Mac & Cheese with Collard Greens

Located in Providence, the Salvation Army, a member agency of the Rhode Island Community Food Bank, serves Sunday dinner on the southside of the city. One of the meals often on the menu is a delicious mac & cheese with collard greens recipe. Normally made in batches to feed up to 100 people, we’ve converted the recipe to family size so you can try it at home.

Directions:

1. In a large pot, boil water and add a pinch of salt.
2. Slowly add macaroni and collard greens until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
3. Melt butter in a stock pot or steam-jacketed kettle.
4. Combine flour, remaining salt, dry mustard, pepper and paprika in a bowl. Add to the melted butter.
5. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
6. Heat milk in a stock pot to a simmer.
7. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
8. Add Worcestershire sauce, Parmesan cheese and cheddar cheese to the white sauce.
9. Stir over low heat until cheese melts.
11. Combine the bread crumbs and cheddar cheese in a bowl. Sprinkle over pan.
12. Cover with a lid or foil.
13. Bake at 350 degrees for 5 minutes, uncovered, until lightly browned.
14. Cover with a lid or foil.

Ingredients:
- 6 qt water
- 3 tsp salt
- 1 lb whole wheat pasta
- 2 lbs collard greens
- 4 oz (8 tbsp) butter
- 1 tsp paprika
- 1 cup Worchester sauce (4 oz)
- 2 cups sharp cheddar (8 oz)
- 1/3 cup whole wheat flour
- ½ cup bread crumbs
- 1 tsp dry mustard
- ⅛ tsp black pepper
- 1/3 cup whole wheat flour
- 4 oz (8 tbsp) butter
- 2 lbs collard greens
- 1 lb whole wheat pasta
- 3 tsp salt
- ⅛ tsp black pepper

Overall, we’ve converted the recipe to family size so you can try it at home.
To address the impending crisis, the Food Bank proposes the following actions:

- Urge Rhode Island’s Congressional Delegation to oppose cuts to SNAP, school meals and other critical safety-net programs.
- Ask the Governor to repair the state’s benefits eligibility system and restore SNAP funding for families who were unfairly denied in the past year.
- Advocate for working families by telling state senators and representatives to raise the minimum wage to $15 per hour.
- Support additional state funding for the Food Bank to meet the continued high need for food assistance.

To view the complete Status Report, visit rifoodbank.org/statusreport2017.
Status Report: More Rhode Islanders Face Hunger

As Congress prepares to cut assistance to safety-net programs, the Status Report on Hunger in Rhode Island, released by the Rhode Island Community Food Bank, reveals one in eight Rhode Island households (12.8%) cannot afford adequate food.

The most recent USDA survey found that nearly half of these food insecure households reported the most severe conditions associated with hunger. The prevalence of hunger, termed “very low food security” by the USDA, reached 6.1% in 2016, affecting 26,600 households.

At the same time, Congress is prepared to make significant cuts to safety-net programs relied on by thousands of Rhode Islanders including SNAP (Supplemental Nutrition Assistance Program), the National School Lunch and Breakfast Programs and Medicare and Medicaid.

To address the impending crisis, the Food Bank proposes the following actions:

- Ask the Governor to repair the state’s benefits eligibility system and restore SNAP funding for families who were unfairly denied in the past year.
- Advocate for working families by telling state senators and representatives to raise the minimum wage to $15 per hour.
- Support additional state funding for the Food Bank to meet the continued high need for food assistance.

To view the complete Status Report, visit rifoodbank.org/statusreport2017.

Filling the Empty Bowls in Our Community

850 guests enjoyed scrumptious selections from 34 Rhode Island restaurants and raised nearly $108,000 for the Food Bank at 2017’s Empty Bowls event, sponsored by Citizens Bank. Guests selected a hand-crafted bowl to bring home as a reminder that they helped fill the empty bowls in our community. Join us for the next Empty Bowls on Thursday, October 18, 2018.
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**Ingredients:**
- 6 qt water
- 3 tsp salt
- 1 lb whole wheat pasta
- 2 lbs collard greens
- 4 oz (8 tbsp) butter
- 2 cups sharp cheddar (8 oz)
- 1/3 cup whole wheat flour
- 1 tsp dry mustard
- 1/3 tsp paprika
- 1/4 tsp black pepper
- 1 tsp dry horseradish
- 1 cup Parmesan cheese (4 oz)
- 1 cup bread crumbs
- 1 cup cheddar
- 4 cups milk
- 1 tsp Worcestershire sauce
- 1 tsp paprika

**Directions:**
1. In a large pot, boil water and add a pinch of salt.
2. Slowly add macaroni and collard greens until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
3. Melt butter in a stock pot or steam-jacketed kettle.
4. Combine flour, remaining salt, dry mustard, pepper and paprika in a bowl. Add to the melted butter.
5. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
6. Heat milk in a stock pot to a simmer.
7. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
8. Add remaining cheese and stir until cheese melts.
9. Stir over low heat until cheese melts.
11. Combine the bread crumbs and cheddar cheese in a bowl. Sprinkle over pan. Cover with a lid or foil.
12. Bake at 350 degrees for 5 minutes, uncovered, until lightly browned.
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14. Cover with a lid or foil.
15. Bake at 350 degrees for 5 minutes, uncovered, until lightly browned.
16. Cover with a lid or foil.
17. Bake at 350 degrees for 5 minutes, uncovered, until lightly browned.
18. Bake at 350 degrees for 5 minutes, uncovered, until lightly browned.

**In the Know**
If you want to stay in the loop on everything happening at the Food Bank, be sure to visit our website and subscribe to our eNews. You can also follow us on Facebook, Twitter and LinkedIn.