

**WHAT'S ON
YOUR PLATE?**

UNHOUSED EDITION

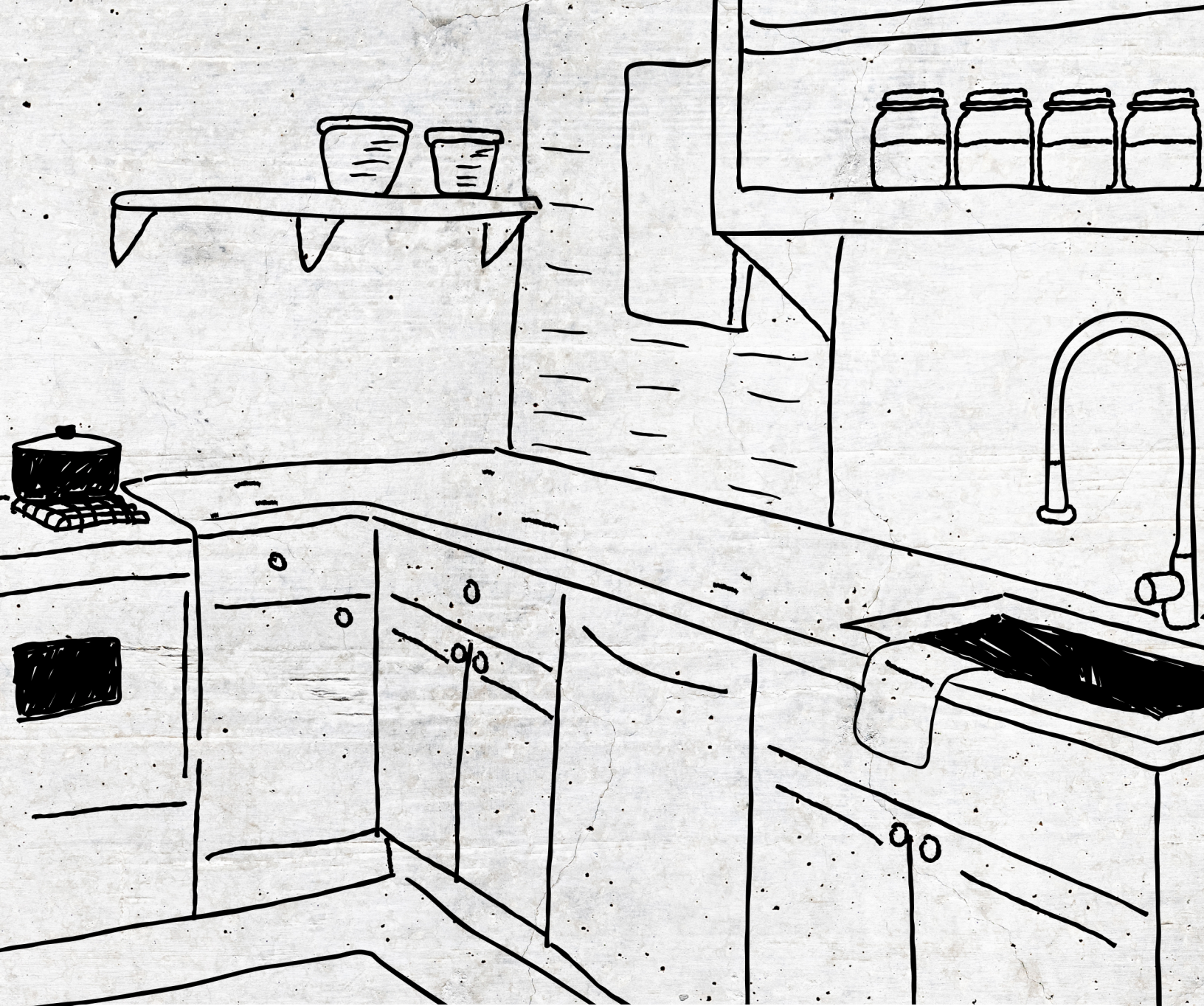
Information herein is written from personal experience.

See Inside



CHAPTER ONE —

CONSIDERATIONS



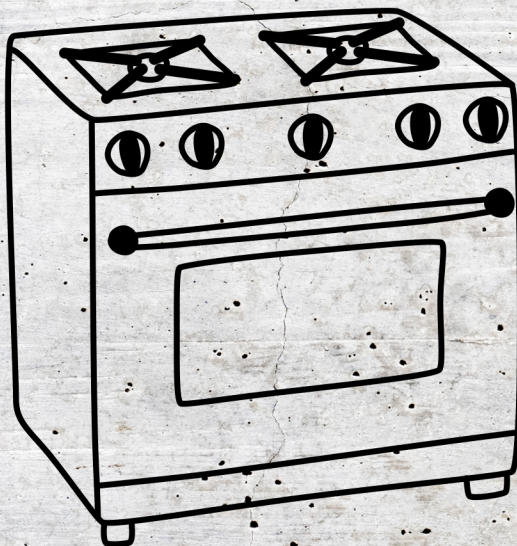
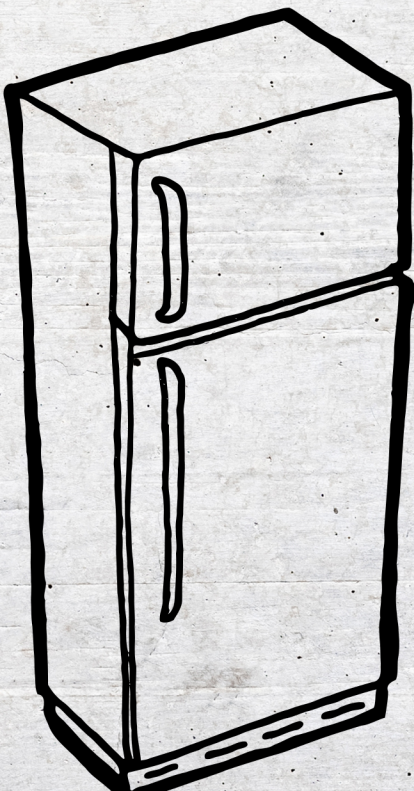
The first thing we have to remember about the Unhoused person's diet is they don't have the comforts of a kitchen. We have learned that complications such as this reduce the lifespan of Homeless individuals by approximately 17 years.



Not having a kitchen includes not having access to tap water. As a result the Unhoused community has to rely on city fountains and paid purchases for water. Sanitation of hands, food, and dishware is also a problem for the same reason.



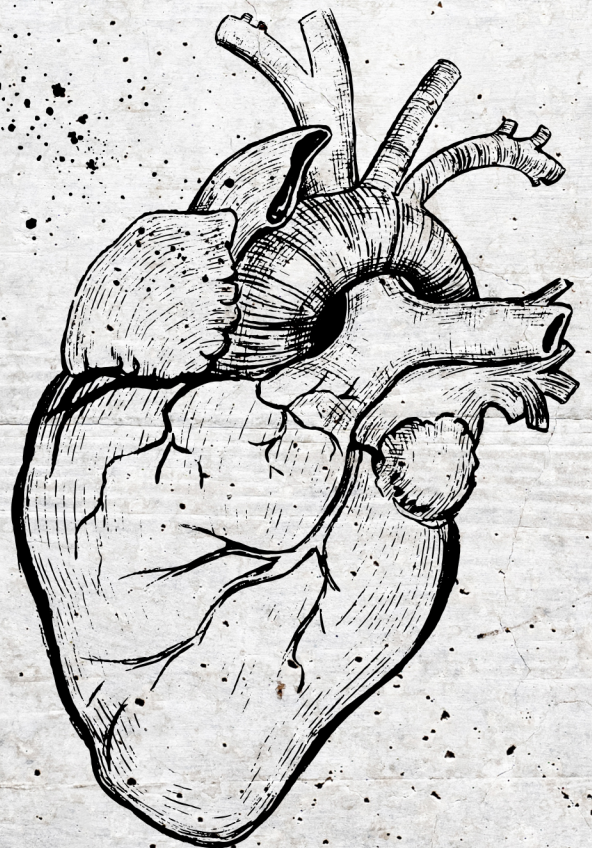
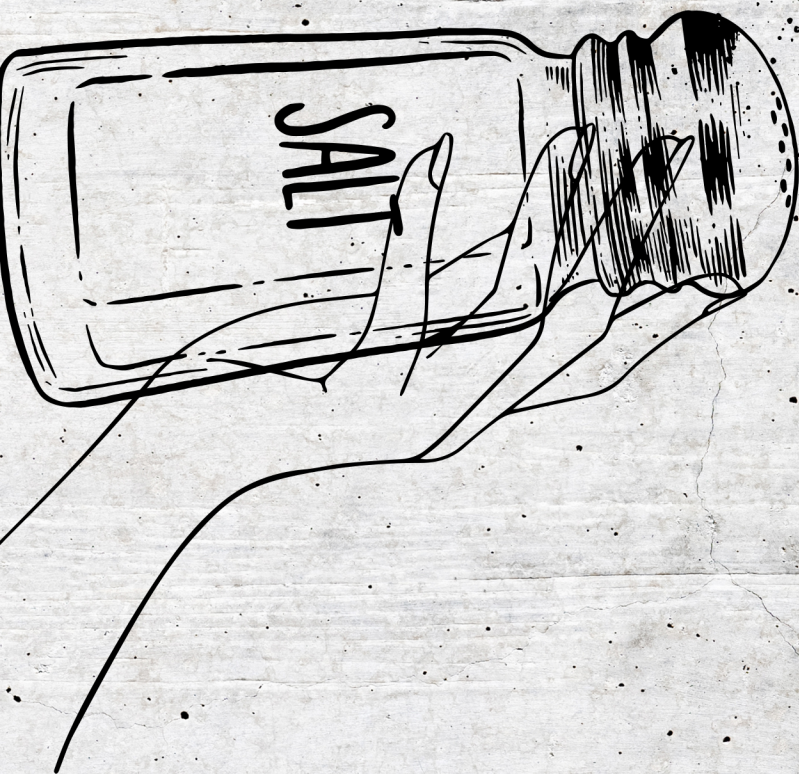
Another thing we know is that those who don't have homes don't have access to long-term food storage, refrigeration, or even a regular means to cook food.



Unfortunately, cooking in public often attracts the attention of authority figures. Even when people do not use a campfire but a propane camp stove, they are often told it is dangerous and to leave the area. Hot food is a luxury.



For these reasons the Unhoused community needs to rely primarily on eating pre-packaged foods. Unfortunately, pre-packaged foods are known to have higher proportions of salt than fresh foods which causes heart problems and other physical ailments.





Due to lack of access to medical care, and tap water, people without homes also often suffer from tooth decay. This greatly reduces what types of foods the Unhoused community can eat and is a major factor affecting the diets of the Unhoused population.

Finally, we know that food pantries where those in poverty get donated food items, often don't offer the best options for the Unhoused. For example, food boxes often include dried rice/beans, frozen meat, and canned foods - all that need heating.



CHAPTER TWO: —

WHAT'S ON THE PLATE?

The truth is that there isn't a lot available for the Unhoused person's plate, and because the Unhoused community has to rely on pre-packaged items for survival it can get really expensive finding food.



1

People sometimes eat canned food but since it cannot be heated it's not often a first choice. Fruit cocktail, beans, & corn are common.

Peanut butter and honey sandwiches are eaten often, although they are high in sugar. Jams and meats need a fridge.

2

3

Crackers are a typical food among the Unhoused. To be paired with Hummus, Salsa, Tuna, or Spam. Cheese is rare, it needs a fridge.

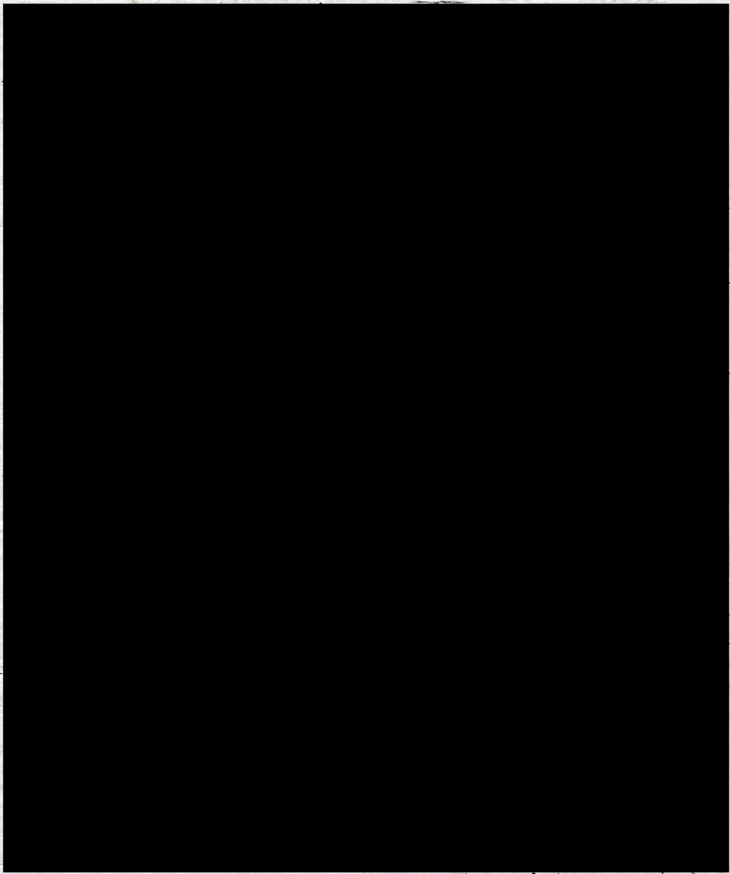
Produce is often expensive, needing of refrigeration, or rough on teeth when uncooked. Common choices are oranges, bananas, & raisins.

4

5

Snacks are a cheap way to fill up even if unhealthy. Chips, cookies, candies, sodas, & high fructose juices become easy choices.

Coffee is an appetite suppressant and so is common among people who are often hungry. It is also very warming on cool days and helps people stay awake when they can't find a safe place to sleep.



We get our coffee from gas stations most of the time because it is cheap and full all day & night.

When hot food is impossible to cook, and healthy meals are too expensive to buy, fast food then becomes a way of life. Fast food is cheap, warm, and has extra calories that help one feel full. It is however unhealthy & high in salt leading to later health issues.



weekly plan

MONDAY	Sandwich from gas station, banana, coffee
TUESDAY	Hot dog, chips, water
WEDNESDAY	Crackers w/Hummus, hard candy, orange juice
THURSDAY	\$2 burger, soda, orange
FRIDAY	Canned corn, coffee
SATURDAY	Crackers, tuna pouch, tea
SUNDAY	Peanut butter and honey sandwich, raisins, water

What have we learned?

Summary of Points:

- Cannot eat hard foods
- Nothing that needs heated is useful
- Nothing that needs a fridge is useful
- Unable to sanitize frequently
- Warm, healthy foods are needed
- Low-salt, Low-sugar foods are helpful
- Bonus: Spices are high-need, they add flavor to food otherwise bland

CHAPTER THREE —

MUTUAL AID

Lack of food options often leaves Unhoused people hungry. Even when they have eaten the health effects of not having proper nutrition eventually add up to create harm in the body.

Note - you cannot judge hunger by body size



HOW YOU CAN HELP



Donate money so people can choose their own food items.

Provide rides to a community kitchen.



Give away hot labeled meals in tupperware with plastic utensils.

Host a free bbq at your local park. Keep in mind vegetarian options.



Donate items to local food pantries that are edible for the Unhoused.

Be vocal at city council meetings.



Allow someone to use your kitchen once a week.

Make a new friend and treat them as such.



HOT PLATE IDEAS (FOR DONATION) –

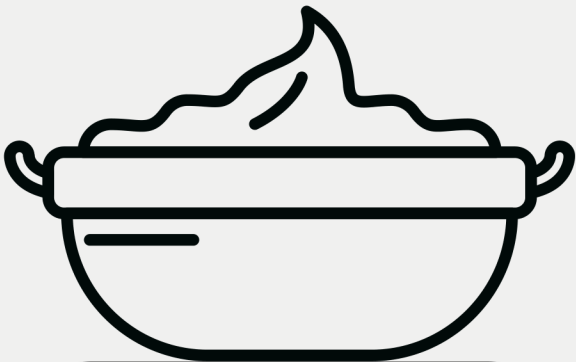
Tofu is good as well, there are several Unhoused Vegetarians/Vegans



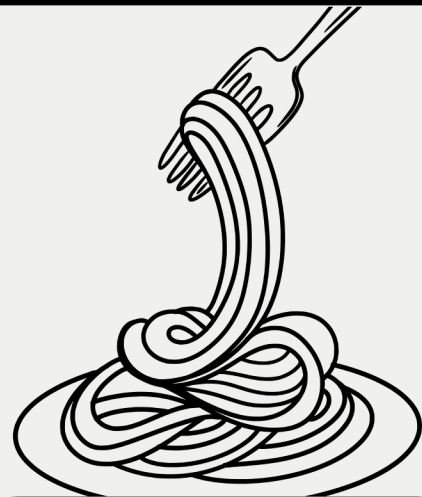
Bowl of chili or thick soup/stew



Meat Loaf, Pot Roast, Turkey etc.



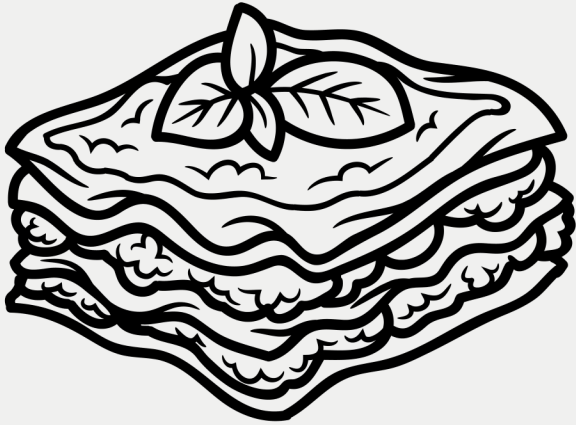
Mashed Potatoes, Mac/Potato/Chicken /Tuna Salad



Spaghetti or other warm pasta

HOT PLATE IDEAS

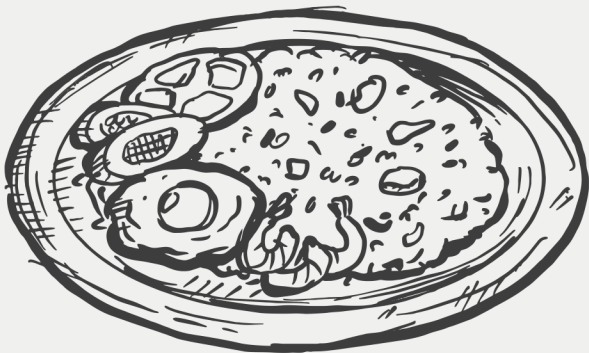
(FOR DONATION) –



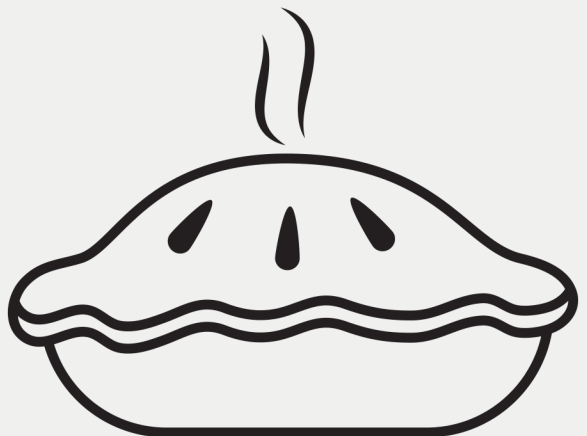
Lasagna or your favorite casserole



Any warm and/or homemade bread



Rice dish or your family's go-to meal

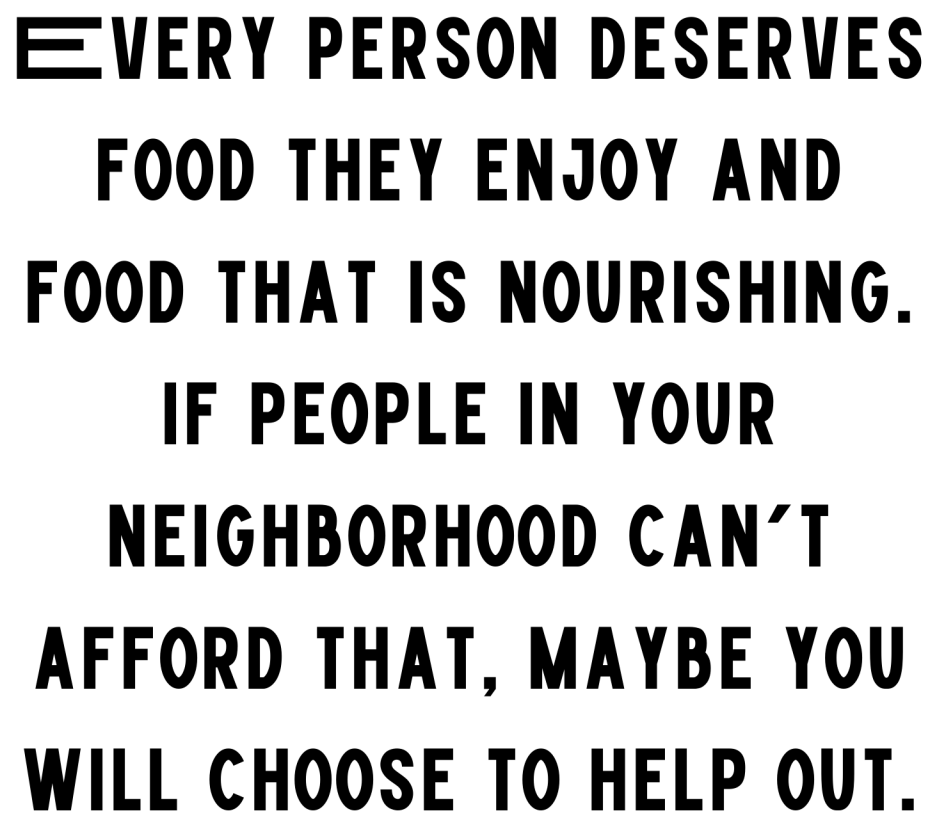


Slice of hot pie or fresh cookies

DONATION BOX IDEAS

- Crackers
- Pouch Tuna or Hummus
- Fresh Produce (Chopped)
- Bread, any type
- Almond or Peanut Butter
- Dried Fruit or soft Seeds
- Soft Cereal/Protein Bars
- Juice or Tea in bottles
- Water in bottles
- Baked Beans with pop top
- Canned Fruit with pop top





**EVERY PERSON DESERVES
FOOD THEY ENJOY AND
FOOD THAT IS NOURISHING.
IF PEOPLE IN YOUR
NEIGHBORHOOD CAN'T
AFFORD THAT, MAYBE YOU
WILL CHOOSE TO HELP OUT.**

This information is free to reproduce so long
as it is done with positive intentions.

If you would like to support my work, please
consider donating to my

Venmo: Natasha-Joseph-17

PayPal: redradicalrising@gmail.com