

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash



CONTENTS OF THIS BOX:

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

QUICK & EASY BREAKFAST FABULOUS FIG BARS



Fig bars are a great on-the-go snack or breakfast. The sweet, nutty flavors in these bars are sure to be a hit with all ages. Try making this treat with your kids.

INGREDIENTS:

- 3 cups dried figs (chopped, 16 ounces)
- 1/2 cup walnuts (chopped)
- 1/3 cup sugar
- 1/4 cup orange juice (juice from 1/2 orange)
- 2 tablespoons hot water
- 1/2 cup margarine (softened, or butter)
- 1 cup packed brown sugar
- 1 large egg
- 1 + 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 + 1/4 cups old fashioned rolled oats

DIRECTIONS:

1. Preheat oven to 350 degrees. Lightly grease a 9x13-inch baking pan.
2. Combine figs, walnuts, sugar, orange juice and hot water in a mixing bowl and set aside.
3. Mix together margarine or butter and brown sugar until creamy. Add egg and mix until smooth.
4. Mix flour and baking soda. Stir into egg mixture. Blend in oats to make soft dough.
5. Reserve 1 cup of dough for topping. With floured fingertips, press the remaining dough into a thin layer on the bottom of the baking pan.
6. Spread fig mixture evenly over the dough. Crumble reserved dough over top, allowing fig mixture to show.
7. Bake 30 minutes or until golden brown. Cool completely in baking pan. Cut into 24 bars (about 2.5 x 2 inches).

SNACK TIME | NO-BAKE PEANUT BUTTER TREATS



INGREDIENTS:

- 1 cup peanut butter
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 2/3 cup nonfat dry milk
- 3/4 cup crushed whole grain cereal

DIRECTIONS:

1. In a large bowl, mix together peanut butter, honey and cinnamon.
2. Stir in the nonfat dry milk and crushed cereal.
3. Roll dough into 1-inch balls and place on a plate.
4. Place in the freezer for 30 minutes (optional).
5. Remove from freezer and enjoy!

NUTRITION NUGGET

MICRONUTRIENTS

Last week we talked about macronutrients – carbohydrates, protein and fat. Micronutrients are just as important for overall health. These include vitamins and minerals like vitamin C, calcium and iron.

Vitamins | Vitamins are needed in smaller amounts than carbohydrates, protein and fat, but they are still essential for our body. Each vitamin has a specific function, helping with things like metabolism, growth and building your immune system to help keep you healthy. Vitamins are either fat-soluble or water-soluble. Fat-soluble vitamins are vitamins A, D E and K. Any extra amounts of these you consume will be stored in your body. Water-soluble vitamins include B complex vitamins and vitamin C. Any excess of these will pass through your body unused. Almost all foods contain some vitamins, and it's important to eat a variety of foods to ensure you get them all.

Minerals | Just like vitamins, minerals are also necessary for our body to function and be healthy. Minerals are used to help with metabolic function which changes food into energy. They can also help with building body structures, like the calcium in our bones and teeth.

Water doesn't fit into the macro or micronutrient groups but is also an important nutrient. Water makes up 50-65% of our bodies. Water is used to regulate our temperature and to carry nutrients around the body. Since water makes up so much of our bodies, it's important to stay hydrated and have 8-10 cups of water each day. Water can also be found in fruits and vegetables like raspberries, melons and cucumber.

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

