

# Feeding Your Family While Living in



## Temporary 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.

<b>Milk and Milk Products</b>	<ul style="list-style-type: none"> <li>• Canned, boxed (shelf-stable), mini-boxed or dry low-fat milk*</li> <li>• Pre-packaged or canned pudding*</li> </ul>
<b>Meat, Fish, Poultry and Other Meat Alternatives</b>	<ul style="list-style-type: none"> <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>
<b>Fruits</b>	<ul style="list-style-type: none"> <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>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Canned vegetables*</li> <li>• Tomato or pasta sauce*</li> <li>• Fresh vegetables*</li> </ul>
<b>Cereals and Grains</b>	<ul style="list-style-type: none"> <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>
<b>Other</b>	<ul style="list-style-type: none"> <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

½ cup uncooked oats  
½ 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.
2. 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 Monterey 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 ¾ 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   | • Garlic           | • Papayas    | • Plums                        |
| • Bananas    | • Honeydew Melons  | • Peaches    | • Sweet Potatoes/Potatoes/Yams |
| • Kiwi fruit | • Mangoes          | • Pears      | • Tomatoes                     |
| • Cantaloupe | • Nectarines       | • Pineapples | • Winter Squash                |
| • Onions     | • Lemons and Limes | • Plantains  |                                |

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



[www.mass.gov/wic](http://www.mass.gov/wic)

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