

# DHFC

## Nurse Volunteer Program

Quebradillas, Puerto Rico

A first of its kind program in Puerto Rico that rotates U.S. volunteer groups, year-round, to impact communities across the island

*students and professionals are welcome*

### **BREAKFAST MENU**

- French Toast
- Eggs Cooked Your Way
  - Scrambled, fried, sunnyside up, egg whites only, etc.
  - Add bacon, ham, onions, or peppers
- Omelets
  - Add bacon, ham, onions, or peppers
- Oatmeal

### **FRESH FRUIT**

- Pineapple, Passion Fruit, Mango, Apples, Papaya, Bananas, Plantains, Strawberries

### **SMOOTHIES**

*Example Recipe*

Water, Coconut Water, Spinach, Mango, Passion Fruit, Banana

*Blend  $\frac{3}{4}$  cup water,  $\frac{3}{4}$  cup coconut water and 1 packed cup spinach until green water.*

*Add 1 frozen banana, 6 frozen mango chunks, and 1 passion fruit and blend until smooth.*



**ONE HUMAN FAMILY  
COALITION**