

Newsletter October 2018

Welcome to Harbor Landing!

Questions for users:

What kind of foods are you interested in seeing at Harbor Landing?

What limits you from accessing the pantry?

Do you have access to a kitchen?

Have you used food pantries before coming to Grays Harbor College?

Email answers to: alejandra.morenocastro@ghc.edu

Bring Your Own Bag @ Harbor Landing!

Bring a resusable bag and get 2 additional items!

informal forum topic: food pantries on college campuses

Michigan State University launched the first college food pantry in 1993.

College food pantries have been in operation for over two decades, but national attention has only come about in the last 15 years thanks to organizations like the College and University Food Bank Alliance and the National Student Campaign Against Hunger & Homelessness. While postsecondary education enrollment is on the rise, first-generation students, students from low-income households, and students of color, are still being left behind. Food pantries on college campuses have been able to ease a bit of stress from these students by reducing hunger on campus. Now, there are over 400 college food pantries across the country in addition to other hunger relief programs like the Food Recovery Network and Swipe Out Hunger.

Registration for Food Drive due October 12! (collection begins October 16)

-cut along line-

Easy Cheesy Broccoli Rice

Ingredients:

1 lb frozen, thawed broccoli florets
2 cups long grain rice
2 tbsp butter
½ tsp salt
¼ tsp garlic powder
Black pepper
1 cup shredded sharp cheddar

Place rice in large pot and add 3 cups of water. Place a lid on the pot and bring it to a boil over high heat. Once it reaches a boil, turn the heat down to low and let it simmer for 15 minutes. After simmering for 15 minutes, turn the heat off & let the rice rest without removing the lid for an additional 5 minutes.

chop the broccoli florets into tiny pieces.

Once the rice has cooked, fluff in gently with a fork. Add the butter, salt, garlic powder, and black pepper (to taste). Mix until butter is melted.

Add the chopped broccoli & gently fold into rice. Add the parmesan and cheddar cheese and combine. Add salt or butter if needed.



a. source: budget bytes