PEDDIE FOOD BANK CLUB

Eat enough. Feel stronger.

A practical guide to everyday food energy

Real-food ideas. Small steps. No perfect meals required.



Created by Peddie Food Bank Club

Build a meal with 2 or 3 parts

When you can, choose two or three groups below. If one is missing, start by adding just one thing.



1 Staple / fiber

Oats, rice, whole-grain bread, tortillas, potatoes, whole-wheat pasta, or low-sugar cereal.

2 Protein

Beans, lentils, peanut butter, eggs, canned fish, chicken, tofu, milk, or shelf-stable milk.

3 Fruit or vegetables

Fresh, frozen, canned, and dried all count.

Easy combinations

Oatmeal + peanut butter + banana · Beans + rice or tortillas + vegetables

Soup + bread + fruit · Canned tuna or chicken + crackers + fruit

Eggs + potatoes + frozen or canned vegetables

Color game: Can you add two different food colors today? Think green peas, orange carrots, red tomatoes, purple cabbage, yellow banana, or any colors you enjoy.

Remember: Use the food you have. Do not skip food because it is not "healthy enough." First, help your body get energy; then make small changes when you can.

Food snapshot: staples & protein

Every card pairs a real-food photo with approximate nutrition for the stated common serving. Brands, recipes, and package sizes vary.



Oatmeal

dry, 1/2 cup (40 g)

150 kcal

5 g protein · 4 g fiber · iron & magnesium

Fiber supports fullness and digestive health.



Peanut butter

2 Tbsp

190 kcal

8 g protein · unsaturated fats · vitamin E

Unsaturated fats can fit a heart-healthy pattern.



Black beans

canned, drained, 1/2 cup

114 kcal

8 g protein · 8 g fiber · folate · iron · potassium

Legumes fit dietary patterns linked with lower chronic-disease risk.



Egg

1 large

72 kcal

6 g protein · choline · vitamin B12 · selenium

Protein supports muscle maintenance; choline supports normal nervous-system function.



Whole-grain bread

1 slice

80 kcal

4 g protein · about 2 g fiber · B vitamins

Whole-grain choices help raise fiber intake.



Rice

cooked, 1/2 cup

102 kcal

about 22 g carbohydrate · small protein amount

Carbohydrates supply energy; pair with beans and vegetables.

Food snapshot: fruit, vegetables & dairy

A single food cannot prevent, treat, or cure a disease. These cards show nutrients and how foods fit a healthy overall pattern.



Banana

1 medium

105 kcal

3 g fiber · 422 mg potassium · vitamin B6

Potassium-rich foods, as part of a lower-sodium diet, may support healthy blood pressure.



Apple

1 medium

95 kcal

about 4 g fiber · vitamin C

Fiber supports fullness and digestive health.



Broccoli

cooked, 1/2 cup

27 kcal

about 3 g fiber · vitamin C · vitamin K · folate

Vegetable-rich patterns are linked with better health.



Carrots

raw, 1/2 cup

25 kcal

vitamin A (beta-carotene) · fiber

Vitamin A supports normal vision and immune function.



Low-fat milk

1 cup

102 kcal

8 g protein · about 305 mg calcium · vitamin D if fortified

Calcium and vitamin D support bone health.



Light tuna

canned in water, drained, 3 oz

99 kcal

about 22 g protein · vitamin B12 · selenium

Protein supports muscle maintenance; compare sodium on labels.

Whole dietary patterns—not one "magic" food—are linked with better health. Compare serving size, calories, protein, fiber, and sodium when choosing between similar foods.

No kitchen? You still have options

Choose based on what you have right now: no refrigerator, no stove, hot water, a microwave, or a rice cooker.

No stove and no refrigerator

Peanut butter + bread or crackers + banana or apple

Canned tuna or chicken + crackers + canned fruit

Ready-to-eat cereal + shelf-stable milk

Canned beans + tortillas or bread + fruit

Hot water or microwave only

Oatmeal + peanut butter + fruit

Lower-sodium soup + bread + canned beans

Ready rice + beans + frozen vegetables

Stove or rice cooker available

Make a “one-pot meal”: **one staple + one protein + one vegetable.**

Example: rice or pasta + beans or eggs + canned tomatoes or frozen vegetables.

Ask for tools too: A can opener, utensils, a food container, an insulated bag, or simple seasonings can make food easier to use.

Make food more fun: add one thing

You do not need to replace every food. Add one item to make a meal more filling, balanced, and interesting. Try a “flavor flip” when you get bored.

Bread only?
Add peanut butter, an egg, or canned fish.

Noodles or rice only?
Add beans, an egg, frozen vegetables, or canned tomatoes.

Soup only?
Add beans, rice, bread, or frozen vegetables.

Flavor flip
Try pepper, garlic, lemon, herbs, salsa, or a favorite spice.

Water matters too
When safe drinking water is available, **water is usually the lowest-cost drink.** Sugary drinks and energy drinks often have a lot of added sugar. You do not have to quit all at once—try drinking a little more water when you can.

Food Explorer mini-challenge
Choose one: try a bean you have not used before; add one new color to a meal; or use one favorite spice, salsa, lemon, or herb to change the flavor.

If you need less salt: Use less salt, soy sauce, seasoning packets, and broth powder. Try onion, garlic, pepper, herbs, or a small amount of sauce for flavor. Follow your clinician’s advice for high blood pressure, heart disease, or kidney disease.

Food safety: waste less, get sick less

When you are unsure, play it safe. Food safety is more important than saving a food that may make you sick.



Remember: 2 hours

Meat, poultry, eggs, milk, cooked rice, cooked vegetables, and other perishable foods should not sit at room temperature longer than **2 hours.** In very hot weather, the limit is **1 hour.**

If you have a refrigerator

- Put leftovers into small covered containers and refrigerate them soon.
- Most cooked meat, poultry, soup, and leftovers keep about **3–4 days.**
- Reheat until steaming hot. With a thermometer, heat to **165°F / 74°C.**

If you do not have a refrigerator

- Choose single-serve or shelf-stable foods when possible.
- Eat perishable food soon after you receive it.
- Do not save opened meat, milk, or cooked food at room temperature for tomorrow.
- Looking, smelling, or tasting cannot prove food is safe. If unsure, do not eat it—ask for help.

Sources: USDA Food Safety and Inspection Service; FoodSafety.gov.

Make food work for you

Different bodies need different food. Speaking up is not a burden—it helps you make food choices that feel safer and more comfortable.

Share your needs if you have

Diabetes or blood-sugar concerns · High blood pressure, heart disease, or a lower-sodium need · Kidney disease · Swallowing problems · Food allergies · Pregnancy · An infant or older adult in your household · Medicines that affect what you can eat · No refrigerator, stove, microwave, or can opener

You can say this to a health professional, community program, or trusted support person:

"I do not have a refrigerator, stove, or can opener. Do you have food I can use today?"

"I am allergic to (write the food here). Is there another option?"

"My doctor asked me to limit salt or manage blood sugar. Are there choices that fit?"

Need more support?

If you feel weak, dizzy, cannot eat, are losing weight quickly, or cannot store food safely, contact a clinic, case manager, community health worker, or social worker. Use local emergency services for emergencies.

Three small things for today

Choose a small goal

☐ Choose one protein: beans, eggs, peanut butter, fish, chicken, tofu, or milk.

☐ Choose one fruit or vegetable: fresh, frozen, canned, or dried all count.

☐ Try the Food Explorer challenge: a new bean, a new color, or a new spice.

Local support (fill this in)

Resource	Phone / location / hours
Community meal or nutrition program	
Community support service	
Case manager or social worker	
Community clinic or nutrition support	
Emergency contact	

If you are in the United States

Dial **211** (where available) to ask about health and community services. Learn about SNAP, WIC, and other nutrition support programs at **usa.gov/food-help**.

Nutrition & calorie values: typical generic foods from USDA FoodData Central; actual brand labels may differ. Health-pattern evidence: Dietary Guidelines for Americans; NIH Office of Dietary Supplements (potassium and calcium). Food safety: USDA FSIS and FoodSafety.gov. Version: 2026-09-29.

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Eating well is not only about willpower. It also takes food, tools, time, and support. Asking for help is a strength.

Every small choice counts.

One add-on can make a meal feel more filling, colorful, and satisfying.

Add protein
Beans, eggs, peanut butter, fish, tofu, milk, or chicken.

Add color
Fresh, frozen, canned, or dried fruit and vegetables all count.

Add flavor
Try herbs, spices, lemon, salsa, pepper, or garlic.

Food is fuel. Support matters.

Choose what works for your body, your culture, your budget, and your day.

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