

PGC2017 - DAY 7

GREENEST

FOOD

**OUR JOURNEY
MAKING A
BETTER BURGER**

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FLOS



OUR JOURNEY IN ONE VIDEO!

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Better Burger: A Journey | EcoHawks

LINK:

https://youtu.be/Q_UYLVF1tDM

We absolutely **love** creating videos during our PGC journey! For this challenge, we decided to make a comprehensive video detailing our every step in making a #FLOSN meal, including a Better Burger. This YouTube video also shows 2 people trying what we made (their reactions, combined, are *less than 90 seconds* but are helpful feedback to us!). By creating a video of our journey, we hope to inspire our following to join us in the effort to create meals made of fresh, local, organic, seasonal, and non-GMO foods in the future. And these meals **DO NOT** have to be expensive, if you plan ahead, buy in bulk, and reuse food products for future meals.

We also uploaded and shared this video on our Instagram. Our followers were able to see the final products of each part of our #FLOSN meal (the Better Burger, side, and drink) in the 10 clips that we were able to share on Instagram!



ecohawks2017 (BE SURE TO SWIPE RIGHT AFTER EACH CLIP!) We are extremely pleased to present to you our #PGC2017 Day 7 journey to making a #FLOSN meal, which includes a nutritious "Better Burger 🍔", a healthy side and a drink. We had an absolute blast making this meal and it was really fun and inspiring to see that creating healthy food is not as expensive and bothersome as many people may think it is. We hope you will make a #BetterBurgerNow! Watch our journey (swipe right!) as we make a meal that cost only \$1.82 per serving !, almost a quarter of what you would pay for an unhealthy, garbage-producing Big Mac Meal at McDonalds 🍔🍷. The link to the full video on YouTube is also in our Bio! @foe_us @betterburgernow @turninggreenorg





Ben Y. and Rohan decided to take on this Better Burger journey, and they first met at the Jericho Public Library to discuss the plan and form the menu for their FLOSN feast! Creating a meal starts with some research and planning ahead.

Inspired by some vegan burger recipes that he found online, Rohan decided to go make a simple **black bean burger Better Burger**. The items we needed were:

- Organic canned Black Beans
- Organic onion
- Organic green pepper
- Bread crumbs
- Cheese
- Organic, cage-free eggs
- Organic buns

PLAN!



[illegible]

- Chia seeds
- Agave Nectar
- Rose Water (optional)

WholeFoods places a big emphasis on FLOSN products, so it was a perfect place to go!

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There, they spoke to a WholeFoods employee (**Curt**) about some advice he can give to make a FLOSN, vegetarian burger. He actually shared that he made a black bean burger before and recommended using flour to hold everything together. However, we ultimately decided to use breadcrumbs to do so, but his recommendations were helpful!

The full interaction and conversation can be viewed in our video!

A hand is holding a bottle of Whole30 Organic Maple Syrup. The bottle is made of clear glass and is filled with a dark amber liquid. The label is white with a green stripe at the top and a blue stripe at the bottom. The text on the label includes "Whole30" in a script font, "organic" in a bold sans-serif font, and "Maple Syrup" in a bold sans-serif font. Below that, it says "100% Pure Maple Syrup" and "No Added Sugar". The background is a grocery store aisle with shelves stocked with various products, including boxes of cereal and bags of snacks. The lighting is bright and even.

Cauliflower	\$2.50
Onion	\$0.33
Pepper	\$1.50
Black Beans	\$0.99
Bread Crumbs	\$1.45
Eggs	\$0.50
Cheese	\$1.00
Buns	\$1.50
Chia Seeds	\$0.60
Agave	\$0.60

For example, a cauliflower head was priced at \$4.99, but only half was used, so only \$2.50 was spent for this particular meal.

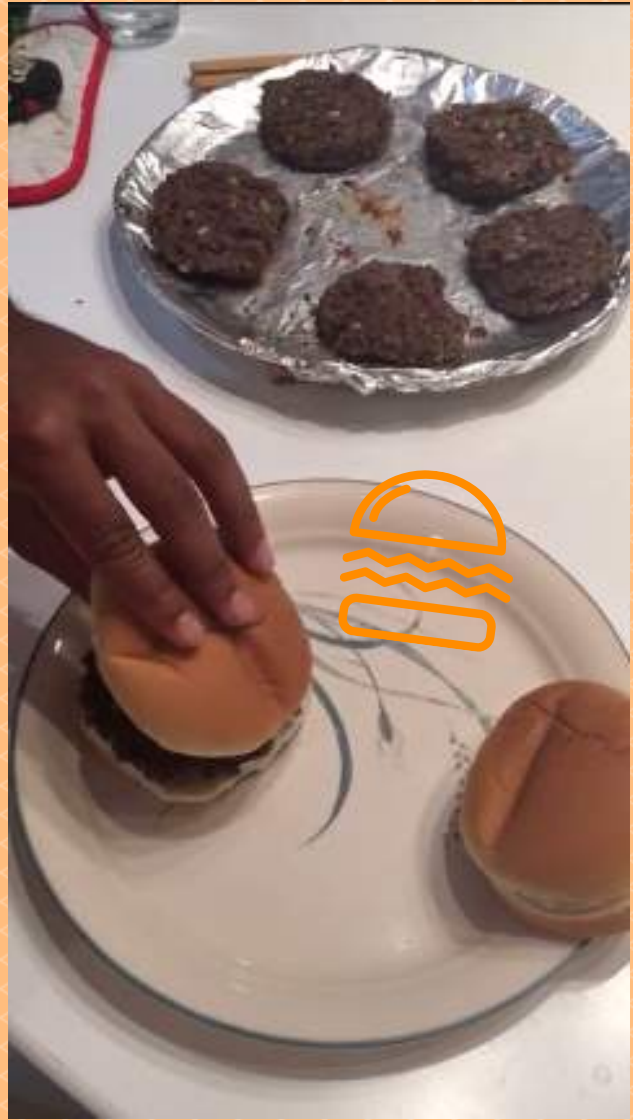
ONLY \$1.82!

This is significantly less than the target budget of \$4.00 a meal, and we were glad that we were able to get such a healthy meal to a price this low!

Onion \$0.33
 Total Price: **10.97**
 Black Beans \$0.99
 Bread Crumbs \$1.45
 Eggs \$2.50
 Cheese \$4.50
 Buns \$1.50
 Chia Seeds \$2.50
 Agave \$0.60

\$1.82
PER MEAL

BETTER BURGER



Rohan made the Better Burgers by mashing the black beans, adding the pepper, onions, bread crumbs and little bit of salt and pepper to taste. He then baked the burgers in the oven at 350°F for about 15 minutes until thoroughly cooked.



He then added the patty to the burger and let his mother try it!

To her, it was actually very **delicious** and she said it was very **healthy**.



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FLOSN SIDE

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Ben Y. took care of the sides and drink. He used half a cauliflower head to make some roasted cauliflower, drizzled some organic extra virgin olive oil, and even added some **homegrown** thyme from his home herb garden in his backyard! They ended up tasting great with the burger, especially as an alternative to deep-fried potato fries!



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HEALTHY DRINK

Making the agave, chia seed drink was extremely easy, according to Ben Y.

Simply add a bit of chia seeds to water, add agave nectar, and then a drop of rose water for a nice flowery flavor!

Ben Y. then took a sip and then asked his mom to try it out too! Since she is a doctor, she told Ben about the health benefits of agave nectar, which is an alternative sweetener that prevents sugar spikes due to its **low glycemic values!**

Nevertheless, Mrs. Yao enjoyed her drink, which she felt was refreshing!



FOOD SCRAP PLANS

BETTER BURGER

- To prevent food scraps for the burgers, **freeze** your burger buns and re-toast them when you feel like eating the burgers on a future date!
- Instead of throwing away the black bean patties, **save** them to eat another day with your burger buns! Add nice condiments or other fresh components (i.e. lettuce, tomato, etc.)
- **Compost** any small food scrap waste

FLOSN SIDE

- Use leftover thyme tips and **re-grow** them to add to your herb garden
- **Save** leftovers to eat on a future date. Roasted cauliflower also makes a good base for "mashed potatoes" (mashed cauliflower)

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