

STUDENT DOORDASH BOX

Hunger Task Force Family Food Box + DoorDash



CONTENTS OF THIS BOX:

BROWN RICE	2 BOXES	GREEN BEANS	1 CAN	PEANUT BUTTER	1 JAR
TORTILLAS	1 BAG	CORN	2 CANS	TUNA	1 CAN
MILK <small>Shelf-stable! Refrigerate after opening.</small>	2 BOXES	MANDARIN ORANGES	2 CANS	CANNED CHICKEN	1 CAN
DICED TOMATOES	1 CAN	APPLESAUCE CUPS	1 PACK	REFRIED BLACK BEANS	2 CANS
		RAISINS	1 BOX	BEEF STEW	1 PACK

NUTRITION NUGGET:

GRAINS

What foods are in the GRAINS group? Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits and tortillas are examples of grain products. Foods such as popcorn, rice and oatmeal are also included in the Grains Group.

Grains are divided into two subgroups: 1) Whole Grains and 2) Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, oatmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture, but it also removes dietary fiber, iron and many B vitamins. Some examples of refined grain products are white flour, corn grits, white bread and white rice.

Refined grain choices should be enriched. This means certain B vitamins like folic acid and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Only foods that are made with 100% whole grains are considered a whole grain food.

How many grains are needed daily? The amount of grains you should eat depends on age, sex, height, weight and level of physical activity. At least half of the grains you eat should be whole grains.

QUICK & EASY SIDE DISH: RAINBOW RICE

Make plain brown rice a bit more interesting (and colorful!) with these easy add-ins. These vibrant additions work to liven up other grains, too!



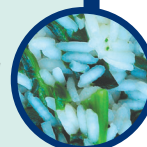
Adapted from The Good & Cheap Cookbook.

GREEN RICE

1 cup spinach, greens or chard

Directions

- Chop the spinach or greens. *(The more finely chopped it is, the more it will blend into the rice.)*
- Cook the rice as directed, but after cooking for 15 minutes, stir in the spinach.
- Cook an additional 5 minutes with the lid off.



ORANGE RICE

1 cup pureed winter squash, pumpkin or sweet potato

Directions

- Mix the puree with 1½ cups water in a bowl. Pour it into a pot with the uncooked rice and salt.
- Follow the instructions above for cooking rice.



RED RICE

1 cup canned tomatoes, pureed

Directions

- Stir the tomatoes with 1½ cups water in a bowl. Pour into a pot with the rice and salt.
- Follow the instructions above for cooking rice.



INGREDIENTS:

- 2 cups water
- 1 cup rice
- 2 pinches salt

DIRECTIONS:

1. Pour the water into a medium pot and add uncooked rice and salt.
2. Bring to a low boil over medium heat.
3. Turn the heat to low and cover loosely, allowing steam to escape.
4. Cook for about 20 minutes, until water is absorbed and rice is fluffy.

If using brown rice, cook time will be longer – check the package directions!

Want more recipe ideas or nutrition tips?

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

www.HungerTaskForce.org

