

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

NOVEMBER 2021



CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX
TORTILLAS	1 BAG
BROWN RICE	2 BAGS
MILK <small>Shelf-stable! Refrigerate after opening.</small>	2 BOXES
BLACK/REFRINED BEANS	2 CANS
DICED TOMATOES	1 CAN
GREEN BEANS	1 CAN

SWEET POTATOES	2 CANS
MANDARIN ORANGES	2 CANS
APPLE SAUCE CUPS	1 PACK
PEANUT BUTTER	1 JAR
RAISINS	1 BOX
TUNA	1 CAN
CANNED CHICKEN	1 CAN



QUICK AND EASY DINNER: DELICIOUS FALL CHILI

It's so simple to pull together a quick and easy fall chili. This base recipe uses canned ingredients that you probably already have on hand. You can add in proteins - such as ground meat or cooked lentils, vegetables - such as diced carrots, onions, and peppers, or it's tasty as is!

DIRECTIONS

- Empty the contents of the cans into a pan.
- Add chili powder to taste and stir to mix well.
- Stir over medium heat until thoroughly heated.

INGREDIENTS NEEDED

1 (14.5 ounce) can diced tomatoes
 1 (15.5 ounce) can beans (pinto, red, kidney or black)
1 (15.5 ounce) can corn, drained
Chili powder (to taste)

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

OATMEAL RAISIN MUFFINS

What's the question? Doesn't matter – muffins are the answer! Enjoy this sweet treat as a breakfast, snack or desert. Try it – you've got muffin to lose!

INGREDIENTS

1 egg	1 + 1/4 cups flour
1 cup milk	1 cup oatmeal
1/3 cup oil	1/3 cup sugar
1 teaspoon baking powder	
1 teaspoon salt	
1 + 1/2 teaspoons cinnamon, if desired	
1/2 cup raisins, dates or other dried fruit	
1 teaspoon margarine or butter	

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
3. Mix the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
4. Pour egg/milk/oil into the bowl with dry ingredients.
5. Stir until the dry ingredients are barely moistened.
6. Grease each cup in the pans with butter.
7. Spoon batter until each cup is half-full of batter.
8. Bake for 20-25 minutes, or until golden brown.



NUTRITION NUGGET: VEGETABLES



Vegetables are an important part of your daily nutrition. They are low in fat and calories and provide important nutrients such as vitamin A, vitamin C, potassium and fiber. These are important to help keep our skin and eyes healthy, and to keep our hearts healthy, too. Vegetables can be raw, frozen or canned – and all types can be healthy. Always be open to trying new vegetables – you'll never know until you try. **Half of your plate should consist of fruits and vegetables!**

Making the Most Out of Canned Goods:

- Canned food is convenient for many reasons, here are a few:
 - Foods are already cooked
 - Canned goods are non-perishable, so they have a longer shelf-life
 - Food does not need to be refrigerated
 - Using canned items saves time by minimizing preparation
- When preparing recipes with canned goods, always remember:
 - Wipe the top off of the can before opening it
 - Drain liquid from can, unless noted by a specific recipe
- Simple ways to prepare canned vegetables:
 - Roast them in the oven:
 - Add olive oil & seasonings (or just salt and pepper!), put them in the oven at 450 degrees for about 15 minutes
 - Pureed:
 - Add any kind of dairy like milk, yogurt, sour cream, or coconut milk, spices, a variety of canned vegetables and you have yourself a homemade chowder!
 - Use spices that have low or no sodium: Chili Powder, Garlic with Onion, or Parsley



Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

