

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

NOVEMBER 2021



CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX
CEREAL BARS	1 BOX
SPAGHETTI	1 BAG
MILK <i>Shelf-stable! Refrigerate after opening.</i>	2 BOXES
DICED TOMATOES	1 CAN
PASTA SAUCE	1 CAN
GREEN BEANS	2 CANS

PEACHES	2 CANS
DRIED SWEET CHERRIES	1 BAG
RAISINS	1 BOX
PEANUT BUTTER	1 JAR
ALMONDS	1 BAG
CANNED CHICKEN	1 CAN
PINTO BEANS	1 CAN



QUICK AND EASY MEAL:

CREAMY MAC & CHEESE CHICKEN SOUP

DIRECTIONS

- Cook pasta according to package directions; set aside.
- Season chicken with salt and pepper. Melt 1 tablespoon butter in a large pot or Dutch oven over medium-high heat. Add chicken and cook, stirring occasionally, until golden and heated through. Remove chicken to a plate.
- Reduce heat to medium. Add onion, bell pepper and remaining butter to pot. Cook and stir occasionally until softened, 3 to 5 minutes. Add flour and cook, stirring constantly for 1 minute. Slowly stir in broth, then add milk and mustard. Simmer until thickened.
- Stir in broccoli and chicken. Simmer until broccoli is tender and soup is thickened, 4 to 6 minutes. Remove from heat and let stand for 1 minute. Stir in cooked pasta. Gradually stir in cheese until melted and smooth. Season with salt and pepper. Garnish with chives.

INGREDIENTS:

- 1 + 1/2 cups macaroni noodles or other pasta
- (1) 12.5 ounce can chicken
- Salt and pepper to taste
- 4 tablespoons unsalted butter, divided
- (1) small onion, chopped
- (1) small red bell pepper, chopped
- 1/3 cup all-purpose flour
- 4 cups chicken or vegetable broth
- 4 cups milk (can use prepared dried milk or boxed milk)
- 2 teaspoons Dijon mustard
- (1) small head broccoli, cut into small florets (about 4 cups)
- 8 ounces extra-sharp cheddar cheese, grated (about 2 cups)
- Chives, if desired for garnish

SNACK TIME | Peanut Butter Bread

For a peanut butter extravaganza, spread smooth or chunky peanut butter on top of a slice of this delicious bread! Top with banana or strawberry slices.



INGREDIENTS:

- 2 eggs
- 1 + 1/2 cups 1 % milk
- 1/3 cup granulated sugar
- 1 cup peanut butter
- 1 + 3/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt

DIRECTIONS

1. Preheat oven to 350 degrees. Lightly grease or spray a loaf pan with non-stick spray.
2. In large bowl, beat eggs. Add milk, sugar and peanut butter. Mix well.
3. In a separate bowl combine flour, baking powder, and salt. Mix thoroughly.
4. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients.
5. Pour into prepared pan. (Pan will be half full). Bake for 1 hour.

NUTRITION NUGGET: MEAL PLANNING

A little planning ahead can go a long way toward helping your busy schedule.

Here are a few tips to get you started:

- ✓ **Check your cupboards, freezer and refrigerator** to see what you already have on hand.
- ✓ **Select meals/recipes for the week** and make a grocery list of remaining items you will need.
- ✓ **Take time to prepare:** wash & chop fruits and vegetables, cook dried beans, etc.
- ✓ **Plan leftovers into your schedule** or freeze them for later. This can help save time and money!



FRUIT
VEGETABLES
DAIRY
PLANTBASED
ANIMALBASED
GRAINS
PROTEIN
SERVINGS
WATER
EXERCISE
ENERGY

MyPlate Word Search

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Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

