



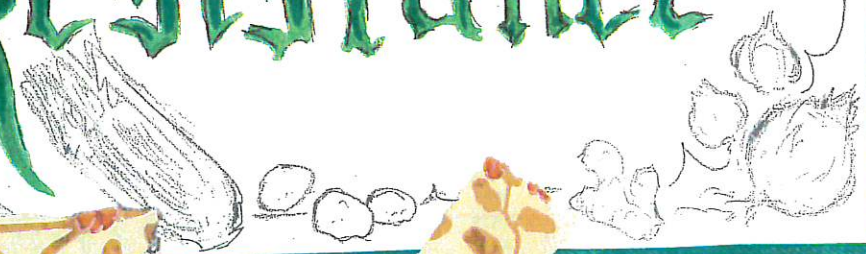
OH! SNAR

the FOOD iSSIE



PIKES PEAK ZINE CLUB
PRAO

Rest is
Resistance



P P P
N
G



PIKES PEAK
ZINE CLUB!
P.A.C.C.
2025



feedingcolorado.org/find-food

Care
and
share
.ORG



FOOD BANK FOR
SOUTHERN COLORADO



MACARONI & CHEESE

How much patience do you have?

NONE

My insides are eating my other insides

Do You Have PASTA?

NO

YES

What about Israeli Cous-cous?

NO

YES

YOU ARE S.O.L. also kinda silly for coming to this page

GREAT

SOME

Maybe 20 Minutes worth

COOK

1/2 pound of pasta according to directions on the box

- and -

MELT

1/4C butter in a saucepan

MAKE ROUX

OK! get this cooking

And while this is cooking, MIX together equal parts greek yogurt and shredded cheese (1/4C per serving)

COMBINE Cheese and Pasta Season to taste, cover with sriracha
COME BACK TO LIFE

CHERRY TOMATOES	HAM, SALAMI, or BACON	RED or GREEN LEAF LETTUCE	RADICCHIO	CHEESE	SPINACH	TOFU CUBES	ARUGULA	COOKED CHICKEN
BUTTER LETTUCE	ENDIVE	ICEBERG LETTUCE	CUCUMBER	CAULIFLOWER	ICEBERG LETTUCE	RADISHES	MESCLUN	NAPA CABBAGE
CANNED TUNA or SALMON	FRESH HERBS	RED CABBAGE	COOKED SHRIMP, CRAB, or FISH	BUTTER LETTUCE	CANNED TUNA or SALMON	SCALLIONS		
ROMAINE LETTUCE	CARROTS	RADICCHIO	FRI SÉE	SPINACH	ICEBERG LETTUCE	RADISHES	MESCLUN	NAPA CABBAGE

SALAD BINGO

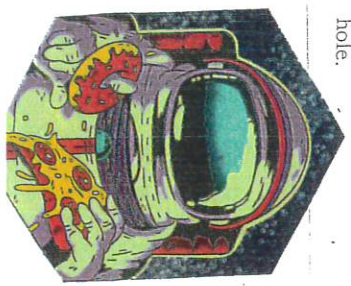
PASTA & NOODLES

VEGETABLES

make your own bean hole

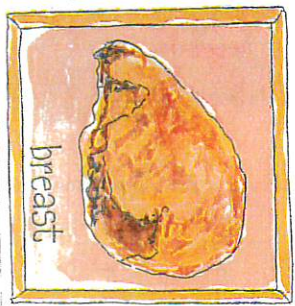
Following Ken's instructions, I have built a permanent bean hole at my cabin. It's the center of attention anytime I'm cooking for a group of guests. Here is how you can build your own permanent bean hole.

1. Take a clean 55-gallon drum and cut it in half. Save the lid and discard the upper half.
2. In a safe area, away from any flammable material, near your cabin or campsite, dig a hole a little deeper and wider than the half-drum. Line the bottom and sides of the hole with firebricks.
3. Next, drill several small holes in the bottom of the drum to allow water to drain in the event water should ever get inside. Place about three inches of sand in the bottom of the drum to prevent it from burning out. Put the drum in the firebrick-lined hole. Fill in the spaces between the bricks and the drum with sand. Place the lid on top of the drum, and you have a permanent bean hole.

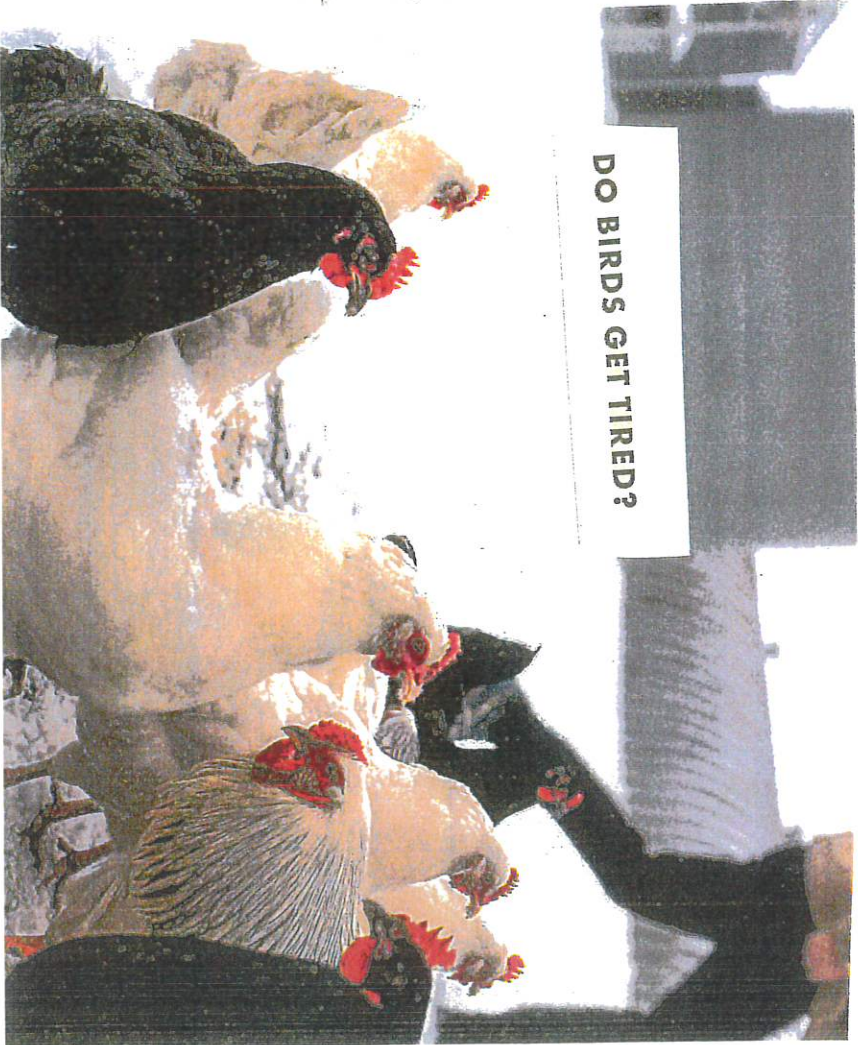


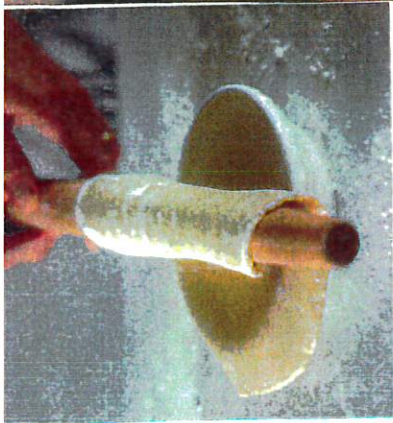
A favorite method of cooking in hunting and fishing camps in the northeastern U. S., High Rockies, and Canada is what is commonly called "bean hole cooking." Bean hole cooking, according to historians, dates back for centuries to the early days of the Penobscot Indians of Maine. They found they could slow cook food by placing it in a hole dug in the earth that had been heated by building a fire in it. The food to be cooked was set in the hot coals, then the hole was covered with rocks and earth to seal in the heat. At the end of the day, they returned to a prepared meal.

Museum of Roasted Chicken



DO BIRDS GET TIRED?

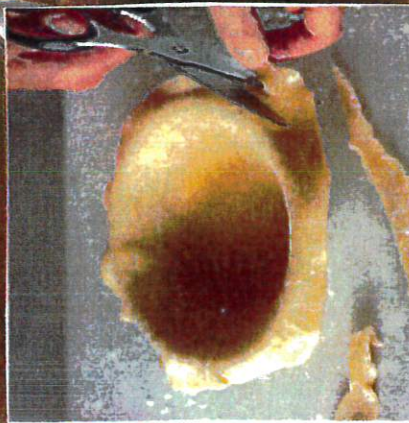




1 Loosely roll dough around rolling pin, then gently unroll it onto pie plate, letting excess hang over plate.



2 Lift dough around edges and gently press it into corners of pie plate.



3 To finish, trim overhanging edge of crust to about 1/2 inch beyond lip of pie plate, then tuck overhang under itself to make it flush with edge of pie plate.



4 Use index finger of your hand and thumb and index finger of your other hand to create fluted ridges perpendicular to edge of pie plate.



I HAVE SNACKS

and wine and will do what it takes



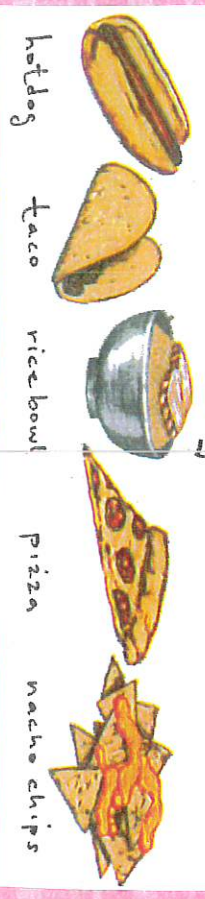
USE LEFTOVERS

Let's say you've got some steamed or roasted vegetables in the fridge from a couple days ago.

Why not invite them to the sauce? Chop them up if you want to, then add them to any of the one-pot pasta sauces on page 169 and 170. It doesn't matter if you've got the

pasta mixed in or prefer the sauce on top. Just throw the veggies in the pot when you want and stir until they're hot.

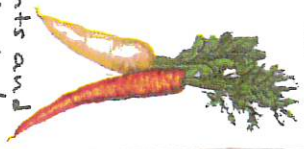
Choose your Base



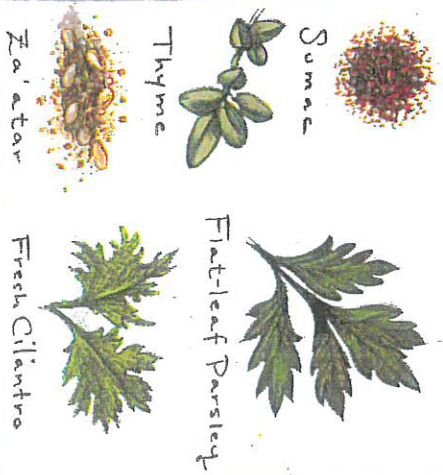
Carrot Daikon Slaw

1 tsp salt
 1/4 C sugar or honey
 1/2 C white vinegar
 1 C shredded daikon
 1 C shredded carrot

Combine all ingredients and refrigerate for 30 minutes!

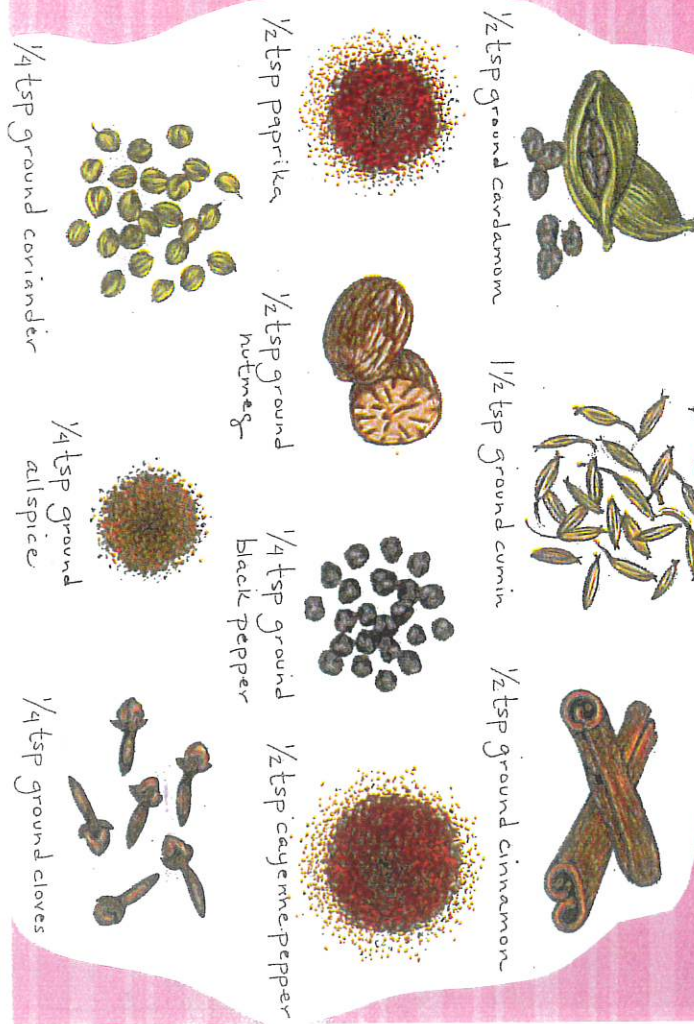


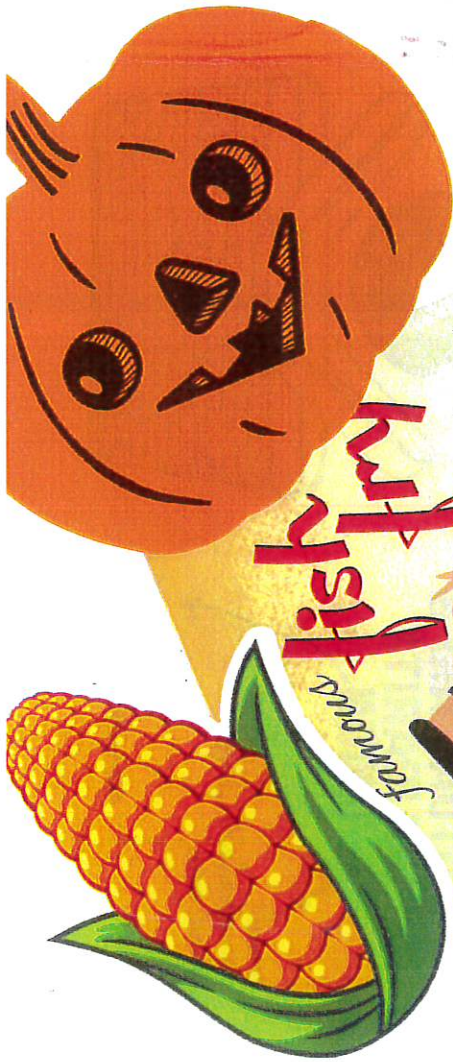
optional
 (but recommended)



Ras el Hanout

Combine These

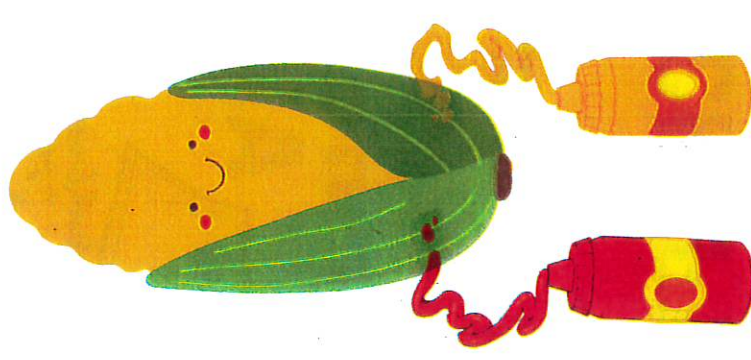




Famond's fishy



You Can Bake Anything That



Sriracha



Hoisin Sauce



Mayonnaise



Cilantro



Carrot Daikon Slaw



Jalapeños



Cucumbers



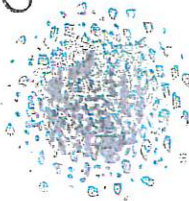
1/2 tsp dried minced onion

Everything Bagel Topping

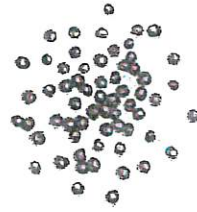
Combine These



1/2 tsp dried minced garlic



1/4 tsp kosher salt



3/4 tsp poppy seeds



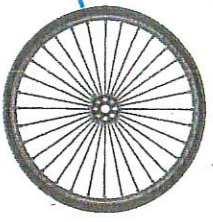
1 tsp sesame seeds

Paper folders for protecting documents + similar

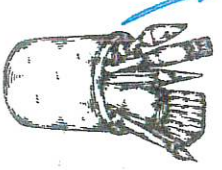


hair cuts

bicycle repair



CRAFT



dig crafts and activities at distro



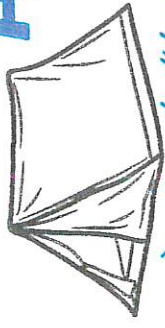
band-aids, alcohol wipes

FIRST AID

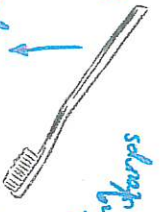
sunscreen, deodorant



painkillers



toothbrush + paste



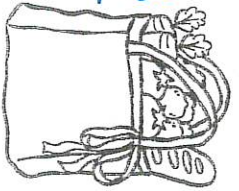
toilet paper, sleeping bags, tarps

FOOD

sweet treats



electrolytes, coffee & tea packets



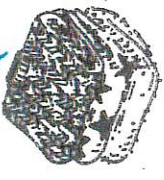
fruits, vegetables, snacks



large storable meals

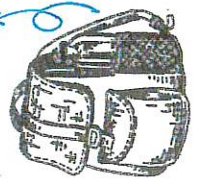
CLOTHING

clothing and shoes of all sizes



seasonal items

bags, backpacks + similar



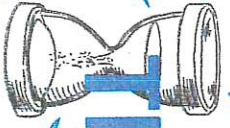
clean items



gloves, hats, scarves

ask what people want!

get to know your neighbors



TIME

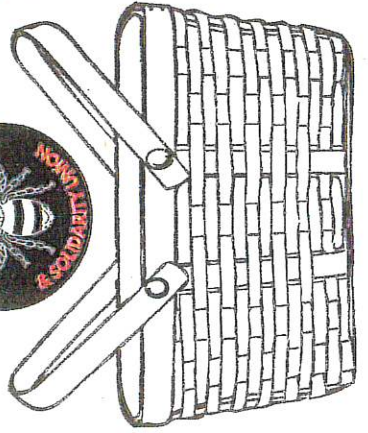
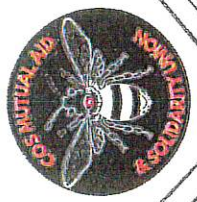
collect donations from friends & family

help at distro on Saturdays

spread the word

what can I

DONATE?



Facebook: Colorado Springs Mutual Aid & Solidarity Union

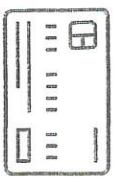
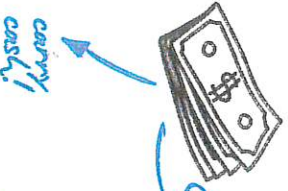
patreon.com/cosmash

LEARN MORE ABOUT COS MUTUAL AID & SOLIDARITY UNION

email: cosmutualaidunion@gmail.com

Instagram: [cosmutualaidunion](https://www.instagram.com/cosmutualaidunion)

MONEY



offer to buy bus tickets

carry cash!

donate to COSMASH, all proceeds go to distro

vermo: @cosmash
 coshapp: cosmash
 paypal: cosmutualaidunion@gmail.com

Foods for Gettin' By

Gettin' By foods aren't the healthiest, but for short-term survival (Gettin' By!) they'll last a good long time and don't require:

- Electricity
- Refrigeration
- A Stable Kitchen access

Canned foods are the most popular and easiest and tend to be a bit more balanced - then chips and cookies! Protein is the most filling, just be careful of salt!

- Beans
 - Canned/potted Juice
 - Chili
 - Tuna
- Crackers (Flourones!) - Soups - Corn
- Canned meats (Spam, Canned Beef)
- Canned potatoes!
- Smoked: - Fruit
- Velvee Sausage!

Resource Recounts

Resource Recounts (SNAP and more!)

Hunger Free Colorado (SNAP and more!)
855-855-4626

Food Resource Hotline (including VIC)
719-578-3199

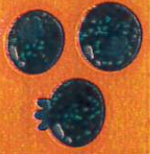
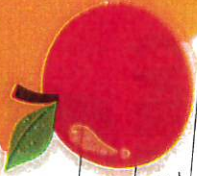
Food Pantries (including Care and Share)
719-528-1247

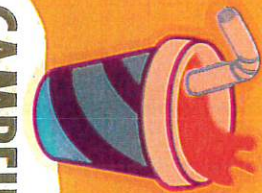
Food Pantries.org

**LAVENDER INK
COMICS CLUB**

Every 1st and 3rd Tuesday of the Month

CREATIVITY CENTER





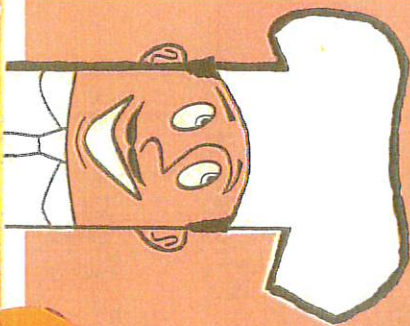
received



CAMPFIRE TIME IS BBQ TIME

Where would I end up? . . .
The mystery of the woods!
You could end up any-
where, the light already
falling.

POSTED



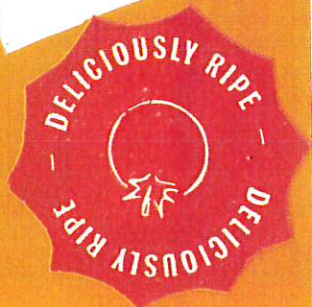
There's nothing like chicken soup when you're feeling under the weather. This soup is far more nutrient dense than traditional chicken noodle soup, and features healing ingredients such as bone broth, turmeric, ginger, and garlic.

IMMUNITY-BOOSTING CHICKEN SOUP

- 2 tablespoons (28 ml) avocado oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1 thumb-size piece fresh ginger, peeled and grated
- 1 cup (110 g) chopped parsnip
- 1 cup (130 g) chopped carrot
- ½ cup (50 g) chopped celery
- 6 cups (1.4 L) Chicken Bone Broth (page 25)
- Juice of 1 lemon
- 12 to 16 ounces (340 to 455 g) shredded cooked chicken
- 1 teaspoon ground turmeric
- 1 teaspoon sea salt, plus more as needed
- 2 cups (134 g) chopped stemmed kale
- 2 tablespoons (8 g) chopped fresh parsley

1. In a large stockpot or Dutch oven over medium heat, heat the avocado oil.
2. Add the onion, garlic, and ginger and sauté for 5 to 6 minutes or until the onion is translucent.
3. Add the parsnip, carrot, and celery and cook for 5 minutes more.
4. Stir in the bone broth, lemon juice, shredded chicken, turmeric, and salt. Bring the soup to a low simmer and cook for 25 to 30 minutes or until the vegetables are fork-tender.
5. Stir in the kale and parsley and cook for 2 minutes more or until the kale has wilted. Taste, adjust the seasoning, and serve warm.

PREP TIME 10 minutes COOK TIME 45 minutes YIELD Makes 6 servings



SINGLE STOP

a grant-funded program that provides support to people who need resources to combat basic needs insecurity.

- Locate food pantries on- and off-campus
- Determine eligibility for SNAP/EBT, WIC, TANF, and LEAP
- Referrals for housing support
- Vital community resources

pikespeak.edu/
student-support

PPSC CANVAS COMMUNITY FOOD PANTRY:

Community Table
@ pikespeak.edu

Centennial Campus
Room A-312
Mon-Fri 5 AM-2 PM
Sat 8 AM-12 PM
(719) 520-2022

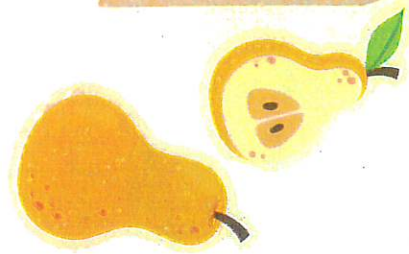
Rampart Campus
Room N-204
Mon-Fri 8 AM-5 PM
Sat 8 AM-12 PM
(719) 520-2022

Free Food
Cleaning Hygiene
Pet Food
Coping Tools
Tape Tools

Downtown Campus
Room S-122
Mon-Fri 8 AM-5 PM
Sat 8 AM-12 PM
(719) 520-2022

FOOD DESERTS

"Low income areas with limited access to affordable produce & grocery stores."



Defined by:

- living more than one mile from a store in urban areas.
- or more than ten miles in rural areas.
- Reliance on convenience stores & fast food.
- Transportation barriers.



CONSEQUENCES

- > Poor diet & nutrition
- > Health risks
- > perpetuated poverty

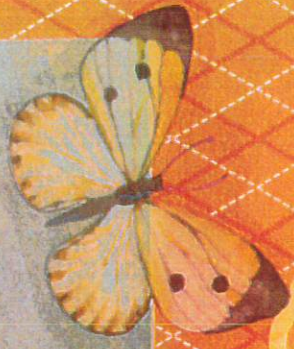


SOLUTIONS

community gardens

Remove Stigma

Shop in bulk & Share



According to the USDA, 6.1% of Americans live with food insecurity, — that equates to — 18.8 million people