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USDA Products

SNAP - Supplemental Nutrition Assistance Program

USDA stands for United States Department of Agriculture

The USDA provides American-grown fresh, frozen, and shelf stable food products to the food banks across the country as part of the TEFAP program (The Emergency Food Assistance Program)



Common USDA Products

Snack/Breakfast

Dried Cherries
Dried Plums
Dried Fruit & Nut Mix
Raisins
Frozen Peach Cups
Tostitos Cereal
Instant Milk
Fluid Milk
Shredded Cheese

Protein

Chickpeas
Dark Red Kidney Beans
Ground Beef
Canned Beef
Chicken Drumsticks

Canned Foods

Corn
Potatoes
Tomato Soup
Vegetable Soup
Tomato Sauce

Dried Cherries/Plums/Raisins

Cereal Bites: Tostitos+Dried fruit+syrup+dry milk

Plum Sauce: Dried plums + water + cinnamon

Salads: add USDA dried cherries and apple slices to salads



Canned Beef Recipes

drain the liquid and trim the fat

Traditional Tacos: sautee the meat with your favorite herbs and spices, diced onions, green peppers

Zucchini Taco Boats: Sautee the meat and veggies. Slice the zucchini in half, scoop out the middle to resemble boats, fill the meat mixture, and top with cheese. Bake at 350 degrees for 20 mins.

Meatballs: Mix the meat + egg + herbs & spices + chopped veggies like spinach and/or shredded zucchini + Italian breadcrumbs

USDA "Pot" Recipes

Stew: drained and trimmed ground beef and/or cooked beans + tomato soup + drained sliced potatoes (add canned carrots and your favorite herbs and spices)

Split Pea Soup: green split peas + broth + water + carrots + potatoes

BBQ Lentil Balls: brown lentils + brown rice + breadcrumbs + chopped onion + chopped mushroom + Worcestershire sauce + BBQ sauce + herbs & spices



Canned Foods

Potato Pancakes: drain the potatoes and mash them. Add an egg + flour + herbs and spices such as parsley, oregano, black pepper, and a bit of salt. Mix, form into patties, and cook on both sides in a greased pan.



Chickpeas

Roasted: Rinse and bake at 350 degrees for 25 minutes. For savory toss with garlic powder, onion powder, black pepper, paprika, and chili flakes if preferred, and bake for 10 more minutes.

For sweet, sprinkle with cinnamon, and maple syrup after roasting and bake for 10 more minutes.

Edible Cookie Dough: mashed chickpeas + peanut butter + maple syrup + chocolate chips



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Chicken Drumsticks

Pineapple Sriracha Glaze: Pineapple Preserves + pineapple juice + sriracha + chopped garlic

Butter Herb: Butter + rosemary + thyme + lemon juice + black pepper + salt

Sticky Sauce

Soy Sauce + rice vinegar + brown sugar + honey + ginger



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