# Feeding<br/>Your FamilyWhile Living inTemporary Housing

To find food sources in your community, call Project Bread's toll-free FoodSource Hotline: 1-800-645-8333 or TTY line 1-800-377-1292



You can create healthy meals for your family no matter where you live.

Milk and Milk Products	<ul> <li>Canned, boxed (shelf-stable), mini-boxed or dry low-fat milk*</li> <li>Pre-packaged or canned pudding*</li> </ul>
Meat, Fish, Poultry and Other Meat Alternatives	<ul> <li>Ready-to-eat canned food* (beans, lentils, fish, chicken, beef)</li> <li>Low-sodium soups and stews*</li> <li>Peanut butter, unsalted nuts and seeds</li> </ul>
Fruits	<ul> <li>Canned fruit* or shelf-stable cups*(in 100% fruit juice)</li> <li>Dried fruit</li> <li>Applesauce cups (unsweetened)*</li> <li>Fresh fruit*</li> </ul>
Vegetables	<ul> <li>Canned vegetables*</li> <li>Tomato or pasta sauce*</li> <li>Fresh vegetables*</li> </ul>
Cereals and Grains	<ul> <li>Whole grain bread</li> <li>Bagels, muffins, corn bread</li> <li>Cereal bars or granola bars</li> <li>Instant brown rice</li> <li>Ready-to-eat cereal, hot or cold</li> <li>Whole wheat or corn soft tortillas*</li> <li>Crackers, rice cakes, popcorn (unbuttered), pretzels</li> </ul>
Other	<ul> <li>100% fruit preserves</li> <li>100% fruit and vegetable juice boxes or bottles*</li> <li>Ketchup, mustard, other condiments</li> <li>Sugar, spices, seasonings</li> <li>Grated hard cheese (Parmesan, Romano)</li> </ul>

\*Refrigerate after opening or preparing

# Recipes

# **No-Cook Oatmeal**

Ingredients

1/2 cup uncooked oats 1/2 cup milk Handful of dried fruit



(raisins, apricots, currants, cranberries, or dates) Handful of nuts (almonds, walnuts, peanuts, cashews)

- 1. Mix ingredients together in a bowl.
- 2. Place in refrigerator overnight.
- 3. Enjoy for breakfast the next morning. Microwave until warm, if desired.

# **Easy Egg Sandwich**

#### Ingredients

1 slice of whole wheat bread (or 1 tortilla) 2 eggs



Sliced or chopped tomatoes

1 tablespoon of any kind of cheese

- 1. Beat eggs in bowl to break yolks.
- Cook in the microwave for 45 seconds to 1 minute. Take out of microwave and stir. Place back in microwave and cook for another 30 seconds.
- 3. When done (eggs should be fluffy and not runny), place eggs on one slice of bread or tortilla.
- 4. Top with cheese and tomatoes.

# **Homemade Trail Mix**

#### Ingredients

Frosted Mini Wheats (or other WIC cereal) Pretzels Dried fruit Cashews or other nuts Chocolate chips



- 1. Mix ingredients in a bag or bowl.
- 2. Serve as a snack.

# Cheese and Bean Quesadillas

#### Ingredients

2 whole wheat or corn tortillas
1 can of black beans
(drained and rinsed)
1 box of chopped frozen spinach
(defrosted and squeezed dry)
Chopped tomato
Cheddar or Monetary Jack cheese



- 1. Place one tortilla on a plate.
- 2. Spread spinach, cheese, beans and tomatoes on the tortilla. Use as much or as little as you like. Add other vegetables, as desired.
- 3. Top with second tortilla.
- 4. Heat in microwave until the cheese is melted and the quesadilla is warmed throughout.
- 5. Slice warm quesadilla into pie sections like a pizza.

#### Instant Rice and Beans (makes 4 servings)

#### Ingredients

- 2 cups of instant brown rice
- 1 <sup>3</sup>/<sub>4</sub> cups of water
- 1 can of beans
- 1. Place water and rice in microwave-safe bowl. If desired, add salt and pepper to taste.
- 2. Cover. Microwave on HIGH for 9 minutes.
- 3. Let stand 5 minutes or until water is absorbed. Fluff with fork and add beans.
- 4. You can also mix in extra leftover beans that were not used for quesadillas.



# **Tasty Sandwich Ideas**

- Add raisins or sliced bananas to a peanut butter sandwich on whole wheat bread.
- Spread bread with mustard. Top with cheddar cheese and several apple slices.
- Serve leftover cooked rice and beans, shredded Cheddar or Monterey Jack cheese, and chopped tomatoes in a wrap.
- Spread hummus on a whole wheat tortilla, and top with any raw vegetables that you have on hand (chopped carrots, lettuce, tomatoes).
- Cube mozzarella string cheese and toss with cherry tomatoes and a spoonful of salad dressing. Place the mixture in a tortilla.

#### Fruits & Vegetables That Can be Stored Outside the Refrigerator

Avocados

Bananas

Kiwi fruit

• Cantaloupe

Onions

- Garlic
- Honeydew Melons
- Mangoes
  - Nectarines
    - Lemons and Limes Plantains
- Pears • Pineapples

Papayas

Peaches

- Plums
- Sweet Potatoes/Potatoes/Yams
- Tomatoes
- Winter Squash
- If any of these fruits or vegetables are unfamiliar to you, talk to your WIC Nutritionist for new ways to include them in your meals!

# Feeding Babies

# **Breast milk**

- Freshly expressed breast milk can be left at room temperature for 4 hours, but it is better to refrigerate or chill breast milk as soon as you can, if you know you won't be using it right away. When refrigeration isn't available, a small cooler with ice or a frozen gel pack may be used to keep the milk chilled until it can be frozen or refrigerated.
- Discard any breast milk leftover in the bottle after a feeding.

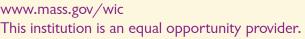
### Formula

- If there is no access to a refrigerator use powdered infant formula or 8-oz cans of ready-to-feed formula instead of 32-oz ready-to-feed cans or concentrate formula.
- If powdered formula is used, prepare one bottle at a time. Make only the amount of formula that the infant needs for one feeding. Read the label carefully on the formula cans for instructions.
- Use formula immediately.
- Discard any formula left in the bottle after a feeding or formula that has been sitting at room temperature for more than one hour.

# 1-800-WIC-1007













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