



# How do we help people eat their fruits and veggies? **Teach them to cook!**



The Inter-Faith Food Shuttle needs your help in the fight against hunger! The Food Shuttle's newest program, *Operation Frontline*, is an interactive healthy cooking class offered for low-income community members throughout the Triangle. Operation Frontline classes provide a long-term strategy to hunger by teaching people how to get the most nutrition out of a limited budget. Professional chefs and nutritionist teams teach hands-on healthy cooking, food resource management, food safety, and nutrition. Participants also leave each week with ingredients to make the class recipes at home. Below are the items most frequently needed for classes.

## Food

Olive oil –small bottles  
Quick cooking Brown Rice  
Barley – 1lb bags/containers  
Whole wheat flour  
Whole wheat macaroni or penne pasta  
Soy sauce – small bottles  
Dried herbs & spices (cinnamon, basil, cilantro, oregano)  
*Mrs. Dash* seasoning packets  
Garbanzo beans  
Fresh Fruit or Vegetables  
Whole chickens  
Lean protein (turkey, chicken, beef)  
Low fat dairy products (yogurt, cheese)

## Other

\* Grocery Store gift cards (\$10 increments)

## Equipment (new)

\* Knives  
\* Cutting boards (small, flexible ones)  
Portable burner

## Gifts (Sets of 4-5 or 12-15 of the same item)

Cutting boards (small flexible ones)  
Rubber spatulas, Cooking Utensils  
Tupperware/cookware sets  
Insulated lunch coolers/bags  
\* Aprons, Chef Hats  
\* Reusable/cloth grocery or lunch bags  
Physical fitness equipment and/or attire  
\* Frisbees, Jump ropes  
Water bottles  
Any basic kitchen supplies  
Cook books, recipe cards  
Decorative notepads for shopping lists, menu planning

**\*** = Most Needed Items