

# STUDENT DOORDASH BOX

## Hunger Task Force Family Food Box + DoorDash

**NOVEMBER 2021**



### CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX
WHOLE GRAIN TRISCUITS	1 BOX
ELBOW MACARONI	2 BOXES
BROWN RICE	1 BAG
POWDERED MILK	1 BAG
MILK	1 BOX
VEGETABLE BROTH	1 BOX

PEAS & CARROTS	2 CANS
CORN	1 CAN
PEARS	2 CANS
DATES (WHOLE)	1 BAG
RAISINS	1 BOX
PEANUT BUTTER	1 JAR
CANNED BEEF	1 CAN
BLACK BEANS	2 CANS



### QUICK AND EASY BREAKFAST: SWEET BREAKFAST RICE

*Did you know that brown rice isn't just a dinner grain? This breakfast bowl is easy to make and loaded with vitamins, minerals, fiber and protein. Add any dried, fresh or frozen fruit for added color and flavor. Makes 2 servings.*

### DIRECTIONS

- Cook brown rice according to package directions.
- In a separate medium saucepan, over medium heat, combine ½ cup milk, maple syrup, peanut butter, dried fruit, and apple. Bring to a boil, stirring occasionally. Reduce heat to low and cook for 5 minutes.
- Add cooked brown rice and cinnamon, stirring until fully combined. Add remaining ½ cup milk, using more or less to achieve desired consistency. Continue cooking for 5 more minutes, until rice is warm. Serve immediately.

### INGREDIENTS NEEDED

1 cup milk  
**1 tablespoon maple syrup**  
 1 tablespoon peanut butter  
 2 cups brown rice, cooked  
 1/2 cup dried fruit (figs, raisins, cherries, dates or plums), chopped  
**1 medium apple, peeled and diced**  
**1/2 teaspoon cinnamon**

*\*Recipe modified from [www.RunningWithSpoons.com](http://www.RunningWithSpoons.com)*

**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

## Wondering how to use powdered/dry milk?

These recipes are great ways to get comfortable using dry milk, which adds protein, vitamin D and calcium to your meals without adding fat, cholesterol or extra calories!

### BANANA MILK

#### INGREDIENTS

1 cup water  
1/4 cup nonfat dry milk  
2 ripe bananas, mashed  
1 cup fluid milk

#### DIRECTIONS

Combine part of the water with the dry milk to make a smooth paste. Blend in the remainder of the water. Add bananas and the fluid milk; beat until smooth. Chill and enjoy!

### RICE PUDDING

#### INGREDIENTS

1/4 teaspoon salt	3/4 cup nonfat dry milk
2 cups water	1/4 cup sugar
1/4 cup uncooked rice	1 cup water
1/4 cup raisins	3/4 teaspoon vanilla
	Cinnamon or nutmeg

#### DIRECTIONS

Add salt to water, bring to a boil and stir rice into boiling water. Bring back to boiling point and lower heat until the water is just bubbling. Add raisins, cover tightly and cook slowly for 20 minutes.

Combine dry milk and sugar, stir into water until mixed. Stir into rice, add vanilla. Simmer 10 minutes. Chill. Serve sprinkled lightly with cinnamon or nutmeg, if desired.

## NUTRITION NUGGET: DAIRY

Dairy foods are made from milk. Yogurt, cheese and other low-fat dairy food provide calcium, phosphorus and other important vitamins and minerals to help maintain healthy bones and teeth. Milk comes in different packages:

- Boxed milk, which can be used just like regular milk! Just be sure to refrigerate after opening
- Powdered milk, which can be mixed with water, chilled overnight, and used for drinking, half-and-half in your coffee or tea, or for the snack recipes above!!



### SUPPLEMENTING YOUR BOX

This box contains healthy ingredients for great recipes, but there are easy ways to supplement your items and keep you and your family healthy.

Here are a few tips: on how seasonings can “spice” up your dishes:

- Flavor your food with less salt.** Did you know that many spices offer a low-sodium or sodium-free option? While our bodies do need some salt (also called sodium), most of us consume far more than we need. Many of the foods we eat already contain salt, so we should rarely be using the saltshaker to add more. Limiting this can help to keep your heart healthy and strong!
- Experiment with herbs and spices.** Open different jars of seasonings and use your senses. What does it look like? Smell like? How does it taste? Try different options on vegetables, sandwiches, meat, and salads, such as oregano or black pepper. When shopping for spices, try to find pure spices or powders, rather than an onion or garlic salt.

Want more recipe ideas or nutrition tips?

E-mail us at [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org) and we'll be happy to help!

[www.HungerTaskForce.org](http://www.HungerTaskForce.org)

