



CTFS Gather Conference 2026

Peer Connect Session:

**Recipes & Supporting
Healthy Eating**

A decorative vertical bar on the left side of the slide, composed of numerous small, rectangular segments in various shades of blue, green, and yellow, arranged in a mosaic-like pattern.

Agency partners do more than provide food. They help neighbors learn how to use unfamiliar ingredients, make meals go further, and access foods that reflect their cultures, all while supporting healthy eating. Let's look at some successful examples from across our network.

Recipe Suggestions: Fellowship Inn

Guests often ask for the recipes of the delicious and nutritious meals made at Fellowship Inn. They always share them, and even suggest ingredient substitutions when guests say that they don't have all the ingredients at home.





Recipe Kits: Ledyard Community Food Pantry

A girl scout volunteer for Ledyard Food Pantry compiled recipes utilizing common food pantry items. Other student volunteers took the components of the recipe and created kits to be distributed with a copy of the recipe. These recipe kits are a way to share some creative and affordable uses for foods that neighbors were unsure of how to use.

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Pineapple upside down cake

Cook time: ~45 minutes

Servings:8

Ingredients:

- Cake Mix (with what it requires)
- Can sliced pineapple
- Canned cherries
- ¼ cup brown sugar
- 4 Tbsp melted butter

Steps:

- Follow cake mix instructions, but don't pour into a pan yet
- Grease a round cake pan. Pour butter into bottom and sprinkle with brown sugar
- Spread out pineapple slices on the pan, and put cherries in the center
- Pour cake batter on top, only fill until a little over halfway full. Follow baking instructions on box

Thank you for trying this recipe :D

[Video Recipe For Pineapple Upside Down Cake](#)

Supporting Wellness at Pantries (SWAP)

Connecticut Foodshare ranks food in its inventory according to its nutritional value.

The color green indicates a food that should be chosen often, such as fresh fruits and vegetables.

The color yellow indicates a food that should be chosen sometimes, such as white bread.

The color red indicates a food that should be chosen rarely, such as cake.

SWAP® Supporting Wellness
At Pantries



GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

YELLOW

Choose sometimes; medium levels of saturated fat, sodium or added sugars; can contribute to good health

RED

Choose rarely; high levels of saturated fat, sodium or sugar; think of as treats; limited health benefits

On-Site Partner Support Program

Need help incorporating recipes and nutrition into your program?

Our AmeriCorps VISTAs provide customized, in-person support to help agency partners strengthen operations and better serve their communities.

Support may include (but is not limited to):

- Using social media to raise awareness, increase donations, and recruit volunteers
- Guidance on starting a small herb or vegetable garden and/or improving fresh food production
- Brainstorming and planning action steps to put your ideas into practice

 **Scan the QR code to schedule a consultation.**



What about you?

What other resources about nutrition have you found helpful?

How might you share information about nutrition with the neighbors you serve?

