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FLOS N Meal Challenge Report

Serves: 4 people

Budget Goal: Under \$4 per person

Actual Cost: \$3.22 per person

Entrée:

Tomato Broccoli Pasta

Ingredients

- Garofalo Organic Pasta – 12 oz (already at home, organic + non-GMO)
- Fresh broccoli – 1 large head (\$1.50, local farmers market)
- Organic Tomato Sauce – 1 Jar (\$2.50, local/seasonal)
- Olive oil – 2 tbsp (\$0.30)
- Garlic – 2 cloves (\$0.20)
- Salt & pepper to taste (\$0.05)

Instructions

1. Boil pasta until al dente.
2. In a pan, heat olive oil and sauté minced garlic until fragrant.
3. Add tomato sauce until it comes to a boil.
4. Toss in broccoli florets and cook for 3–4 minutes, until bright green.
5. Combine the sauce and pasta, season with salt and pepper, and drizzle with olive oil.

Cost: \$4.55 total → \$1.14 per person

Vegetable:

Greek Cumin Chickpeas

Ingredients

- 2 cans organic chickpeas (\$2.80 total)
- 1 lemon (\$0.50, local tree/farmers market)

- 1 tsp cumin powder (\$0.05)
- 2 tbsp olive oil (\$0.30)
- Salt & pepper to taste (\$0.05)

Instructions

1. Drain and rinse chickpeas.
2. Heat olive oil in a pan, add chickpeas, and sauté until lightly golden (5–7 min).
3. Sprinkle cumin, salt, and pepper; mix well.
4. Finish with lemon juice and serve.

Cost: \$3.75 total → \$0.94 per person

Side Dish:

Sautéed Spinach with Garlic & Lemon

Ingredients

- 1 large bunch spinach (\$2.50, local organic)
- 1 tbsp olive oil (\$0.15)
- 1 garlic clove, minced (\$0.10)
- ½ lemon (\$0.25)
- Salt & pepper to taste (\$0.05)

Instructions

1. Heat olive oil in a pan and sauté garlic until fragrant.
2. Add spinach and toss until wilted.
3. Squeeze lemon juice and season with salt and pepper.

Cost: \$3.05 total → \$0.76 per person

Leftover Snack:

Crispy Chickpea Pops

Ingredients

- Leftover chickpeas from main dish (½ can)
- Olive oil, cumin, garlic powder, salt (minimal)

Instructions

1. Pat chickpeas dry and toss with olive oil + seasonings.
2. Roast at 400°F for 12-15 min until crisp.
3. Snack warm or store in a jar for later!

Cost: ~\$0.30 total

Impact & Accessibility Overview:

Actual Cost: \$3.22 per person

Total FLOSN Percentage: 84%

Reflection

Cooking FLOSN-style taught me how affordable sustainability can be when you plan with intention.

Shopping locally not only supported nearby farmers but also made my meal taste fresher, especially with the broccoli and spinach. I noticed that buying produce in season reduced the cost significantly.

Sourcing every ingredient organically wasn't always easy (spices and olive oil were exceptions) but even with mostly organic and local items, the total stayed under \$3 per person.

This challenge helped me appreciate how FLOSN eating connects food, community, and climate action. Cooking from scratch with simple, whole ingredients made me feel more grounded and creative. I'll definitely keep incorporating FLOSN principles into everyday meals, even beyond this challenge.