

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash



CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX
WHOLE GRAIN TRISCUITS	1 BOX
ELBOW MACARONI	2 BOXES
RICE	1 BAG
POWDERED MILK	1 BAG

UHT MILK	1 BOX
VEGETABLE BROTH	1 BOX
PEAS & CARROTS	2 CANS
CORN	1 CAN
PEARS	2 CANS

DATES (WHOLE)	1 BAG
RAISINS	1 BOX
PEANUT BUTTER	1 JAR
PINTO BEANS	2 CANS
CHILI WITH BEEF	1 CAN

QUICK & EASY DINNER

FRIED RICE & TERIYAKI CHICKEN



Families love this easy Asian-infused recipe! It takes just a few minutes to prepare, and can be made in small or large batches.

INGREDIENTS:

1/2 cup of fully cooked rice*
1/2 cup canned peas and carrots
2 eggs
1 can chicken
Teriyaki or Orange Chicken Sauce**
Low-sodium soy sauce

DIRECTIONS:

FRIED RICE:

1. Cook rice until tender.
2. Scramble eggs in frying pan.
3. Stir in canned peas and carrots, 1/2 cup cooked rice and a drizzle of soy sauce.
4. Cook for 3-5 minute.

CHICKEN:

1. Warm canned chicken in microwave or on stove until hot.
2. Add sauce and mix together.

*Rice is provided in this box, but the Success brand Boil-in-a-Bag is our go-to for perfect rice every time! It's often on sale at Pick 'n Save for under \$2 for 4 bags.

**Aldi has great sauce options for under \$2!

TIPS FROM ASHLEY BEST

Hunger Task Force Community Nutrition Program Manager

SNACK TIME | KEEP IT SIMPLE!

At my house we aim to keep it simple! I have a 2 1/2 year old son – Logan – and for snack time our family always tries to keep a few options on hand including:

Cheddar cubes + almonds + cubed deli meat

Did you know? At the deli, you can order your meat in chunks, rather than slices?

String cheese + banana

Carrots + cucumbers + dip!

We usually get the low-fat dill dip or Ranch from Aldi's. Dipping is one of the few ways we can get Logan to enjoy eating his vegetables!



Grocery Store + Shopping Tips

My mom and grandmother have taught me to be super savvy when grocery shopping. For my husband, toddler and I, I try to spend under \$300 on groceries per month. Here are some useful tips that help me spend less when grocery shopping:

ALDI: Have I mentioned Aldi recently? Did you know that Aldi carries products that are brand-name products repackaged and sold at a cheaper price? They accept EBT, do not accept WIC but offer curbside pickup.

Online ordering & curbside pickup: Many grocery stores offer FREE curbside pickup. As parents, we know how hard it is to bring the kids to the grocery store. If you're a parent and haven't tried it, you should! This also allows me to look at ads and coupons at home rather than in the grocery store.

Coupons: Coupons save me hundreds of dollars! It takes some time, but I've turned it into a hobby. Saving money is fun for me! Find coupons for grocery stores and fast food in the Journal Sentinel on Wednesdays and Sundays, online or through memberships and e-mail updates for local grocery stores.

Don't eat out unless you have a coupon: This is a good rule to have. Also, you can save money while avoiding buying a drink or unhealthy side. Have a healthy snack at home with a glass of water!

Want more recipe ideas or nutrition tips?

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

