

Staples: Shopping for a 2-Week Supply of Food

Having shelf-stable food and supplies on hand for 2-weeks is more important now than ever. It's helpful to have a supply of staple foods that store well in case a family member gets sick, or accessing the store becomes difficult. We've created some tips and a shopping list to make preparation a little easier.

Before You Go

1. Check the pantry, fridge and freezer for what you have on hand and cross those items off the list. Discard any expired food.
2. Make a list of snacks and meals your family eats often, and edit the list below to make sure the ingredients you need to make those foods are on your shopping list.
3. Check coupons and store flyers for sale items. Many stores put weekly flyers online.
4. Unseasoned frozen vegetables are useful to have on hand to add to recipes and soups or as an inexpensive side to add to any meal.
5. Be sure your staples include foods from all 5 food groups. Choose healthier options like low or no-salt, no-sugar added canned goods, and whole grain pasta, rice, breads and cereals.
6. Ensure that formula for infants, canned or jarred baby food, and any child's or special nutritional needs are a part of your planning. Plan for your pets as well.

Other Guidelines to Remember

- Store a supply of nonprescription drugs such as pain relievers, cough and cold medicines, stomach remedies and fluids with electrolytes (such as sports drinks).
- Store health and cleaning supplies such as bleach, tissues, a thermometer, disposable gloves, soap and alcohol-based hand sanitizers.
- Ask your health care provider and insurance provider if you can get an extra supply of your regular prescription drugs and medical supplies.

Storage Tips

- Keep food in a dry, cool spot – a dark area if possible.
- Bread, tortillas, milk and cheese can all be frozen and last weeks longer than they would in the fridge or pantry.
- Open food boxes and other re-sealable containers carefully so that you can close them tightly after each use.
- Wrap perishable foods such as cookies and crackers in plastic bags and keep them in sealed containers.
- Empty open packages of sugar, dried fruits and nuts into screw-top jars or air-tight canisters for protection from pests.
- Inspect all food for signs of spoilage before use. Throw out canned foods that become swollen, dented, or corroded.
- Place new items at the back of the storage area and older ones in front.

Expanded Food and Nutrition Education Program



2-Week Storage Friendly Shopping List for a Family of 4

Protein Foods

2 jars peanut butter
4 pounds of ground meat (beef, turkey, chicken) or tofu
10 chicken breasts (frozen or fresh)
1 dozen eggs
6 cans of canned chicken (or tuna or salmon)
6 cans of beans or 2 lb dried (kidney, black or other)
1 pound dried lentils

Dairy

2 gallons of milk
1 box powdered milk
1 pound sliced cheese
1 pound shredded mozzarella or cheddar
1 package shredded parmesan cheese
32 oz plain yogurt
1 pound butter

Pantry Staples

4 pounds sugar
5 pounds flour
baking powder
1 package breadcrumbs
honey/maple syrup
1 bottle red wine or cider vinegar
1 jar jam/jelly/marmalade
1 jar mayonnaise
1 jar mustard
1 bottle soy sauce or tamari
2 jars of marinara sauce/pasta sauce
1 bottle of vegetable oil
12 cans of chicken noodle soup
8 cans of vegetable or tomato soup
seasonings (examples): garlic powder, onion powder, parsley, oregano, cinnamon, cumin, chili powder, thyme, salt, pepper
vegetable or chicken broth (48 oz or 1 jar bouillon paste)
vanilla extract

Vegetables & Fruits

4 cans of fruit
15 cans of vegetables
3 cans of corn
5 cans crushed/diced tomatoes
16 oz. box instant or 5lb fresh potatoes
1-2 packages dried fruit
2 packages fruit cups
1 bag apples
1 bag onions
1 bag carrots
1 cabbage
1 package celery
3 lemons or limes
2-3 packages frozen vegetables
1-2 packages frozen fruit

Grains

1 tub rolled oats or 2 boxes instant oats
2 boxes dry pasta
8 packages ramen noodles
2 boxes dry cereal or granola
1 package rice
4 loaves bread, rolls, or biscuits
2 packages bagels or English muffins
1 box macaroni and cheese
1 package tortillas
1 package each - Popcorn, pretzels, graham crackers
1 -2 boxes crackers
2 boxes granola or cereal bars

Grocery list adapted from Mississippi State University Extension's "14 Day Shopping and Meal Plan."

Cranberry Granola

Makes: 16 servings (1/3 cup serving size)

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

Ingredients

Nonstick cooking spray or oil

3 cups rolled oats

1 cup dried cranberries

1 cup chopped pecans (optional)

1/3 cup maple syrup (or honey or agave syrup)

1/4 cup vegetable oil

1 tablespoon ground cinnamon

2 teaspoons vanilla extract

Directions

1. Preheat oven to 325°F.
2. Collect, chop, and measure all ingredients before starting to prepare the recipe.
3. Spray or wipe a large baking sheet with cooking oil, and set aside.
4. Combine oats, cranberries and pecans (if using) in a large bowl.
5. In a small sauce pan, combine maple syrup, vegetable oil, and cinnamon. Cook over low heat, stirring frequently until mixture becomes thin. Remove from heat, and stir in vanilla.
6. Pour warm mixture over oats and pecans, and stir to coat evenly. Spread mixture in an even layer on the baking sheet. Bake for 25 minutes.
7. Remove from the oven, and allow to cool completely.
8. Put the cooked granola in a large bowl, add the cranberries, and stir until the cranberries are evenly distributed.
9. Store in an airtight container at room temperature for up to 7 days.

Nutrition Facts	
16 servings per container	
Serving size	1/3 Cup (39g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 45mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rise and Shine Breakfast Cobbler

Makes: 4 servings (3/4 cup serving size)

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Ingredients

1 cup canned sliced peaches (packed in juice), drained

1 cup canned sliced pear halves (packed in juice), drained

6 Pitted prunes, cut in half (or other dried fruit)

1/4 teaspoon vanilla extract

1 Lemon zested (grate the rind) and juiced (reserve 2 Tablespoons juice)

1 cup granola, low-fat

Directions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, lemon zest, and 2 Tablespoons lemon juice.
2. Top with granola.
3. Microwave on High for 5 minutes.
4. Let stand for 2 minutes.
5. Spoon into bowls and serve warm.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	20%
Sugars 30g	
Protein 3g	
Vitamin A 15%	Vitamin C 35%
Calcium 4%	Iron 8%

*Percent Daily Values are based on a diet of other people's misdeeds.

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Three-Bean Salad

Makes: 8 servings (1/2 cup serving size)

Preparation Time: 10 minutes

Ingredients

- 1 ½ cups kidney beans, canned, drained, rinsed
- 1 cup garbanzo beans, canned, drained, rinsed
- 1 cup cut green beans
- 1/4 cup tomatoes, chopped
- 1/8 cup onion, chopped
- Ground black pepper to taste

Vinaigrette Ingredients

- 3/4 cup red wine vinegar
- 3 Tablespoons honey
- 1 Tablespoon mustard
- 1 Tablespoon vegetable oil

Directions

1. Whisk together vinaigrette ingredients.
2. In a large plastic container with a tight lid, combine all ingredients with the vinaigrette dressing.
3. Cover and refrigerate, mixing the salad occasionally to marinate.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 5g	
Vitamin A 2%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Vegetable Fried Rice

Makes: 4 servings (1.5 cups serving size)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 1 ½ Tablespoons vegetable oil, divided
- 3 eggs, lightly beaten
- ½ cup chopped onion (about ½ onion)
- ½ teaspoon garlic powder
- 3 cups cooked brown rice (instant or regular)
- 2 cups frozen vegetables, thawed
- 1 Tablespoon low-sodium soy sauce
- Pepper (optional)

Directions

1. Heat ½ Tablespoon of the vegetable oil in a large skillet over medium heat.
2. Pour the eggs into the skillet. Cook without stirring until eggs are completely cooked, about 2 to 3 minutes.
3. Remove the eggs to a plate and cut into strips. Set aside.
4. Return the skillet to the burner and add the remaining oil. Heat to medium high and add the onion and garlic powder. Cook, stirring occasionally until softened.
5. Stir in the rice, vegetables, and soy sauce. Heat and stir occasionally.
6. Add the eggs strips and heat through. Sprinkle with pepper.

Nutrition Facts	
Serving Size 1 1/2 Cups (282g)	
Servings Per Container 4	
Amount Per Serving	
Calories 350	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 220mg	9%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 11g	
Vitamin A 20%	Vitamin C 8%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Black Bean Burgers

Makes: 4 servings (1 patty serving size)

Preparation Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 2 Tablespoons vegetable oil
- 1 stalk celery, washed and diced
- 1 small onion, peeled and diced
- 1 (15 ounce) can black beans, rinsed and drained
- 1 large egg, lightly beaten
- ½ Tablespoon cumin
- 1 teaspoon garlic powder
- ½ cup plain bread crumbs

Directions

1. Preheat oven to 375 degrees F.
2. Line a rimmed baking sheet with foil, and oil lightly.
3. Heat oil in large skillet over medium-high heat.
4. Add celery and onion and cook until soft (about 3 – 5 minutes) stirring often.
5. Pour beans in a large bowl and mash with a fork or potato masher into a thick paste.
6. Stir in egg, cumin, garlic powder, bread crumbs and vegetables.
7. Form into 4 patties. Place patties on baking sheet and bake for 10 minutes on each side.

Nutrition Facts

Serving Size 1 patty
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 340mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 8g	

Vitamin A 2%	• Vitamin C 6%
Calcium 8%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9	• Carbohydrate 4	• Protein 4
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Corn Chowder

Makes: 8 servings (1 cup serving size)

Preparation Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 2 Tablespoons vegetable oil
- 1/2 cup chopped onion
- 2 stalks celery, chopped, about 1 cup
- 1 Tablespoon flour
- 4 cups milk
- 2 whole potatoes, peeled and diced
- 1/8 teaspoon ground black pepper
- 1 (15 ounce) can unsalted whole kernel corn or 1.5 cups frozen corn, thawed

Directions

1. Heat oil in 3 quart saucepan. Add onion and celery and cook over medium- high heat, stirring until onion is soft.
2. Stir in flour. Cook over low heat, stirring constantly, until mixture is bubbly.
3. Stir in milk and potatoes.
4. Heat to boiling, stirring constantly. Reduce heat.
5. Stir in pepper and corn and simmer until potatoes are tender.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 8			
Amount Per Serving			
Calories 160		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 70mg		3%	
Total Carbohydrate 25g		8%	
Dietary Fiber 2g		8%	
Sugars 9g			
Protein 6g			
Vitamin A 6%		Vitamin C 10%	
Calcium 15%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Baked Macaroni and Cheese

Makes: 6 servings (1.5 cup serving size)

Preparation Time: 15 minutes

Cook Time: 30 minutes

Ingredients

3 cups dry macaroni

1 (8 ounce) package frozen chopped broccoli

2 cups reduced fat cheddar cheese, shredded

½ cup plain breadcrumbs

½ teaspoon black pepper

3 Tablespoons vegetable oil

1 cup milk

Directions

1. Pre-heat oven to 375 degrees F.
2. Lightly oil a medium casserole dish or baking pan to prevent sticking.
3. Cook macaroni according to package directions. Add broccoli to pasta water during last minute of cooking.
4. Drain macaroni and broccoli and set aside.
5. Layer macaroni-broccoli mixture, cheese, bread crumbs, and pepper in pan. Repeat layers. Finish with bread crumbs.
6. Mix oil with milk in a medium bowl, and pour over top.
7. Bake about 30 minutes or until top is brown and bubbly.

Nutrition Facts	
Serving Size 1 1/2 cups (185g)	
Servings Per Container 6	
Amount Per Serving	
Calories 390	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 19g	
Vitamin A 6%	Vitamin C 25%
Calcium 30%	Iron 15%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tuna Noodle Casserole

Makes: 4 servings (1.5 cup serving size)

Preparation Time: 15 minutes

Cook Time: 20 minutes

Ingredients

1 Tablespoon vegetable oil

½ cup onion, chopped

1 ½ Tablespoons flour

1 ¼ cups low sodium chicken broth

¾ cup milk

½ cup frozen green peas

1 (6 oz) can tuna packed in water, rinsed, drained and flaked

4 ¼ cups dry macaroni

Directions

1. Pre-heat oven to 425 degrees F. Lightly oil an 8x8 or similarly-sized pan.
2. Cook macaroni 2 minutes less than package directions. Drain and set aside.
3. In a large pan, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
4. Stir in flour. Slowly whisk in broth and then milk. Cook, stirring constantly, until mixture boils.
5. Reduce heat to low and simmer until thickened, about 8 minutes.
6. Stir in cooked macaroni, tuna and frozen peas. Pour mixture in prepared pan and bake for about 20 minutes until bubbly. Remove from oven and let stand 10 minutes before serving.

Nutrition Facts	
Serving Size 1.5 Cups	
Servings Per Container 4	
Amount Per Serving	
Calories 290	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 250mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 20g	
Vitamin A 8%	Vitamin C 8%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lentil Chili

Makes: 6 servings (1 cup serving size)

Preparation Time: 10 minutes

Cook Time: 30 minutes

Ingredients

1/2 pound lean ground beef or turkey

1 ½ cups chopped onion

2 cups cooked, drained lentils

1 (28 ounce) can tomatoes, diced or crushed

1 Tablespoon chili powder

1 teaspoon garlic powder

1/2 teaspoon ground cumin (optional)

Directions

1. In a large saucepan, brown meat over medium-high heat, breaking it into bite-sized pieces. Drain excess fat.
1. Reduce to medium heat. Add onion and cook on medium heat until softened.
2. Add lentils, tomatoes, chili powder, garlic powder and cumin.
3. Cook on low heat for about 30 minutes until flavors are blended.

Nutrition Facts	
Serving Size 1 Cup	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 17g	
Vitamin A 30%	Vitamin C 30%
Calcium 8%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Baked Chicken Nuggets

Makes: 6 servings (4 nugget serving size)

Preparation Time: 5 minutes

Cook Time: 15 minutes

Ingredients

1 pound boneless, skinless chicken breasts

2/3 cup bread crumbs

1/4 cup grated parmesan cheese

2 Tablespoons flour

Pepper to taste

Vegetable oil or cooking spray

Directions

1. Preheat oven to 400 degrees F.
2. Cut the chicken into 1 inch chunks, set aside.
3. Combine bread crumbs, cheese, flour and pepper on plate.
4. Roll chicken pieces in bread crumb mixture. You can also place bread crumb mixture in a plastic bag and toss chicken pieces to coat.
5. Use vegetable or cooking spray to lightly oil a baking sheet.
6. Place coated chicken pieces on baking sheet in a single layer.
7. Bake for 13 – 15 minutes, or until golden brown.

Nutrition Facts	
Serving Size 4 nuggets	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Autumn Apple Cake

Makes: 8 servings (1/8 of cake serving size)

Preparation Time: 10 minutes

Cook Time: 25 minutes

Ingredients

Vegetable oil for pie plate

½ cup flour (whole-wheat flour works well)

½ cup sugar

1 teaspoon baking powder

1 teaspoon ground cinnamon

2 Granny Smith or other tart apples, washed, cored and chopped

1 egg, lightly beaten

1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees F. Lightly oil a 9-inch pie plate.
2. Mix flour, sugar, baking powder and cinnamon in a medium size bowl.
3. Add apple, stirring to coat the apple.
5. Combine egg and vanilla in a separate bowl.
6. Stir egg mixture into dry ingredients until moistened. Pour this batter into pie plate.
7. Bake for 25 minutes or until lightly browned.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 70mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Bread Pudding

Makes: 9 servings (1/2 cup serving size)

Preparation Time: 10 minutes

Cook Time: 50 minutes

Ingredients

8 slices bread, cut into cubes – day-old bread is best

½ cup raisins

2 eggs, beaten

½ cup plus 2 Tablespoons sugar

2 cups milk

1/2 teaspoon ground cinnamon

1 teaspoon vanilla extract

Vegetable oil for baking dish

Directions

1. Preheat oven to 325 degrees F. Lightly oil a small baking dish.
2. Place bread and raisins in baking dish. Stir.
3. Mix eggs, ½ cup sugar, milk, cinnamon, and vanilla extract in a separate bowl.
4. Pour mixture over bread, making sure bread is completely covered. Let stand for 10 minutes.
5. Sprinkle with remaining 2 Tablespoons sugar.
6. Bake for 40 minutes. Increase oven temperature to 400 degrees F and bake another 10 minutes until top is golden brown.

Nutrition Facts

Serving Size 1 square (107g)
Servings Per Container 9

Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4