

KIDS Kindness Meal Kits

Chicken & Rice

All ingredients can be purchased at a dollar store,
i.e. Dollar Tree, or any supermarket!

You'll Need:

- 1 pouch or cup of Instant White Rice
- 1 can of Chunk Chicken Breast (drained)
- 1 can of Corn (drained)
- 1 packet or small bottle of Chili Garlic Sauce (to taste)
- Spoon or fork (optional for eating on the go)

Instructions:

1. Heat the Rice
 - Microwave rice pouch or cup according to the directions on the package (usually 60–90 seconds).
 - No microwave? You can eat it at room temperature in a pinch!
2. Add the Chicken
 - Open and drain the can of chicken breast.
 - Fluff the rice and mix in the chicken.
3. Add the Corn
 - Drain the can of corn.
 - Stir in a few spoonfuls (or more!) with the rice and chicken.
4. Spice it Up!
 - Add a small squirt of chili garlic sauce. Start with a little – it can be spicy!
 - Mix everything together.
5. Enjoy Your Bowl!
 - Eat it warm or cold – it's tasty either way!

Check out our recipe
videos on YouTube!



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