



HEALTH AND WELLNESS
POWERED PANTRIES

FRESH START TO A FRESH YEAR





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (January–March), our focus is on helping everyone start the New Year with fresh inspiration. We're sharing easy, fun recipes for drinks and desserts, and highlighting community resources to make healthy living more accessible. Our goal is to show neighbors how to enjoy healthy, fresh foods and pantry staples in creative ways—while making it fun and motivating them to build lasting healthy habits.

While New Year's resolutions often focus on individual self-improvement, this toolkit encourages activities that bring people together. By baking low-resource recipes with family, toasting with a festive mocktail among friends, or exploring new community programs, we hope to spark joy in growing and thriving as a group. Let's kick off the New Year by nourishing not just ourselves, but also our connections with each other.

Best,

Nutrition Education Team
Community Food Bank of New Jersey





NEW DRINK IDEAS FOR THE NEW YEAR

With the start of the new year neighbors may be making resolutions to improve their health or searching for ways to boost their creativity. This is the perfect opportunity to nudge neighbors towards fruits. Collaborate with neighbors to reimagine ways to use fresh fruits to that help to achieve their new goals
Here are some creative drink ideas to share!

Mango Mangrove Mocktail

Ingredients

- 1 ripe mango (peeled and chopped)
- 1 tsp grated ginger
- 1 tbsp lime juice
- sparkling water
- tbsp honey (optional)

Instructions

- 1) blend mango and ginger with a splash of water until smooth
- 2) pour over ice, add lime juice, top with sparkling water and stir gently.
- 3) add honey if required and garnish with lime slice.



Pineapple Coconut Fizz

Ingredients

- 1/2 cup of freshly squeezed pineapple juice
- 1/2 cup of coconut water
- 1 tbsp lime juice
- 1 cup sparkling water
- mint (optional)

Instructions

- 1) shake/ mix pineapple juice, coconut water and sparkling water together
- 2) pour over ice and lime juice in glass
- 3) garnish with mint (if desired)

Spiced Apple Cider Mocktail

Ingredients

- 1 cup apple cider
- 1 cinnamon stick
- 2-3 cloves
- orange peel
- honey (optional)

Instructions

- Simmer cider with spices and orange peel for 15 minutes.
Strain and serve in mugs.
Garnish with orange slice



SWEET SHELF STAPLES

BELOW ARE A FEW RECIPES THAT COMBINE PANTRY STAPLES WITH HEALTHY FOODS THAT CAN HELP INCORPORATE MORE FRUITS AND NUTS INTO YOUR DIET



NO BAKE PEANUT BUTTER OAT BARS

THESE NO BAKE PEANUT BUTTER OAT BARS ARE QUICK, EASY TO MAKE, AND FILLING FOR ALL OCCASIONS! FEEL FREE TO CUSTOMIZE THESE BARS WITH LEFTOVER FRUITS, NUTS, AND WHATEVER MIX-IN IS IN YOUR PANTRY!

INGREDIENTS:

- PEANUT BUTTER (CASHEW BUTTER, ALMOND BUTTER CAN ALSO BE USED)
- HONEY (OR MAPLE SYRUP)
- OATS
- OPTIONAL: FRUITS, NUTS, OTHER MIX-INS



DIRECTIONS:

- 1) IN A SAUCEPAN, COMBINE PEANUT BUTTER AND HONEY. STIR OVER MEDIUM-LOW HEAT UNTIL EVERYTHING IS MELTED
- 2) REMOVE SAUCEPAN FROM HEAT AND STIR IN THE OATS UNTIL THEY ARE ALL COATED
- 3) GREASE A SQUARE PAN AND TRANSFER THE OATS. LIGHTLY PRESS DOWN WITH SPATULA
- 4) COOL TO ROOM TEMPERATURE THEN COVER PAN WITH WRAP AND CHILL IN THE FRIDGE FOR ONE HOUR
- 5) ONCE CHILLED, SLICE INTO BARS AND SERVE!



RICE PUDDING

A GREAT WAY TO USE LEFTOVER RICE! COMBINED WITH LEFTOVER DRIED FRUIT, IT MAKES A FILLING, TASTY DESSERT!



INGREDIENTS:

- 1-1/2 CUP OF COOKED RICE
- 1/4 CUP RAISINS
- 2 EGGS
- 1-1/2 CUP MILK
- 1/2 CUP SUGAR
- 1/2 TEASPOON NUTMEG

DIRECTIONS:

- 1) PREHEAT THE OVEN TO 375 DEGREES F AND GREASE A CASSEROLE DISH
- 2) PLACE RICE AND RAISINS INTO DISH
- 3) WHISK TOGETHER EGGS, MILK, SUGAR, AND NUTMEG
- 4) POUR MIXTURE OVER RICE AND RAISINS AND BAKE UNCOVERED FOR 45-50 MINUTES
- 5) ALLOW IT TO COOL AND SERVE WITH MILK IF DESIRED



SHARING COMMUNAL RESOURCES



Creating a community event requires a lot of time and resources, but promoting existing programs is free!

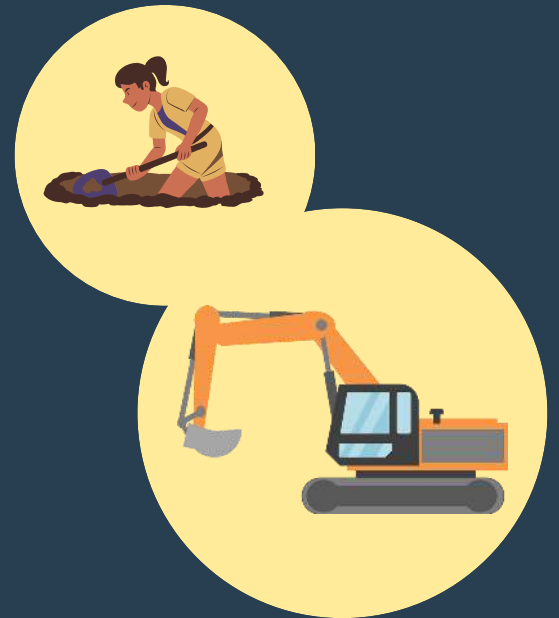
Setting up an area to display flyers is a great way to encourage clients to pursue their New Years goals.

Most of these events are group activities that promote bonding with other community members.

Searching for community programs can require a lot of digging. Fortunately, we can borrow from others who do this work regularly.

Contact your public libraries, senior centers, and municipal recreation departments.

Get access to their community contacts, offer to promote their events, or obtain copies of flyers they have posted on their bulletin boards.



In addition to their network of community contacts, public libraries offer a broad range of their own services.

- social workers
- ESL classes
- museum passes
- passport services
- Seed libraries



RESOURCES

NO BAKE PEANUT BUTTER OAT BARS



GRANDMA'S RICE PUDDING



NJ LIBRARY COLLECTIVES

BCCLS



STELLA



SOUTH JERSEY LIBRARIES



HEALTHY MOCKTAIL IDEAS

BENEFITS OF JUICING

FRUIT SUGGESTIONS FOR MOCKTAILS

