



*For immediate release*  
**October 10, 2014**

### **DISH OUT MORE FOR LESS: A RECIPE CHALLENGE IN WHITEHORSE**

[Whitehorse, YT] – Thursday, October 16th is World Food Day and marks the beginning of Poverty & Homelessness Action Week. This year's theme will highlight food security. The Yukon Anti-Poverty Coalition (YAPC) is looking to shift the community's thinking about how we address hunger and everyone's access to safe, nutritious and culturally appropriate food.

The Coalition envisions a healthier and more sustainable food system that ensures community members can afford the food they need and access it with more dignity. Those of us fortunate enough to know where our next meal is coming from have a role to play in making sure the system is working for the most marginalized in our community. Those community members who have lived experience of food insecurity have an equal role to play in shifting the system.

One way to better understand how we can improve our food system is to be aware of how it currently works. While all of the events during Poverty & Homelessness Action Week aim to increase our collective understanding, our recipe challenge is a unique and fun way to engage with a complex issue. The challenge is an open invitation to anyone in the community and **the guidelines are simple:**

- 1) Provide a recipe using any of the basic ingredients that are commonly distributed at the Food Bank. There are two categories, stove-top and oven. Food insecurity means there are fewer choices and healthy options, so the rules for this challenge are attached and available for distribution. They are also available on our website. Chosen recipes will be offered to food bank clients.**
- 2) The recipe should be nutritious and created with the idea of making the contents of the food hamper stretch. Local ingredients are of course welcome.**
- 3) Bring your recipe and 1 staple food bank ingredient to the Legislature Lobby on Wednesday, October 16th between 10am and 2pm. Please include your name and contact information on your entry.**

The winning recipes will be highlighted in YAPC's yearly calendar and all other recipes will be compiled into a community cookbook. The challenge is laid out in more detail at [www.yapc.ca](http://www.yapc.ca) under the NEWS section of our website. If you have questions, please contact Kate Mechan, PHAW Coordinator or Kristina Craig, YAPC Coordinator at 334.9317 or at [phawyukon@gmail.com](mailto:phawyukon@gmail.com).

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#### **CONTACT**

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## Dish Out More for Less

**Stove Top Challenge** – Many food bank clients have no access to ovens. Below are the guidelines for these recipes:

1. All ingredients must be non-perishable, nutritious and listed as an item found at the food bank as suggested in the chart below.
2. Recipes should have four to five ingredients – excluding water, oil, spices, and other flavourings (a couple extra ingredients or two are OK as long as they are within the guidelines).
3. Cooking time should be half an hour or less.

**Oven Challenge** - Many food bank clients are families that need to make their food go a long way. The guidelines for these recipes are as follows:

1. All ingredients must be non-perishable, nutritious and listed as an item found at the food bank as suggested in the chart below.
2. Recipes should have four to five ingredients – excluding water, oil, spices, and other flavourings (a couple extra ingredients or two are OK as long as they are within the guidelines).
3. Cooking time should be under an hour.

<b>Food Group &amp; Recommended # of Servings per Day</b>	<b>Examples of 1 serving size</b>	<b>Often found at the food bank</b>	<b>Sometimes found at the food bank</b>
Meats & Alternatives 2-3 servings/day	<ul style="list-style-type: none"> <li>• 2tbsp peanut butter</li> <li>• ¼ cup of beans or legumes</li> <li>• 2.5oz or ½ cup of meat, poultry or fish</li> <li>• 2 eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Canned beans/legumes</li> <li>• Canned meats, poultry or fish</li> <li>• Canned chilli</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen meats</li> <li>• Eggs</li> <li>• Vegetarian meat alternatives</li> </ul>
Grain Products 6-8 servings/day	<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• ½ cup cooked rice or pasta</li> <li>• ¾ cup of cereal</li> <li>• 4-6 crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Dried rice</li> <li>• Dried or canned pasta and noodles</li> <li>• Cereals</li> <li>• Crackers</li> <li>• Breads</li> <li>• Granola bars</li> <li>• Flour</li> </ul>	<ul style="list-style-type: none"> <li>• Bread products (e.g. bagels, pitas, etc.)</li> <li>• Pancake mix</li> </ul>
Milk & Alternatives 2-3 servings/day	<ul style="list-style-type: none"> <li>• 1 cup of milk or soy milk</li> <li>• ¾ cup of yogurt</li> <li>• 1.5oz of cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Evaporated milk</li> <li>• Powdered milk</li> <li>• Cheese spread</li> <li>• Cream soups</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Yogurt</li> <li>• Soy milk</li> </ul>
Fruits & Vegetables 7-10 servings/day	<ul style="list-style-type: none"> <li>• ½ cup canned or frozen vegetables</li> <li>• 1 cup of raw vegetables</li> <li>• ½ cup fresh/frozen fruit or fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juices</li> <li>• Canned vegetables</li> <li>• Canned fruits</li> <li>• Canned vegetable soups</li> <li>• Tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen vegetables</li> <li>• Dried fruits</li> <li>• Fresh vegetables</li> </ul>
Fats & Oils 30-45 mL/day	<ul style="list-style-type: none"> <li>• 2tbsp canola oil</li> <li>• 2-3tbsp soft margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressings</li> <li>• Vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Whipped salad dressing</li> </ul>