

Tofu 101

Easy, Kid-Friendly Tofu Recipes



Meal Kit Contents

- 1 bag spaghetti
- 1 can tomato sauce
- 1 package tofu
- 1 can pears
- 1 can collard greens
- 1 container spices
- 1 snack



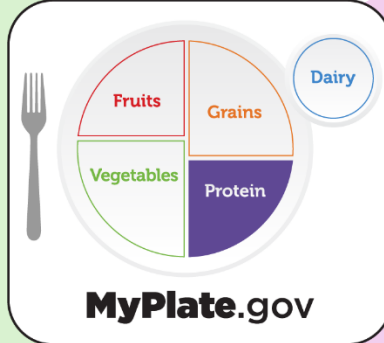
Baked Tofu

Ingredients

- 1 block tofu, drained
- 1 tablespoon vegetable oil
- 2-3 teaspoons adobo (or your favorite spice blend)
- Salt and pepper

Instructions

1. Preheat oven to 375.
2. Cut the tofu into cubes.
3. Lightly oil a baking sheet or cover with foil.
4. Toss the tofu cubes in oil, seasoning blend, salt, and pepper.
5. Arrange on baking sheet so no cubes are touching
6. Bake tofu for 15 minutes, then flip.
7. Bake another 15 minutes or until golden brown.
8. Enjoy on its own, in a burrito, or atop a salad.



Tofu Ricotta

Ingredients

- 1 block tofu, drained
- 1 tablespoon olive oil
- 1-2 cloves garlic, minced
- 1/2 lemon, juiced
- Salt and pepper

Instructions

1. Crumble tofu by hand until only very small pieces remain. It should look like ricotta cheese. *This is a great job for little helpers!
2. Add the other ingredients and mix well.
3. Let tofu marinate for 1 hour before eating.
4. Enjoy mixed with pasta, as a dip for crackers, or a salad topper.
5. Store in the refrigerator for up to 1 week.

Did you know?

Humans have enjoyed tofu for over 2000 years. Another name for tofu is "bean curd." Tofu is protein-rich, and a good source of calcium and iron. It has a neutral base and takes on the flavor of the marinade or sauce used so it can be sweet or savory. Turn over to learn more about how to use tofu and its nutritional benefits.

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

TYPE OF TOFU

FIRMNESS 411

GOOD FOR...

Premium or Organic Soft Tofu



Can be blended into smoothies, or used to replace egg or dairy products in desserts and baked goods

- Soups
- Smoothies
- Baking
- Desserts



Premium or Organic Medium Firm Tofu



A good choice for dishes that require braising or boiling.

- Soups
- Dressings
- Dips
- Desserts



Premium or Organic Firm Tofu



A go-to choice for tofu beginners. It is the most versatile tofu of them all.

- Stir fries
- Sandwiches
- Plant protein option



Premium or Organic Extra Firm Tofu



The firmest of all tofu that contains the most amount of protein (8g per serving).

- Grilling
- Burgers
- Plant protein option



*We also have Super Firm Tofu. It is available in select stores only.

NUTRITIONAL INFORMATION	Organic Soft		Organic Medium Firm		Organic Firm		Organic Extra Firm	
		%DV		%DV		%DV		%DV
Calories	60		60		70		70	
Total Fat	3g	4%	3g	4%	4g	6%	3.5g	5%
Sat Fat	0g	0%	0g	0%	0.5g	3%	0g	0%
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	10mg	0%	10mg	0%	10mg	0%	10mg	0%
Potassium	200mg	6%	150mg	4%	125mg	4%	115mg	4%
Total Carb.	3g	1%	2g	1%	2g	1%	2g	1%
Fiber	<1g	4%	1g	5%	1g	5%	2g	7%
Sugar	0g		0g		0g		0g	
Protein	5g	11%	6g	12%	7g	14%	8g	16%
Calcium		4%		10%		15%		15%

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

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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.



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scan me



scan me

FIND FREE FOOD



MARYLAND
FOOD BANK

mdfoodbank.org | 410.737.8282

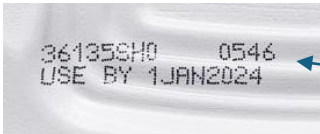
Reducing Food Waste Through Better Understanding of Food Product Dating

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.



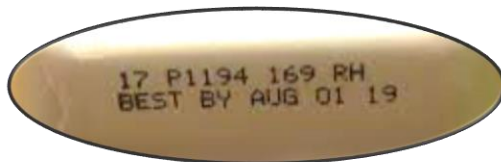
Except for baby formula, product dating is not required by federal law and does not indicate product safety.

“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



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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



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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



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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



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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.
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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.

