Home Delivery Kit

The Houston Food Bank is thinking of you during this unprecedented time. We hope this kit will help you to worry about one less thing and assist you through these challenging circumstances. In this packet, you will find information on the contents of your kit, recipes, and nutrition education materials.

The Home Delivery Kit was designed by a Registered Dietitian following the recommendations of the U.S. Dietary Guidelines. Items from all food groups (fruit, vegetables, grains, protein, and dairy) are included and can fit into a healthy eating pattern. General recommended serving sizes can be found on the MyPlate, MyWins handout.

If you are managing a health condition, we encourage you to follow the recommendations of your health provider. Some conditions, such as high blood pressure, call for a low-sodium eating pattern. Reduce the amount of sodium in canned foods by rinsing them under running water in a colander for several minutes and drain. The items from this kit can fit into a diabetes-friendly eating pattern following The Plate Method. Please see the diabetes handout for additional information on this topic.

The food provided is supplemental and is estimated to support a family of four for one week. When possible, we do our best to send a variety of healthy shelf-stable items, such as whole grains and canned goods that are low in sodium and low in added sugar. All kits are packed with similar food items based on our inventory from the U.S. Department of Agriculture and do not include donated products.

You may pause your home delivery at any time by calling 1-800-884-9054. If language assistance is needed, you may be asked to provide your name and phone number so that we can follow up in the appropriate language.

Medical Disclaimer: This kit was assembled and stored in a facility with peanuts.
Medical Disclaimer: The kit is not intended to manage a health condition alone. Please consult your physician or other qualified healthcare provider about your health condition. Call 9-1-1 if you experience a medical emergency.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. For more information about SNAP and how to apply, visit YourTexasBenefits.com
MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
- Move to low-fat or fat-free milk or yogurt.
- Limit the extras. Drink and eat beverages and food with less sodium, saturated fat, and added sugars.
- Create ‘MyWins’ that fit your healthy eating style. Start with small changes that you can enjoy, like having an extra piece of fruit today.

ChooseMyPlate.gov
Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

**Daily Food Group Targets — Based on a 2,000 Calorie Plan**

Visit SuperTracker.usda.gov for a personalized plan.

<table>
<thead>
<tr>
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**Water**

Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

**Activity**

Don’t forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week
Diabetes-Friendly Food Tips

The following information is specific to individuals managing their blood sugar and is *not* intended for everyone. For general nutrition information, see the MyPlate, MyWins handout in this kit or visit houstonfoodbank.org/nutritioneducation.

How to Fill a Plate

The Centers for Disease Control and Prevention recommends following The Plate Method to help manage blood sugar. Using a 9-inch plate:

- Fill ½ with **non-starchy vegetables**, such as green beans, cabbage, and carrots.
- Fill ¼ with a **lean protein**, such as chicken or fish.
- Fill ¼ with a **grain or starch**, such as potatoes, rice, beans or pasta.

Optional serving of milk or fruit on the side.

Canned Fruit Tips

- **Check for added sugar** on the nutrition facts label.
- 1/2 cup of canned fruit **without added sugar** is about **15 grams of carbohydrate**.
- For canned fruit in syrup, **rinse fruit** under running water for several minutes and drain in a colander to reduce **some added sugar**.

*Note: 1/2 cup of canned fruit stored in syrup will have more than 15 grams of carbohydrate, even after rinsing and draining.*

What To Do If You Experience Low Blood Sugar

If you experience low blood sugar as defined by your physician or blood sugar below 70 mg/dL, the American Diabetes Association advises the “**15-15 Rule**”:

- **Check** your blood sugar to confirm it is low.
- Eat or drink **15 grams** of a **quick-acting** carbohydrate.
  - Examples of 15 grams of a quick-acting carbohydrate include half a cup of fruit juice, 2 tablespoons of raisins, or 1 tablespoon of sugar or honey.
- **Check** your blood sugar **15 minutes later**.
- **Repeat** the two steps if blood sugar remains below 70 mg/dL or that advised by your physician.
For more resources, visit:
Diabetes-friendly recipes: www.diabetesfoodhub.org
The Centers for Disease Control and Prevention Diabetes Resources:
American Diabetes Association. Hypoglycemia (Low blood sugar):
American Association of Diabetes Educators. Managing Low Blood Sugar:

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Grains All Day, Every Day!

Meals can be sweet or savory. Start with a base recipe and let your pantry guide you.

Base Recipe for One:

- **Ingredients**
  - ½ cooked grain (oats, barley, brown rice)
  - ¼ cup milk of choice
  - 1 tsp base flavorings: extract, spices, herbs, sweetener
  - Toppings of choice: cooked vegetables, beans, or meat; nuts or seeds

- **Directions**
  - HOT: In a small saucepan, bring grains, milk and flavorings to a simmer. Cook 5-10 minutes on low-medium heat. Add toppings and stir to combine. Serve.
  - COLD: Combine grain and milk in a bowl and add in toppings. Put in the refrigerator overnight for a thick and creamy porridge.

Options:

*Sweet Sensations*

- **PB&J Oatmeal**: add 1 T nut butter, ¼ tsp cinnamon, ¼ tsp vanilla extract, and ½ cup frozen berries or canned fruit to oatmeal base recipe. Drizzle with 1 tsp. honey.

- **Banana Muffin Rice Pudding**: add 1 mashed banana, 1 T walnuts, 2 tsp. maple syrup and ¼ tsp nutmeg to rice base recipe.

- **Peach Cobbler Barley Bowl**: sauté ½ cup sliced peaches in 1 T butter, add ½ tsp vanilla extract and ¼ tsp allspice. Cook 5
minutes. Stir in 1 tsp. honey. Add cooked peaches to barley base recipe. Variation: replace peach with apple or pear.

**Savory Starts**

- **Soy-Infused Green Onion Oats**: sauté ½ tsp fresh ginger (or ¼ tsp ground ginger), 1 sliced green onion and 1 garlic clove minced (or ½ tsp garlic powder) in olive oil over low-medium heat for 5 minutes. Add 1 T low-sodium soy sauce. Add base oatmeal recipe. Top with sesame oil or seeds, chopped cilantro and/or sliced omelet.

- **Vegetable Garden Barley Bowl**: sauté ½ diced onion, 1 minced garlic clove, 1 tsp Italian herbs, 1/2 cup of your choice of canned vegetables and ¼ cup canned tomato in olive oil over medium heat until warm. Stir in base barley recipe. Season to taste. Top with a fried egg, chopped parsley and parmesan cheese.

- **Rise N Shine Confetti Rice**: In a pan over medium heat, warm ¼ cup salsa, Pico de Gallo or canned tomato. Add ¼ cup cooked beans, ¼ cup canned corn and 2 Tbsp chopped cooked chicken or tuna. Cook 5 minutes. Top with sliced boiled egg and a sprinkle of cheddar cheese.

*Recipes are guides. Substitute on-hand herbs, spices, nuts, seeds, fruits and vegetables for ease and convenience. Only you will know.* 😊

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