Spring 2020 Food Shelf
1ST AND 3RD WEDNESDAY OF EACH MONTH
12PM-4PM

Upcoming Dates:
- February 19th
- March 4th
- March 18th
- April 1st
- April 15th
- May 6th
- May 20th

TO VOLUNTEER AT THE FOOD SHELF, CLICK HERE.

TO VOLUNTEER TO UNLOAD DELIVERIES FOR THE FOOD SHELF, CLICK HERE.

QUICK AND EASY RECIPE, DID YOU KNOW?, FAQS - 2
Did you Know?
CONTRIBUTED BY DR. AMBRIA CRUSAN, PHD AND REGISTERED DIETICIAN

"It is important for us to think about the hierarchy of needs. Food is one of our basic necessities and when the "basics" aren't met, that affects all of our other aspects of wellbeing. A study done in 2018 shows that 31% of college students experienced some level of food insecurity, which was associated with higher association to symptoms of depression. Additionally, minority students were four times more likely to experience food insecurity (Payne-Sturges, D.C., et al). This is only scratching the surface of the issues that can be related to the multi-faced problem of food insecurity."

Easy Mediterranean White Bean Soup

Ingredients:
- 1 tablespoon olive oil
- 1 large onion chopped
- 2 garlic cloves minced
- 1 large carrot chopped
- 1 celery rib chopped
- 6 cups vegetable broth
- 1 teaspoon dried thyme
- ½ teaspoon oregano
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 3-15 ounces canned white (or any type) beans drained and rinsed
- 2 cups baby spinach

In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until onions are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes. Add vegetable broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes. Remove from heat, sprinkle fresh parsley and grated parmesan cheese, if desired, and serve immediately.

RECIPE FROM HTTPS://FEELGOODFOODIE.NET/RECIPE/WHITE-BEAN-SOUP/

FAQs

Can I come to the St. Kate’s food shelf?
ALL St. Kate’s students are welcome at the food shelf! There are many reasons students visit the food shelf, and we accept all gladly.

Do I need to bring anything with me?

Bringing a reusable bag when visiting the St. Kate's food shelf is encouraged, but not required.

How do I get to the food shelf?
The St. Kate’s food shelf is in the Carondelet Center Kitchen, located behind the O’Shaughnessy Auditorium. Enter through the doors facing campus.
Address: 1890 Randolph Ave, St. Paul MN, 55105

Contact us at foodshelf@stkate.edu
@stkatesfoodshelf