

Smart Bites: Low-cost and Educational Recipes for Fort Collins Families

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TABLE of CONTENTS

Introduction.....01

Breakfast.....02

Lunch.....07

Dinner.....11

Snacks.....15

Desserts.....19

Conclusion.....24

References.....26

Introduction:

I wrote this cookbook for two reasons. The first was to help lower SES families in Fort Collins cook healthy, easy, and low cost meals. SES, or socioeconomic status, is a way to measure a family's economic and social status in society. It's a combination of factors, including income, education, and employment status. People with a lower SES tend to have less access to resources, including high quality, healthy grocery items. Lower income households have been associated with poorer quality of diet because they purchase fewer fruits & vegetables and more processed foods, including sweetened drinks and frozen desserts, when compared to higher income households.¹

Just like any city, poverty is an issue in Fort Collins. The poverty rate in Fort Collins was about 12% in 2020.² The median income per person in Fort Collins was 47,168 in 2023. The median household income was 81,883. 15% of people in Fort Collins live below the poverty line, which is more than 1.5 times the average rate in Colorado.³ Looking at these statistics, I wanted to help provide low cost, healthy, and simple meals for people who face financial barriers to healthy eating in the Fort Collins area.

The second reason I wrote this cookbook was to help people learn more about the economics behind their food. People eat and cook everyday, and most of the time we don't think about the economics behind the food. I also wanted to include nutrition facts to help families make better nutritional choices for cheap. Every ingredient we eat has a specific origin and journey it went through to get to our plate. My goal was to write something that hasn't been done before. This cookbook is not only useful, but it's also educational.

Breakfast

Egg bake casserole



Serves: 10

Time: 1 hr

Ingredients:

12 eggs

1 cup sour cream

¼ cup milk

1 cup shredded cheddar cheese

1 teaspoon salt

½ teaspoon pepper

1 pound ground sausage

1 cup fresh spinach

8 oz mushrooms, diced

1 bell pepper, diced

Directions:

1. Preheat oven to 350 degrees. Grease a 9x13” pan.
2. Combine the eggs, sour cream, milk, cheese, and salt & pepper in a bowl.
3. Heat a large skillet over medium heat. Add the sausage and cook until browned, breaking it into little pieces as it cooks.
4. Add the cooked sausage to the bowl with the egg mixture.
5. Add spinach, mushrooms, and bell pepper to the hot skillet. Saute for 2-3 minutes and then add to the bowl with the eggs.
6. Stir to combine all the ingredients.
7. Pour the mixture into the pan and bake for 45-50 minutes or until cooked through.
8. Cut into 10 squares. Serve with ketchup.

*Tip: Sour cream has many health benefits. It contains probiotics that help with digestion and the immune system. It is high in Vitamin A, which helps eyesight, immune system, and healthy skin.⁴ It is also high in calcium, phosphorus, and Vitamin B2.

Food for thought: From December 2021 to December 2022, the price of eggs in the U.S. increased by 138%. There are multiple reasons for this. The primary reason was an outbreak of avian influenza, and many birds died as a result. Other factors for the price increase of eggs are feed cost, price of natural gas, overall inflation, and the pandemic.⁵

The COVID pandemic caused inflation in general to rise. Before the pandemic, the inflation rate in the U.S. was hovering around 2%. In 2021, it spiked to 7%. Although inflation has been decreasing in the years since the pandemic, it is still yet to reach pre-pandemic levels.⁵

Food for thought: Dollar Tree, Dollar General, & Family Dollar are a few examples of major dollar store chains across the United States. The growth of these stores have helped people get access to cheap food. Many people in the U.S. suffer from a lack of access to food due to food deserts. Food deserts are areas that have little to no access to healthy and affordable food. The lack of access to food is typically seen as a supply-side issue, rather than a demand-side issue. One example of this is the mass production of processed & unhealthy food. The ability for large companies to efficiently & quickly produce these unhealthy food products has allowed food to be cheaper and easier to get, but has also made food much less nutritious. Another example of a supply-side issue is the decline of family farms due to corporations running large farms. Small family farmers no longer have the resources or economies of scale to produce food on the level that large corporations can. The main target of dollar stores are people with incomes less than \$40,000. This is the idea of bottom of the pyramid marketing, where the goal is to provide products to low-income consumers since they make up a massive part of earners in the world and the U.S.⁶ Many ingredients in this cookbook can be found at dollar stores around the Fort Collins area.

Overnight oats

Serves: 6 (8 oz each)



Time: 5 mins

Ingredients:

3 cups old fashioned rolled oats
6 cups water
2 cups peanut butter
2 cups fruit of your choice, fresh or frozen
6 tablespoons chocolate chips
6 teaspoons vanilla extract
6 teaspoons cinnamon

Directions:

1. Mix together all the ingredients into 6 separate containers with airtight lids. Store in the fridge overnight before eating. Stays good in the fridge for up to 5 days.

*Tip: Add a scoop of protein powder to each serving if you have it, and swap water for milk for more calcium!

Food for thought: Cow's milk has some notable nutritional benefits. It has high levels of calcium, which helps with important bodily functions including muscle contraction, structural support of bones, and blood clotting.⁷ Eating enough calcium can reduce the risk of osteoporosis, hypertension, and colon cancer. Milk and dairy foods are the primary source of calcium in the U.S. Milk also contains other useful nutrients like Vitamin D, potassium, and magnesium.⁷ Vitamin D can improve the immune system, potassium can help heart function & can prevent osteoporosis, and magnesium can help muscle function & blood pressure regulation.

Pancakes

Serves: 6 (2 pancakes each)



Time: 30 minutes

Ingredients:

2 cups all purpose flour
¼ cup granulated sugar
4 teaspoons baking powder
½ teaspoon salt
2 cups milk
¼ cup oil or butter
2 teaspoons vanilla extract
1 egg

Directions:

1. Combine flour, sugar, baking powder, and salt in a bowl.
2. Fold in milk, butter, vanilla extract, and the egg.
3. Heat a pan over medium heat and pour ¼ cup of the batter onto the pan. After about 3 minutes, flip the pancake and cook until golden.
4. Repeat with the remaining batter. Serve with maple syrup, fresh fruit, or yogurt.

*Tip: Don't overmix the batter. Flip the pancakes when bubbles appear in the batter.

Food for thought: As of January 1, 2024, the city of Loveland got rid of sales tax on groceries. Fort Collins' grocery tax is about 2.25%.⁸ This means that families in Fort Collins are spending more money annually on groceries than families in Loveland. This is important, since a one percent increase in grocery tax increases the probability of households being food insecure by .6%.⁹ There are grocery taxes in 16 U.S. states in the form of a state or county tax. Grocery taxes can cost families hundreds of dollars a year. Low income households feel the effects of grocery tax much more than higher income households. The grocery tax affects them at the margin much more because low income families spend a higher proportion of their income on basic necessities like food.⁹

Lunch

Build your own grain bowl

Serves: 1

7



Time: 10 minutes

Ingredients:

1 cup grain: quinoa, rice, couscous, spinach

½ cup vegetable: sweet potato, brussel sprouts, cucumber, tomatoes, beets, onions, asparagus, edamame, avocado, mushrooms

¼ cup dressing: balsamic vinaigrette, hummus, tzatziki, green goddess, blue cheese

½ cup protein: black beans, edamame, chicken, beef, eggs, canned tuna

2 tablespoons toppings: cheese (feta or blue), sunflower seeds, cranberries

Directions:

1. Choose 1-2 ingredients from each category above, combine into a bowl, and serve.

*Tip: This recipe is very versatile and easy to alter!

Food for thought: Seasonal food is argued to be tastier, cheaper, and more nutritious than imported food. It's also more environmentally friendly. Seasonal food has no one true definition. Some say it's eating local food, which decreases emissions and transportation time. Another definition is eating food that's in season somewhere, since it's cheaper and more abundant.¹⁰ Buying local produce generates and supports economic activity locally. This relates to the multiplier effect, which explains how money circulates in an economy. When you spend money buying local goods, your dollars recirculate through the local economy 2 to 4 times more than money spent on nonlocal goods. For example, the money spent at a farmers market not only goes to the seller, but also to other workers and suppliers. This also helps to increase local jobs, where an increase in demand locally creates a demand for more workers.¹¹

Farmers markets are a great place to find local, seasonal produce. In 2015, farmers markets in the U.S. saw \$711 million in revenue. In 2020, farmers markets saw \$1.7 billion in revenue.¹¹ This shows the growth in popularity of farmers markets in the U.S. Farmers markets positively affect public health by providing healthy foods while creating a positive social atmosphere for the community. This atmosphere also allows people to learn more about the food they're eating and how to prepare it. Farmers markets also positively affect the economic well-being of the area by boosting the local economy. The presence of farmers markets also increases local food access. Fruits and vegetables are similar or even lower in price than supermarkets, especially when they're in season.¹¹

Chili

Serves: 6

Time: 30 minutes



Ingredients:

1 pound ground beef
1 chopped onion
1 16 oz can tomato sauce
1 16 oz can kidney or black beans
1 16 oz can diced tomatoes
1 teaspoon chili powder
½ teaspoon garlic powder
Salt and pepper to taste
Optional: shredded cheddar cheese, sour cream, and cilantro

*Tip: Canned beans and canned tomatoes are great to get at the dollar store! The dollar store has many canned goods that are usually cheaper than other stores.

Directions:

1. Saute beef and onion in a large saucepan over medium heat for 5-7 minutes.
2. Stir in tomato sauce, beans, and diced tomatoes.
3. Add chili powder, garlic powder, salt & pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.
4. Serve with toppings of your choice including cheese, sour cream, or cilantro.

*Tip: Double the recipe and freeze leftover chili for up to 4 months!

Food for thought: There is a difference between income and wealth, even though the words sometimes are used interchangeably. Income is the money you earn on a regular basis, while wealth is the total value of everything you own that is worth money.¹² An example of income is a paycheck, and examples of wealth include a car and a house. Wealth can be built up over time and passed down through generations. Houses are a large part of somebody's wealth. In 2001, houses accounted for almost $\frac{2}{3}$ of the wealth of median U.S. households.¹² The amount is probably higher today because of skyrocketing housing prices. Houses have volatile prices, meaning they change frequently. The change of house prices has an effect on consumption because of the wealth effect. This is the idea that when someone's home value increases, they feel wealthier and they tend to increase their spending on goods like food. People who don't own their homes can feel poorer when house prices rise. Also, younger generations may struggle to have wealth in the form of homeownership because of inflation and unchanging wages.¹²

Dinner

Simple pasta

Serves: 8

Time: 30 minutes



Ingredients:

8 cups pasta of your choice
1 pound ground beef
1 16 oz can green beans
1 cup fresh spinach
1 24 oz jar pasta sauce
½ cup shredded parmesan cheese

*Tip: Pasta is great to get at the dollar store! They typically have many different kinds at a cheap price point.

Directions:

1. Prepare the pasta according to the package.
2. Meanwhile, saute ground beef in a medium saucepan for 5-7 minutes.
3. Add the spinach. Once the spinach has wilted, add the pasta sauce.
4. Add the canned green beans and the cooked pasta. Mix until warm and top with parmesan.

Food for thought: Multigrain pasta is a great choice for pasta because it has many health benefits. It provides an array of essential vitamins and minerals, including protein, iron, zinc, Vitamin B, and magnesium.¹³ These vitamins and minerals support the immune system, reduce inflammation, and promote healthy bones. Whole grain pasta can also help reduce the risk of obesity, heart attack, and stroke. Whole grain pasta also contains fiber, which can aid digestion.¹³ Unfortunately, it tends to be more expensive than white pasta.

Pizza

Serves: 8

Time: 30 minutes



Ingredients:

2 bags pizza dough
2 jars pizza sauce
1 cup fresh spinach
½ cup sliced mushrooms
2 cups shredded mozzarella cheese

*Tip: You can add any toppings to this pizza you like!

Directions:

1. Preheat the oven to 450 degrees and grease two baking sheets.
2. Spread the dough onto both baking sheets. Bake the dough for 7 minutes.
3. Spread the sauce on the dough and add spinach, mushrooms, and cheese.
4. Bake for 10 minutes. Let cool for 5 minutes and slice with a pizza slicer.

Food for thought: Food security is when people have access to enough food for a healthy and active life. About 10% of U.S. households are food insecure. Households that are food insecure have lower rates of consumption of fruits & vegetables and less readily available food than food secure households.¹⁴ Insufficient access to food is correlated with poor outcomes when it comes to children. Problems include lower math scores, issues getting along with other children, and more frequent illness.¹⁴ Food insecurity can lead to high stress levels among parents, which could lead to stress in the children as well.¹⁵ Cooking meals at a cheaper price point can help stretch your budget and combat food insecurity.

Veggie wrap

Serves: 6

Time: 10 minutes



Ingredients:

6 tortillas

½ cup hummus

20 oz of canned chicken or tuna

1 cup fresh spinach

1 cup diced tomatoes

1 cup diced cucumber

*Tip: This recipe is high in protein! Hummus, chicken, and tuna are all high protein foods.

Directions:

1. Divide all ingredients into 6.
2. Spread the hummus evenly onto each tortilla and then add chicken or tuna, spinach, tomatoes, and cucumber.
3. Wrap the tortilla up like a burrito, cut it in half, and serve.

Food for thought: Protein serves as the major structural component of muscle and other tissues in the body. Protein is also used to produce hormones, enzymes, and hemoglobin in the body. Animal protein, which includes milk, eggs, meat, fish, and poultry, is a complete source of protein.¹⁶ That means it provides all nine necessary amino acids for our body. These are also high in Vitamin B12, zinc, and iron. Unfortunately, animal protein is also high in saturated fat. Vegetable proteins, including legumes, soy, and nuts, are typically missing 1-2 necessary amino acids. By combining multiple plant proteins together, you can get all the essential amino acids. This is called protein complementing.¹⁶

Snacks

Cereal bars

Serves: 8

Time: 15 minutes



Ingredients:

¾ cup peanut butter
½ cup honey or maple syrup
½ teaspoon vanilla extract
4 cups plain cheerios

*Tip: Feel free to use the cereal of your choice in this recipe!

Directions:

1. Line an 8x8" pan with parchment paper.
2. Add the peanut butter and honey to a medium saucepan to cook for a few minutes over medium heat until melted together.
3. Take off the heat and add the vanilla extract.
4. Add the cheerios and stir until completely coated.
5. Press the mixture firmly into the lined pan and refrigerate for at least one hour before cutting into squares.

Food for thought: When Russia invaded Ukraine in February of 2022, it had a drastic impact on agriculture, trade, and grain prices. Before the invasion, Ukraine annually exported about 60 million tons of grain, including corn and wheat, accounting for about 10% of the world market. Due to the invasion, many ports closed, so millions of tons of corn and wheat were jammed and not able to be shipped.¹⁷ Because Ukraine is a major exporter of corn to the U.S., this impacted the U.S. heavily. Also, many farms and facilities in Ukraine have been destroyed due to the war, decreasing the quantity of corn and wheat exported to the U.S. Reduced exports and increased export costs have resulted in overall food price inflation around the world. Grain prices have increased at a higher rate compared to overall food prices. Since wheat and corn are major ingredients in cereal, this has made cereal prices increase.¹⁷

Energy balls

Serves: 10 (2 balls each)

Time: 10 minutes



Ingredients:

1 ½ cups oats
¾ cups peanut butter
½ cup honey or maple syrup
½ cup chocolate chips
½ cup coconut flakes
1 teaspoon vanilla extract
½ teaspoon salt

*Tip: These also make a great on-the-go breakfast option!

Directions:

1. Combine all ingredients into a bowl and stir.
2. Roll into 1 inch balls and place into an airtight container. Keep in the fridge for at least one hour before eating to allow time to set. Stays good for up to 5 days in the fridge.

Food for thought: People of a lower SES, or socioeconomic status, have a higher risk of developing heart disease, due to reduced access to medical care, high-quality food, and stress management. Poor diet quality is a risk factor for many diseases, and families without an excess of money will typically opt for the cheaper, less nutritious food to feed their family. Processed foods are typically cheaper and are high in empty calories, saturated fat, and sodium. Over 50% of daily calories consumed in America are from processed foods.¹⁸ This is why home cooked, healthy meals are so important.

Build your own smoothie

Serves: 3

Time: 5 minutes



Ingredients:

3 cups liquid: milk, water, any flavor of juice

5 cups of fruit, fresh or frozen: pineapple, mango, raspberry, banana, blueberry, blackberry, pear, kiwi. Any fruit works here!

1 cup additions: protein powder, chia seeds, hemp seeds, honey or maple syrup, avocado, fresh or frozen spinach, yogurt, oats, peanut butter, coconut flakes

*Tip: Avocados are great sources of Vitamins C, E, K, and B6. They are also high in potassium and magnesium. Potassium can help heart function & can prevent osteoporosis and magnesium can help muscle function & blood pressure regulation. Avocados also contain healthy fats, which help you feel fuller in between meals. Additionally, healthy fats support healthy skin and support the immune system.¹⁹

Directions:

1. Choose 1-3 ingredients from each category above and blend all ingredients into a large blender until smooth. Divide into 3 glasses and enjoy!

Food for thought: There are many milk options to choose from for this smoothie recipe. Even though cow's milk is a great source of calcium and protein, plant based milks also have many health benefits. Hemp milk is high in protein, omega-3, and omega-6 fats.²⁰ Oat milk is high in fiber and can help lower cholesterol & improve digestion. Almond milk is low in carbs and high in Vitamin E. Soy milk is high in protein and can help improve cholesterol & blood pressure levels. Coconut milk contains vitamin C & iron, and can help improve cholesterol.²⁰

Unfortunately, plant based milks are typically more expensive than cow's milk for a few reasons. One is that plant based milks are still relatively new, so production costs are pretty high. Also, dairy is financially aided by the government, so large dairy companies are shielded from market trends and economic shifts. Finally, non-dairy milks have higher packaging costs and are typically branded products rather than being generic, cheaper, store-brand products.²¹

Desserts

19

Brownies

Serves: 16

Time: 1 hour



Ingredients:

1 ½ cups granulated sugar
¾ cups all purpose flour
⅔ cup cocoa powder
½ cup powdered sugar
½ cup chocolate chips
1 teaspoon salt
2 eggs
½ cup oil
1 teaspoon vanilla extract

*Tip: Use dark chocolate chips in this recipe! Dark chocolate is higher in antioxidants and lower in sugar than milk chocolate. It is better for your heart, cholesterol, and blood pressure.²³

Directions:

1. Preheat the oven to 325 degrees and grease an 8x8" pan.
2. Combine the sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt in a bowl.
3. Add the eggs, oil, and vanilla extract and stir.
4. Pour the batter into the pan and bake for 45 minutes or until cooked through. Cool completely before slicing into squares.

Food for thought: Oil is an essential part of our diet. It is suggested to eat 1-2 tablespoons a day. The fat in oil helps the body absorb vitamins A, D, E, and K. Oil also helps brain & nerve functions, and helps reduce the risk of heart disease.²³ Canola, olive, and vegetable oil are 3 great choices for this recipe.

Flourless peanut butter cookies

Serves: 20

Time: 20 minutes



Ingredients:

1 cup peanut butter
1 cup granulated sugar
1 egg
1 teaspoon vanilla extract

*Tip: Gluten is a protein found in wheat, barley, and rye. Wheat is commonly found in breads, baked goods, soups, pasta, cereals, and sauces. Barley is commonly found in soups, beer, bread, cereal, and malted foods like malted milkshakes and malt vinegar. Rye is commonly found in cereals and rye bread.²⁵ Because this recipe has no flour, it's good for people with Celiac disease, which is an autoimmune disorder that causes damage in the digestive tract after consuming gluten.

Directions:

1. Preheat the oven to 350 degrees and grease a baking sheet.
2. Mix all the ingredients together in a bowl.
3. Roll the mixture into 1 inch balls and place on the baking sheet.
4. Flatten into a criss cross pattern using a fork and bake for 8 minutes. Cool before enjoying.

Food for thought: A vegetarian diet is one that excludes animal meat, such as beef, pork, and chicken. A vegan diet is one that excludes all animal products. This includes meat as well as dairy, such as yogurt, milk, eggs, and butter. Over time, there have been many substitutes available for dairy products. There are many kinds of plant-based milks, yogurts, and icecreams, and even egg substitutes. In this recipe, you can replace the egg with $\frac{1}{4}$ cup of unsweetened applesauce, $\frac{1}{2}$ a mashed banana, or 1 tbsp ground flax seed mixed with water. These options all mimic the texture and purpose of the egg.

A vegan diet has many benefits for the environment, the body, and the economy. A vegan diet results in almost a 50% decline in greenhouse gas emissions compared to a diet that includes animal products.²⁵ Greenhouse gases contribute heavily to global warming. Animal agriculture generates 14% of global greenhouse gas emissions. Animals release the greenhouse gases methane and nitrous oxide. Also, animal agriculture requires burning an extreme amount of fossil fuels. Meat and dairy production also uses about $\frac{1}{4}$ of the world's freshwater supply.²⁵ Plant-based foods require much less water to produce in comparison. Eating a vegan diet also comes with many health benefits. Eating vegan can help with weight loss, lower blood sugar levels, improve kidney function, and reduce the risk of cancer & heart disease.²⁶

Cake batter cookies

Serves: 15

Time: 20 minutes



Ingredients:

2 eggs

⅓ cup oil

½ teaspoon vanilla extract

1 box funfetti cake mix

Directions:

1. Preheat the oven to 350 degrees and grease a baking sheet.
2. Combine the eggs, oil, and vanilla extract in a bowl.
3. Add the cake mix and stir until combined.
4. Roll the mixture into 1 inch balls and place on the baking sheet. Bake for 10 minutes and cool before enjoying.

*Tip: Instead of greasing a baking sheet, use parchment paper for an easier cleanup!

Food for thought: Boxed cake mix was created in the 1930s by a molasses company.²⁷ They dehydrated their excess molasses and combined it with flour, sugar, shortening, salt, baking soda, and powdered eggs. The company said the boxed mix would be cheaper, faster, and easier than baking a cake from scratch. The company found that the idea of a powdered egg was off-putting for many people, so this ingredient was removed and the mixture required the addition of a few fresh eggs by the consumer. After World War 2, flour companies began making their own boxed cake mixes. They added frosting recipes to make women feel creative while baking.²⁷

Berry crumble

Serves: 6

Time: 1 hr



Ingredients:

4 cups berries
3 tablespoons granulated sugar
3 tablespoons all purpose flour
¼ teaspoon salt
1 cup old fashioned rolled oats
½ cup brown sugar
6 tablespoons all purpose flour
½ cup cubed butter

*Tip: You can use fresh or frozen berries in this recipe. Frozen berries are typically cheaper and last longer than fresh berries. You can also use any berry of your choice: raspberries, blueberries, blackberries, cherries, or strawberries. If using cherries or strawberries, first cut them into smaller pieces.

Directions:

1. Preheat the oven to 350 degrees and grease an 8x8" pan.
2. Combine the berries, sugar, flour, and salt in a bowl.
3. In a separate bowl, combine the oats, brown sugar, flour, and butter.
4. Pour the berry filling into the pan and top with the oat mixture. Bake for one hour. Serve with vanilla ice cream.

Food for thought: Frozen foods have experienced rapid growth over the years in the food market. It's estimated that by 2025, the market share will be about 224.2 billion.²⁸ The demand for ready to eat products and frozen foods has increased because people have less time to cook. Frozen foods are often seen as lower quality than fresh produce, but in reality they are similar in nutrients to fresh foods. Many studies have shown that lots of frozen foods have more nutritional value than other preservation methods like canning or dehydration. There are some cases where frozen foods even have higher nutritional value than fresh produce because of the ability to freeze when the product is at its freshest. This also extends the shelf life of the product by a substantial amount. Chemical reactions and microbial growth slows at low temperatures, so freezing food is very safe.²⁸

Conclusion:

I hope this cookbook inspired you to make healthy, delicious, and affordable meals for the whole family! I also hope you have learned some interesting facts about the economics of food and important nutritional information. On the next page, you'll find resources for places with free produce and groceries in Fort Collins to help support your cooking journey.

1. **Vindeket** is a non-profit food rescue that gets food from local grocery stores, restaurants, and farms that is either about to expire or is slightly damaged. You can shop here for no cost, although they suggest giving a small donation. They have a variety of healthy foods, including canned goods, produce, bread products, and dairy products.



2. **The Food Bank of Larimer County** is a non-profit that provides food for no cost to community members. You create an account with them and you can shop here twice a week. They have a variety of healthy foods, including canned goods, produce, bread products, dairy products, and frozen meals. They also have period products, diapers, and pet food. They also offer free cooking classes where you can learn how to make nutritious and low-cost meals.



3. **FoCo Cafe** is a non-profit pay what you can cafe that serves healthy food such as soups, salads, and sandwiches. If you cannot afford a meal, you can volunteer in exchange for a meal. They use mostly local, seasonal, and organic ingredients.



4. **Rams Against Hunger Food Pantry** at CSU provides food for no cost for students, staff, and faculty. They have a variety of healthy foods, including canned goods, produce, bread products, and dairy products.



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