

## The Community Cookbook by Amy Shannon

The Community Cookbook: Recipes Foraged from the Pantry is a celebration of resilience, resourcefulness, and the quiet creativity that emerges when feeding a family on a tight budget. Drawing from a childhood shaped by poverty, ingenuity, and a mother who could turn the simplest ingredients into comforting meals, this book blends personal stories with practical cooking guidance. It honors the reality of food insecurity while offering hope, dignity, and delicious solutions for anyone relying on SNAP benefits, food pantries, or limited grocery budgets.

Inside, you'll find recipes built from pantry staples, affordable proteins, and the unexpected items that often show up in donation bags — all transformed into meals that feel like supper, not survival. With tips for stretching ingredients, substituting wisely, and cooking with confidence, this cookbook empowers home cooks to make nourishing, flavorful dishes for under \$20 or from a single pantry haul. More than a collection of recipes, it's a testament to making it work, feeding the people you love, and finding comfort in the kitchen no matter what's in your cupboard.