11 baking dish, and set aside.
2. Boil macaroni in salted water according to package directions. Once cooked, drain the macaroni and place back into the pot, leaving it off the heat to cool down.
3. Melt butter in a skillet over medium heat. Add onions, cook until softened and slightly caramelized. Scrape the onions and melted butter into the pot with the macaroni. Stir to combine.
4. In a large bowl, beat eggs until fluffy. Add milk, salt, pepper, garlic powder, dry mustard, dried thyme and cayenne pepper. Stir to combine.
5. Pour the egg mixture over the macaroni and stir until well coated.
6. Stir in 3 cups of the shredded cheese.
7. Pour into a greased, 9×11 baking dish and top with reserved ½ cup of shredded cheese.
8. Bake until the pie is firm, and the top is golden brown. About 35-40 minutes.
9. Allow pie to rest for 10-15 minutes before serving.



@tasteofhome

FARM PIZZA

by Rhode Island Community Food Bank Healthy Habits Chefs
Serves 100

Ingredients

- 13 butternut squash
- 13 sweet potatoes
- 6 onions
- 13 garlic cloves
- 3 tbsp. + 1 tsp thyme
- Olive oil, as needed
- 13 whole wheat pizza dough (each)
- 13 cups mozzarella, shredded
- 4 tbsp. + 1 tsp lemon juice

Directions

1. Preheat oven to 400 degrees.
2. Chop butternut squash, sweet potato, onion, and garlic. Toss with olive oil and thyme.
3. Lay flat on a baking sheet and roast for 30 minutes or until fork tender.
4. Roll out pizza dough and coat with olive oil. Top with mozzarella and roasted vegetables.
5. Bake pizza for 15-25 minutes until cheese is melted. Top with lemon juice.



BAKED BANANA CHIPS

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100 snack sizes

Ingredients

- 80 bananas
- 20 lemons
- 1 1/4 cup olive oil

Directions

1. Preheat oven to 200 degrees.
2. Wash fresh produce.
3. Slice bananas into coins.
4. Toss slices with olive oil and lemon juice.
5. Lay slices flat on a baking sheet.
6. Bake for 90 minutes or until dry and crunchy.



@simplysated

BERRY PEACH PARFAIT

by Rhode Island Community Food Bank Healthy Habits Chefs
Serves 100

Ingredients

- 25 cups or 6.5 lbs. blueberries
- 50 peaches
- 25 cups granola
- 50 cups or approx. 17 lbs. Greek yogurt

Directions

1. Wash fresh produce.
2. Dice fresh peaches into bite-sized pieces.
3. In a bowl, mix peaches and blueberries.
4. In a container, add a layer of plain Greek yogurt, a later of granola, and a layer of fruit.
5. Layer until the container is full.



@realhousemoms

APPLE CARROT SLAW

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

- 25 Granny Smith apples
- 3 lbs. carrots
- 12.5 cups raisins
- 3 cups apple cider vinegar
- 12.5 cups Greek yogurt, plain

Directions

1. Wash fresh produce.
2. Thinly slice apple and carrot into matchsticks.
3. Combine sliced apple and carrots with raisins, apple cider vinegar, and Greek yogurt.



@fromscratchfast

PUMPKIN OAT BREAKFAST COOKIES

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

- 11 large, ripe bananas
- 5.5-15 oz. cans 100% pure pumpkin puree
- 1 2/3 cups Greek yogurt, plain
- 2 tbsp. vanilla extract
- 2 tbsp. pumpkin pie spice
- 1 tbsp. + 1 tsp baking powder
- 1 2/3 cups brown sugar
- 2 3/4 cups whole wheat flour
- 8 1/4 cups old fashioned oats
- 1 2/3 cups raisins (can substitute for blueberries)

Directions

1. Preheat oven to 350 degrees.
2. Wash fresh produce (including blueberries if using).
3. Mash bananas in a bowl.
4. Add pumpkin puree, Greek yogurt, vanilla extract, and pumpkin pie spice. Mix until combined,
5. Add baking powder, brown sugar, flour, and oats to mix. Stir until combined.
6. Stir in raisins/blueberries.
7. Scoop out cookies onto baking sheets. Bake for 10-15 minutes until golden brown.



BUTTERNUT SQUASH QUESADILLAS

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

- 10 lbs. fresh or frozen butternut squash
- Olive oil, as needed
- 2 #10 cans black beans, drained and rinsed
- 5 lbs. frozen chopped onions and peppers
- 5 tbsp. paprika
- 5 tbsp. cumin
- 1 tbsp. + 1 tsp chili powder
- 100 whole wheat tortillas
- 32 cups or 10 lbs. cheddar cheese, shredded

Directions

1. Preheat oven to 400 degrees.
2. Toss butternut squash in olive oil to coat and spread on sheet pan.
3. Roast for 20 minutes or until fork tender.
4. Heat sauté pan over medium-high heat, and coat bottom of the pan with olive oil.
5. Sauté frozen onions and peppers with paprika, cumin, and chili powder until onions are translucent.
6. Add roasted squash, onions and peppers mixture, and shredded cheese to tortillas.
7. Cool quesadillas in sauté pan until golden brown and the cheese has melted.



PIÑA COLADA PARFAIT

by Rhode Island Community Food Bank Healthy Habits Chefs
Serves 200

Ingredients

- 66 cups vanilla Greek yogurt
- 22 cups 100% orange juice
- 66 cups granola
- 16.5 cups coconut flakes, unsweetened
- 6 cups honey
- 66 cups canned crushed pineapple

Directions

1. Opened canned pineapple and drain liquid.
2. In a bowl, mix vanilla Greek yogurt, orange juice, and honey.
3. In a container, add a layer of vanilla Greek yogurt, a layer of granola, a layer of crushed pineapple, and a layer of unsweetened coconut flakes.



@veganricha

POTATO & SPINACH HASH BROWNS

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

- 30 lbs. russet potatoes
- 12 onions
- 4 lbs. carrots
- 6 lbs. chopped frozen spinach
- 4 tbsp. chili powder
- 4 tbsp. salt
- 3 cups olive oil

Directions

1. Wash fresh produce.
2. Chop spinach and onion
3. Grate potatoes and carrot.
4. Combine spinach, onion, potato, carrot, chili powder, and salt.
5. Preheat sauté pan over medium-high heat. Add olive oil.
6. Scoop out servings and place in pan. Cook until golden brown and crispy.



@budgetbytes



VEGGIE PACKED PASTA

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

- 25 zucchini
- 50 cups or 5 lbs. fresh spinach
- 25 onions
- 12.5 cups mushrooms
- 3 #10 cans diced tomatoes
- 25 cups corn
- 12.5 boxes whole wheat spaghetti
- 3 cups olive oil
- 1 cup oregano
- 1 cup garlic powder

Directions

1. Wash fresh produce.
2. Chop zucchini, spinach, onions, and mushrooms.
3. Cook spaghetti according to instructions, reserve 25 cups of water before draining.
4. Heat sauté pan over medium-high heat. Add and heat olive oil.
5. Sauté zucchini, onions, mushrooms, corn, tomatoes (including liquid), oregano, and garlic powder until onions are translucent and zucchini is tender.
6. Add pasta, pasta water, and spinach. Stir to combine and cook until spinach is slightly wilted.



@asaucykitchen

BLUEBERRY CORN MUFFIN

by Rhode Island Community Food Bank Healthy Habits Chefs

Serves 100

Ingredients

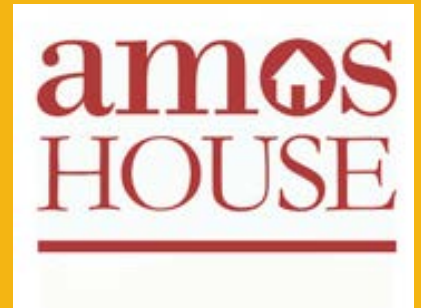
- 14 eggs
- 2.5 cup unsweetened almond milk
- 7.5 tsp apple cider vinegar
- 15 tsp baking soda
- 20 tbsp maple syrup or honey
- 5 cups cane sugar
- 2.5 cups olive oil (or substitute coconut oil or melted butter)
- 7.5 cups unsweetened applesauce
- 2.5 tsp sea salt
- 2.5 cups almond meal flour
- 10 cup fine cornmeal
- 10 cup unbleached all-purpose flour
- 10 cup blueberries, fresh or frozen

Directions

1. Preheat oven to 350 degrees F and line a standard muffin tins or lightly grease tins.
2. Beat the eggs, add maple syrup, cane sugar, and oil and whisk vigorously for 1 minute to dissolve sugar.
3. Add applesauce and salt and whisk to combine. Then add almond milk mixture and whisk again to combine.
4. Add almond meal, cornmeal and flour and whisk until just combined and no large lumps remain. The batter should be quite thick and scoopable. Add the blueberries and gently fold them in.
5. Scoop batter into muffin tins until almost full, about $\frac{3}{4}$ full.
6. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.
7. Let cool for 15 minutes in the pan. Then let cool completely on a plate or cooling rack.

AMOS HOUSE

Since 1976, Amos House has been a staple of the Rhode Island nonprofit community, serving the homeless, unemployed, and those who are living in poverty.



Chef Michael McCarthy says, "The inspiration for the salad in this cookbook came from local farmers who donate fresh veggies weekly. We serve approximately 120,000 meals a year to our community. Many of our guests are homeless and some have housing but cannot afford food after they have paid their rent. A fresh salad is really important for our guests and may very well be the only vegetables they eat all day."

NEW BEGINNINGS MEAL SITE



What's special about your meal site?

"We have stayed open throughout the entire pandemic and have continued to provide a hot meal 4 days a week, as well as toiletries and emergency food until they can access a food pantry. We also provide warm clothing such as hats, gloves, coats and hand warmers. We have offered to hold vaccine clinics and refer newly homeless people to call other agencies better equipped to help them obtain housing and medical care."

What does your meal site mean to the community?

"It means for at least one meal a day people won't have to worry if they will have something in their bellies - and even warm clothing on their backs. It means they have someone who cares whether they succeed or not in this crazy ride called life. It means that there is a safe spot to vent, to express sadness, hopes, dreams, fears and accomplishments with a group of people who really care about what's going on in their lives."



What is special about the community you serve?

"Our Community is special because everyone comes together to help one another. We celebrate their successes and hold them in their down times. Every day is a chance for a New Beginning and we thoroughly believe in approaching each day and guest this way. We are our customers' biggest cheerleaders and we work in conjunction with several other agencies to access housing, medical care, clothing vouchers and all aspects of food insecurity."



GOOD NEIGHBORS MEAL SITE

What is special about your meal site?

“Good Neighbors is a soup kitchen, food pantry and day shelter based in Riverside, RI. With the help of dozens of volunteers, we offer breakfast and lunch each weekday, provide meal delivery services to vulnerable, homebound residents in and around Riverside, and our weekly pantry is open to all east providence residents in need. good neighbors is also the only day shelter in the state.”



Good Neighbors

What is special about the community you serve?

“We serve some of the most vulnerable people across the state of Rhode Island with our soup kitchen and day shelter, with most clients coming from the homeless and elderly populations. Our food pantry serves individuals and families from all walks of life experiencing food insecurity on a temporary or long-term basis.”



Good Neighbors

What does your meal site mean to the community?

“The Good Neighbors mission is to nourish the whole person by providing healthy food, a dignifying space, and a community of support. Our volunteers put their hearts and souls into the food that they cook each day. We try to make it healthy and delicious, but efforts aimed at addressing food insecurity are *just the tip of the iceberg*. It is the dignifying space and community of support that makes Good Neighbors feel like a home to so many, by providing not only nourishment but companionship, resources, and wraparound services through our many talented volunteers and community partnerships”

MCAULEY HOUSE



What is special about your meal site?

“McAuley House calls itself a meal site and place of hospitality. From the beginning, we have always labored to make everyone who enters our house feel like a guest. There is no cafeteria line; our guests are seated at tables, then individually served. They choose their beverage and make a selection from our dessert tray. We work to ensure that everyone who dines with us feels welcomed and respected.”

What does your meal site mean to the community?

“Our meal site serves one of the most underserved populations in the state. People who come to McAuley House do so because of the hospitality, compassion and respect that it gives to each of its guests. McAuley House has been serving meals to this community for over 45 years. It is a staple within the community where guest can come and receive a meal with no questions asked Monday - Friday.”

What is special about the community you serve?

“What makes our community special is the guests we serve come together as strangers, but leave as a family. Many people do not realize the importance of community, but a community is often what makes a home feel like home. This is what McAuley House offers, a place where one can share experiences and stories with one another, or simply ask how a guest's day went all while enjoying a nice sit down meal. Our community comes together as a family to help those in need, whether it is a meal, a lending ear or a place to seek refuge we do all of this by instilling compassion, dignity and respect”



Google

COMMUNITY BAPTIST CHURCH



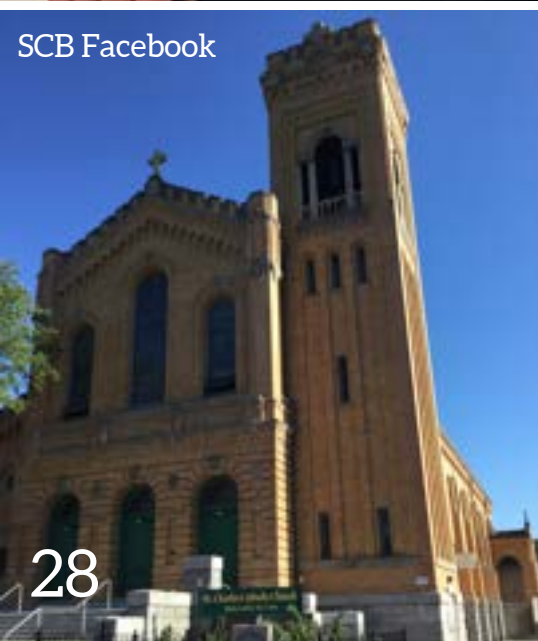
The *Five Star Souper Kitchen* at Community Baptist Church in Newport was established approximately 40 years ago by a cooperative effort between Community Baptist Church and New Visions of Newport County (now known as EBCAP). A nutritious weekly dinner meal is prepared and served every Saturday by a dedicated core volunteer staff with support from various church and community groups as well as community volunteers. The meal consists of salad, soup, bread, entree, vegetables, beverages, and dessert. The food is cooked from scratch and prepared with love.

In addition, the staff serves meals on other days when other sites have been unable to do so. The goal is to prepare the kind of meal they would want to eat themselves, not just a cold sandwich and canned soup. We try to get to know the names of the dinner guests and to treat each diner with dignity. We plan to always serve the Saturday meal and will only cancel if there is severe weather. Even then, they will try to deliver hot food to the McKinney Shelter, if it can be done safely.

The meal is one hour long and every effort is made to serve second helpings so that no one goes away hungry. Our cooks take time to prepare cuisines from multiple cultures including Soul Food, Mexican, Italian, Chinese, and American classics. Over the years, the diners have commented favorably on the meals, especially enjoying the homemade hot soup. Although no payment is required, some participants insist on helping with the trash removal or dining room cleanup. Great meals, fantastic helpers, community support, and staff dedication all combine to make the *Five Star Souper Kitchen* a unique dining experience.



ST. CHARLES OF BORROMEO MEAL SITE



The mission of the Ministry is to alleviate physical, mental and spiritual suffering. To promote a sense of self worth and dignity, to create a sense of community and to educate concerning health, family and nutrition.

SCB Facebook

CROSSROADS RI MEAL PROGRAM

What is special about your meal site?

“My site is rather small, we serve about 100-120 people per day. Therefore, my goal is to plan menus around using as many fresh and minimally processed ingredients as possible. I like to make dishes from scratch and I'm convinced that they're more nutritious, delicious, and nourishing for our clients.”



Crossroads Facebook

What is special about the community you serve?

“While most of my clients are single adults, we have a very diverse population that we serve, including people from many different ethnicities and walks of life. I view this as an opportunity to explore different cuisines to keep things interesting.”



Crossroads Facebook

Tell us about the recipe you provided.

“I like the Drop Biscuits recipe because it's inexpensive, easy to prepare with few ingredients, can be measured ahead of time, bakes quickly, and is definitely a crowd pleaser. Of all the things I make, this is the number one most requested item. There's no better comfort food than a freshly baked biscuit, still warm from the oven.”



Crossroads Facebook

IMPACT CENTER PROVIDENCE ASSEMBLY OF GOD MEAL SITE

What is special about the community you serve?

"The community consists of Hispanics, Africans and African Americans. Within this population we have a large percentage of people that are challenged with homelessness, mental health issues, substance use disorder, and various addiction. However, they are not treated as a problem but as individuals with a purpose."



IC Facebook

What does your meal site mean to the community?

"It is a haven of rest! It does not matter your socio-economical background or your geographical location. All are welcome! Every one is treated with dignity and respect."

IC Facebook



What is special about your meal site?

"Impact Center Providence Assembly of God Meal site caters for all, the environment is inviting and the staff are friendly and sociable. The food is prepared with love; is mouth watering and flavorful."

SPICE IT UP

African Spice Blend

COMMON HERBS AND SPICES

Cardamom
Cayenne Pepper
Cinnamon
Coriander
Cumin
Curry Powder
Fenugreek
Garlic
Ginger
Grains of Paradise
Nutmeg
Paprika
Tamarind
Turmeric

BERBERE BLEND

- 2 tablespoons paprika
- ½ tablespoon ground ginger
- ½ tablespoon garlic powder
- ½ tablespoon dried basil
- ½ teaspoon white pepper
- ¾ teaspoon ground nutmeg
- ¾ teaspoon fenugreek
- ½ teaspoon cumin
- ½ teaspoon cardamom
- ½ tablespoon cayenne pepper

Combine and use in soups, stews, & curries. Place any leftovers in a jar and store in a cool, dry place.

Prepared by Rhode Island Community Food Bank's
Healthy Habits, Eating Well on a Budget Program March, 2021. Contact: Melissa Furtado,
Community Nutrition Manager | (401)250-1700 | mfurtado@rifoodbank.org |

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Hispanic Spice Blend

COMMON HERBS AND SPICES

Basil
Cayenne Pepper
Chicken Bouillon
Chili Powder
Cumin
Garlic Powder
Ground Cumin
Nutmeg
Onion Powder
Dried Oregano
Paprika Powder
Sage
Thyme

ADOBO BLEND

- 1 teaspoon kosher salt
- 1 tablespoon Spanish paprika
- 2 teaspoons black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- ½ teaspoon cumin

Combine and use in soups, stews, & marinades. Place any leftovers in a jar and store in a cool, dry place.

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Asian Spice Blend

COMMON HERBS AND SPICES

Chili Flakes
Cinnamon
Cloves
Curry Powder
Fennel Seeds
Five Spice
Galangal
Garam Masala
Ginger
Lemon Grass
Sesame Seeds
Seven Spice
Sichuan Peppercorns
Star Anise
Turmeric
White Pepper

FIVE-SPICE BLEND

- 1/2 tablespoon ground star anise
- 1/2 tablespoon ground cinnamon
- 1 1/2 teaspoon ground Sichuan peppercorns
- OR black pepper
- 1/2 tablespoon ground fennel seeds
- 1/2 teaspoon ground cloves

Combine and use as seasoning for chicken, fish, or in marinades and sauces. Place any leftovers in a jar and store in a cool, dry place.

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Portuguese Spice Blend

COMMON HERBS AND SPICES

Bay Leaves
Cayenne Pepper
Chili Powder
Cinnamon
Cloves
Curry Powder
Oregano
Garlic Powder
Cumin
Ground Mustard
Nutmeg
Onion Powder
Paprika
Rosemary

SPICE BLEND

- 2 Tablespoons salt
- 1 ½ teaspoons garlic powder
- 1 Tablespoon paprika
- ½ teaspoon black pepper
- 1 teaspoon cayenne pepper

Mix the spices until incorporated. Place any leftovers in a jar and store in a cool, dry place.

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Haitian Spice Blend

COMMON HERBS AND SPICES

Chili Powder
Cinnamon
Curry Powder
Dried Oregano
Garlic Powder
Ground Cumin
Ground Mustard
Nutmeg
Onion Powder
Paprika Powder
Thyme
Turmeric Powder

ORIGINAL BLEND

- 1 cup cilantro
- 1 cup parsley
- 1 green pepper
- 1 habanero pepper
- 1 onion
- ½ cup garlic
- ½ cup scallion
- 2 Tablespoons olive oil

Blend together and use in rice and beans, stews, and soups. Place any leftovers in a jar and store in a cool, dry place.



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Haitian Spice Blend

COMMON HERBS AND SPICES

Chili Powder
Cinnamon
Curry Powder
Dried Oregano
Garlic Powder
Ground Cumin
Ground Mustard
Nutmeg
Onion Powder
Paprika Powder
Thyme
Turmeric Powder

SPICY BLEND

- 1 ½ teaspoon dried oregano
- 1 ½ teaspoon ground cumin
- 1 ½ teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon garlic
- 1 Tablespoon paprika
- 1 teaspoon salt
- 2 teaspoons ground pepper

Blend together and use in rice and beans, stews, and soups. Place any leftovers in a jar and store in a cool, dry place.



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kitchen conversion charts & substitutes



MEASURE EQUIVALENT

t = teaspoon • Tbsp = tablespoon

- 1/16 tsp dash
- 1/8 tsp a pinch
- 3 tsps 1 Tbsp
- 1/8 cup 2 Tbsps
(= 1 standard coffee scoop)
- 1/4 cup 4 Tbsps
- 1/3 cup 5 Tbsps + 1 tsp
- 1/2 cup 8 Tbsps
- 3/4 cup 12 Tbsps
- 1 cup 16 Tbsps



1 STICK BUTTER:
Volume 1/2 cup / 125 mL
Weight 1/4 lb (4 oz) / 115 g

SUBSTITUTIONS

HERBS:

1 Tbsp fresh = 1 tsp dry

1 EGG:

- 1 Tbsp ground flax OR chia seed + 3 Tbsp water
- 4 Tbsp applesauce
- 1/2 of a medium mashed banana

1 CUP BUTTERMILK:

1 Tbsp lemon juice or vinegar + enough milk to equal 1 cup (for baking, let stand for a few minutes before using)

1 CUP OF SUGAR:

- 3/4 cup honey
- 3/4 cup maple syrup
- 2/3 cup agave nectar
- 1 tsp. stevia

- For honey, decrease liquid by 2-4 tsp., add a pinch of baking soda and decrease oven temp by 25 degrees
- For maple syrup, decrease liquid by 3 Tbsp., add 1/4 tsp. of baking soda per cup of syrup and decrease oven temp by 25 degrees
- For agave nectar, decrease liquid by 1/4 cup, increase cook time by 6% and decrease oven temp by 25 degrees
- For stevia, to replace missing bulk, use applesauce, apple butter or yogurt



OVEN TEMPERATURE FARENHEIT CELSIUS

- 275° F 140° C
- 300° F 150° C
- 325° F 165° C
- 350° F 180° C
- 375° F 190° C
- 400° F 200° C
- 425° F 220° C
- 450° F 230° C
- 475° F 240° C



kitchen conversion charts & substitutes



Baking Powder Substitute

1 teaspoon baking powder = 1/4 teaspoon baking soda
+ 1/2 teaspoon cream of tartar + 1/4 teaspoon
cornstarch

Baking Soda Substitute

1/2 teaspoon baking soda = 2 teaspoons baking powder

Sour Cream Substitute

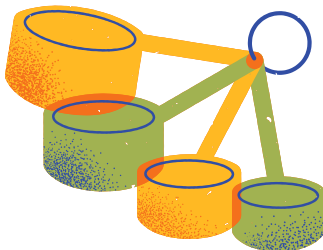
1 cup sour cream = 1 cup plain yogurt

Buttermilk Substitute

1 cup buttermilk = 1 tablespoon lemon juice or white
vineager + enough milk ro make 1 cup. Let stand for 5
minutes to thicken.

Cake Flour Substitute

1 cup cake flour = 3/4 cup sifted all purpose flour + 2
tablespoons cornstarch



kitchen conversion charts & substitutes



Milk Substitute

1 cup whole milk = 1/2 cup evaporated milk + 1/2 cup water

1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine

Half-and-Half Substitute

1 cup half-and-half = 1/2 cup whole milk + 1/2 cup heavy cream

Vegetable Oil Substitute

1 cup vegetable oil = 1 cup applesauce = 1 cup fruit puree

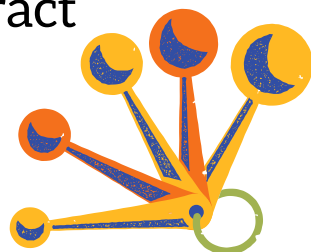
Vegetable Shortening Substitute

1 cup vegetable shortening = 1 cup butter

1 cup vegetable shortening = 1 cup margarine

Vanilla Beans Substitute

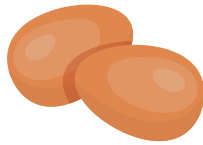
1 vanilla bean = 2 1/2 teaspoons vanilla extract



kitchen conversion charts & substitutes

1 cup sugar =

**3/4 cup honey or 1/2 cup banana or
3/4 cup maple syrup**



1 egg =

**1/2 cup banana or 1/4 cup greek yogurt or 1/4 cup
applesauce**

1 cup butter =



**1/2 cup greek yogurt or 1 cup avocado or
1 cup coconut oil**



1 cup milk =

**1 cup soy milk or 1 cup almond milk or
1 cup evaporated milk**

1 cup chocolate = 1 cup cocoa nibs



1 cup sour cream = 1 cup greek yogurt



1 cup white flour =

**1 cup black bean puree or 1 cup oat flour or
3/4 cup whole wheat flour**

MEAL SITE DIRECTORY

Amos House Meal Site

460 Pine Street
Providence, RI 02907
(401) 272-0220

Better Lives RI Meal Site

134 Mathewson Street
Providence, RI 02903
(401) 454-7422

Church of the Master Meal Site

15 Valley Street
Providence, RI 02909
(401) 861-5568

Community Baptist Church Meal Site

40 Dr. Marcus Wheatland Boulevard
Newport, RI 02840
(401) 846-3086

Crossroads RI Meal Program

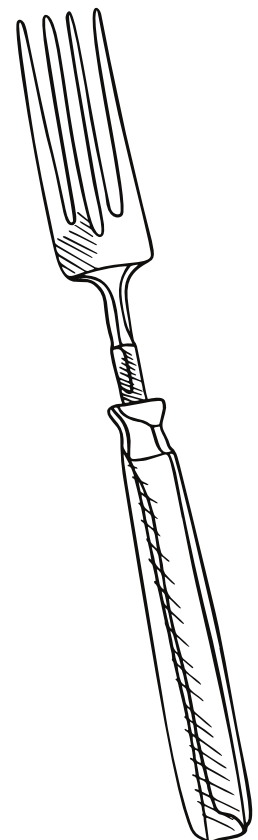
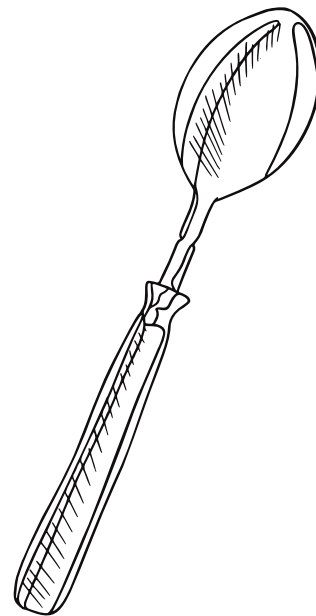
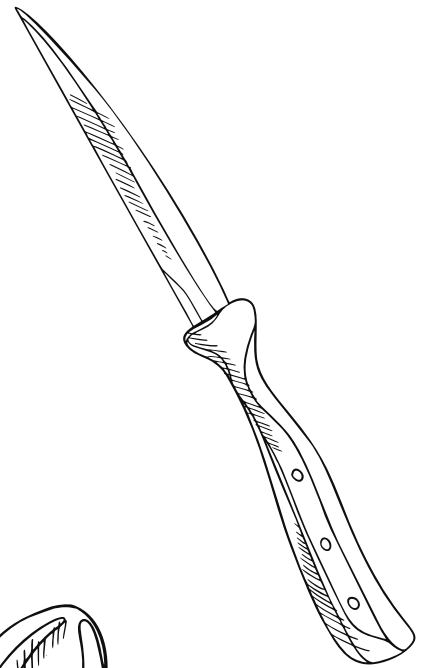
160 Broad Street
Providence, RI 02903
(401) 277-4366

Epiphany Soup Kitchen at St. Stephen's Church

114 George Street
Providence, RI 02906
(401) 944-3382

Good Neighbors Meal Site

55 Turner Avenue
Riverside, RI 02915
(401) 433-0045



MEAL SITE DIRECTORY CONT.

Impact Center Providence Assembly of God Meal Site

353 Elmwood Avenue
Providence, RI 02907
(401) 461-7210

Maranatha Meals of Church of God

1040 Atwells Avenue
Providence, RI 02909
(401) 521-4860

Martin Luther King Center Meal Site

20 Dr. Marcus Wheatland Boulevard
Newport, RI 02840
(401) 846-4828

McAuley House Meal Site

622 Elmwood Avenue
Providence, RI 02907
(401) 941-9013

New Beginnings Meal Site

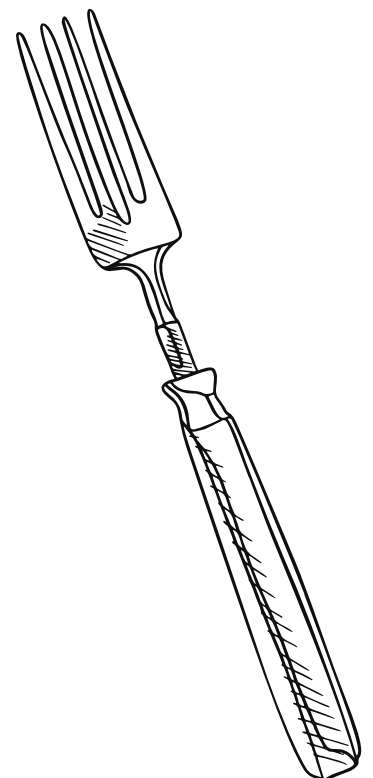
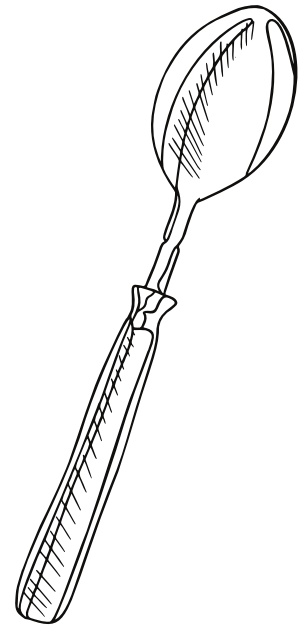
323 Rathbun Street
Woonsocket, RI 02895
(401) 356-4066

Salvation Army Newport Corps' Meal Site

51 Memorial Boulevard
Newport, RI 02840
(401) 846-3234

Salvation Army Providence Corps' Meal Site

386 Broad Street
Providence, RI 02907
(401) 831-1119



MEAL SITE DIRECTORY CONT.

Society of St. Vincent de Paul - West Bay Meal Site Conf.

222 MacArthur Blvd.

Coventry, RI 02816

(401) 828-3090

St. Anthony's Hope Soup Kitchen

10 Sunset Avenue

West Warwick, RI 02893

(401) 821-8342

St. Charles of Borromeo Meal Site-St Vincent de Paul Ministry

178 Dexter Street

Providence, RI 02907

(401) 421-6441

St. Mary Church Soup Kitchen

12 Williams Street

Newport, RI 02840

(401) 847-0475

St. Patrick Church Mary House Meal Kitchen

244 Smith Street

Providence, RI 02908

(401) 274-6286

WARM Center Meal Site Program

54 Spruce Street

Westerly, RI 02891

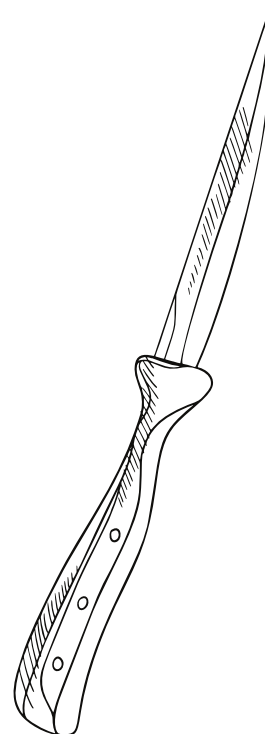
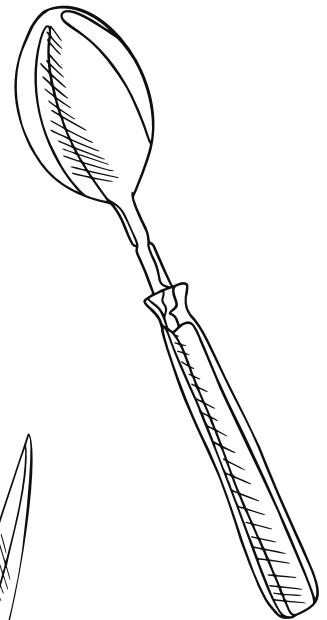
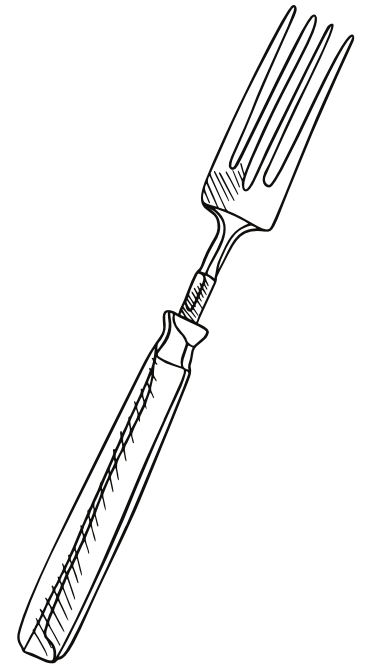
(401) 596-9276

West Warwick Senior Center Meal Site

145 Washington Street

West Warwick, RI 02893

(401) 822-4450





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YEARS | GOES HUNGRY

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