

Scan to watch a video on Healthy Eating for Your Family!



Spaghetti Dinner

You can add more beans or vegetables to increase fiber and **vitamins** in this meal! Rinse the canned green beans and choose **low-sodium** add-ins.



Cooking Equipment Needed:

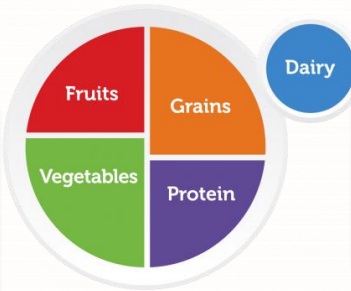
1. Medium or large saucepan/pot
2. Large serving bowl



Potential Allergens: wheat

Directions:

1. Boil the spaghetti in a medium or large saucepan according to package instructions. Mix the tomato sauce with the cooked spaghetti. Stir in veggies, beans, and/or cooked meat.
2. Serve green beans as a side dish or add them directly to the pasta/sauce.
3. Serve peaches as a side dish or top with a spoonful of vanilla yogurt for a healthy dessert.



Meal Kit Contents:

- 1 package spaghetti
- 1 can tomato sauce
- 1 can green beans
- 1 can peaches
- 2 bags goldfish

Nutritious Spaghetti Additions:

Add More Vegetables

- Try mixing in onions, peppers, zucchini, squash, broccoli, spinach, mushrooms, cauliflower, peas, and/or shredded carrots

Make it Meatless

- Add beans such as kidney beans, navy beans, chickpeas or lentils in place of meat

Stretch the Meal

- Add-ins can boost flavor and create extra servings
- Double the beans and veggies
- Try adding flavorful olives, garlic, artichokes, roasted peppers, shredded cheese, anchovies, and/or fresh or dried herbs!

Did you know?

Have you ever heard, "eat the rainbow?" There are countless benefits of eating a rainbow of fruits and vegetables. Plants contain *phytonutrients*, compound that give foods their taste, color, and health benefits. These phytonutrients can improve vision, reduce inflammation, boost our immune systems, and much more. We get the most benefit from our food when we eat a wide variety of colors!



For more information, please call the Nutrition Department at 443-923-2730 or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department

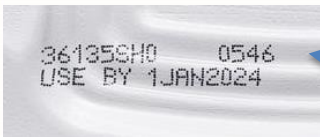


Kennedy Krieger Institute
UNLOCKING POTENTIAL

Reducing Food Waste Through Better Understanding of Food Product Dating

Dates indicate best quality, not food safety!

There is no uniform or universal food dating system in the United States.



Federal regulations require baby formula to have a "use by" date. This date ensures the nutrients and quality are maintained.

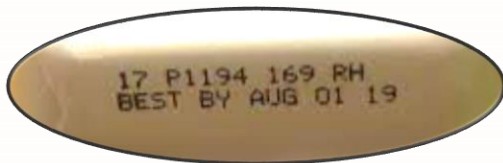
Except for baby formula, product dating is not required by federal law, and does not indicate product safety.

"Best By" dates explain when a product will be of best flavor or quality

"Sell by" dates tell the store how long to display the product for sale

"Use by" dates indicate the last date the product will be at peak quality

"Freeze By" dates indicates when a product should be frozen to maintain peak quality - It is not a purchase or safety date



These various product dates indicate the optimum period for food quality, sale, usage, and freezing depending on the food, its characteristics, the packaging, preservatives, and length of storage time.

The USDA estimates 30% of the food supply is lost or wasted at the retail or consumer levels. Misunderstandings about dates on food is one source of food waste as consumers may be discarding wholesome foods.

Regardless of date, pay attention to signs of spoilage.

A food product can be safe until spoilage is apparent. Pay attention to odor, flavor, and texture that can indicate presence of spoilage or bacteria



Food Safety Questions?

- Call the USDA Meat & Poultry Hotline toll-free at 1-888-MPHotline (1-888-674-6854)
- The Hotline is open year-round and can be reached from 10 a.m. to 6 p.m. (Eastern Time) M-F.
- E-mail questions to MPHotline@usda.gov or askusda.gov the FSIS virtual representative.



Additional Food Resources

Nutrition Assistance Programs

Programs to help you obtain healthy, nutritious foods for yourself and your family.

Did You Know?

You may qualify for other programs available in the state of Maryland!

Call **211** or visit **211md.org** to find out more about what is available in your area.

In addition to food resources, 211 can also help you find assistance with:

- Housing and Shelter
- Substance Use
- Legal Services
- Utility Assistance
- And more!

For a list of other services including food programs, visit www.FindHelp.org

❖ SHARE Food Network

Non-profit organization with multiple locations throughout the Baltimore/DC area. Once a month, families can order, pay for, and pick up groceries from host sites at a 50% discount. No application required!

For a list of host site locations and more information, please visit: <https://www.catholiccharitiesdc.org/share-find-site/>.

❖ Supplemental Nutrition Assistance Program (SNAP)

Helps people buy the food they need for good health. There are numerous ways to file an application:

- (1) Online at <https://mydhrbenefits.dhr.state.md.us/>.
- (2) At your local Department of Social Services.
- (3) Download application and mail in or drop off in person.

For more information and to see if you qualify, please visit: <https://dhs.maryland.gov/supplemental-nutrition-assistance-program/about-the-food-supplement-program/>.

❖ Maryland WIC Program

Provides healthy supplemental foods, formula and breastfeeding support for pregnant women, new mothers, infants, and children under the age of five.

To apply, call 1-800-242-4WIC or your local WIC agency: <https://health.maryland.gov/phpa/wic/Pages/wic-apply.aspx>.

For more information, please call the Nutrition Department at **443-923-2730** or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department



Nutrition on a Budget

Ways to save money and eat healthy!

Breads and Grains

- **Choose whole grains.** Great options that don't cost as much include rice, oatmeal, shredded wheat, and bread!
- **Buy rice and oatmeal in bulk.** Instant varieties are more expensive.
- **Buy whole grain bread on sale.** Store the extra in the freezer.

Fruits and Vegetables

- **Buy fresh vegetables and fruits that are in season.** They are cheaper and taste better.
- **Cut your fruits and vegetables at home.** Pre-cut produce can cost more than whole fruits and vegetables.
- **Stock up on long lasting vegetables** and store them in a cool, dry place. This includes potatoes, carrots, sweet potatoes, cabbage.
- **Canned and frozen produce lasts longer and is just as nutritious as fresh.** Choose canned vegetables with no added salt and fruit that is canned in 100% fruit juice.

Meat and Beans

- **Add beans, lentils, and eggs to your meal plan instead of meat.** Lots of protein for less money.
- **Dry beans cost less than canned.** Soak them overnight to use the next day.
- **Purchase whole or cut up bone in chicken.** Buy family-size packs on sale and freeze.
- **Canned tuna is an inexpensive protein choice.** Choose light tuna over white (albacore) tuna for less mercury.

Dairy

- **Shred your own cheese at home.** Blocks of cheese are less expensive than shredded cheese.
- **Buy yogurt in larger size containers.** They cost less per serving than smaller sizes.
- **Choose ultra-pasteurized milk.** It has a longer expiration date and won't spoil as fast.
- **Consider dry milk powder.** Mix it with water and use it as a low-cost substitute in recipes.

For more information, please call the Nutrition Department at 443-923-2730 or visit [KennedyKrieger.org/departments-medical-specialties/nutrition-department](https://www.KennedyKrieger.org/departments-medical-specialties/nutrition-department)



Local Food Banks

Nutrition Assistance

There are food pantries across the state of Maryland that can help you obtain food for yourself and your family.

To find ones near you, please see the list below or visit:

<https://mdfoodbank.org/find-food/> or www.FindHelp.org

Location Name	Address/Phone	Hours
Angels Helping Angels	1401 N Milton Ave Baltimore, MD 21213 (443) 756-8162 http://ahamd.org	<u>Pantry:</u> Wednesdays By appointment only. <u>Kitchen:</u> 1 st and 3 rd Saturdays 11-1pm, no appointment needed.
Amazing Grace Lutheran Church	2424 McElderry St Baltimore MD, 21205 (410) 949-0786	<u>Vegetable boxes:</u> Thursdays and Fridays 9:30am <u>Pantry items:</u> Fridays 10:30 am
New Life Food Pantry/ New Life Evangelical Baptist Church	2401 E North Ave Baltimore, MD 21213 (301) 661-2125 www.newlifepantry.org	Monday – Friday 9am to 4pm
Macedonia Project	5401 Frankford Ave Baltimore, MD 21206 (410) 488-5653	Tuesday and Thursday 11 am-1pm Clients should bring ID
The Door Food Pantry	219 N Chester Street Baltimore, MD 21231 (410) 675-3288 http://thedorinc.org	Tuesdays and Thursdays 1pm-2pm (Sept-June), 10am-11am (July, August)
Transforming Life Church	4801 Sipple Ave Baltimore, MD 21206 (757) 642-5442	4 th Thursday of the month 9:30 am

For more information, please call the Nutrition Department at 443-923-2730 or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department



Kennedy Krieger Institute

St. Patrick's Cathedral	1728 Bank Street Baltimore, MD 21231 (443) 425-5919	Tuesdays and Fridays 11am-1pm Serve residents of zip codes 21224 and 21231 (cannot be receiving SNAP benefits)
St Vincent de Paul – St. Anthony of Padua	4414 Frankford Ave Baltimore, MD 21206 (410) 488-0400	Tuesdays and Thursdays 12:30-1:30 pm
CAN Pantry	7900 Baltimore St Baltimore, MD 21224 (410) 285-4674	Monday – Friday 9-11:30am and 1-3:30pm
St. Vincent de Paul/Beans & Bread	402 S Bond Street Baltimore, MD 21231 (410) 732-1892	<u>Breakfast:</u> Monday – Friday 8:30am-9:30am <u>Lunch:</u> Monday – Saturday and last Sunday of each month 11:30am – 1:30pm
Second Shiloh Meal Kitchen & Emergency Food Pantry	1355 Homestead St Baltimore, MD 21218 (410) 889-2637	Pantry services only. Tuesday, Wednesday, and Thursday 12-2pm Picture ID, proof of address needed.
Donald Bentley Food Pantry	2405 Loch Raven Road Baltimore, MD 21218 (443) 842-4037	Saturday 9am-12pm Serve residents of zip codes 21218 and 21210
St. Vincent Emergency	120 N Front Street Baltimore, MD 21202 (410) 962-5078 http://stvchurch.org/	Monday 12:30-2pm. Must live in Baltimore City. Bring ID and proof of address.
Salvation Army	814 Light Street Baltimore, MD 21230 (410) 783-2920	Call for information
DSS Franciscan Center	101 W 23 rd Street Baltimore, MD 21218 (410) 467-5340	

For more information, please call the Nutrition Department at 443-923-2730 or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department



Kennedy Krieger Institute
UNLOCKING POTENTIAL

Kennedy Krieger Institute

St. Matthias Church. Loaves and Fishes	6400 Belair Road Baltimore, MD 21206 (443) 742-4727	Saturday 11am-2pm
Church of the Guardian Angel	2629 Huntingdon Ave Baltimore, MD 21211 (410) 652-4502	Wednesdays 9-10am Serve residents of zip code 21211
Macedonia Baptist Church	718 W Layfayette Ave Baltimore, MD 21217 (410) 669-1749	2 nd Wednesday of each month 10am-12pm
St James Episcopal Church Food Pantry	1020 W Lafayette Ave Baltimore, MD 21217 (410) 523-4588	2 nd and 4 th Saturday of each month 10am-12pm
Essex UMC Food Pantry	524 Maryland Ave Essex, MD 21221 (410) 686-2867	Tuesday and Thursdays 10:30am-12pm Need photo ID and a referral from 211MD or another community organization
Friendship Outreach Center Inc	7200 Harford Road Baltimore, MD 21234 (410) 444-1595	Tuesdays and Wednesdays 10am-1pm Thursdays 10:30am-12:30pm Recommend calling first. Must show ID.
GEDCO CARES	5502 York Road Baltimore, MD 21212 (410) 532-2273 http://gedco.org	Mondays and Thursdays 9:00am – 11:00am Saturdays 10:00am – noon Serve residents of zip codes: 21210, 21212, 21218, north of 33rd St, and 21239

For more information, please call the Nutrition Department at **443-923-2730** or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department



Kennedy Krieger Institute
UNLOCKING POTENTIAL

Meal Kit Evaluation Survey



Please scan the QR code to the left to complete an anonymous questionnaire about the Meal Kit that you received.*

The QR code is also located on several items in your meal kit.

You only need to complete the survey once for each meal kit that you receive.

***How to Scan a QR Code**

Open the Camera app on your phone or tablet.

Point your device at the QR code so the QR code appears on your screen.

Your device will recognize the QR code and show you a notification at the top of your screen.

Click that notification and you will access the survey associated with the QR code.

For more information, please call The Nutrition Department at **443-923-2730** or email **Miller@KennedyKrieger.org**



Kennedy Krieger Institute
UNLOCKING POTENTIAL