

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX
CEREAL BARS	1BOX
SPAGHETTI	1 BAG
MILK Shelf-stable! Refridgerate after opening.	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	1BAG
CANNED CHICKEN	1 CAN
PINTO BEANS	1CAN

QUICK & EASY BREAKFASTPEANUT BUTTER CEREAL BARS



Looking for a delicious way to use more ingredients from your box? This recipe uses cereal bars, peanut butter, dried fruit and nuts to boost your protein and nutrition.

INGREDIENTS:

Cereal bars (1 per serving)

Peanut butter

Dried fruit, chopped (cherries or raisins)

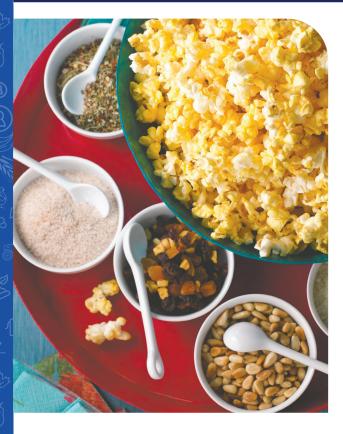
Almonds or other nuts, chopped (optional)

DIRECTIONS:

- Smear an even layer of peanut butter on cereal bar
- 2. Sprinkle chopped dried fruit on top
- 3. Sprinkle almonds (optional)
- 4. Place in the fridge for at least an hour and enjoy.

SNACK TIME POPCORN BAR

Did you know that popcorn is a whole grain? Whole grains provide benefits like long lasting energy and fiber for healthy digestion.



INGREDIENTS:

Plain, unsalted popcorn or popcorn kernels Cooking spray or mister filled with olive or canola oil

Herbs or spices of your choice! Here are some favorite combos:

- Mexican Hot Cocoa: Unsweetened cocoa with a dash of Cinnamon & Cayenne
- Parmesan cheese and/or Cayenne pepper
- Cinnamon & sugar

DIRECTIONS:

- 1. If you have un-popped popcorn kernels, pop as much as you will need.
- 2. Set up popcorn. You can use brown paper bags (works great to shake after you add toppings!) a bowl will also work just fine.
- 3. Spray the oil on popcorn to help the toppings stick and then add your flavor and shake!

NUTRITION NUGGET

Label Reading – Percent Daily Value

The food we eat contains essential nutrients we need to keep our body healthy: Fat, Protein, Carbohydrates, Fiber, vitamins, such as vitamin A and vitamin C, and Minerals, such as calcium and iron.

Nutrition specialists know how much of each nutrient is recommended each day to have a healthy diet. The **Percent Daily Value (%DV)** shows you how this food can help you meet your daily nutrition goals, and can also help you determine if a food is high or low in a specific nutrient.

Use Percent Daily Value (%DV) to make educated choices on what you eat and drink. As a general guideline, 5% or less is low in that nutrient and 20% or more is high in that nutrient. Use this tool to help you compare foods, make healthier choices and manage dietary trade-offs throughout the day.

Learn more at www.fda.gov/NewNutritionFactsLabel

8 servings per container		
Serving size 2/3 cup (55g)		
Amount per serving		
Calories	230	
%	Daily Value	
Total Fat 8g	10%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol Omg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	13%	
Dietary Fiber 4g	14%	
Total Sugars 12g		
Includes 10g Added Sug	ars 20%	
Protein 3g		
Vitamin D 2mcg	10%	
Calcium 260mg	20%	
Iron 8mg	45%	
Potassium 240mg	6%	

Want more recipe ideas or nutrition tips?



