

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

DECEMBER 2021



CONTENTS OF THIS BOX:

| | | | |
|--|---------|---------------------|--------|
| TORTILLAS | 1 BAG | MANDARIN ORANGES | 2 CANS |
| BAGELS | 1 PACK | APPLESAUCE CUPS | 1 PACK |
| RICE | 2 BAGS | RAISINS | 1 BOX |
| MILK <small>Shelf-stable! Refrigerate after opening.</small> | 2 BOXES | CANNED CHICKEN | 1 CAN |
| CHEESE | 1 PACK | CANNED TUNA | 1 CAN |
| DICED TOMATOES | 1 CAN | PEANUT BUTTER | 1 JAR |
| GREEN BEANS | 1 CAN | REFRIED BLACK BEANS | 2 CANS |
| CORN | 2 CANS | BEEF STEW | 1 PACK |



QUICK AND EASY MAIN DISH: CRUNCHY VEGETABLE WRAPS

Full of fresh and colorful veggies, these wraps are a great way to help meet your MyPlate goal of making half of your plate fruits and vegetables. Makes 4 servings.

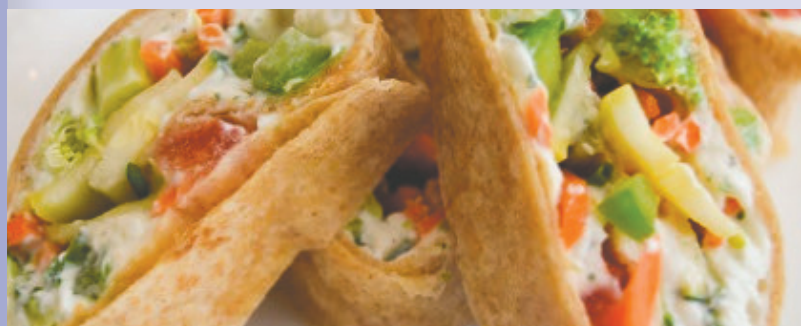
Recipe from [MyPlate.gov](https://www.mypyplate.gov)

DIRECTIONS

- In a small bowl, stir ranch seasoning into cream cheese. Chill.
- Wash and chop vegetables.
- Steam broccoli in microwave for 1 minute with one tablespoon of water.
- Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
- Chill for 1-2 hours before serving (the wrap will hold its shape better). Slice into circles and serve.

INGREDIENTS NEEDED

- 4 tablespoons cream cheese, low-fat (whipped)
- 2 flour tortillas
- 1/2 tablespoon ranch seasoning mix
- 1/4 cup broccoli (washed and chopped)
- 1/4 cup carrot (peeled and grated)
- 1/4 cup zucchini (washed and cut into small strips)
- 1/4 cup summer squash (washed & cut into small strips)
- 1/2 tomato (diced)
- 1/8 cup green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)



SNACK TIME



TROPICAL SMOOTHIE

This delicious smoothie is loaded with Vitamin C and calcium!

INGREDIENTS

1 cup spinach or other greens
1 cup low-fat milk
1+3/4 cups frozen pineapple chunks
1 medium banana
1 tablespoon lemon juice





DIRECTIONS

Add all ingredients into blender and blend until smooth. Serve immediately.

NUTRITION NUGGET: EAT-A-RAINBOW!

Fruits and vegetables come in all different colors. Red apples, orange carrots, yellow peppers, green spinach, blue blueberries, and purple plums! To eat a rainbow means to eat fruits and vegetables of all colors. Different colored fruits and vegetables have different nutrients. So we want to eat a rainbow color to make sure that we are getting as many nutrients as we can! Here are examples:



-  **Red fruits and vegetables:** contain antioxidants that keep our heart healthy
-  **Orange/yellow fruits and vegetables:** help maintain healthy eyes
-  **Green fruits and vegetables:** rich in calcium to help keep our bones and teeth strong
-  **Blue/purple fruits and vegetables:** good for brain health



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| C | S | G | X | I | S | H | A | A |
| O | E | H | P | L | Q | C | P | N |
| R | P | I | E | O | U | B | P | A |
| N | A | K | A | C | A | P | L | N |
| V | R | C | R | C | S | E | E | A |
| E | G | A | S | O | H | A | S | B |
| G | Q | N | F | R | E | S | N | J |
| R | B | I | P | B | J | E | M | U |
| Z | C | A | R | R | O | T | S | X |
| S | E | G | N | A | R | O | Y | Y |

- | | |
|--|----------------------------------|
| <input checked="" type="checkbox"/> APPLES | <input type="checkbox"/> GRAPES |
| <input type="checkbox"/> BANANA | <input type="checkbox"/> ORANGES |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> PEARS |
| <input type="checkbox"/> CARROTS | <input type="checkbox"/> PEAS |
| <input type="checkbox"/> CORN | <input type="checkbox"/> SQUASH |

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

