

## What's in Your Food Box?

If you are planning meals using emergency food boxes or bags, a little creativity can help you make meals that are tasty and healthy.

- Use **dry milk** in: pancakes, muffins, hot chocolate, milkshakes, soups, mashed potatoes, in cream sauce, or mix with water and chill for drinking.
- Cook **dried beans** and make soup, refried beans, casseroles, sandwich spread, bean salad, bean dip, or beans and rice.
- Try **brown or white rice** for hot cereal with milk and sugar, chicken and rice casserole, soup with rice added to stretch, rice salad, or rice and vegetable stir-fry. Stretch meat loaf with rice or any other cooked grains.
- Add **canned vegetables** to soups, casseroles, stir-fry, meatloaf, burgers, salads, or scrambled eggs.
- Add **canned fruit** to pancake mix, muffins, cake mix, fruit salad, or as a topping for ice cream.
- **Noodles** work well in casseroles, cold salads, soups, or served with a sauce or canned vegetables. Add a can of soup, a can of tuna, and a can of vegetables for a great meal!
- **Canned soups** are great as a sauce - for pasta, or to bind together a casserole or skillet meal. Be sure to add vegetables!

