

## STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash

### CONTENTS OF THIS BOX:

ROLLED OATS	1 BOX
TORTILLAS	1 BAG
BROWN RICE	2 BAGS
MILK <small>Shelf-stable! Refrigerate after opening.</small>	2 BOXES
DICED TOMATOES	1 CAN

GREEN BEANS	1 CAN
SWEET POTATOES	2 CANS
MANDARIN ORANGES	2 CANS
APPLESAUCE CUPS	1 PACK
RAISINS	1 BOX

PEANUT BUTTER	1 JAR
TUNA	1 CAN
CANNED CHICKEN	1 CAN
REFRIED BLACK BEANS	2 CANS

### QUICK & EASY DINNER

#### GARLIC CHICKEN FRIED BROWN RICE



Leftover brown rice is reborn in this chicken fried rice with peppers and onions!

Recipe adjusted from [allrecipes.com](https://www.allrecipes.com).

### INGREDIENTS:

- 2 tablespoons vegetable oil, divided
- 1 canned chicken, drained
- 1/2 red bell pepper, chopped
- 1/2 cup green onion, chopped
- 4 cloves garlic, minced
- 3 cups cooked brown rice
- 2 tablespoons light soy sauce
- 1 tablespoon rice vinegar (Optional)
- 1 can peas, drained

### DIRECTIONS:

1. Heat 1 tablespoon of vegetable oil in a large skillet set over medium heat. Add the chicken, bell pepper, green onion and garlic. Cook and stir for about 5 minutes. Remove the chicken mixture to a plate and keep warm.
2. Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet and stir to blend with the rice and heat through before serving.

## SNACK TIME | POCKET FRUIT PIES

Use your favorite fruit and whole grain tortillas and enjoy!

Recipe from [myplate.gov](http://myplate.gov).



### INGREDIENTS:

- 4 flour or whole wheat tortillas (8 inch)
- 2 peaches, pears, or apples (medium)
- 1/4 teaspoon cinnamon (ground)
- 6 teaspoons brown sugar, packed
- 1/8 teaspoon nutmeg (ground)
- 2 tablespoons milk (fat-free)

### DIRECTIONS:

1. Warm tortillas in microwave or oven.
2. Peel and chop fruit into pieces.
3. Place 1/4 of fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up tortillas, starting at the end with the fruit.
6. Place on a greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degrees for 8-12 mins. or until lightly brown.
8. Enjoy warm or cool.

## NUTRITION NUGGET

### Make Better Beverage Choices

*At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start Simple with these tips today:*

**Drink water.** Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.

**Grab a bottle and go.** Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.

**Encourage low-sugar drinks.** Make water, low-fat or fat-free dairy milk, or unsweetened seltzer your go-to options. Consume 100% juice only on occasion. Gatorade and other sports drinks contain high amounts of sugar!

**Compare food labels.** Use the Nutrition Facts label when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per container.

**Jazz up your drink.** Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves, cucumber or a few fresh or frozen berries.

*The benefits of healthy eating add up over time, bite-by-bite and sip-by-sip.*

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)

