

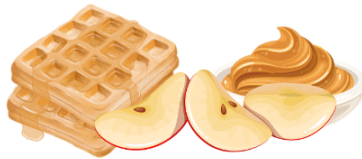
Breakfast

Breakfast is often called the most important meal of the day. In addition to providing energy for the day's tasks, eating breakfast plays a role in maintaining a healthy weight and optimizing focus throughout the day.

3 Ingredient Breakfast Ideas



mini bagel, cream cheese
& strawberries



whole grain waffle, apple slices
& peanut butter



english muffin, egg
& cheese sandwich



oatmeal, chopped nuts
& berries



fruit, spinach & yogurt smoothie



toast, mashed avocado & eggs



yogurt, fruit
& granola parfait



whole grain cereal, blueberries
& milk



Meal Kit Contents

3 cereal bowls
Pancake mix
Yogurt
Oranges
Powdered milk
Cinnamon
Snacks

Breakfast Tips

- Choose foods that have a balance of carbohydrates, protein, healthy fats, and fiber.
- Don't forget to include fruits and vegetables at breakfast, just like every other meal.
- Try a breakfast smoothie made with yogurt, fruit, spinach and a tablespoon of oatmeal.
- Nuts or whole-grain granola bars are also easy breakfast options.

Did you know?

Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.

Kids who don't eat in the morning have a harder time focusing, and they become more tired in school. They may also be cranky or restless. One study showed that kids who ate breakfast had higher test scores than those who didn't.

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



TIPS

BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose **whole-grain breads**. Look for bargains on day-old varieties.

Buy **regular brown rice and old-fashioned oats and grits** instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy **large bags** of frozen vegetables.

When choosing **canned vegetables**, look for “low sodium” or “no added salt” on the label.

FRUITS

Buy **fresh fruit in season** - it generally costs less.

Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy **low-fat or fat-free milk, yogurt, and cheese** in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.

Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5

Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

School Nutrition Programs

For: eligible low-income, school-aged children.

Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

Additional Food Resources

Nutrition Assistance Programs

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

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/program/share-food-network/>

Supplemental Nutrition Assistance Program (SNAP)

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

- Online at <https://mydhrbenefits.dhr.state.md.us/>.
- At your local Department of Social Services.
- 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-assistanceprogram/about-the-food-supplement-program/>

Maryland Women, Infants and Children (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>.

Benefits One Application

Mobile friendly app where eligible Marylanders can apply for Medicaid, Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Women, Infants and Children (WIC) and energy assistance in a single application from a computer or smartphone.

<https://benefits.maryland.gov>

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

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





FIND FREE FOOD



MARYLAND
FOOD BANK

mdfoodbank.org | 410.737.8282

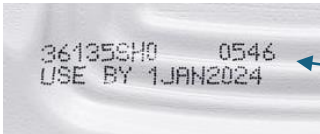
Reducing Food Waste Through Better Understanding of Food Product Dating

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.



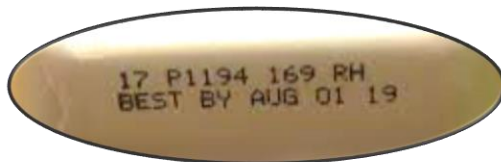
Except for baby formula, product dating is not required by federal law and does not indicate product safety.

“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



For more information, please call the Nutrition Department at **443-923-2730**, scan the QR code or visit KennedyKrieger.org/departments-medicalspecialties/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://thEDOORinc.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**, scan the QR code or visit **KennedyKrieger.org/departments-medicalspecialties/nutrition-department**



Local Food Banks

Nutrition Assistance

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



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



Local Food Banks

Nutrition Assistance

DSS Franciscan Center	101 W 23rd Street Baltimore, MD 21218 (410) 467-5340	
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**, scan the QR code or visit
**[KennedyKrieger.org/departments-
medicalspecialties/nutrition-department](http://KennedyKrieger.org/departments-medicalspecialties/nutrition-department)**



Meal Kit Evaluation Survey

Please scan the QR code* to complete an anonymous questionnaire about the meal kit that you received.

***How to scan a QR Code**

Open the camera on your phone or tablet. Point your device at the QR code so that 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 the notification and you will access the survey.



Neighbor Bill of Rights

At the Maryland Food Bank (MFB), we believe that no one in our state should be hungry, and that access to good, nutritious food is a basic human right. We work with more than 1,150 partners located in communities across Maryland to provide you with access to free services – whether it's healthy food, help in applying for federal benefits, or access to other local social service solutions.

What to expect when visiting an MFB partner or distribution event:

- A representative of the organization will ask you to fill out a basic form to declare that you need help with food;
- Be sure to ask when and how often you may visit or use services as each agency has different hours and visitation requirements;
- Consider bringing a food cart or several reusable bags. Assistance with carrying bags may be limited;
- Many of our partners provide additional support services such as help paying for bills, job training, health services, and help with transportation. You may be required to provide additional information to the agency to see if you qualify to receive help.
- We do ask that you respect the posted rules and regulations at the food assistance site you are visiting and treat their employees and/or volunteers with kindness and respect.
-

Your Right to Receive Food - When visiting an MFB partner or distribution event, you are entitled to these rights:

- You may ask questions until you understand;
- You will receive food and/or meals at no cost;
- You will not be required to make a donation, volunteer, participate in any religious activities, or pay dues as a condition of receiving food;
- You will not be refused service or discriminated against based on programs you participate in, benefits you receive, race, color, citizenship status, religion, national origin, ancestry, age, marital status, disability, gender, sexual orientation including gender identity or expression, political affiliation, Limited English Proficiency (LEP), or unfavorable discharge from the military or status as a protected veteran;
- You will be treated with courtesy, respect, and dignity at all times;
- You may request a reasonable accommodation for a disability or language barrier;
- You may refuse any food items that do not meet your dietary or religious standards;
- You will receive food that meets the local, state, and federal standards for food safety;
- You will never be required to show proof of citizenship, a social security card, or a birth certificate to receive Maryland Food Bank food benefits;
- You may be required to show some of the following documents as part of the application process for certain programs: proof of income, proof of address, a form of identification.

If you feel your rights have been violated, please contact us at 410-737-8282.

You will NOT be retaliated against for making a complaint.

