



Amanda Ray

Low-Cost Ingredient Recipes

To help better her community and inspire others, Amanda made a difference through food. Amanda created a recipe book with low-cost ingredients and foods that are commonly donated to food banks to help patrons cook higher-quality meals. She also distributed printed and online copies to multiple food banks throughout Phoenix. Amanda received direct staff feedback on her project's effectiveness, and to test that her recipes were simple, easy, and delicious, Amanda hosted a cooking event and taste test with her team to prepare the meals themselves. As a result of her project, Amanda has established relationships with local food banks in her area and donates annually to provide support. Amanda is a student at Chaparral High School, and she plans to attend Arizona State University to study business.

