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2024

Analyzing Nutritional Availability on Low Income

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FOOD HEROES

**Food Security @
Good Fortune**

DEE 3999, Food Systems Researchers

OUR TEAM



MATT

Project Manager



BEC

Data Manager



ALI

Media Manager



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01

WEEKLY MENU

Monday through Sunday, \$100 and \$150 budget
on left and right side respectively

MONDAY

\$150 MENU: WHAT WAS ADDED



MONDAY

BREAKFAST

VIETNAMESE BAGUETTE & EGG
with cup of water

228.6 CALORIES

30.4G CARBS
11G PROTEIN
7G FAT

LUNCH

RICE
Just rice

386 CALORIES

86G CARBS
6G PROTEIN
2G FAT

DINNER

DUCK BREAST & SWEET POTATO MASH
Duck, sweet potatoes

316.83 CALORIES

46.05G CARBS
24.33G PROTEIN
3.93G FAT

SNACK

DATES & PEANUT BUTTER
yum yum

418.25 CALORIES

61G CARBS
7G PROTEIN
16.25G FAT

PER PERSON: \$3.27, 1349.68 CALORIES
223.45G CARBS, 48.33G PROTEIN, 29.18G FAT

Breakfast:

1 cup whole milk, \$.58, 13g carbs, 6g protein, 6g fat, 130 calories per person

Lunch:

2oz spam, \$.74, 1g carb, 7g protein, 16g fat, 176 calories per person

Dinner:

1 cup broccoli, \$.50, 3.75g carbs, 1.35g protein, .84g fat, 27.96 calories per person

Snack:

No dates, 2 pop tarts instead. \$.88, 70g carbs, 3g protein, 8g fat, 364 calories per person

Total Day:

\$5.12, 250g carbs, 58.68g protein, 41.94g fat, 1612.78 calories per person

TUESDAY

TUESDAY

BREAKFAST

VIETNAMESE BAGUETTE
& 2 EGGS

with cup of water

279.4 CALORIES

\$.66

30.8G CARBS
17G PROTEIN
9.8G FAT

LUNCH

FRIED RICE

*rice, eggs, onion, carrot, and
soy sauce*

368.2 CALORIES

\$.71

64.27G CARBS
7.8G PROTEIN
8.88G FAT

DINNER

ROASTED DUCK LEGS &
WINGS, SQUASH & NOODLES

Duck, sweet potatoes, broccoli tips

576.75 CALORIES

\$2.11

87.38G CARBS
37.13G PROTEIN
8.75G FAT

PER PERSON: \$3.48, 1124.35 CALORIES
182.445G CARBS, 61.925G PROTEIN, 27.43G FAT



\$150 MENU: WHAT WAS ADDED

Breakfast:

1 cup whole milk, \$.58, 13g carbs, 6g protein, 6g fat, 130 calories per person

Dinner:

½ cup squash, \$.32, 7.38g carbs, 1g protein, 0g fat, 33.5 calories per person

Total Day:

\$4.06, 216g carbs, 70.2g protein, 49.38g fat,
1589.2 calories per person

WEDNESDAY



 **WEDNESDAY**

BREAKFAST

DATES AND RICE \$0.92

with cup of water

471.5 CALORIES

110.32G CARBS
4G PROTEIN
1.58G FAT

LUNCH

DUCK STOCK AND
RICE NOODLES \$1.73

543 CALORIES

80G CARBS
22G PROTEIN
15 G FAT

DINNER

ROASTED DUCK LEGS &
WHITE RICE \$0.90

343.25 CALORIES

57.32G CARBS
16.5G PROTEIN
5.33G FAT

PER PERSON: \$3.55, 1357.75 CALORIES
247.64G CARBS, 42.5G PROTEIN, 21.91G FAT

\$150 MENU: WHAT WAS ADDED

Breakfast:

1 banana, \$.21, 28g carbs, 1g protein, 0.4g fat, 116 calories per person

Total Day:

**\$3.76, 275.64g carbs, 47.5g protein, 21.76g fat,
1488.4 calories per person**

THURSDAY

THURSDAY		
BREAKFAST		
RICE & LENTILS <i>with a cup of water</i>	.34	
270 CALORIES	57.5G CARBS 8.5G PROTEIN 5G FAT	
LUNCH		
RICE & LENTILS WITH BROCCOLI <i>with soy sauce & sesame oil</i>	\$1.15	
478.62 CALORIES	66.5G CARBS 8.9G PROTEIN 19.5G FAT	
DINNER		
CURRY RICE NOODLES <i>pan fried tofu, steamed bok choy</i>	\$1.22	
464 CALORIES	89.5G CARBS 13G PROTEIN 6G FAT	
SNACK		
ROASTED PEANUTS	\$1	
888.5 CALORIES	96G CARBS 28.7G PROTEIN 43.3G FAT	
PER PERSON: \$3.70, 2101.12 CALORIES 309.5G CARBS, 59.1G PROTEIN, 69.3G FAT		



\$150 MENU: WHAT WAS ADDED

Breakfast:

1 cup whole milk, \$.58, 13g carbs, 6g protein, 6g fat, 130 calories per person

Cereal, \$1.05, 57g carbs, 18g protein, 9g fat, 381 calories per person


Lunch:

Mini dumplings and broccoli, \$1.91, 52g carb, 17g protein, 9g fat, 357 calories per person


Total Day:

\$5.76, 294g carbs, 89.8g protein, 74.31g fat, 2203.99 calories per person

FRIDAY



FRIDAY



BREAKFAST

2 HARD BOILED EGGS
with salt and stuff

\$.33

8G CARBS
12G PROTEIN
9.6G FAT

304 CALORIES

LUNCH

CRUMBLed TOFU TOAST
tofu, curry paste, baguette toast

\$.83

22G CARBS
6.5G PROTEIN
4.28G FAT

247.5 CALORIES

DINNER

CURRIED LENTILS,
CARROTS & RICE
lentils, carrots, rice, curry paste

\$.98

105G CARBS
25.5G PROTEIN
1.25G FAT

382.25 CALORIES

SNACK

DATES AND PEANUT BUTTER

\$.89

61G CARBS
7G PROTEIN
17G FAT

380 CALORIES

PER PERSON: \$3.61, 1313.75 CALORIES
138.48G CARBS, 37.91G PROTEIN, 45.23G FAT

\$150 MENU: WHAT WAS ADDED

Lunch:

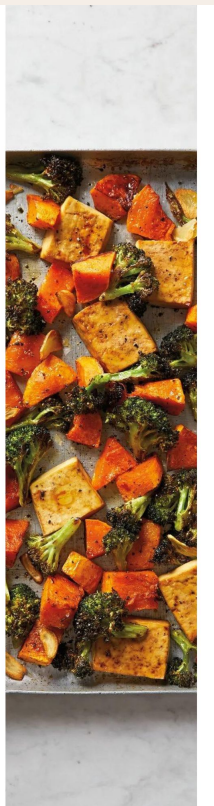
Tuna on toasted buns, \$2.91, 58g carbs, 28g protein, 13.25g fat, 465 calories per person

Total Day:

\$4.86, 224.8g carbs, 72.5g protein, 141.45g fat, 1531.25 calories per person

SATURDAY

 <h2>SATURDAY</h2>	
BREAKFAST	
PAN FRIED CRUMBLED TOFU, & RICE <i>tofu, rice, soy sauce</i>	\$.88 88G CARBS 13G PROTEIN 5.5G FAT 404 CALORIES
LUNCH	
ROASTED ZUCCHINI & RICE	\$.73 92.1G CARBS 8.4G PROTEIN 2.6G FAT 419 CALORIES
DINNER	
STEAMED SQUASH, TOFU & BROCCOLI	\$ 1.28 25.38G CARBS 15.01G PROTEIN 9.63G FAT 149.5 CALORIES
SNACK	
DATES & PEANUT BUTTER	\$.89 61G CARBS 7G PROTEIN 17G FAT 380 CALORIES
PER PERSON: \$3.78, 1352.5 CALORIES 180.48G CARBS, 37.41G PROTEIN, 32.73G FAT	



\$150 MENU: WHAT WAS ADDED

Lunch:

Lentils, \$.10, 14.5g carb, 5.5g protein, 0g fat, 80
calories per person

Total Day:

\$3.79, 281g carbs, 48.91g protein, 34.73g fat,
1432.5 calories per person

SUNDAY



SUNDAY

BREAKFAST

SCRAMBLED EGGS
AND RICE

419.6 CALORIES

\$0.51

86G CARBS
9G PROTEIN
4.4G FAT

LUNCH

LENTILS AND RICE

duck stock, lentils, curry paste, rice

724.5 CALORIES

\$2.02

105.5G CARBS
31.75G PROTEIN
19.5G FAT

DINNER

SAUTEED VEGGIES
AND TOFU

bok choy, onions, tofu

58.69 CALORIES

\$0.56

12.24G CARBS
5.38G PROTEIN
1.91G FAT

PER PERSON: \$3.09, 1202.79 CALORIES
203.74G CARBS, 46.13G PROTEIN, 25.81

\$150 MENU: WHAT WAS ADDED

Lunch:

4 buns, \$1.25, 28g carb, 7g protein, 12g fat,
240 calories per person

Dinner:

½ serving dumplings, \$.55, 21g carbs, 6.5g
protein, 1g fat, 119 calories per person

Snack:

Two pop tarts. \$.88, 70g carbs, 3g protein, 9g
fat, 373 calories per person

Total Day:

\$5.36, 322.74g carbs, 62.63g protein, 47.81g fat,
1963.77 calories per person

02

TOTAL DATA

How many calories and macros per person
in the whole week



Total Calories Both Carts

	\$100 budget	
	Cal/person	% Calories
Carbs	6144.224	59.13%
Protein	1385.564	13.33%
Fat	2861.154	27.54%
Total	10390.942	100.00%

	\$150 budget		
	Cal/person		% Calories
Carbs	6434.82		54.00%
Protein	1778.88		14.93%
Fat	3702.42		31.07%
Total	11,916		

03

DISCUSSION

What we noticed during our venture into Good Fortune, and how it impacted our trip



DISCUSSION

- Next to a major highway-accessible for cars, difficult for people without cars
- Uber was \$12 each way
- Lots of variety and multicultural
- Some items were expensive like milk, some very cheap like rice



REFLECTION

How well did you do in meeting the family's caloric needs? How nutritious is the diet?

We met our family's caloric needs for 1 day, and generally ended up around 1,300 calories per person per day. Their diet is fairly nutritious, with a good balance of protein and carbohydrates, and we avoided lots of processed foods. Our family had 1 serving of vegetables all days except for 1, allowing for them to have at least some vitamins in their diet.

What effect did the larger budget have on the nutritional value of the foods you selected and why?

The larger budget allowed us to give our family more calories per meal per day, along with a higher amount of protein per meal. We found that generally the foods with more calories and protein were more costly.



REFLECTION



How did the diets vary with increasing money to spend?

Yes, in this case we always went for the cheapest item or version we could find, this allowed us to grab more variety and calories of the shelf then if not.

In the market you shopped in, did you see foods that you were unfamiliar with?

As culinary students we recognized some of the cuisine we found there, but not all. Depending on certain culture they would fair better or worse. For instance an Asian American family would be able to find their hallmarks and possibly better meal plan than us, yet a white American family would have a much harder time.





REFLECTION



Do you think your food and cooking knowledge gives you an advantage in this scenario? If so, how? If not, why not?

Yes, absolutely, being able to take a cost control class, make a variety of tasty meals and break foods such as the duck, allowed to stretch a penny a real long away. For instance the Duck made up our for 5 nights, since we were able to use all the parts.

Why do you think obesity is frequently a problem for lower income families in this country?

As we bought food, an importance on carbs and fats was placed above sugar moderation and vital nutrient supply. In a sense it's almost impossible for low income families to get the correct amount of nutrients in a diet while also focusing on just reaching the bare minimum



04

CONCLUSION


Reflecting on our trip, shopping lists and prepared menus, what can we infer?



A decorative graphic featuring a large, dashed orange oval in the center. Inside the oval, the text "2,000 CALORIES" is written in a bold, yellow, sans-serif font. Below the oval, there are two large, green, leaf-like shapes. The background is a light beige color. In the top left corner, there are five small green dots arranged in a 2x3 grid. In the top right corner, there is a single green dot. In the bottom left corner, there is a single green circle. In the bottom right corner, there is a 3x3 grid of small green dots.

2,000 CALORIES

Our family was able to meet this daily
minimum only once this week

A decorative graphic featuring a large, dashed orange oval in the center. Four green, leaf-like shapes are positioned around the oval: one on the top left, one on the top right, one on the bottom left, and one on the bottom right. In the top left corner, there is a solid green circle. In the top right corner, there is a 3x3 grid of small green dots. In the bottom left corner, there is a 3x3 grid of small green dots, with the bottom-right dot being larger and solid. In the bottom right corner, there is a large, hollow green circle.

“By going out and attempting to meal plan for a family, it puts a real perspective on the strain impoverished families are facing every day. We also struggled while having more time and experience than most of these families.”

—TEAM FOOD HEROES



THANKS!



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