

ABOUT CAPSBC

Community Action Partnership of San Bernardino County is a private non-profit organization with a 501(c)(3) status. We're one of over 1,000 Community Action Agencies nationwide dedicated to assisting low-income individuals and families become stable and self-sufficient. We serve over 800,000 individuals every year.

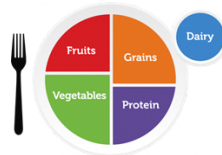
CAPSBC FOOD BANK

The CAPSBC Food Bank provides nutritious foods for low-income residents through government surplus, commodity distributions and community pantries. Our Food Bank alleviates hunger, malnutrition and poverty throughout San Bernardino County by mobilizing the necessary resources to create positive health outcomes for those suffering from hunger and food insecurity.

OTHER RESOURCES

Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices. On the website, you can explore health and food information such as basic nutrition, diet and health conditions, food groups, and new recipes. The three key dietary principles recommended by USDA are:

1. Meet nutritional needs primarily from nutrient dense foods and beverages
2. Choose a variety of options from each food group
3. Pay attention to portion size



visit [nutrition.gov](https://www.nutrition.gov)



SNACKS AND DENTAL HEALTH

Oral health is significantly influenced by our diet and nutrition. Snacking on foods high in processed sugars and carbohydrates lead to an acidic oral environment. This is a key factor in the development of dental caries. If you do crave some snacks, try these alternatives:

cheeses, milk, and yogurt

contains calcium, a key mineral tooth health

crunchy vegetables

can help naturally clean teeth and stimulate saliva

nuts

protein rich, contain calcium and phosphorus



Monday - Friday | 8AM - 5PM
909-723-1581 | foodbank@capsbc.org
678 S. Tippecanoe Ave.
San Bernardino, CA 92408

capsbc.org

We are grateful to our volunteer,
Samantha Blenderman,
for preparing this brochure.



CAPSBC FOOD BANK

NUTRITIOUS
MEALS FOR YOUR
LOVED ONES



MAKE THE
MOST OUT OF
YOUR FOOD BOX



DISCOVER TASTY
NEW RECIPES



COOKING OUT OF THE BOX

JUNE 2022



BAKED SPAGHETTI

Ingredients

- 1 box elbow pasta
- 1 medium onion
- 2 cloves of garlic (optional)
- 1 pouch chicken breast (optional)
- Salt and pepper to taste
- 1 can tomato sauce
- 1 cup shredded cheese
- ¼ cup parmesan (optional)

Steps

1. Preheat oven to 350. Grease medium baking dish with cooking spray or oil. Cook pasta according to instructions.
2. In large skillet over medium heat, cook onion until soft. Add chicken breast chunks and any seasonings and cook until browned, about 3-5 minutes. Pour in pasta sauce and reduce for about 10 minutes.
3. Combine with pasta and transfer to baking dish. Top with shredded cheeses. Bake for ~20 min until cheese is melted.



FRIED RICE

Ingredients

- 3 cups of cooked rice
- 1 cup of peas
- 1 cup of chopped carrots
- ½ cup chopped onion
- 2 eggs beaten
- 2 tablespoons sesame oil
- 2-3 tablespoons soy sauce (to taste)

Steps

1. Preheat skillet to medium heat and pour sesame oil. Add chopped onion and vegetables and fry until tender.
2. Move vegetables to the side and pour in beaten eggs and scramble. Once cooked, combine eggs and vegetables together.
3. Add rice and soy sauce. Stir and fry until heated through.

FROM YOUR CAPSBC FOODBOX

Pinto Beans
Shredded Cheese
Can of Pink Salmon
Can of Kidney Beans
Pouch Chunk Chicken Breast

Pasta Sauce
Can of Peas
Elbow Pasta
Rice

ADDITIONAL ITEMS

Onions
Salt and Pepper
Mayonnaise
Chili Powder

Eggs
Sesame Oil
Soy Sauce

Celery
Mustard
Cumin



CHILI

Ingredients

- 1 medium chopped onion
- 1 pouch chunk chicken breast (optional)
- 2 cloves of garlic or powder (optional)
- 2 1/2 tablespoons chili powder
- 1 can tomato sauce
- 1 tablespoon cumin
- 1 teaspoons salt
- 1 teaspoon black pepper
- 1 can kidney, pinto, or black beans (use more than 1 can if desired)
- Toppings: shredded cheese, sour cream

Steps

1. Add the chunk chicken and onion to a large pot. Cook on medium heat until the onion is soft, and the chicken is browned.
2. Add chili powder, cumin, black pepper, salt, and garlic powder. Stir to incorporate.
3. Add all other ingredients to the pot, stir to combine and bring to a simmer. If needed add some water to thin it out. Cover and allow to simmer for about 15-20 minutes.



SALMON SALAD + MELT

Ingredients

- 2 cans pink salmon
- 3 tablespoons mayonnaise
- 2 stalks of celery (diced)
- ¼ cup chopped onion
- Salt and pepper to taste
- 1 tablespoon mustard
- Sliced bread
- Shredded cheese
- Pinch of herbs like dill (optional)

Steps

Drain salmon well and add mayo, diced celery, diced onion, herbs, salt and pepper to a mixing bowl. Mix well.

Salmon Melt

Add tuna salad to any bread, add shredded cheese. Add oil or butter to a skillet on medium heat and brown both sides of bread and until cheese is melted. Can use toaster oven also.