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Instructions for the Shares Recipe Flyer Program

Supplies:

Do you have all the supplies needed to complete this project? The supplies include: a computer, internet access, and a basic understanding of cooking techniques and recipes.

- Yes, I have the supplies needed to share recipes and search for them. Therefore, I do not need help or have any questions. I will keep in close communication with Feeding Laramie Valley on its progress.
- Yes, I have the supplies needed to share recipes, but I have not searched for recipes containing specific ingredients before and have questions and need help.
- No, I do not have all of the supplies needed to share recipes. I need alternative arrangements and/or need help.

Gathering the Ingredient List:

1. Each Thursday, the Shares Team submits an order for fresh produce to be distributed to Feeding Laramie Valley. Each week, the Shares Team orders a different variety of fruits and vegetables. These fruits and vegetables are distributed in our Shares bags. An example of what might go into our Shares bags include carrots, celery, avocado, apples, and potatoes, but the following week Shares bags might include spinach, tomatoes, peas, zucchini, and pears. When the Shares Team provides me the list of fruits and vegetables, we can start researching what recipes to create that includes all of the fruits and vegetables in Shares bags that week.

Creating and Finding Recipes:

2. When choosing recipes for the Shares Recipe Flyers, it is important to search for recipes that promote creative and innovative ways to prepare the week's produce. It is also important that the recipes do not require expensive or excessive amounts of ingredients.

We strive to only list recipes made with common household ingredients and spices like garlic powder, olive oil, salt and pepper, etc. For example, any recipes that require expensive cheeses, cream, flax seeds, meat, etc. are not usually suggested to Shares participants. The goal is to create a recipe that is healthy, delicious, and accessible for our Shares participants. If we can help suggest recipes, with the ingredients that they already have, then we can save them time and money while making healthy, delicious meals.

In addition to this, we are trying to maintain a specific focus on healthier options for meals through the recipe flyers. Please avoid recipes that have excessive amounts of sugar or harmful fats.

The following is a list of recipes that have already been shared this year, so we kindly ask that we avoid repeating them. If you have questions about this, or feel your recipe would be great to share regardless, please let us know.

- Guacamole Dip
- Tomato and Avocado Salad
- Apple and Cabbage Slaw
- Inside-Out Cucumber Sandwiches
- Roasted or Sautéed Brussels Sprouts
- Broccoli and Cauliflower Buffalo Bites
- Sweet Potato and Mushroom Skillet
- Carrot Noodles
- Apple Pie Smoothie
- Beet Soup
- Sautéed Spinach and Kale
- Breakfast Avocados
- Fresh Tomato Sauce
- Cabbage Skillet
- Garlic Roasted Potatoes

- Veggie Egg Muffins
- Veggie Frittata
- Apple and Orange Salad
- Sweet Potato and Carrot Soup
- Roasted Brussels Sprouts with Aioli
- Beet Pancakes
- Ranch Vegetable Skillet

Completing the Recipe Form

3. You will receive an attachment called the “Shares Recipe Form.” Please fill out this form. Instructions on how to fill out the form will be on the “Shares Recipe Form” attachment. Then please email the form to the Shares Recipe Flyer Volunteer Coordinator Sarah Gray at Sarah@feedinglaramievalley.org If there are multiple recipes you would like to share with us, please fill out one form per recipe.

Editing Process

4. Please email the Coordinator your recipe form by Wednesday, so they may make edits and provide you feedback.

5. When the Coordinator has completed their edits and feedback, they will email them to the volunteer. The volunteer can make those changes then email those corrected changes back to the Coordinator.

Distribution

The Coordinator will make all the final edits, receive approval from the supervisor, then distribute the flyer in the Shares bags.

Timeline

You may complete the project at your own pace, but please be sure that these tasks are completed by these specific days. The Coordinator will be checking in on your progress occasionally. If you have any questions or concerns about this, please let us know, we want to be here for you every step of the way.

Thursday - The Shares Team places the produce order with Big Hollow Food Co-op.

Friday - The coordinator sends you the produce list in the morning. Begin thinking of recipes to include on the flyer and/or look back at recipes to avoid.

Saturday & Sunday - N/A

Monday - Begin recording recipes on the “Shares Recipe Form.”

Tuesday - Send your recipes to the coordinator and discuss any ideas or thoughts. The coordinator will make edits and send them back.

Wednesday - The coordinator will review and talk about any final edits with you, and then the flyer will be sent to the Shares Team. The flyers will be distributed the next day.