

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX	PASTA SAUCE	1 CAN	PEANUT BUTTER	1 JAR
CEREAL BARS	1 BOX	GREEN BEANS	2 CANS	ALMONDS	1 BAG
SPAGHETTI	1 BAG	PEACHES	2 CANS	CANNED CHICKEN	1 CAN
MILK <small>Shelf-stable! Refrigerate after opening.</small>	2 BOXES	DRIED SWEET CHERRIES	1 BAG	PINTO BEANS	1 CAN
DICED TOMATOES	1 CAN	RAISINS	1 BOX		

QUICK & EASY BREAKFAST PEANUT 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:

1. 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

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

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

