

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

DECEMBER 2021



CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX
WHOLE GRAIN TRISCUITS	1 BOX
ELBOW MACARONI	2 BOXES
RICE	1 BAG
MILK	1 BOX
POWDERED MILK	1 BAG
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
CHILI WITH BEEF	1 CAN
PINTO BEANS	2 CANS



QUICK AND EASY BREAKFAST: MINI PASTA FRITTATTA

Pasta for breakfast? Yes! This recipe is flexible enough to use whatever vegetables you have on hand – try using peas, corn or bell pepper. Add a little protein with diced ham, canned tuna or salmon! Recipe from healthykids.org.

DIRECTIONS

- Heat oven to 350° F.
- Lightly grease a 12 count muffin tin.
- In a large bowl, mix together cooled pasta, zucchini, carrot and $\frac{3}{4}$ cup of cheese; divide the mixture between the muffin tins.
- Whisk together the eggs and milk. Season with black pepper, if desired. Pour evenly over vegetable/pasta mixture. Sprinkle with remaining $\frac{1}{4}$ cup of cheese.
- Bake for 18 to 20 minutes or until cooked through and golden.
- Let stand for a few minutes, then loosen edges with a knife before lifting out.
- Enjoy hot or cold!

INGREDIENTS NEEDED

- 2 cups whole wheat elbow macaroni noodles –cooked, drained and rinsed in cold water
- 2 zucchini squash, grated
- 1 carrot, grated
- 1 cup cheese, grated
- 8 eggs
- $\frac{1}{2}$ cup low-fat milk



SNACK TIME | PB Banana Quesadilla

This quick and easy snack is packed with plant-based protein, fruit and whole grains. Try dipping in some yogurt and granola! Enjoy after getting some physical activity to give your body some energy and fuel.

INGREDIENTS

2 tablespoons peanut butter (creamy or chunky)

2 whole wheat tortillas

1 banana, thinly sliced

Cooking spray

DIRECTIONS

1) Spread peanut butter on ½ of each tortilla and top with sliced banana. Fold the tortilla over and gently press down.

2) Cook on a med-hot skillet for a few minutes, until toasted. Use a large spatula to gently flip. Cook until second side is lightly toasted. Cut and serve!

NUTRITION NUGGET: PHYSICAL ACTIVITY

Moving our bodies throughout the day – every day – is as important as the food we eat. Adults should try to get at least 2.5 hours of moderate activity each week and kids should be active at least 1 hour per day. Physical activity is good for many reasons, including:

- A healthy heart and lungs
- Strong bones
- Better sleep
- More energy
- Better balance
- It's fun!



There are lots of ways to move our bodies to stay healthy. You can do it all at once, or break it up into 10-15 minutes throughout the day. Here are some ideas:

- Go for a walk.
- Play ball! (Basketball, soccer, football, baseball, volleyball)
- Check with your local recreation department for the current class schedule.
- Move in place with jumping jacks, walking in place or toe touches.
- Turn on your favorite music and have a family dance party!
- Stretch it out: do morning yoga together as a family before you start your day

Always be safe. Listen to your body, choose safe workout areas, wear reflective clothing if it's dark and always check with your doctor if you have any health conditions or concerns.

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

