



Dollar Lunch Club

Dollar Lunch Club is a community at UCSD that cooks and eats together in pursuit of food justice through mutual aid and sustainable practices.

We are composed of graduate and undergraduate students from many departments and backgrounds. We invite faculty, staff, and any other members of the San Diego community who'd like to join us.

One of Dollar Lunch Club's sustainability goals is to create meals from recovered and unwanted food where possible, which inevitably introduces a certain amount of chance to the ingredients that are available to work with. Two ways we've found to incorporate large amounts of random veggies: stews and salads with a versatile base, that can be modified depending on what's available.



Dollar Lunch Club Q&A

Q: Can I come to Dollar Lunch Club?

A: Yes you can! We'd love to have you. Whether you're an undergrad, a janitor, a teaching assistant, a grad student, a construction worker, or just passing through, you're welcome to join us.

Q: How do I hear about Dollar Lunches that are happening soon?

A: The most consistent way to hear about our lunches is through our Instagram, which you can find at @dollar_lunch_club. You can check the Google Calendar (QR code below), although currently Instagram is our priority. We also try to email department mailing lists, ping Slacks, and tell our friends.

Finally, email: dollar.lunch.club.ucsd@gmail.com

Q: How much do I have to pay?

A: There's no "have to" here - mutual aid is about giving what you can, and taking what you need, while forming strong community bonds. No matter your circumstances: if you're hungry, or you want to make new friends, we invite you to join us.

To share the work and costs associated with Dollar Lunch, you could:

Help wash dishes; give produce, dry goods, or cooking implements you don't need; give \$1 to \$5; volunteer to plan or prep for the next meal

Q: How do I get involved with Dollar Lunch Club?

A: Step 1: Show up to lunches.
Step 2: Ask to help with cleanup.
Step 3: Repeat!

Once we get to know you, we can talk about different ways you could contribute!



How to Start a Dollar Lunch Club

FOOD PREP

2 InstaPots
2 wooden cutting boards
2 knives
3 mixing/food prep bowls
Can opener
Collander
salt
olive oil

SERVING

10 bowls
10 spoons
10 forks
1 serving spoon
1 serving spoon
5 food containers (for leftovers)

CLEANUP

Dish soap
Dishwashing brush
Dish drying rack
5 dish rags
Rubber Gloves

SOURCING

Thrift stores
OfferUp and Craigslist
Food banks
Food recovery networks

STORAGE & MISCELLANEOUS

These items are recommended based on our experiences, but aren't required:

- Sheet pan for storing large quantities of food, such as salads or food prep intermediates
- Basket or vertical storage for organizing kitchen space
- Industrial/restaurant cart for moving food and dishes between prep space and serving space
- Masking tape & sharpie to label things that don't need frequent washing
- Nail polish, to label things that do need frequent washing
 - Nail polish doesn't wash off as easily as marker
 - apply nail polish to a part of the item that does not touch food, such as the handle of a spoon or underside of a plate

FINANCIAL

- Sign saying "eat first, donate maybe" and listing donation methods
- Receipt management system, e.g. shared Google Photos album where all members upload pictures of receipts



Dollar Lunch Club Recipe:

History Lounge Lemon Vinaigrette

Zest of two lemons
Juice of three lemons
Two cloves of garlic, grated (with the zester/microplane!)
 $\frac{1}{3}$ cup olive oil
1 tbsp brown or honey mustard
1 tsp. honey
Salt and freshly ground pepper, to taste
A pinch of dry oregano or dried thyme, rubbed between palms

What's great about this dressing is that it can serve both savory and sweeter ingredients well, even with the garlic in the dressing.

A base of any salad greens (lettuce, kale, sprouts, spinach) and either fresh veggies (cucumbers, tomatoes, radishes, corn) or fresh fruits (oranges, apples, strawberries, grapes) work well with this dressing.

Snap peas, carrots, and avocados serve either genre, and fresh herbs like thyme, dill, or mint are cheap in bulk and can bring a salad up to the next level.

Add nuts, beans, or olives if you're wanting a more complete meal.

Dollar Lunch Club



Dollar Lunch Club Recipe:

Instant Pot Stew

Two white or yellow onions
Five carrots
One head of celery
Three cans of crushed tomatoes
One can of tomato paste
6 cloves garlic
Olive oil
Salt, pepper, herbs to taste

Chopped onions, carrots, and celery can be thrown into olive oil in a heated pot on the stove or hot instant pot on the sauté setting in order to start a base for many different hearty stews. Season well with salt and pepper, and allow the onions to become slightly translucent at the edges.

Add the herbs/spices of your choice (anything from curry powder, thyme, oregano, paprika, turmeric, or grated ginger) and allow the spices to toast for a few minutes, stirring to avoid burning. Add the crushed tomatoes in their juice + the tomato paste and allow to cook for 5-10 minutes into a sauce, adding water if necessary. Stir in diced garlic, and other flavorful oils if using (chili and sesame are great).

At this point, ingredients that do not require as much cooking time—any canned/cooked beans, finely chopped kale or cabbage, mushrooms, bell peppers—can be added to the pot alongside whatever cooking liquid you are using, whether that's the liquid from canned/cooked beans, vegetable stock, or even coconut milk. The whole stew should be let to simmer on low heat for 20 minutes or until the veggies are cooked.

Pasta or rice noodles can be added easily, too, in the last ~10 minutes of cooking with the addition of extra liquid. Once the stew is cooked and the heat turned off, fresh lemon juice or balsamic vinegar can be stirred in to further brighten the flavor, or fresh herbs of your choice!

Dollar Lunch Club

