

**RESOURCE MANUAL FOR UML'S STUDENTS, FACULTY & STAFF**

**COOKBOOK FOR THE UML FOOD PANTRY**



**NOW OPEN**

UMASS LOWELL  
**NAVIGATORS**

**FOOD PANTRY**

UNIVERSITY CROSSING 104  
1ST FLOOR NEAR THE SOLUTION CENTER  
**MONDAY-FRIDAY • 3PM-7PM**

**FOR MORE INFORMATION EMAIL**  
[NAVIGATORS@STUDENT.UML.EDU](mailto:NAVIGATORS@STUDENT.UML.EDU)

The purpose of the Food pantry is to supply free food items for any member of the UMass Lowell community who may be experiencing hunger and struggling to buy food. The pantry is open to all UMass Lowell students, faculty & staff.

**WANT TO DONATE FOOD ITEMS?**  
#UCAN BY BRINGING NON-PERISHABLE ITEMS  
TO UNIVERSITY CROSSING SUITE 200



**BY: COMMIE AYUK  
NUTRITIONAL SCIENCES '17  
UMASS LOWELL**

## **Introduction: Meet Commie.**

I started my college career feeling unsure, not sure what I wanted to studying and attending a school that was not for me. Transferring to UMass Lowell was the best decision I made in my young adult life. I found a sense of community and an abundance of people from the classroom to the community who cared about both my well-being and my future. This is why after graduation I could help but gravitated towards a post-graduate job at UML. I am committed to carry on my knowledge and experiences back from when I was an undergraduate student to present day.



Speaking of undergrad, while I was a student here I studied nutritional sciences and my passion lied primarily in community nutrition. I spent sometime in the Merrimack Valley area doing community health/nutrition centered internships and volunteer work and found a common issues that needs attention and care. It was that having access to nutritious meals seems to be unattainable for many individuals which then makes it seems unfulfilling or undesirable. For me, I understand. Before I took my first nutrition class here at UMass Lowell, everything I thought I knew was actually a misconception. And so I have made this issue one of my career goals to make it an achievable goal for all individuals, at any stage of their lives. First step is have easy access to materials and tools. I hope this guide can headstart that for students and families of the UMass Lowell community.

Commie Ayuk

UMass Lowell Alumna 2017

# MAKING MEALS WITH THE FOOD PANTRY

HEALTHY, LOW COST MEALS & SNACKS MADE WITH OFF THE SHELF ITEMS THAT ARE EASY TO PREPARE.

BY: COMMIE AYUK

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## MEASURING TIPS & TECHNIQUES:

### WAYS ON HOW TO MEASURE FOODS WHILE USING YOUR HAND:



- 8 OZ (1 CUP) = CLENCHED FIST.



- 4 OZ (½ CUP) = CUPPED HAND.



- 3 OZ = OPEN PALM



- 1 TABLESPOON = THUMB



- 1 TEASPOON = TIP OF YOUR THUMB

### HEALTH BENEFITS OF COMMON CONDIMENTS & INGREDIENTS :

- **GROUND CINNAMON:** CONTAINS ANTIOXIDANT PROPERTIES WHICH CAN HELP LOWER A PERSON'S RISK AT BOTH CANCER AND DIABETES, PROTECTS BRAIN FUNCTION AND HELPS FIGHT OFF VIRUSES AND INFECTIONS.
- **GROUND BLACK PEPPER:** ALSO CONTAINS ANTIOXIDANT PROPERTIES, IT ALSO HELPS TO KEEP YOUR ARTERIES CLEAN WHICH HELPS TO REDUCE

- **FIVE SPICES:** FENNEL SEEDS, CINNAMON, STAR-ANISE, CLOVES AND PEPPERCORN. RICH IN VITAMINS, MINERALS, DIETARY FIBER AND ANTIOXIDANT PROPERTIES.
- **EXTRA VIRGIN OLIVE OIL:** EVOO FOR SHORT. ONE OF THE HEALTHIEST FAT ON EARTH! HELPS LOWER LDL (BAD CHOLESTEROL), LOWERS BLOOD PRESSURE, REDUCES INFLAMMATION AND THE LIST GOES ON!

## MEALS & SNACKS MENU:

### WHITE & BLACK BEAN TUNA SALAD

#### INGREDIENTS:

- 1 CUP OF CHOPPED RED ONION
- 1 SMALL LEMON (JUICE)
- (2) 5-6 OZ CANNED PACKED TUNA IN EXTRA VIRGIN OLIVE OIL
- (1) 15 OZ CAN OF WHITE BEANS RINSED AND DRAINED
- (1) 15 OZ CAN OF BLACK BEANS RINSED AND DRAINED
- ½ CUP CHOPPED PARSLEY
- 1 TEASPOON OF CHILI FLAKES
- 1-2 SPLASHES OF TABASCO SAUCE (TO TASTE)
- ½ TEASPOON GROUND BLACK PEPPER
- SALT AND EXTRA VIRGIN OLIVE OIL TO TASTE



#### DIRECTIONS:

1. SPRINKLE SOME OF THE LEMON JUICE OVER THE CHOPPED ONIONS WHILE YOU PREPARE THE OTHER INGREDIENTS. THIS WILL TAKE SOME OF THE ONION-Y EDGE OFF THE ONIONS.
2. DRAIN THE OIL FROM THE TUNA AND PUT THE TUNA INTO A LARGE BOWL. ADD THE BEANS TO THE TUNA AND GENTLY STIR TO COMBINE.
3. ADD THE ONIONS, HERBS, BLACK PEPPER, LEMON ZEST AND LEMON JUICE AND MIX TO COMBINE. ADD TABASCO OR CHILI TO TASTE.
4. IF THE SALAD NEEDS MORE ACID, ADD A LITTLE MORE LEMON JUICE. IF THE SALAD SEEMS A LITTLE DRY, ADD A LITTLE BIT OF OLIVE OIL. ADD SALT TO TASTE.
5. CHILL BEFORE SERVING. THIS SALAD WILL LAST SEVERAL DAYS IN THE FRIDGE, TIGHTLY COVER.

### **NUTRITIONAL TIP:**

BEANS ARE A GREAT SOURCE OF SOLUBLE FIBER. FIBER-RICH FOODS SLOWS DIGESTION AND KEEPS YOU FULL LONGER, THEY ALSO CONTAIN HIGH AMOUNTS OF POTASSIUM AND ARE A GREAT PROTEIN SUBSTITUTE. 1 CUP OF BEANS PROVIDE ABOUT 15G OF PROTEIN!

### **MANGO & PEACH SALSA OVER RICE**

#### **INGREDIENTS:**

- 1 CAN OF MANGOES
- 1 CAN OF PEACHES
- 2 TABLESPOONS OF FRESH CILANTRO
- 2 TABLESPOONS OF RED ONION
- 1 TABLESPOON OF LEMON JUICE
- 1 TABLESPOON OF LIME JUICE
- 1 SMALL JALAPENO PEPPER
- SALT & PEPPER TO TASTE
- ¾ CUP OF WHITE MINUTE RICE OR BROWN RICE

#### **DIRECTIONS:**

1. CHOP UP EVERYTHING BUT THE LEMON & LIME.
2. TOSS EVERYTHING WITH THE JUICE OF THE LEMON & THE LIME.
3. ADD SALT & PEPPER TO TASTE.



### **PASTA WITH TUNA & ARUGULA**

#### **INGREDIENTS:**

- 12 OZ DRIED SPAGHETTI/LINGUINE/ZITI
- ¼ CUP OF EXTRA VIRGIN OLIVE OIL
- 2 CLOVES OF MINCED GARLIC
- ⅛ TEASPOON HOT RED PEPPER FLAKES
- (2) 6 OZ CANNED TUNA, DRAINED AND PACKED IN EXTRA VIRGIN OLIVE OIL
- SALT TO TASTE
- 5-8 OZ ARUGULA OR SPINACH.

#### **DIRECTIONS:**

1. COOK PASTA: BRING A LARGE POT OF SALTED WATER (1 TBSP SALT FOR EVERY 2 QUARTS OF WATER) TO A ROLLING BOIL. ADD THE PASTA, RETURN TO A ROLLING BOIL, AND BOIL UNCOVERED UNTIL THE PASTA IS AL DENTE, COOKED, BUT STILL A LITTLE FIRM TO THE BITE.
2. COOK GARLIC AND RED PEPPER FLAKES IN OLIVE OIL; ADD TUNA, SALT: WHILE THE PASTA IS COOKING, HEAT THE OLIVE OIL IN A LARGE SKILLET ON MEDIUM-LOW HEAT.
3. ADD THE GARLIC AND HOT PEPPER FLAKES AND COOK UNTIL GARLIC IS FRAGRANT.
4. ADD THE TUNA AND SHRED IT INTO FINE FLAKES WITH A FORK. SEASON WITH SALT. KEEP WARM OVER LOW HEAT.
5. SET ASIDE A CUP OF PASTA WATER: JUST BEFORE THE PASTA IS READY, SET ASIDE 1 CUP OF BOILING WATER. YOU'LL NEED THIS TO ADD BACK TO THE PASTA DISH TO KEEP IT FROM GETTING TOO DRY.
6. COMBINE PASTA WITH TUNA MIXTURE, ARUGULA, AND SOME PASTA WATER: DRAIN THE PASTA AND DEPENDING ON THE SIZE OF YOUR PAN, EITHER ADD IT TO THE SKILLET WITH THE TUNA, OR RETURN THE PASTA TO THE PASTA POT AND ADD THE TUNA MIXTURE TO THE PASTA.
7. ADD THE ARUGULA AND USE TONGS TO TOSS TOGETHER WITH THE PASTA AND TUNA. ADD SOME OF THE HOT RESERVED PASTA WATER TO HELP LOOSEN THE PASTA.
8. THE ARUGULA WILL WILT AS YOU TOSS THE PASTA AND TUNA WITH IT. ADD MORE PASTA WATER AS NEEDED.

### **NUTRITIONAL TIP:**

THE OMEGA-3 FATS IN TUNA HELPS LOWER RISK OF CARDIOVASCULAR DISEASE. OMEGA-3 FATS ALSO MAY REDUCE BLOOD CLOTS, HELP PREVENT STROKES AND HEART ATTACKS.

### **PASTA WITH TOMATOES & ARUGULA**

#### **INGREDIENTS:**

- 12 OZ DRIED SPAGHETTI/LINGUINE/ZITI
- ¼ CUP OF EXTRA VIRGIN OLIVE OIL
- 2 CLOVES OF MINCED GARLIC
- ⅛ TEASPOON HOT RED PEPPER FLAKES



- 1 CAN OF DICED TOMATOES
- SALT & PEPPER TO TASTE
- 5-8 OZ OF ARUGULA OR SPINACH.

**DIRECTIONS:**

1. COOK PASTA: BRING A LARGE POT OF SALTED WATER (1 TBSP SALT FOR EVERY 2 QUARTS OF WATER) TO A ROLLING BOIL. ADD THE PASTA, RETURN TO A ROLLING BOIL, AND BOIL UNCOVERED UNTIL THE PASTA IS AL DENTE, COOKED, BUT STILL A LITTLE FIRM TO THE BITE.
2. COOK GARLIC AND RED PEPPER FLAKES IN OLIVE OIL; ADD TUNA, SALT: WHILE THE PASTA IS COOKING, HEAT THE OLIVE OIL IN A LARGE SKILLET ON MEDIUM-LOW HEAT.
3. ADD THE GARLIC AND HOT PEPPER FLAKES AND COOK UNTIL GARLIC IS FRAGRANT.
4. ADD THE CANNED TOMATOES (DRAINED). KEEP WARM OVER LOW HEAT.
5. SET ASIDE A CUP OF PASTA WATER: JUST BEFORE THE PASTA IS READY, SET ASIDE 1 CUP OF BOILING WATER. YOU'LL NEED THIS TO ADD BACK TO THE PASTA DISH TO KEEP IT FROM GETTING TOO DRY.
6. COMBINE PASTA WITH TOMATOES, ARUGULA, AND SOME PASTA WATER: DRAIN THE PASTA AND DEPENDING ON THE SIZE OF YOUR PAN.
7. ADD MORE OF THE ARUGULA AND USE TONGS TO TOSS TOGETHER WITH THE PASTA AND TOMATOES. ADD SOME OF THE HOT RESERVED PASTA WATER TO HELP LOOSEN THE PASTA.

**NUTRITIONAL TIP:**

SUBSTITUTE THE GREENS FOR GREENS: INSTEAD OF SPINACH OR ARUGULA, CANNED STRING BEANS OR PEAS ARE A GREAT ALTERNATIVE.

**PEANUT BUTTER OATMEAL BARS**

**INGREDIENTS:**

- ¾ CUP OF PEANUT BUTTER
- ⅓ CUP OF HONEY
- 3 CUPS OF OATMEAL (UNCOOKED)

**DIRECTIONS:**



1.  $\frac{3}{4}$  CUP OF PEANUT BUTTER,  $\frac{1}{8}$  CUP HONEY, 2 CUPS OF OATS.
2. MELT PEANUT BUTTER AND HONEY IN PAN.
3. STIR IN OATS (UNCOOKED).
4. PRESS MIXTURE INTO 9X9 PAN (USED SQUARED TUPPERWARE).
5. COVER AND LET HARDEN OVERNIGHT.

**NUTRITIONAL TIP:**

PEANUT BUTTER IS FULL OF HEALTHY FATS (MONOUNSATURATED FAT) AND SIMILAR TO BEANS, HAS FIBER AND PROTEIN THAT FILLS YOU UP. BE SURE TO JUST FOLLOW THE SERVING SIZE ON THE CONTAINER.

**PEANUT BUTTER & BANANA SMOOTHIE**

**INGREDIENTS:**

- 1 SMALL RIPE BANANA
- $\frac{1}{2}$  CUP OF LOW-FAT MILK
- 1 TEASPOON OF CREAMY PEANUT BUTTER
- 4-5 ICE CUBES

**DIRECTIONS:**

1. ADD ALL OF THE INGREDIENTS TO A BLENDER.
2. BLEND FOR 30 SECONDS AND STIR.
3. BLEND FOR ANOTHER 30 SECONDS TO 60 SECONDS.
4. POUR INTO A GLASS AND GARNISH WITH BANANA SLICES AND OATS IF DESIRED.
5. SERVE IMMEDIATELY OR PLACE IN THE REFRIGERATOR UNTIL READY TO EAT.



**NUTRITIONAL TIP:**

ADDITION OF THE BANANA ADDS A GREAT SOURCE OF POTASSIUM TO YOUR DAY! APPROXIMATELY 360 MG WHICH IS ABOUT 10% OF RECOMMENDED DAILY INTAKE.

## HONEY PEANUT BUTTER OATMEAL

### **INGREDIENTS:**

- 2 TABLESPOONS OF PEANUT BUTTER
- 1 TABLESPOON OF HONEY
- 1 CUP OATS, COOKED
- 1 TEASPOON OF HONEY

### **DIRECTIONS:**

1. MAKE SURE YOUR OATS ARE NICE AND WARM SO EVERYTHING MELTS NICELY.
2. COMBINE ALL INGREDIENTS IN A POT OR BOWL AND MIX UNTIL WELL COMBINED.

## OATMEAL, PEACHES & CINNAMON SPICE

### **INGREDIENTS:**

- 1 CUP OATS, COOKED
- 1 TABLESPOON OF HONEY
- ½ CANNED PEACHES, DRAINED & DICED
- ½ TEASPOON OF GROUND CINNAMON

### **DIRECTIONS:**

1. MAKE SURE YOUR OATS ARE NICE AND WARM SO EVERYTHING MELTS NICELY.
2. COMBINE ALL INGREDIENTS IN A POT OR BOWL AND MIX UNTIL WELL COMBINED.



### **NUTRITIONAL TIP:**

GROUND CINNAMON IS A GREAT SUBSTITUTE FOR SUGAR!

## **OTHER RECOMMENDATIONS FOR FOOD UTILIZATION AT THE FOOD PANTRY:**

- DRAINING THE JUICES FROM MOST CANNED FOOD IS VERY IMPORTANT FOR CONTROLLING EXCESS SODIUM INTAKE AND SUGAR INTAKE. (UNLESS IT IS SOUP, OF COURSE!)
- SPICE UP YOUR LIFE!
- WHEN YOU CAN, ALWAYS ADD A SIDE OF VEGETABLES!
- MEAT AND CHICKEN BASED FOODS ARE NOT YOUR ONLY OPTIONS FOR GREAT PROTEIN - BEANS, TUNA AND PEANUT BUTTER ARE GREAT TOO!