

# STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

DECEMBER 2021



## CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX
CEREAL BARS	1 BOX
SPAGHETTI	1 BAG
MILK <small>Shelf-stable! Refrigerate after opening.</small>	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 BREAKFAST:

### BREAKFAST BAGEL SANDWICH

*A smear of cream cheese, hummus or nut butter are all great ways to add a little extra protein to a bagel. But did you know that bagels make great sandwiches, too? Nearly any combination of your favorite protein, veggies (even fruit!) and spread will make for a hearty sandwich – any time of day!*

## DIRECTIONS

- Cook the egg – either scrambled or lightly fried. Season lightly with salt and pepper.
- Set the cheese on top of the egg to melt while you toast the bagel.
- Assemble the sandwich, layering the spinach leaves, avocado slices, tomato and egg and cheese.
- Cut in half and enjoy!

## INGREDIENTS:

- 1 bagel
- 1 egg
- Cheese, sliced (your choice)
- Tomato slices
- Spinach leaves
- Avocado, sliced
- Salt and pepper to taste



## SNACK TIME | Layered Black Bean Dip

The holiday season and football season bring many opportunities for healthier snack options. Mash, mix and layer this colorful dip – then serve with veggies or whole wheat tortilla chips for a winning combination!

### INGREDIENTS:

15 oz can black beans (drained and rinsed)  
1/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/8 teaspoon garlic powder  
1/8 teaspoon cayenne pepper  
1/2 cup salsa (thick and chunky)  
1/2 cup sour cream (light)  
1/4 cup green onion (chopped)  
2 oz cheddar cheese, reduced fat (grated)

### DIRECTIONS

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

## NUTRITION NUGGET: HEALTHY FATS

**The foods that we eat have carbohydrates, protein and fats to give us energy.** Fat also helps us to feel full and provides vitamin E. It helps us with healthy skin and nerve function and helps to cushion our organs. While some fat is healthy, there are some types we should eat less of. Animal fats found in butter, red meat and whole milk and foods like fast food usually have higher levels of saturated fats or trans fats. These are foods to eat less often if possible.

Foods that contain healthier fats for our bodies include fish, nuts, seeds, nut butter, olives and avocados. Choosing foods with these healthy (or unsaturated) fats can help to keep your heart healthy and strong!

### HEALTHY EAT MORE OF THESE!



### UNHEALTHY EAT LESS OF THESE...



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)

