



### CONTENTS OF THIS BOX:

|  |         |                  |                   |               |        |
|--|---------|------------------|-------------------|---------------|--------|
| RICE CEREAL  | 1 BOX   | POWDERED MILK    | 1 BAG             | DATES (WHOLE) | 1 BAG  |
| WHOLE GRAIN TRISCUITS  | 1 BOX   | VEGETABLE BROTH  | 2 CANS (OR 1 BOX) | RAISINS       | 1 BOX  |
| ELBOW MACARONI   | 2 BOXES | PEAS AND CARROTS | 2 CANS            | PEANUT BUTTER | 1 JAR  |
| BROWN RICE   | 1 BAG   | CORN             | 1 CAN             | CANNED BEEF   | 1 CAN  |
| MILK <small>Shelf-stable! Refrigerate after opening.</small> | 1 BOX   | PEARS            | 2 CANS            | BLACK BEANS   | 2 CANS |

## QUICK & EASY DINNER BEEF STEW



*This quick meal of stew made from canned beef and vegetables is ready in 30 minutes! Serve with a side of brown rice for an even heartier meal.*

### INGREDIENTS:

- 1 canned beef roast, chopped or shredded; keep liquid for stew
- 1 15.5 oz can of corn
- 1 15.5 oz can of peas and carrots
- 1/2 cup diced onions (more, if desired)
- 1/2 cup diced celery
- 1 box chicken, beef or vegetable broth
- 1 teaspoon flour (or cornstarch)
- Salt, pepper and garlic to taste

### DIRECTIONS:

1. Add beef to a large cooking pot
2. Add vegetables and broth
3. Whisk flour with a little cold water and stir into stew
4. Let simmer until thickened and warmed through

# SNACK TIME | APPLE BREAD PUDDING

Whole-grain bread, apples, and cinnamon make a sweet dessert that's healthy, too!



## INGREDIENTS:

- Cooking spray
- 1 large egg + 1 large egg white
- 1 cup fat-free milk (prepared dry or shelf-stable milk)
- 2 tablespoons brown sugar blend
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples (cored, cut into 1/2-inch cubes)
- (Optional) 1/2 cup of any of the following: raisins, dried cranberries, dried blueberries, walnuts, pecans, or almonds

## DIRECTIONS:

- Preheat the oven to 350°F.
- Lightly spray a 9-inch square baking dish with cooking spray.
- In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.
- Stir in the bread, apples, and added raisins, cranberries, blueberries, and/or nuts.
- Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

Recipe from [recipes.heart.org](http://recipes.heart.org).

## NUTRITION NUGGET

### Label Reading – Sugars

Too much sugar can be unhealthy for some people, but the information about the types of sugar can be confusing. Some sugars occur naturally, and some are added to the products we buy. Knowing how to spot difference on the nutrition facts label can help you make healthier choices.

**Total Sugars** include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits. This also includes any added sugars that may be present in the product.

**Added Sugars** refer to sugars that are added during the processing of foods, foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

The Dietary Guidelines for Americans recommends that we limit calories from added sugars to less than 10 percent of total calories per day. For example, for a 2,000 calorie daily diet, this would be 200 calories or 50 grams of added sugars per day. The main sources of added sugars are sugar-sweetened beverages, baked goods, desserts, and sweets.

**CHECK THE LABEL** | 5% DV or less is a LOW source of added sugars  
20% DV or more is a HIGH source of added sugars

Learn more at [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)

| Nutrition Facts               |     |
|-------------------------------|-----|
| 8 servings per container      |     |
| Serving size 2/3 cup (55g)    |     |
| Amount per serving            |     |
| <b>Calories 230</b>           |     |
| % Daily Value*                |     |
| <b>Total Fat</b> 8g           | 10% |
| Saturated Fat 1g              | 5%  |
| Trans Fat 0g                  |     |
| <b>Cholesterol</b> 0mg        | 0%  |
| <b>Sodium</b> 160mg           | 7%  |
| <b>Total Carbohydrate</b> 37g | 13% |
| Dietary Fiber 4g              | 14% |
| Total Sugars 12g              |     |
| Includes 10g Added Sugars     | 20% |
| <b>Protein</b> 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](mailto:nutrition@hungertaskforce.org) and we'll be happy to help!

[www.HungerTaskForce.org](http://www.HungerTaskForce.org)

