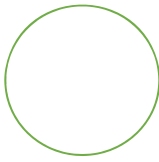




Revised  
Feb 24  
2019

Today's Date



MAKE YOUR DASH MEAL KIT SELECTIONS FROM THE RECIPES DISPLAYED ON THE WALL

Office Use

**DASH Meals** Complete meal kits with recipe & directions

Select 4

- DASH Meal kit # 1
- DASH Meal kit # 2
- DASH Meal kit # 3
- DASH Meal kit # 4
- DASH Meal kit # 5
- DASH Meal kit # 6
- DASH Meal kit # 7
- DASH Meal kit # 8

Delicious  
Affordable  
Simple  
Healthy

Breakfast:  
Select 3

- Oatmeal
- Cereal
- Pancake mix
- Pancake syrup

Select 2

- Milk
- Butter
- Eggs, 1 dozen
- Sliced wheat bread

Lunch, quick and easy

- Cold lunch, Select 2
  - Peanut butter
  - Jelly
  - Tuna
- Soup, Select 3
  - Clam chowder
  - Beef
  - Chicken
  - Vegetable
  - Tomato

Select 2

- Cornbread mix
- Macaroni & Cheese
- Chicken Broth
- Beef Broth

Canned & Dried Fruit: Select 3

- Pineapple
- Mixed fruit
- Pears
- Peaches
- Mandarin oranges
- Raisins

**DASH Sides**

Select 2

- DASH Side Dish # 1
- DASH Side Dish # 2
- DASH Side Dish # 3
- DASH Side Dish # 4

**DASH Hot Lunch**  
(or great as a light meal)

Select 2

- DASH Lunch Meal # 1
- DASH Lunch Meal # 2
- DASH Lunch Meal # 3

When available:  
Select 2

- Shampoo
- Toothpaste
- Tooth brush
- Soap

When available:

- Dog food
- Cat food

Get your Veggies, Select up to 5

- Black eye peas
- Corn
- Green beans
- Lima beans
- Pinto beans
- Tomatoes, whole
- Broccoli, frozen
- Carrots, fresh
- Peas, frozen
- Potatoes, fresh
- Spinach, frozen

C  
a  
n  
s

Fresh  
&  
Frozen

Number of adults \_\_\_\_\_ Adults      Number of children \_\_\_\_\_ Children      Provide ages of children under 18      Are the children enrolled in our Kids in the Kitchen Program?      One child or two? \_\_\_\_\_

Age of Children \_\_\_\_\_

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ VA Zip \_\_\_\_\_