

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

NOVEMBER 2021



CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX	DICED TOMATOES	1 CAN
PINTO BEANS	1 BAG	PEACHES	2 CANS
ENGLISH MUFFINS	1 BAG	MIXED FRUIT	2 CANS
SPAGHETTI	1 BAG	GRANOLA	1 BAG
MILK	1 BOX	RAISINS	1 BOX
POWDERED MILK	1 BAG	PEANUT BUTTER	1 JAR
TOMATO SAUCE	1 CAN	CANNED BEEF	1 CAN
PEAS	1 CANS	OLIVE OIL	1 BOTTLE



QUICK AND EASY BREAKFAST: ENGLISH MUFFIN FRENCH TOAST

Healthier than your regular French toast, this recipe keeps all the same flavors you know and love!

DIRECTIONS

- Mix together the egg, milk, vanilla and cinnamon in a bowl.
- Place each half of the English muffin in the mixture until fully soaked.
- Heat a greased skillet over medium heat. When hot, cook muffins for about 3-4 mins per side.
- Serve warm with favorite toppings.

INGREDIENTS NEEDED

2 whole wheat English muffins, halved
1 egg
1/4 cup unsweetened almond milk
1/2 tsp vanilla extract
1 dash of cinnamon

The items in bold are not included in your box.
 Check your supplies or pop into the grocery to make sure you have these ingredients before you start!



SNACK TIME

FROZEN FRUIT CUP

Turn canned fruit into a frozen treat!

INGREDIENTS

- 1 can peaches, diced
- 1 can mandarin oranges, drained
- 1 can mixed fruit
- 2-3 medium bananas, cut into chunks
- 1/2 cup orange juice or other fruit juice

DIRECTIONS

- 1) Place all ingredients in a bowl and mix until well combined.
- 2) Portion into disposable or freezer-safe cups or bowls and cover with plastic wrap.
- 3) Freeze until firm
- 4) Remove from freezer 45 minutes before serving to soften.



NUTRITION NUGGET: FAMILY MEALS

Preparing and sharing meals together sparks interest in cooking, creates healthy habits, and becomes a tradition! Family meal time provides an opportunity for families to come together and build better relationships. When families eat together, children eat a wider variety of foods and more fruits and vegetables.

Kids can help by washing and chopping vegetables, measuring and other simple tasks. Work on powering down phones and TV during mealtime. Take this time to talk about your day, share what you are thankful for, and create meaningful conversations. Make mealtime a family activity – get everyone involved!

SUPPLEMENTING YOUR BOX

Check out ways to reimagine Thanksgiving leftovers:

- Remove all meat from the bones of turkey and refrigerate within 2 hours. Use leftover cooked turkey, gravy, and stuffing within 4 days. Cooked turkey can also be frozen for up to 4 months. Be sure to reheat leftovers to 165°F before serving.
- Turkey leftovers are great to use in soup, pasta, casseroles, salads, chili or sandwiches!
- Dice up some leftover turkey and add it to scrambled eggs to boost up breakfast. Add veggies and cheese, and serve with a small side oatmeal and cranberries for a balanced meal with all five food groups!
- Make a turkey salad from shredded turkey, a little light mayo, dried cranberries and salt and pepper to taste. Serve on a tortilla as a wrap or with whole wheat crackers or bread!

Want more recipe ideas or nutrition tips?

E-mail us at nutrition@hungertaskforce.org and we'll be happy to help!

www.HungerTaskForce.org

