



YOUTH ON THEIR OWN™

Educating Homeless Teens...Investing in Arizona's Future!

Among the many things YOTO students can access because of their affiliation with YOTO is a mini-mall/pantry. This mini-mall can provide up to 10 lbs. of food to a YOTO student each week. Coming up with new ways to prepare the limited pantry items is not easy for most teenagers so The Women of Quail Creek is working to create a basic cookbook using items typically available from the YOTO pantry.

That's why we need your help. We need recipes that are easy to follow, are non-cook or require only a microwave, and use these items always available in the YOTO pantry.

- Red, black, white and pinto beans (canned)
- Canned vegetables - corn, green beans, carrots, peas, potatoes, mixed veggies.
- Macaroni and cheese
- Pasta (boxed)
- Canned tomato products
- Many varieties of soup/broth
- Canned tuna and chicken
- Top Ramen
- Applesauce
- Peanut butter and jelly
- Spaghetti sauce
- Instant oatmeal
- Shelf Milk (ex. Parmalat)

If you have a recipe that fits our needs, please send it to yotocookbook@womenqc.com by July 1, 2017.
We will be using only first names of recipe authors in the publication.