



CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX	TOMATO SAUCE	1 CAN	PEANUT BUTTER	1 JAR
WHOLE GRAIN SPAGHETTI	1 BAG	PEAS & CARROTS	2 CANS	GRANOLA	1 PACK
POWDERED MILK	1 BAG	DRIED CRANBERRIES	12 PACKS	CANNED SALMON	1 CAN
UHT MILK	1 BOX	MIXED FRUIT	2 CANS	BLACK BEANS	2 CANS
DICED TOMATOES	1 CAN	RAISINS	1 BOX	BUTTER	1 PACK
				ENGLISH MUFFINS	1 PACK

QUICK & EASY BREAKFAST NO-BAKE BREAKFAST COOKIES



Try these sweet and healthy breakfast cookies that can be prepared in advance for an easy breakfast on-the-go. They're also perfect for snacking or a healthy dessert.

INGREDIENTS:

- 1/2 cup honey (or light corn syrup)
- 1/2 cup powdered milk
- 1/2 cup raisins (or chopped dates)
- 1/2 cup peanut butter
- 2 + 1/2 cups crushed rice cereal

DIRECTIONS:

1. Heat honey & peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal & raisins. Drop heaping tablespoons onto waxed paper to form mounds.
4. Cool to room temperature.
5. Store in refrigerator.

These cookies are rich in protein and are a great option to start your day strong!

SNACK TIME | GRANOLA BITES

This fun and simple snack can be eaten right away or kept frozen to snack on later.



INGREDIENT:

Bananas
Peanut butter (or other nut butter)
Granola

DIRECTIONS:

1. Slice banana and place slices on a plate or small cookie sheet.
2. Spread peanut butter on each slice and sprinkle with granola.
3. Place in the freezer until set, or enjoy them right away!

NUTRITION NUGGET

Kitchen Safety

Everyone can play a role in helping in the kitchen, and cooking as a family builds memories and skills for everyone. Here are a few tips to remember:

- **Prep your space.** When you start with a clean area it makes the process easier. Put away items that don't belong, wipe down and sanitize the surfaces and set out any bowls, dishes and ingredients you will need.
- **Prep your chefs.** Tie back long hair, remove jewelry, wear shoes to protect from spills or dropped items and wear an apron.
- **Wash those hands!** Always start with clean hands and wash them again between new tasks.
- **Use the right tools.** If you have little helpers at your house, look for kid-friendly and kid-sized whisks, choppers and peelers. Use cutting boards, have hot pads handy and talk about oven and stove-top safety (like keeping the handles of pots and pans turned toward the back).
- **Keep it clean.** As you go through recipe steps, clean up spills or messes right away. Practice safe food handling when using raw meats. Place dirty utensils in the sink and wash knives right away.

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

