

# Social Media Food Literacy and Low-Income Support Resources

This is a list of a variety of free digital resources for finding and preparing food at a variety of different skill levels that are budget friendly. I have tried to separate the accounts into categories although some accounts will overlap and fit into all categories and provide even more resources. These are creators that I personally recommend and follow as well as accounts recommended to me by other creators in the space. They teach a variety of things from budget recipes to food preservation and even how to forage your own food in urban settings. Please feel free to contact me with any questions about the list! ❤️

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## Low-Income Meal Accounts 🍷 :

These accounts teach budget recipes as well as how to stretch meals using high protein items like beans when meat and other proteins are inaccessible.

- **Kiki Rough** - @kikirough on [TikTok](#), [Instagram](#), [Facebook](#) and [YouTube](#) – she has a free digital cookbook linked in the bio of all these accounts. It's through substack
- **Bridget Vee** - @bridget.vee.cooks on [TikTok](#)
- **Carleigh Bodrug** - @plantyou on [TikTok](#), [Instagram](#), [YouTube](#) and [Facebook](#)
- **Easy Eats** - @easy.eats.canada on [TikTok](#)
- **Poor for Dummies** - @zielzebub on [TikTok](#)
- **40 Aprons** - @40aprons on [TikTok](#)
- **Greta** - @gretazimmy on [TikTok](#)
- **Kim Cas** - @saltandvibes on [TikTok](#)
- **Live Eat Learn** - @liveeatlearn on [TikTok](#). Her focus is specifically vegetarian friendly, and she is a nutritionist. Her recipes usually have a focus on turning chickpeas (high protein and cheap) into good quality meals.
- **Reyna Cohan** - @reynacohan on [TikTok](#) and YouTube
- **Dollar Tree Dinners** - @dollartreedinners on [TikTok](#), and [YouTube](#). @dtdinners on [Instagram](#)

## From Scratch and Food Preservation Accounts 🇺🇸 :

These accounts teach how to preserve and store your own food to prevent spoilage as well as how to make household staples including things like pancake mix, butters etc from scratch for cheaper than the store. They also teach how to utilize food scraps to minimize waste and get the most out of your food and how to safely forage locally available foods to save money.

- **Maria Watkins** - @livingplanetfriendly on [TikTok](#), [Facebook](#), [Instagram](#) and [YouTube](#). They also have a variety of resources in their bio
- **Which Betty** – Whichbetty on [TikTok](#). She also hosts a kids show teaching about foraging
- **Alexis Nikole** - @alexisnikole on [TikTok](#). @Blackforager on [YouTube](#), [Instagram](#) and BlueSky. She teaches about foraging and ethical consumption
- **Erica** - @andersonacres14 on [TikTok](#) and [YouTube](#) ||Warning she does use coarse language|| She teaches everything from gardening to food preparation, storage and recreating storebought foods at home for cheaper, including kids snacks
- **Ebby Moyer** - @ebbymoyer on [TikTok](#), [Instagram](#), and [YouTube](#). She is an incredible resource, especially for women. She incorporates herbal supplements, whole foods and affordability into her recipes. She teaches how to grow things, how to make things from scratch and how to sync foods to your hormonal cycle as a woman, through science, to reduce stress and increase energy. I highly recommend her.
- **Crowded Kitchen** - @crowdedkitchen on [TikTok](#). They teach a variety of from scratch recipes.
- **Your Barefoot Neighbor** - @yourbarefootneighbor on [TikTok](#), [Facebook](#), [Instagram](#) and [YouTube](#). They post a variety of easy recipes and have a whole series dedicated to crockpot meals!
- **Kylie Sakaida** - @nutritionbykylie on [TikTok](#), [Instagram](#), [Facebook](#) and [YouTube](#). She teaches a variety of recipes ranging in difficulty and has a whole series dedicated to microwave dinners from scratch that are accessible for disables, unhoused and elderly folks. (This operated under the assumption that unhoused individuals are in shelters, hotels or communities that offer community kitchens, unfortunately I know that is not always the case).

## Growing your own food 🌱 :

These accounts show how to grow your own food easily from home. I focused specifically on accounts that cover small spaces, apartment gardens or growing food from produce scraps. I have personally used many of their tips and resources.

- **Moriah** - @moriahsgarden on [TikTok](#). Teaches self-reliance and home gardening.
- **Gardening Indoors** - @gardeningindoors on [TikTok](#), [YouTube](#), and [Facebook](#). @\_gardeningindoors. On [Instagram](#). She teaches how to grow food for yourself when its not possible to have an outdoor space or a large space.
- **Real Farmer Jeff** - @realfarmerjeff on [TikTok](#) and [Instagram](#). He has a 15'x15' townhouse yard that he gardens and he teaches people how to do the same.
- **Gardenary** - @gardenary on [TikTok](#), [Facebook](#) and [YouTube](#). @gardenaryco on [Instagram](#). She posts a variety of gardening tips and tricks including how to grow foods from storebought scraps.

## Other Resources:

These are some amazing resources for recipe planning and meal prepping. I've also added a few coupon and zero waste apps as well. Feel free to add more.

## Apps:

- **Too Good To Go** – A zero waste app where restaurants and other food related businesses can list discounted meals and left over food items to reduce food waste and feed hungry people. Not always reliable for meals but great for guilt free sweet treats for individuals, especially if they have kids! (things like pizza and Timmies baked goods)
- **Flash Food** – Heavily Discounted Grocery Order App that shares foods reduced because they are nearing their best before date. Some of these foods will need to be cooked/consumed that day or frozen but a great options for large families.
- **Flipp** – Flyer app. Shows you all the flyers in your city and allows you to easily price compare.

- **Rewards apps** – More Rewards, PC Optimum, Scene+, Be Well, Coop #, etc. All free to sign up for and save money and earn cash back on your purchases.
- **ReciMe** – Takes online recipes from apps like TikTok and Instagram and convert them into usable recipes with functional shopping lists storing them all in one place. Takes a lot of stress out of cooking and meal planning.
- **Any List** – Takes online recipes from websites and converts them into usable recipes with functional shopping lists storing them all in one place. Takes a lot of stress out of cooking and meal planning.
- **Paprika 3** – Meal planning recipe app. It has an in-app search function to find recipes, a list making function and when you create a shopping list it will categorize items by similar placement so you can shop grouping by grouping without running all over the store. (e.i. it will list the baking items together, meats, dairy etc.)
- **Samsung Food** – Works almost identical to Any List and ReciMe.

## Websites:

- **Super Cook** – Generated recipes based on your input. Simply input the ingredients you have in your house (even flour and spices) and it will generate recipes based on that. Usually, you only need to buy one item, sometimes nothing to cook its suggestions and you can filter by meal type (breakfast, dessert, etc).
- **Food Subs** – Meal substitutions. This Website lists foods that are interchangeable in meal recipes. This makes cooking less stressful when you are missing one or two ingredients. Odds are you have something that will work instead.
- **Baking Subs** – Baking substitutions. This Website lists foods that are interchangeable in baking recipes. This makes baking more accessible. Baking is a chemistry-based craft so knowing what substitutions will do without compromising the outcome of your food is mind easing.