

Breakfast Recipe

# Cinnamon Oatmeal with Fruit

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(268g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 156mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serves **4 people**

Serving size: **1 bowl**

## Ingredients

- 1 1/3 c instant rolled oats (or 4 packets of instant oatmeal if available)
- 2 2/3 c water (or milk)
- 1 c canned peaches, chopped (about half a 15 oz can) (or any fresh or dried mixed fruit you like)
- 4 Tbsp peanut butter
- 1 tsp ground cinnamon
- 4 tsp maple syrup (or honey if available)

## Preparation

1. Wash hands with warm water and soap.
2. Add the instant oatmeal to a medium-sized bowl and set aside.
3. If using instant rolled oats, add the oats to the saucepan with the warm water over medium heat and continue to cook until the mixture slightly thickens, about 1 minute, stirring occasionally.
4. If using packets of instant oatmeal, over medium-high heat, add the water to a small saucepan and bring to a near boil (if using milk, simmer until steam appears but do not boil). Once boiled, add the water (or milk) to the oatmeal and stir thoroughly to combine. Be careful, the water will be hot. Let sit for 1 minute to cool.
5. The oats will continue to thicken as the mixture cools.

6. While the oatmeal is cooling, open the can of peaches and drain the liquid. Peel and chop the peaches into bite-sized chunks if they are not already chopped. Set aside.
7. Divide the oatmeal equally between 4 small bowls. To each bowl, mix in 1 Tbsp of peanut butter and 1/4 tsp cinnamon. Top with 1/8 cup of almonds, drizzle with 1 tsp of maple syrup and top with 1/4 cup of peaches. Enjoy!

## Tips

\*Honey should not be fed to infants less than one year of age

\*Try adding other toppings, like crushed nuts and seeds, to add protein and texture

\*Dried fruit can also add more flavor and nutrients

\*If using a 15 oz can of fruit, use half for this recipe and save the other half for another recipe, such as the Peach Crisp, or as a snack later

Breakfast Recipe

# Mini Peach Pancakes

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(228g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 63g	<b>23%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 19g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 10g	
Vitamin D 1mcg	6%
Calcium 716mg	60%
Iron 3mg	15%
Potassium 247mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **12 mini pancakes (3-inch wide)**

Serving size: **4 pancakes**

## Ingredients

- 1 1/3 c flour
- 1 Tbsp sugar
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1 tsp ground cinnamon
- 1 c milk
- 2 Tbsp vegetable oil (or melted butter)
- 1 tsp vanilla extract (if available)
- 1 c canned peaches, thinly sliced (about half of a 15 oz can) (can substitute any fruit)
- Cooking spray (or oil or butter)

## Preparation

1. Wash hands with warm water and soap.
2. Mix the flour, sugar, baking powder, salt, and cinnamon together in a large mixing bowl. Add in the milk, vegetable oil, and vanilla extract and mix until just combined (do not overmix).
3. Drain the peaches and peel and slice them into thin wedges if they do not come sliced. Set aside.
4. Heat a medium skillet or griddle over medium heat and spray with cooking spray, or add oil to lightly coat the pan.

5. Fill a 1/4 cup measuring cup halfway with batter and add to the skillet, arrange 1-3 peach slices on the pancake (however many will fit). Cook until small bubbles form on the surface and the edges are light brown, around 2-3 minutes, then flip. Cook on the other side, 30 seconds to 1 minute, until both sides are light brown. Add as many pancakes that will fit on the skillet without touching each other.
6. Repeat with remaining batter and serve with syrup or your favorite toppings. Enjoy!

## Tips

\*If using pancake mix, leave out flour, salt, and baking powder.

\*Try adding nuts, seeds, oats, or mashed fruit (banana or berries) to the batter to add texture, flavor, and protein.

\*Peanut butter can be spread on top for more flavor and protein.

\*Add more milk or water to batter if it's too thick or add more flour if its too thin

Breakfast Recipe

# Mini Egg Bites

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(132g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 300mg	<b>100%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 2mcg	10%
Calcium 171mg	15%
Iron 2mg	10%
Potassium 198mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **12 egg bites**

Serving size: **3 egg bites**

## Ingredients

- Cooking spray (or oil or butter)
- 1/4 c cooked ham, chopped (if available, or can use any other meat)
- 1/4 c spinach (if available, fresh, canned, or frozen)
- 7 eggs
- 1/4 c milk (fresh or powdered)
- 1/2 c mozzarella cheese, shredded
- 1/4 c tomatoes, diced (drain tomatoes if from a can)
- 1 tsp ground black pepper

## Preparation

1. Wash hands with warm water and soap.
2. Preheat oven to 350°F. Spray muffin pan with cooking spray and set aside.
3. Over medium heat, add cooking spray to a medium-sized skillet. Add ham and cook until warm, 1-2 minutes. Add the spinach and cook for 1 more minute until the spinach is slightly wilted. Set aside to cool slightly.
4. In a separate mixing bowl, mix the eggs, milk, cheese, tomatoes, and pepper together. Add in the ham and spinach.
5. Divide evenly into a muffin pan and bake for 15-20 minutes until the egg bites are slightly firm and light golden brown on top. Enjoy!

## Tips

\*try adding other meats, vegetables, or herbs to make different flavor variations.

\*Keep refrigerated for up to 5 days.

\*Keep frozen for 2 months. When ready to eat, thaw in the refrigerator the day before and heat up in the microwave, toaster, or oven.

\*Look for low-fat cheese when available

Lunch Recipe

# Black Bean & Rice Bowl with Sautéed Veggies

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(425g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 5mg	<b>30%</b>
Potassium 655mg	<b>15%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **4 people**

Serving size: **1 bowl**

## Ingredients

- 1 c rice, uncooked
- 2 c water
- 1 large red bell pepper, finely chopped (any mild pepper available)
- 1 yellow onion, chopped
- 1 14.5 oz can of green beans, drained (or fresh if available)
- 1 15.25 oz can of corn kernels, drained (or fresh if available)
- 1 15 oz can of black beans, drained (can substitute any type of bean and/or meat)
- 2 Tbsp Vegetable oil or non-stick cooking spray, add more if needed
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper

## Preparation

1. Wash hands with warm water and soap. Rinse the bell pepper and rinse and drain the green beans, corn, and black beans.
2. Add the rice and water to a medium saucepot and bring to a boil. Reduce the heat to low, cover, and cook for 17-20 minutes. Fluff with a spoon and set aside. Note: if using brown rice the cook time might be longer.
3. While rice is cooking, remove the stem and seeds from the bell pepper and chop. Peel the onion and chop into medium-sized pieces. Set aside.

4. Heat a large skillet over medium-high heat and add the oil. Add the bell peppers and onions and saute for 4-5 minutes until slightly soft. Add the green beans and cook for 2-3 more minutes until they become slightly crispy and become light brown around the edges. Season with half of the garlic powder and black pepper. Remove from heat and set aside.
5. To the same skillet over medium heat, add some more oil and add the corn and black beans. Heat for 2-3 minutes until the vegetables are heated thoroughly and become slightly crispy while being soft on the inside. Season with the other half of the garlic powder and black pepper. Once heated, remove from heat and set aside.
6. Once rice and vegetables are done cooking, divide the rice equally between 4 bowls. Add the bell pepper mixture to one side of each bowl, and add the corn and bean mixture to the other side. Enjoy!

## Tips

\*If available, try adding sour cream, lime, cheese, or cilantro as toppings to add protein and flavor

\*Try switching out different available vegetables, such as zucchini, squash, or broccoli

\*If brown rice is available, try replacing it for the white rice to add more protein and nutrients



Lunch Recipe

# Tortilla Soup

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(398g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 438mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **6-8 people**

Serving size: **1 cup**

## Ingredients

### Tortilla strips:

- Cooking spray
- 8 corn Tortillas, thinly sliced into strips (corn or flour)

### Soup:

- 2 Tbsp vegetable oil
- 1 large yellow onion, finely chopped
- 1 Jalapeno, finely chopped (or any medium-spicy pepper)
- 4 cups chicken broth, low-sodium
- 2 cups water
- 1 14.5 oz can of diced tomatoes (can substitute tomato sauce or can of whole tomatoes)
- 1 15 oz can of Black beans, low-sodium, drained (or any type of cooked bean)
- 2 tsp cumin
- 2 tsp garlic powder (substitute for 4 garlic cloves, minced, if available)
- 2 tsp chili powder
- 1 tsp ground black pepper
- 1 tsp onion powder
- 2 c cooked chicken, shredded (fresh or canned)

## Preparation

1. Wash hands with warm water and soap. Rinse the jalapeno and rinse and drain the black beans and corn.
2. Toast the tortilla strips in either a toaster or place the strips on a hot skillet with cooking spray, removing them once they are crunchy. Set aside.
3. In a large pot on medium-high heat, add oil. Once hot, add onion and jalapeno and saute until they begin to soften and develop some brown color, about 6 minutes stirring occasionally.
4. Add the chicken broth, water, diced tomatoes, black beans, and all of the seasonings and bring to a boil on high heat. Then, reduce heat to medium-low and simmer for 20 minutes.
5. Add chicken to the soup and simmer for 5 minutes until heated through.
6. Serve soup into bowls and top with tortilla strips and any other toppings you like. Be careful, the soup will be hot! Enjoy!

## Tips

\*Can add lime juice, shredded cheese, avocado, or sour cream as toppings if available

\*Can substitute canned enchilada sauce (if available) for the chicken broth as well

Lunch Recipe

# Chicken Quesadilla

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 223mg	<b>15%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 23mg	<b>0%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **4 people**

Serving size: **3 slices**

## Ingredients

- 4 large flour tortillas
- 1/2 c mozzarella cheese, shredded
- 1/4 c cheddar cheese, shredded
- 3/4 c cooked chicken, shredded (or any meat available. Fresh or canned)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground black pepper
- Non-stick cooking spray

## Preparation

1. Wash hands with warm water and soap.
2. Heat a skillet over medium heat and add the oil.
3. Add one tortilla to the skillet and sprinkle some of both cheeses onto one half of the tortilla. Add 3 tablespoons of chicken evenly on top of the cheese, and sprinkle a pinch of pepper, garlic powder, and onion powder over the mixture. Fold the other half over the cheese side and press down slightly.
4. Cook until the cheese is almost completely melted, about 4-5 minutes. Flip and cook for about 2 minutes until all of the cheese is melted and the tortilla is lightly browned.
5. Transfer the quesadilla to a cutting board and slice into 3 equal pieces. Serve with any preferred toppings, such as sour cream, guacamole, or salsa. Enjoy!

6. Repeat the process with 3 remaining tortillas.

### Tips

\*Can add in vegetables such as peppers, onions, tomatoes or spinach (depending on what is available), and herbs for more vitamins and minerals, as well as beans for more protein

\*These ingredients can also be made into chicken tacos instead if you do not want to cook the tortillas in a skillet

Dinner Recipe

# Pasta with Chunky Tomato Sauce

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(187g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 316mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serves **6 people**

Serving size: **1 cup**

## Ingredients

- 12 oz dry pasta
- 1/2 large yellow onion, finely chopped
- 1 medium carrot, finely chopped (if available)
- 1 large bell pepper (or any mild pepper)
- 2 Tbsp vegetable oil or cooking spray
- 1 c spinach (if available, fresh, canned, or frozen)
- 1 15 oz can Tomato sauce (or spaghetti sauce)
- 2 tsp Italian seasoning (dried parsley, oregano, and thyme)
- 1 tsp ground black pepper
- 1 tsp garlic powder

## Preparation

1. Wash hands with warm water and soap. Rinse the carrot, bell pepper, and spinach.
2. Fill a large saucepot with water and bring to a boil. Cook the pasta according to the package directions and drain. Set aside in a medium bowl.
3. While pasta is cooking, peel the onion and carrots. Remove the stem and seeds from the bell pepper. Finely chop the onion, carrot, and bell pepper. Set aside.

4. In a medium skillet on medium-high heat, add the oil. Add the onions, carrots, and bell peppers and saute for 5-6 minutes until the vegetables are tender and develop some brown color. Add the spinach and cook for 1 more minute until the spinach is slightly wilted. Set aside.
5. To the large saucepot the pasta was cooked in, add the tomato sauce and bring to a simmer on medium heat. Make sure the pasta is in a separate bowl. Add the Italian seasoning, black pepper, and garlic powder to the sauce. Once bubbles appear, bring the heat down to low, add the vegetables, and simmer for 5-10 minutes.
6. Mix the pasta in with the sauce and top with parmesan cheese to taste. Enjoy!

## Tips

\*Can add any type of cooked meat or other vegetables to the sauce mixture

\*Can use whole wheat pasta instead for more fiber

Dinner Recipe

# Chicken & Veggie Enchiladas

## Ingredients

Sauce:

- 1 c tomato sauce
- 1 4 oz can green chiles, finely chopped (any mild-spicy pepper, fresh or dried)
- 1 Tbsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin

Filling:

- 1 Tbsp vegetable oil
- 1/2 large yellow onion, chopped
- 1 lb shredded cooked chicken (can substitute any other meat)
- 1/2 c peas (canned, fresh, or frozen)
- 8 large Corn tortillas (can substitute flour tortillas)
- 1 cup cheddar cheese, shredded

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(128g)</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	6%
Potassium 137mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serves **8 people**

Serving size: **1 enchilada**

## Preparation

1. Wash hands with warm water and soap. Rinse and drain the peas.
2. Heat tomato sauce, green chiles, chili powder, garlic powder, and cumin in a medium saucepan over medium-high heat. Lower heat to low and simmer for 5 minutes. Set aside to cool slightly.

3. To prepare the enchiladas, preheat the oven to 350°F. In a medium skillet, add the oil over medium-high heat. Add the onion and saute for 3-4 minutes until soft and tender. Lower the heat to medium and add the chicken and peas to the onion and heat for 2-3 more minutes until warmed through.
4. Spread 1/3 cup of the sauce in the bottom of a 9x13 baking dish. On each tortilla, place an equal amount of the chicken filling and cheese (leave 1/2 cup cheese for topping). Roll each tortilla up and place in the baking dish, seam side down.
5. Pour the remaining sauce over the tortillas and sprinkle with the remaining cheese. Bake for 20 minutes until the sauce is bubbly and cheese is melted. Enjoy!

## Tips

\*Top with cilantro, sour cream, or lime juice is available

\*Try adding in or replacing other vegetables in the filling, such as zucchini, corn, or beans for new flavors, more protein, and more fiber

\*Extra sauce will keep in the fridge for up to 5 days and in the freezer for 3 months

\*Canned enchilada sauce can also be used to replace the tomato sauce



Dessert Recipe

# Peach Crisp

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(153g)</b>
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 20g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 142mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serves **4 people**

Serving size: **3/4 cup**

## Ingredients

- 1 15 oz can peaches (canned or fresh, can substitute for any soft fruit)
- 1/2 tsp ground cinnamon
- 1/2 tsp nutmeg (if available)
- 2 Tbsp flour
- 1 c rolled oats (can substitute instant oatmeal)
- 1/4 c crushed walnuts (or any nut available)
- 1 Tbsp brown sugar (can substitute granulated sugar)
- 2 Tbsp Vegetable oil (can substitute butter if available)

## Preparation

1. Wash hands with warm water and soap. Preheat oven to 350°F.
2. Rinse and drain the peaches and peel and slice them into wedges if they do not come sliced. Add the peaches to a small mixing bowl and combine with cinnamon and nutmeg.
3. In a separate bowl, use a wooden spoon or two forks to combine the flour, oats, walnuts, brown sugar, and oil until a crumbly texture is achieved.
4. Add the peaches to a 8x8 baking dish. Top evenly with the oat mixture and bake for 25-30 minutes until golden brown.

## Tips

\*Great way to create a dessert using old or frozen fruit, such as pears, apples, or other stone fruits, to decrease food waste

\*Try mixing in multiple types of nuts, such as pecans or almonds to add texture, protein, and other antioxidants

\*Can substitute rolled oats for not just instant oatmeal but also other dried cereal, such as corn flakes, cheerios, or honey bunches of oats to add texture and fiber

\*Try adding lemon juice to the peach mixture to bring out the peach flavor and balance the sweetness

# Staple Ingredients

Here is a list of staple ingredients to have in your pantry or refrigerator that can act as the base for a variety of different meals!

## Ingredients

- rice
- beans (dry or canned)
- flour
- butter
- milk (fresh or powdered)
- sugar
- pasta
- canned soup
- canned tomatoes
- potatoes (whole or canned)
- onions
- salt
- pepper
- garlic powder
- onion powder
- Italian seasonings
- cumin
- chili powder
- olive oil (or avocado, canola, vegetable oil)
- peanut butter

## Tips

\*Try to buy staple items in bulk because they are typically less expensive per ounce

# Snacks

Here is a list of snack ideas that can be made with only a few food bank ingredients, are quick to prepare, and are delicious!

## Ideas

- fruit salad (any chopped fruit mixed with chopped peppers and lime juice)
- fruit smoothie (fruit blended with ice and yogurt or powdered milk)
  - if you have fresh fruit that is going bad, chop it up and place it in the freezer to use in your smoothies next time!
- sliced veggies and a dip (yogurt, ranch, canned/whole chickpeas for hummus, canned/whole beans, etc)
- sliced fruit and peanut butter
- crackers and peanut butter
- nuts and dried fruit and trail mix mix-ins

## Tips for Reading Recipes

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounces

1 cup milk = 3 Tbsp powdered milk + 1 c water

1/2 c milk = 1 1/2 Tbsp powdered milk + 1/2 c water