

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 MEAL

ONE-DISH CHICKEN & TOMATO PASTA



This is an easy recipe to put together on a busy night. You can boost your vegetable intake by adding mushrooms, diced zucchini or diced roasted sweet potatoes. Leftovers from this meal are great too!

INGREDIENTS:

8 ounces spaghetti pasta
Olive oil
10 ounces canned chicken
2 teaspoons Italian seasoning
2 cans diced tomatoes
Shredded cheese, parmesan or mozzarella

DIRECTIONS:

1. Cook pasta according to directions on package. Drain.
2. Heat olive oil in a large skillet over medium high heat. Add the chicken and seasoning and warm for 2 to 3 minutes. Stir in any additional vegetables.
3. Continue cooking until warmed through.
4. Reduce heat to low. Stir in tomatoes, cover and simmer for 15 minutes.
5. Toss the pasta and chicken mixture together, sprinkle with Parmesan cheese, and serve.

Adapted from www.allrecipes.com.

SNACK TIME | BAKED BANANAS

Bananas make the perfect dessert when you add brown sugar and raisins.



INGREDIENT:

- 6 bananas, sliced lengthwise
- 3 tablespoons packed brown sugar
- 1 + 1/2 tablespoons margarine/butter
- 1/2 cup raisins
- 1/3 cup chopped almonds

DIRECTIONS:

1. Preheat oven to 350 degrees. Lightly grease a 9x13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins & nuts.
4. Bake for 30 minutes.

NUTRITION NUGGET

NUTRIENTS

Nutrients are substances found in food that allow bodies to grow and function. There are six primary nutrients that make up the foods we eat. These include carbohydrates, protein and fat (also known as macronutrients), vitamins and minerals (micronutrients) and water.

Macronutrients are nutrients that the body needs in larger amounts. These provide the body with energy.

Carbohydrates, sometimes called carbs for short, are the main source of fuel for your body, helping you move, grow, digest food and more. Carbohydrates can be simple in the form of sugar, or complex in the form of starch or fiber. Simple carbohydrates are easily digested, and complex carbohydrates are important for gut health. Find healthy carbs in fruits, veggies, grains, nuts, seeds, and dairy foods.

Protein is made up of substances called amino acids. Our body uses protein to build and repair muscles. Protein can be used as a source of energy if we don't have enough carbohydrates or fat. Protein is found in meat, poultry, seafood, dairy, beans, nuts and seeds.

Fat is also a source of energy and can be stored in our bodies so that we are able to use it later. Fat is an important component of cell membranes, hormones, and helps to protect our organs. Fat can be found in animal products and in oils from plants like olives, avocados, canola seeds or coconuts. Choosing plant-based oils makes for a healthier option when cooking.

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

