

RECIPE IN A BAG In response to the rising costs of meat during the pandemic, THRIVE! launched a meat alternative program called “Recipe in a Bag.” The program is designed to educate people on cheaper, healthier substitutes like beans, eggs and other foods by putting recipes, actual ingredients and nutrition information directly in people’s hands at local food pantries. THRIVE! dietitian Libby Showalter, MS, RD, LD, creates a recipe, then THRIVE! purchases most (if not all) ingredients for the recipe and enlists volunteers to fill a bag, which is then distributed to participants at Well-Help and St. Patrick’s Helping Hands food pantries. To date, 59 bags of a Tomatoes, Corn and Bean Salad recipe were distributed at St. Pat’s, and 30 bags of the classic Three Bean Salad at Well-Help.

For September: THRIVE! focuses on eggs. We’re serving up a French Toast recipe at Well-Help and a Veggie Frittata recipe at St. Patrick’s “Helping Hands” food pantries!