

Mutual Aid Recipes and Resources!

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No Refrigeration Needed

♥♥ Peanut Butter Protein Balls (GF):

<https://detoxinista.com/peanut-butter-protein-balls/>

♥♥ Honey Oatmeal Granola Bars (GF):

<https://www.tasteofhome.com/recipes/honey-oat-granola-bars/>

♥♥ Super High Calorie/High Protein Trail Mix (GF/Can be made vegan w/ vegan milk!)

<https://theproteinchef.co/bodybuilding-protein-trail-mix-recipe/>

♥♥ High Protein Trail Mix (GF/Can be made vegan w/ vegan chocolate!)

<https://dontwastethecrumbs.com/yummy-recipe-high-protein-sweet-salty-trail-mix/>

♥♥ High Protein Granola (GF)

<https://thelemonbowl.com/high-protein-homemade-granola/>

♥♥ Cheddar Rosemary Scones:

<https://easymacromeals.com/greek-yogurt-scones-with-cheddar-and-rosemary/>

♥♥ Shelf-Stable bagged meal kit ideas:

<https://shesinherapron.com/2022/09/04/pantry-meal-kits-shelf-stable-meals-that-dont-suck/>

♥♥ 6 Instant Meals-On-The-Go | Just Add Boiling Water:

https://www.theyummylife.com/Instant_Meals_On_The_Go

♥♥ 8 Instant Dry Soup Mixes | Just Add Boiling Water:

https://www.theyummylife.com/Instant_Dry_Soup_Mixes

For The Free Fridges

♥♥ High Calorie Pasta Salad:

<https://heathermangieri.com/protein-packed-pasta-salad/>

♥♥ 45 High Protein Wrap Recipes:

<https://www.brit.co/amp/high-protein-lunch-wraps-recipes-2639435927>

♥♥ Chana Masala (chickpea curry) recipe (Vegan, GF):

<https://www.kuchpakrahahai.in/chana-masala/>

♥♥ Crockpot Lentil Coconut Curry recipe (Vegan, GF):

<https://www.recipemagik.com/vegan-lentil-coconut-curry-crockpot/>

♥♥ Vegetarian Quinoa Chili (Vegan, GF):

<https://www.cookingclassy.com/quinoa-chili/>

♥♥ 8 No-bake Oatmeal Energy Ball recipes (GF optional):

<https://www.blessthisplease.com/8-no-bake-oatmeal-energy-balls/>

Soup Squad (bulk recipes!)

♥♥ Creole Soup (Makes 3 Gallons)

- 1 ¼ Cups Onions (finely chopped)
- 1 ½ Cups Green Peppers (finely chopped)
- 1 ½ Cups Butter
- 2 ½ Cups Flour
- 9 Quarts Stock (Beef, chicken or veggie)
- 4 Quarts Tomato Purée
- 3 Tablespoons Salt
- 2 Teaspoons Pepper
- ½ Teaspoon Cayenne
- ½ Cup Horseradish (grated)
- 2 Tablespoons Vinegar
- 1 Cup Pasta (macaroni or other similarly sized)
 - Sauté onions and green peppers in butter for 5 minutes. Add flour and blend. Add stock; stir until mixture thickens.
 - Add tomato puree and simmer for 30 minutes.
 - Season with salt, pepper and cayenne.
 - Cook pasta until tender and drain.
 - Just before serving, mix in horse radish, vinegar and pasta to soup.

♥♥ French Onion Soup (3 gallons or 50 1 cup servings)

- 3 Quarts Onions (sliced)
- 3 Gallons Stock/Broth (beef, chicken or vegetable)
- 3 Bay Leaves
- 6 Tablespoons Flour
- 5 Tablespoons Butter
- 1 ½ Cloves Garlic
 - Sauté onions and garlic in butter until brown. Add flour and brown slightly.
 - Add onion mixture to stock. Add bay leaves and bring to a boil.
 - Serve with Parmesan and croutons.

♥♥ Vegetable Soup (3 gallons) (Vegan)

- 3 ¼ Cups Carrots
- 1 ½ Cups Leeks
- 1 Quart Celery
- 1 ¼ Quarts Cabbage
- 1 ½ Cups Onions
- 5 Cups Potatoes
- 1 Cup Butter

¾ Cup Flour

2 Quarts Tomato Puree

2 ½ Gallons Stock/Broth (Beef, Chicken or Veggie)

4 Tablespoons Salt

1 Teaspoon Pepper

2 Tablespoons Worcestershire Sauce

1 Bunch Parsley (Chopped)

- Chop all vegetables finely.
- Sauté onions and leeks in butter. Add flour
- Combine all ingredients except parsley and Worcestershire sauce. Simmer until vegetables are tender (approx 1 ½ hours).
- Just before serving, add Worcestershire sauce and garnish with parsley.

For the really big crowds:



Institutional Recipes for 200 servings:

<https://www.quick-e-recipes.com/institutional-recipes-for-200/>

HSA/FSA Eligible Items

- ★ KN95 Masks: [Amazon](#)
- ★ Pediatric Face Masks: [FSA Store](#)
- ★ Sharps containers: [Amazon](#) | [FSA Store](#)
- ★ Travel First Aid Kits: [Amazon](#) | [FSA Store](#)
- ★ BleedStop Powder: [Amazon](#)
- ★ Emergency Contraceptive: [Amazon](#) | [FSA Store](#)
- ★ Pregnancy Tests: [Amazon](#) | [FSA Store](#)
- ★ Narcan/Naloxone: [Amazon](#) | [FSA Store](#)
- ★ Electrolyte Powders: [Amazon](#) | [FSA Store](#)
- ★ Menstrual Care:
 - Pads: [Amazon](#) | [FSA Store](#)
 - Tampons: [Amazon](#) | [FSA Store](#)
 - Menstrual Cups: [Amazon](#) | [FSA Store](#)
- ★ Tests:
 - Covid/Flu Tests: [Amazon](#) | [FSA Store](#)
 - Drug Tests: [Amazon](#) | [FSA Store](#)
 - Kidney Health Tests: [Amazon](#)
 - UTI Tests: [Amazon](#) | [FSA Store](#)
 - Cholesterol Health Tests: [Amazon](#) | [FSA Store](#)
 - Diabetes Tests: [Amazon](#) | [FSA Store](#)
- ★ Diabetes Care:
 - Glucose Tablets: [Amazon](#) | [FSA Store](#)
 - Lancing Devices: [Amazon](#) | [FSA Store](#)
 - Lancets: [Amazon](#) | [FSA Store](#)
 - Alcohol Prep Pads: [Amazon](#) | [FSA Store](#)
 - Glucose Test Strips and Monitoring Systems:
 - GE: [Test Strips](#) | [Monitoring System](#)
 - Glucoracy: [Complete Monitoring Kit](#)
 - Contour Next: [Test Strips](#) | [Monitoring System](#)

Free Fridges and Pantries in the Salem Area

Catalyst Free Fridge - 2449 McGilchrist Street SE (open during gym hours)

Freddy's Free Fridge - 2910 Fredrick Street NE

T-Rex - 4800 San Francisco NE

Brier House - 276 14th Street NE

B Street - 15th and B Street NE

Cottage - Market and Cottage Street NE

D Street - 3183 D St NE

Dot the Free Pantry - 1444 Liberty Street SE

Rivercrest - 3420 Rivercrest Drive N Keizer

23rd Street - 23rd and Chemeketa Street NE

Radness Ensues - 3837 River Rd N, Keizer, OR 97303 (during open hours)

Food Banks in Salem (Locations and Hours!)

Monday: **Salvation Army** 9:00 am - 12:00 pm
1977 Front St NE
Mano a Mano 2:00 pm- 5:00 pm
3850 Portland Rd NE #130

Tuesday: **Salvation Army** 9:00 am- 12:00 pm
1977 Front St NE
Mano a Mano 2:00 pm- 5:00 pm
3850 Portland Rd NE #130

Wednesday: **Salvation Army** 9:00 am- 12:00 pm
1977 Front St NE
Salem Adventist 9:00 am- 12:00 pm
1860 Summer St NE
Family Life Church 9:00 am - 12:00 pm
1675 Wallace Rd NW
Mano a Mano 2:00 pm- 5:00 pm
3850 Portland Rd NE #130

Thursday: **Salvation Army** 9:00 am- 12:00 pm
1977 Front St NE
Mano a Mano 12:00 pm- 5:00 pm
2921 Saddle Club St SE #1009
Mano a Mano 1:00 pm- 4:00 pm
3850 Portland Rd NE #130
Life Essentials Foodbank 6:00 pm- 8:00 pm
255 College St NW

Friday: **Salvation Army** 9:00 am- 12:00 pm
1977 Front St NE

Saturday: **Trinity United Methodist** 12:00 pm- 2:30 pm
590 Elma Ave SE
New Harvest Church (1st & 3rd) 9:00-11:00am
4290 Portland Rd NE
Feed Salem (2nd & 4th) 10-12pm

Sunday: **New Hope Church (2nd & 4th)** 2:00 -4:00 pm
4963 Swegle Rd NE

