

Spice It Up!

Healthy food does not have to be bland – spice up your meals by adding your favorite flavors!



Spices, like all **aromatics**, are a great way to add flavor without adding salt! Other aromatics include garlic, ginger, onions, citrus, oils, vinegar, and other vegetables.

Spices tell the unique stories of the cuisines they are used in. **Spices give us that taste of "home" and familiarity in our favorite dishes.**

Spices can be dried or fresh. If using **fresh spices**, add them toward the **end** of the recipe. If using **dried spices**, add them toward the **beginning**.

Tips to save money on spices:

✿ Buying spices at the grocery store can be expensive. See if your grocery store has a **bulk section** – they'll be much cheaper!

✿ **Spice blends** can be an affordable way to try new spices. They are a mix of spices that are often in a flavor palate, like "Italian seasoning" (basil, oregano, rosemary, thyme, sage, coriander) or "taco seasoning" (chili powder, garlic powder, red pepper flakes, oregano, paprika, cumin, black pepper).

✿ If you don't have the spice you need, **substitute a similar spice!** Examples could be substituting cloves for allspice, cardamom for ginger, or oregano for basil.

✿ Your spices will keep their flavor longer if they're **stored in a cool, dry place**. Keep in an air-tight container. Avoid storing in racks or cabinets over the range where they will be exposed to heat and humidity. Whole spices stay fresh for up to 2 years and ground spices about 6 months.

✿ **Grow your own herbs** on your windowsill or outside!

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