



Operation
Food Search

STOCK UP FOR
SUMMER

MAKE THE MOST OF YOUR P-EBT!

TIPS & RECIPES INSIDE



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We hope you enjoy this guide to help make the most of P-EBT and stock up for a summer of delicious eats!

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WHAT IS P-EBT?

Pandemic Electronic Benefit Transfer

If your child receives free or reduced-price breakfast and lunch at school, P-EBT is an **opportunity to be reimbursed for the meals your child ate at home** while schools were closed due to COVID-19. You'll receive an EBT card you can use to buy groceries.

This new program provides a maximum reimbursement amount of \$302 per eligible child (pre-K to 12th grade), consisting of \$57 for March, \$125 for April and \$120 for May.

How to Access P-EBT:

If your family was enrolled in SNAP (also called food stamps) in March, \$302 will be automatically uploaded to your EBT card for each eligible child. **No need to submit an application.**

If your family was NOT enrolled in SNAP in March but your child typically receives free or reduced-price school meals, please **complete an application.**

If your family's income has changed due to the pandemic, you may be eligible for P-EBT. **Complete an application to see if you qualify.**

Submit your application at EmergencyMealSurvey.com/MO by June 30!



WHAT YOU NEED TO KNOW NOW

Using P-EBT benefits does not impact you or your child's immigration status.

The Public Charge rule does not apply to P-EBT.

Students may receive P-EBT and also get meals provided by their school district.

Text "FOOD" to 877-877 to find a site where kids, 18 years old or younger, can pick-up a free, healthy meal. No ID is required.

For more information about P-EBT:



Visit the Missouri Department
of Social Services website:
mydss.mo.gov/covid-food-stamp-info

Call the Family Support Division
Information Center:
855-373-4636

Additional information about P-EBT and food resources are available at
GetHelp.OperationFoodSearch.org.

STOCK THESE INGREDIENTS

For a Summer of Delicious Eating



Canned Fruit & Vegetables

Look for low sodium veggies and fruit in 100% fruit juice.



Broth or Stock

Low sodium chicken, vegetable, and/or beef



Protein

Dried or canned beans, peanut butter, canned chicken, tuna or salmon



Grains

Oats, rice, cornmeal, pasta, quinoa, breadcrumbs



Baking Essentials

Baking powder, baking soda, cornstarch, flour, granulated sugar, brown sugar



Oil & Vinegar

Extra-virgin olive oil, canola or vegetable oil, apple cider vinegar



"Hearty" Produce

White potatoes, sweet potatoes, onions, apples, oranges, winter squash



Spices

Chili powder, cumin, Italian seasoning, garlic powder, onion powder, cinnamon, vanilla extract



Snacks

Nuts, seeds, dried fruit, jerky, popcorn, pretzels, granola bars

Banana Bites



INGREDIENTS

- 1 1/2 - 2 cups dry oats
- 1 ripe banana
- 1/3 cup peanut butter
- 2 tablespoons maple syrup or honey
- 1 teaspoon cocoa powder
- 1/4 cup chocolate chips

DIRECTIONS:

1. In a medium bowl, add all of the ingredients and stir to combine well. Start with 1 1/2 cups of oats and add more oats if mixture is too sticky.
2. Use a spoon to scoop about a tablespoon of the mixture into your hand. Roll into a ball. Repeat with remaining mixture.

Yield: About 15 banana bites

BBQ Chicken Pinwheels



INGREDIENTS

- 1 12.5 oz can chunk white chicken, drained
- 1/2 cup BBQ sauce
- 1 cup fresh, frozen, or canned corn
- 1/4 cup shredded cheddar cheese, optional
- 4 whole-wheat tortillas (8-inch)

DIRECTIONS:

1. If using frozen corn, thaw completely. If using canned corn, drain and rinse.
2. In a bowl, mix together the chicken, BBQ sauce, corn and cheese. Break up any large chunks of chicken with the back of the spoon.
3. Divide the mixture evenly between four tortillas. Spread into a thin layer and tightly roll it up.
4. Slice the tortilla rolls into 1-inch thick pinwheels. Drizzle with more BBQ sauce, if desired.

TIP: Make it a Hawaiian burrito! Take out the corn and add in cooked rice, shredded lettuce, and diced pineapple to the wrap and leave it whole.

Pineapple Peach Popsicles



INGREDIENTS

Fresh, frozen, or canned sliced peaches

Pineapple juice

TIP: Any fruit and juice combination works, get creative!

- Fresh or frozen raspberries and white grape juice
- Canned fruit cocktail and apple juice
- Canned mandarin oranges and the juice from the can
- Fresh or frozen strawberries and lemonade

DIRECTIONS:

1. In your favorite popsicle molds or disposable plastic cup, add a few slices of peaches and fill with pineapple juice. Add your sticks and freeze until solid (at least 8 hours but plan on overnight).
2. To remove easily, run the outside of the mold under warm water and then pop the popsicle out. Enjoy!

TIP: Don't have popsicle sticks? A plastic spoon works in a pinch!

Tuna Burgers



INGREDIENTS

15 oz canned tuna, drained

1 tablespoon olive oil, plus more for cooking

1 tablespoon garlic, minced (about 2 cloves)

1 tablespoon dried Italian seasoning

3/4 cup breadcrumbs 1/2 teaspoon salt

1/2 teaspoon pepper 1 teaspoon paprika

1 large egg, whisked Whole wheat burger buns

Burger toppers of your choice: lettuce, tomato, onion, pickle, mustard, mayo, etc.

DIRECTIONS:

1. Combine the tuna, olive oil, breadcrumbs, Italian seasoning, garlic, salt, pepper, paprika, and egg in a large bowl until evenly mixed.
2. Divide the mixture into 4 portions and form patties with your hands.
3. Heat a drizzle of olive oil in a large skillet over medium-high heat.
4. Place the patties in the pan and cook for 3-5 minutes on each side, until golden brown.
5. Serve on whole wheat buns with your preferred burger toppings and enjoy! **Yield:** 4 burgers.



Looking for More Resources?

Find up-to-date information around programs and child meal locations at

GetHelp.OperationFoodSearch.org



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