



# SITUATIONAL AWARENESS



*Imagine:*

*You are a 19 year old college student with only a mini fridge and microwave in your dorm room.*

*You are a 56 year old person who was just kicked out of your apartment and are now residing in your car.*

## POINTS TO PONDER

*Think about cooking in your kitchen at home. What is in there? What items do you need to make a full meal? What foods do you use that need to be cooked or temperature controlled?*

*Things you may have: fridge/freezer, microwave, oven, stove, bowls, spoons, can opener, etc.*

*Many neighbors may not have access to all of these items.*

*Please consider this when helping your neighbors in unique situations.*

### LIMITED KITCHEN:

- Mini Fridge
- Stove Top
- Oven
- Microwave

#### Consider providing:

- Boxed Meals
- Canned/ready to eat meat
- Nut butters/Canned beans
- Small containers of dairy
- Canned fruits/vegetables
- Smaller quantities of fresh produce and raw meats

#### Helpful Language:

- Do you have access to a full kitchen?
- Never make assumptions about their living situation
- Do not ask for their "story." If a neighbor shares their story, empathize with them.

### LIMITED KITCHEN:

- Mini Fridge
- Stove Top
- Oven
- Microwave

#### Consider Providing:

- Boxed meals
- POP TOP canned proteins/ meat pouches
- Soups, cups of noodles, canned pasta meals
- Canned fruits/vegetables
- Fresh produce, produce steam bags
- Shelf stable milk
- Flour tortillas

\*Things that only need to be reheated, not cooked

#### Helpful Language:

- Do you have access to a stove/microwave?

### NO KITCHEN

- Mini Fridge
- Stove Top
- Oven
- Microwave

#### Consider providing:

- POP TOP canned proteins/ meat pouches
- Peanut butter pouches/lunch bag size
- Peanut butter jelly combos
- POP TOP canned fruit
- Whole produce
- Applesauce
- Granola bars/crackers

#### Helpful Language:

- Do you have access to a grill?
- Make sure they know you are asking so you can help guide them to foods that are useful in their situation.



# CULTURAL AWARENESS



## Imagine

You are a 30 year old refugee who just moved here from your home country and left everything you have ever known

You are a 46 year old Muslim and you avoid certain foods for religious purposes

## POINTS TO PONDER

Think about food that you find comforting or that you eat on certain occasions. What would you do if you suddenly lost access to that food? This could be something that is closely tied to your heritage or a food that reminds you of a certain memory. Many neighbors have stories that we may never understand. Thinking about the foods we have available can allow for us to better care for neighbors more holistically.

### LATIN AMERICAN FOOD OPTIONS

#### Consider providing:

- Fresh fruits and vegetables
- Less pasta
- Dried beans
- Lentils
- Nuts
- White Rice
- Potatoes
- Ground Beef
- Olive or canola oil
- Tortillas
- Sweetened condensed milk
- Ground cumin

*Food insecurity among Latinx is higher than white individuals in 96% of United States counties.*

*Providing familiar foods, fighting racism/bias, and overcoming language barriers can help.*

### RELIGION-BASED FOOD RESTRICTIONS

**Many religions have different dietary restrictions. When helping a neighbor, it is best to clarify if they have any religious food preferences.**

For example, Muslim followers may not eat pork and might require all other meat to be Halal, Jewish followers may not eat pork and might require kosher meats, Hindu followers typically follow vegetarian diets.

**Some dietary restrictions may vary based on the season and holiday and even within different sects of the same religion.**

*There are many helpful resources online to get more information.*

*Scan here for more resources:*



### FOODS THAT CROSS MANY CULTURES

#### All:

- All purpose flour
- Beef
- Chicken
- Cucumber
- Eggs
- Onions
- Pasta

#### Latinx, Vietnamese, Ethiopian:

- Cabbage
- Garlic
- Lime
- Peppers
- Tomatoes