

## *Ideas for your Bulk Food Bags*

Depending on the days of the week you receive the bulk food bags from the school, you may have different items in your bag. Here are a few suggestions on what to do with your items.

Bagels make a great breakfast on their own but also can make a great snack or meal. Try adding:

- Pizza Sauce, cheese and pepperoni to make a bagel pizza
- Peanut butter and Jelly
- Egg, meat and/cheese

Loaf of bread:

- French toast. You can even make the French toast ahead of time and freeze the slices for a quick toaster breakfast at a later date.
- Sandwiches (hot or cold)
- Cut up the bread, toast in the oven for croutons, store in a container for last use.

Peaches, pears and other fruit cups:

- Eat as-is
- Freeze for smoothies
- Freeze in ice cube trays to put into water
- Add fruit to a small cup, cover with foil, add a Popsicle stick, and freeze for a hot day treat.
- Apples are great on their own but you can also peel and cook down for apple sauce that can be frozen for a later date.

Bags of vegetables (carrots, celery, onions, potatoes, etc.):

- Chop and freeze for later use in soups or salads.
- Carrots, celery and potatoes are great in stew or with a roast. Put all the ingredients in a crockpot for the day and dinner will be done with minimal preparation.

Taco meat:

- Make tacos
- Taco Salad
- Nachos
- Potato toppings

Bone-in precooked chicken:

- Too hot to turn on the oven- grill it up (add your favorite sauce like BBQ or Teriyaki)
- Remove the chicken from the bone and dice it for a chicken salad sandwich
- Remove from the bone and top a salad

Milk:

- Did you know you can freeze milk? If you have more milk than you can use before it expires, you can freeze it in the gallon, quart, in freezer bags, or in breast milk storage bags. Make sure to label with the current date to ensure that you use the oldest milk first.