

MAKE A DIFFERENCE DEPOT

Food Guide





About Us

The Ignite Durham Learning Foundation is a charitable community organization that serves to remove financial barriers to create equitable opportunities that empower Durham District School Board students to achieve academic and personal success. Our vision is Tomorrows Made Brighter.

The Pillars of the Ignite Durham Learning Foundation exist to guide the work of the foundation as well as direct resources towards students who need them efficiently, carrying out our goal of successful and thriving communities.

All of our efforts fall under the five following areas of support ↓

1

Starfish Fund

The Starfish Fund provides resources to assist schools in addressing student needs including but not limited to clothing, school supplies, health and transportation.

2

Make A Difference Fund

The Make a Difference Fund offers financial subsidies to students experiencing poverty so that they may participate with their peers in field trips, school extra-curricular activities and school events.

3

Think Outside The Bell Fund

The Think Outside the Bell Fund provides financial support to students in need who would significantly benefit from participating in specialized programs such as Preschool Success and After School Recreation and Arts Programs.

4

The Future Fund

The Future Fund provides students with financial support to assist post secondary pathways.

5

S.N.A.C.K Fund

The (S.N.A.C.K.) Student Nutrition Fund provides food Access to Classrooms and Kids.

Recommended Servings

Fruit & Veggies



Protein



Whole Grains



Recommended Servings

Fruit & Veggies

Fruits and vegetables should take up approximately half of your plate at a meal. They are an important source of fibre, vitamins, and minerals.

Examples

- Dried fruit
- Canned fruit
- Frozen vegetables
- Frozen fruit
- Berries
- Sweet potato
- Bananas
- Avocados
- Cauliflower
- Oranges

Tip

Washing your produce in a cool water diluted vinegar bath can help prevent and kill surface mold spores.

Whole Grains

Whole grains should take up approximately one quarter of your plate. They are a nutritious source of fibre, vitamins, and minerals, and generally contain more fibre than refined grain products.

Examples

- Quinoa
- Whole grain pasta
- Whole grain bread
- Whole oats or oatmeal
- Brown or wild rice
- Whole grain cereals
- Whole grain crackers

Tip

Cereals and crackers are great quick and healthy snacks.

Protein

Protein should take up approximately one quarter of your plate. Our bodies need a minimum of 0.36 grams per pound of body weight in protein in order to function throughout the day.

Examples

- Eggs
- Poultry
- Beef
- Pork
- Fish and Shellfish
- Dairy products like milk, yogurt and cheese

Plant-Based Protein Examples

- Beans, peas, lentils
- Soy products (tofu, soybeans)
- Nuts and seeds
- Seitan
- Chickpeas

Plant based proteins are a great option and can offer more fibre and less saturated fats compared to other protein sources.

Tip

Protein is important for building and repairing muscles, and helping you feel full longer.

Water

The average person needs 6 - 8 glasses of water a day to stay hydrated and replenish the water we naturally lose throughout the day.

Tip

Keeping a reusable water bottle with you throughout the day can help you remember to hydrate.

Is This Food Expired?

Ever wonder what food labels mean?

Food labels can provide helpful information about the freshness, quality, and storage of the foods you buy. Understanding the different dates found on food packaging can help you make informed decisions, reduce food waste, and feel more confident about the foods you eat.

Best By or Best if Used By

This date indicates when a food product will be at its best quality, flavour, and texture. Many foods are still safe to eat after this date if they have been stored properly.

Packing/Manufacturing

This date is used by manufacturers for inventory tracking and product identification. It is not an expiration date and does not indicate food safety or quality.

Use By or Expiration

This date tells you when a product is expected to be at its peak quality. In most cases, foods may still be safe to consume after this date if handled and stored correctly. The exception is infant formula, which should not be used after its expiration date.

Sell By

This date is intended for retailers and indicates how long a product should be displayed for sale. Foods are often safe to eat beyond the sell-by date when stored properly.

Tip

Always use your senses. If food looks, smells, or tastes unusual, or if you're unsure about its safety, it's best to throw it out.



Extra Resources

Loaves and Fishes Uxbridge

40B Toronto St S, Uxbridge, ON L6P 1G9
Wednesday 1:00PM - 4:00PM

Nourish House Food Bank

38 Cameron St E, Cannington, ON L0E 1E0
Monday 10:00AM - 4:00PM
Wednesday 10:00AM - 6:30PM
Thursday 10:00AM - 4:00PM
Friday 10:00AM - 12:00PM

Operation Scugog

593 Alma St, Port Perry, ON L9L 1C8
Wednesday 12:00PM - 4:00PM

St. Andrews Community Food Bank

209 Cochrane St, Whitby, ON L1N 5H9
Friday 10:00AM - 2:30PM

St. Paul's On-The-Hill Community Food Bank

1535 Pickering Pkwy, Pickering, ON L1V 7E9
Tuesday 10:00AM - 12:00PM, 4:00PM - 6:00PM
Friday 10:00AM - 12:00PM

St. Peter's Food Bank

1175 Cedar St, Oshawa, ON L1J 3R8
Tuesday 6:30PM - 7:30PM

The Pantry Food Bank

1850 Rossland Rd E, Whitby, ON L1N 3P2
Tuesday 10:00AM - 12:00PM

Feed the Need in Durham

371 Marwood Dr, Oshawa, ON L1H 7P8
Monday - Thursday 8:30AM - 4:30PM

Durham Outlook for the Needy

227 Simcoe St S, Oshawa, ON L1G 4H3
Monday - Friday 4:00PM - 6:00PM
Saturday 1:00PM - 3:00PM
Sunday 12:00PM - 2:00PM

Simcoe Hall Community Programs and Food Bank

387 Simcoe St S, Oshawa, ON L1H 4J2
Tuesday 10:00AM - 11:30 AM, 1:00PM - 3:00PM
Wednesday 9:00AM - 11:30AM, 1:00PM - 3:00PM
Friday 9:00AM - 11:30AM, 1:00PM - 3:00PM

Back Door Mission

66 Simcoe St S, Oshawa, ON L1H 4G3
Monday - Friday 10:00AM - 1:00PM

All Saints Anglican Church

300 Dundas St W, Whitby, ON L1N 2M5
Tuesday - Thursday 9:00AM - 1:00PM
Sunday 8:00AM - 1:00PM

Brock Community Food Bank (2 locations)

397 Simcoe St, Beaverton, ON L0K 1A0
Friday 10:00AM - 1:00PM

10 Church St, Sunderland, ON L0C 1H0
Friday 10:00AM - 1:00PM

Please note:

**This information was accurate at the time of production.
Always call ahead or check out the each locations website
for up-to-date hours of operation.**

BREAKFAST



Peanut Butter Oat Energy Bites

NO COOKING NEEDED!

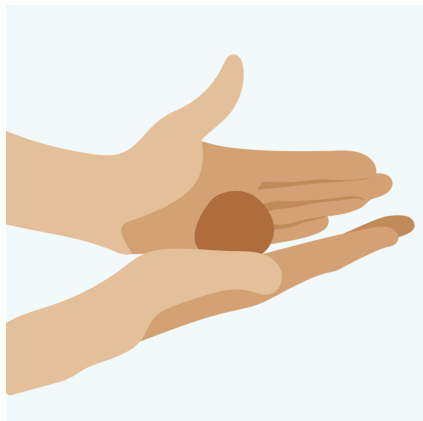
Ingredients

- 1 cup oats
- ½ cup peanut butter (tip: this recipe can work with any nut/seed butter)
- 1 tablespoon (tbsp) honey, maple, or table syrup (optional)
- ¼ cup raisins or chopped dried fruit

Instructions



Mix all ingredients in a bowl.



Roll into small balls
and refrigerate.



Ready to serve!
Great for snacks or breakfast.

Oatmeal Cup

MICROWAVE NEEDED! **OR** **NO COOKING NEEDED!**

Ingredients

- ½ cup instant oats (or quick oats)
- ¾ cup water (option to substitute shelf-stable milk)
- 1 tablespoon peanut butter (or other nut/seed butter)
- 1 tablespoon of sweetener (like jam, honey, or sugar (optional))
- ½ banana or a few tablespoons of canned fruit (optional)

Instructions

OPTION 1



Add oats and water or milk to a microwave-safe bowl or cup.



Microwave on high for 1–2 minutes.



Stir in peanut butter, sweetener, and fruit.



Let sit 1 minute to thicken.

OPTION 2



Mix all ingredients in a container.



Cover and refrigerate overnight (or 4+ hours).



Ready to serve!

Extra Variations:

- Add raisins, canned apples or dry cereal for crunch.
- Stir in a spoonful of powdered milk for extra protein.
- Use canned pumpkin and cinnamon or nutmeg for a fall twist.

Sweet Rice Breakfast Bake

MICROWAVE OR OVEN NEEDED!

Ingredients

- 2–3 cups cooked rice
- 1–2 cans evaporated milk or 2 cups milk
- ½ cup raisins or canned fruit
- ¼–½ cup sugar or syrup
- 1 teaspoon (tsp) of cinnamon or vanilla (optional)
- 2 eggs for added firmness (optional)

Instructions



Mix all ingredients in a microwave-safe dish or baking pan.



Microwave for 5–7 minutes or bake at 350°F (175°C) for 30 mins.



Serve warm. It's like a rice pudding breakfast casserole.

Make-ahead tip

Keeps well in the fridge; serve warm or cold.

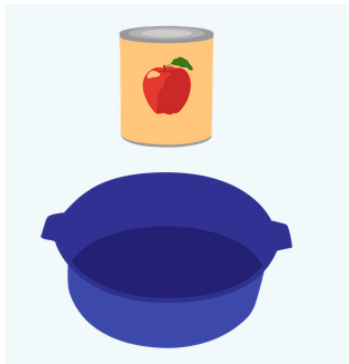
Fruit & Cereal Crisp

MICROWAVE OR OVEN NEEDED!

Ingredients

- 1 can fruit pie filling or canned fruit (drained)
- 1 cup crushed cereal
- $\frac{1}{4}$ cup sweetener (like sugar, honey, maple or table syrup)
- 2 tablespoons oil or melted butter
- A pinch cinnamon (optional)

Instructions



Place fruit in a microwave-safe dish or small baking pan.



Mix cereal, sweetener, oil, and cinnamon in a bowl.



Sprinkle over the fruit.



Microwave for 3–5 minutes or bake at 350°F for 20 mins.

Tip: Works with canned apples, peaches, pears, or fruit cocktail.

LUNCH



Tuna Casserole

MICROWAVE NEEDED!

Ingredients

- 1 can tuna (drained)
- 1 cup cooked pasta (any variety of choice)
- ½ cup canned peas (or mixed vegetables)
- ½ cup canned cream of mushroom soup
- Optional: black pepper or shredded cheese with amount to taste

Instructions



In a microwave-safe bowl, mix tuna, cooked pasta, peas and soup.



Microwave for 2–3 minutes until heated through.



Stir and serve.
Option to sprinkle with cheese.

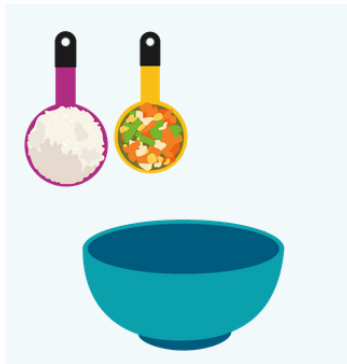
Vegetable Fried Rice

MICROWAVE NEEDED!

Ingredients

- 1 cup cooked rice
- ½ cup canned mixed vegetables (drained)
- 1 egg (optional)
- 1 tablespoon (tbsp) soy sauce or seasoning salt

Instructions



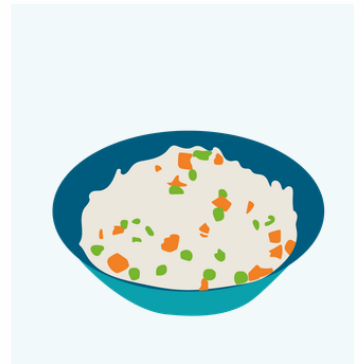
In a microwave-safe bowl, mix rice and vegetables.



If using an egg, scramble in a separate cup before stirring it into the rice.



Add soy sauce and microwave for 2–3 minutes.



Stir and enjoy.

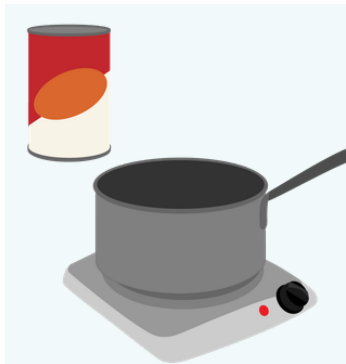
Hot Plate Chili Macaroni

HOT PLATE OR STOVE NEEDED!

Ingredients

- 1 can chili
- 1 cup cooked macaroni (or any type of pasta)
- ½ cup canned corn (drained)
- Optional: seasonings of choice or shredded cheese

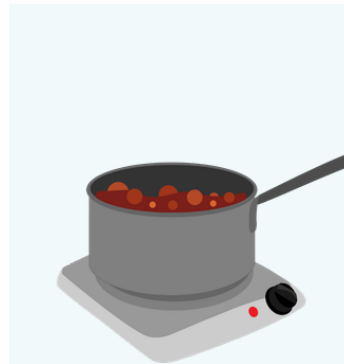
Instructions



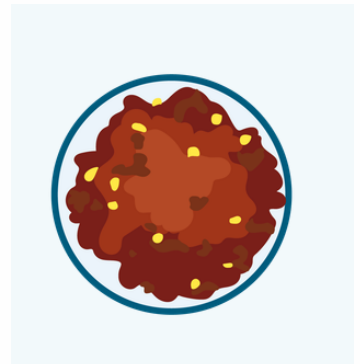
On a hot plate, heat chili in a pot.



Add cooked pasta and corn.



Heat until bubbling, stirring occasionally.



Serve hot.

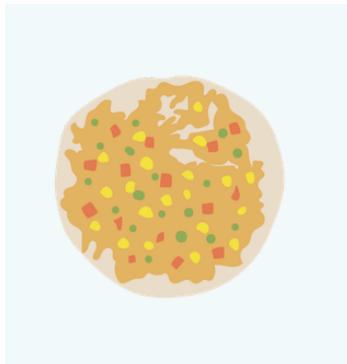
Cheese & Vegetable Quesadillas

HOT PLATE OR OVEN NEEDED!

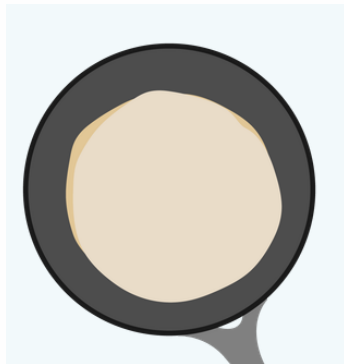
Ingredients

- 2 tortillas (or any flatbread)
- ½ cup frozen or canned vegetables (drained)
- ¼ cup shredded cheese (optional)

Instructions



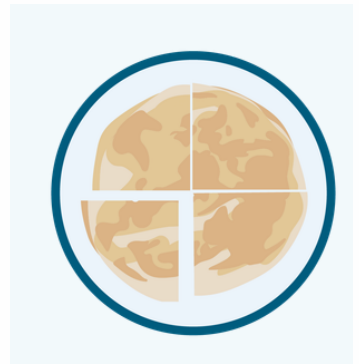
Spread veggies and cheese on one tortilla.



Oil or butter a pan then top with second tortilla and cook in the pan on hot plate until golden.



Flip and heat other side.



Slice and serve.

DINNER



Hearty Bean & Vegetable Stew

MICROWAVE OR HOTPOT

Ingredients

- 1 can beans (any kind, drained)
- ½ can diced tomatoes
- ½ can mixed vegetables
- Optional: Italian seasoning, salt, or black pepper to taste

Instructions



Combine all ingredients in a pot or a microwave-safe bowl.



Heat on hot plate or microwave until bubbling for 4 – 6 mins.



Stir and serve! Option to enjoy this with crackers or bread.

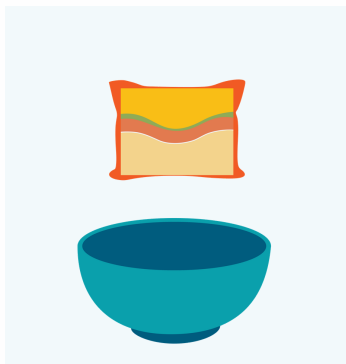
Souped-Up Ramen

MICROWAVE OR HOT PLATE NEEDED!

Ingredients

- 1 package of instant noodles
- ½ can mixed vegetables or frozen vegetables
- ½ can of meat (chicken, salmon, ham, beef or tuna)
- Optional: soy sauce or hot sauce to taste

Instructions



Cook instant noodles in water, using package instructions to help guide you.

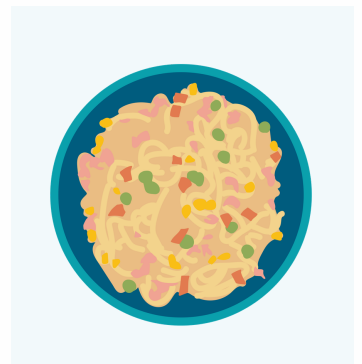


Drain some of the water (leaving a small amount of water in the bowl).

Then mix in vegetables and protein (canned meat of your choice).



Microwave for 1 additional minute or cook on stovetop until heated thoroughly.



Season and serve.

Pizza Sauce Pasta

MICROWAVE OR HOT PLATE NEEDED!

Ingredients

- 1 cup uncooked pasta of your choice
- ½ cup pizza sauce
- ¼ or ½ of saved pasta water

Instructions



Cook pasta according to package instructions

Save ½ cup of the pasta water, then drain the pasta.



Add pizza sauce to a pan.

Add ¼ to ½ cup of saved pasta water to thin sauce if desired.

Stir and bring to a simmer until sauce is heated through and slightly thickened.



Add the drained pasta to the sauce and stir until everything is coated.

Serve warm.

Meat-Free “Meatloaf” Pasta

MICROWAVE OR OVEN NEEDED!

Ingredients

- 1 to 1½ cups of cooked pasta (small-shaped pasta is recommended as it works best)
- 1 can cream soup (mushroom, celery, or similar)
- ½ cup quick oats or crushed crackers/breadcrumbs (for binding)
- 1 can mixed vegetables or lentils (drained)
- 1 tablespoon ketchup or tomato paste (optional, for flavor)
- Salt, pepper, onion powder, garlic powder (optional and to taste)

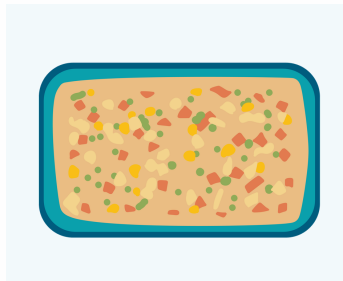
Instructions



Cook, then chop or mash about 1–1½ cups of pasta. Smaller pieces help the loaf hold together better.



In a large bowl, stir together ingredients and let the mixture sit for 5 minutes so the oats can absorb the liquid and bind everything together.



Transfer mixture into a microwave-safe dish.



Cover with a paper towel or lid (not airtight).

Microwave on high for 5 – 7 minutes, or until firm in the centre.

Let cool for 5 minutes before slicing.

If cooking with an oven:

Bake at 350°F / 175°C for approximately 30 minutes.

SNACKS



Peanut Butter Banana Crackers

NO COOKING NEEDED!

Ingredients

- Peanut butter (or substitute any nut or seed butter)
- Crackers (any kind)
- 1 banana (optional to add sweetness)

Instructions



Spread peanut butter on crackers.



Slice banana and place 1 – 2 pieces on each cracker.



Top with another cracker to make a mini sandwich or leave open-faced.

Optional: Sprinkle with cinnamon or raisins.

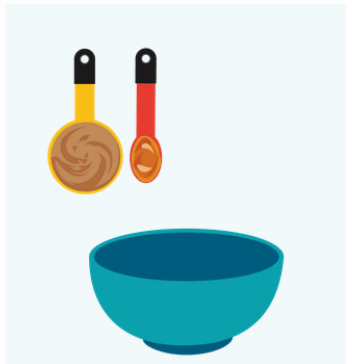
No-Bake Cereal Bites

NO COOKING/BAKING

Ingredients

- Cereal of your choice
- Peanut butter (or substitute any nut or seed butter)
- Sweetener (honey, maple or table syrup)

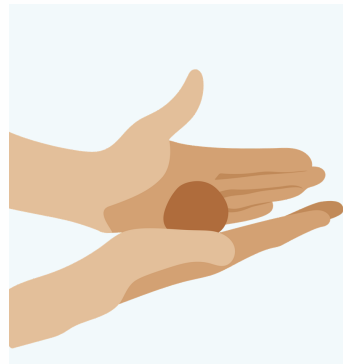
Instructions



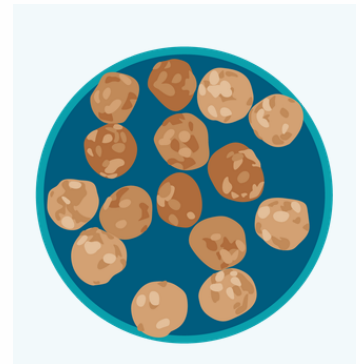
In a bowl, mix $\frac{1}{2}$ cup peanut butter with 2 – 3 tablespoons of sweetener.



Stir in 1 – 2 cups of cereal until coated.



Use clean hands or a spoon to scoop and press into little balls.



Chill in the fridge or eat immediately.

Optional: Add raisins, dry milk powder, or crushed crackers for different tastes, textures and nutritional value.

Fruit Nachos

NO COOKING NEEDED!

Ingredients

- 1 apple or canned fruit (like peaches or pears)
- Peanut butter (or substitute any nut or seed butter)
- Optional: raisins, chocolate chips, granola, crushed cereal

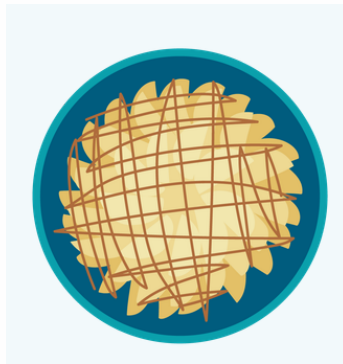
Instructions



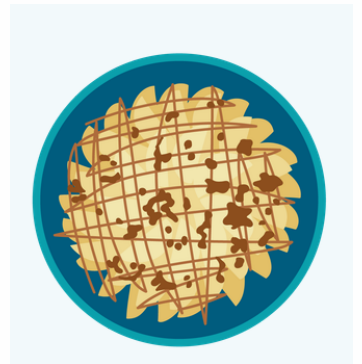
Slice fresh fruit or drain and chop canned fruit.



Arrange flat on a plate.



Drizzle with peanut butter on top.



Sprinkle with raisins, granola or crushed cereal.

Optional: Substitute peanut butter for yogurt.

Cinnamon Sugar Toast Sticks

TOASTER NEEDED!

OR

OVEN NEEDED!

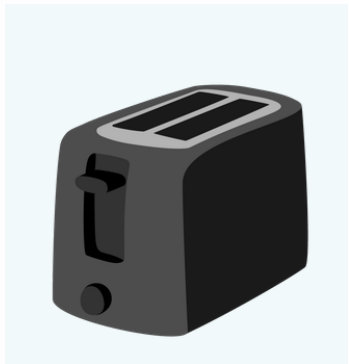
OR

NO COOKING NEEDED!

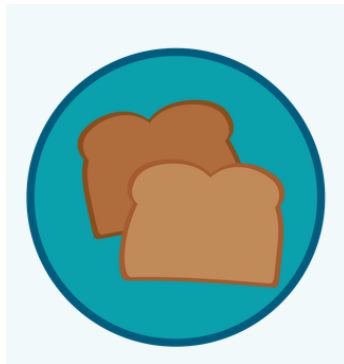
Ingredients

- Sliced Bread
- Butter or margarine (optional)
- Sugar
- Cinnamon

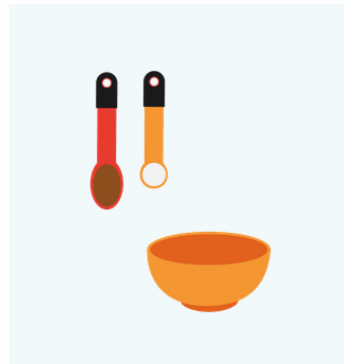
Instructions



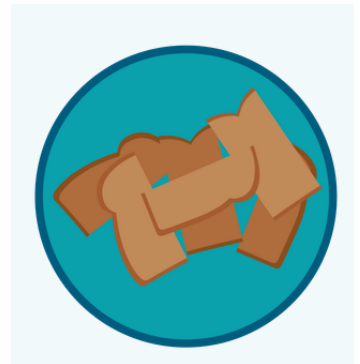
Toast the bread (or just use it plain if no toaster).



Spread with butter or margarine if available.



Mix 1 tablespoon sugar with $\frac{1}{4}$ teaspoon cinnamon, and sprinkle on top.



Cut into strips to make "toast sticks".

Optional: Use peanut butter instead of butter for added protein.

TIP: No toaster? Place the bread in a preheated oven at 350°F (175°C) and bake for 4 to 6 minutes, or until lightly golden and crispy.

TIP: This is great without heat too! Simply top fresh bread with the ingredients for a quick treat!



Let's Stay in Touch!

Your Story Matters to Us

At Ignite Durham Learning Foundation, we're honoured to support children and families in our community.

We would love to hear from you.

By scanning the QR code, you can:

- Share your feedback
- Tell us how this support has helped your family
- Suggest ways we can better serve our community
- Share an impact story and pictures (if you're comfortable)

Your experiences help us improve our programs and show donors, volunteers, and partners the difference they're making.

SCAN ME



Scan the QR code to share your voice.

Thank you for being a part of the Ignite Durham Learning Foundation community.

Want to connect directly? Contact us:

email: ignite.foundation@ddsb.ca

phone: 905-666-6000

instagram: [@ignitedurhamLF](https://www.instagram.com/ignitedurhamLF)

facebook: [@ignitedurhamLF](https://www.facebook.com/ignitedurhamLF)

visit: 400 Taunton Road E, L1R 2K6, Whitby, Ontario, Canada