



## DEFENSE COMMISSARY AGENCY

HEADQUARTERS  
1300 E AVENUE  
FORT LEE, VIRGINIA 23801-1800

MPSG

June 7, 2021

NOTICE TO THE TRADE - DECA NOTICE 21-86

SUBJECT: Thinking Outside the Box 2022, Display Periods 1 - 26

The purpose of this notice is to provide Industry with the attached Thinking Outside the Box (TOTB) 2022 meal plans for display periods 1-26.

The TOTB program, which encompasses Dietician approved recipes, aims to encourage and teach military members and their families how to cook more meals at home. By doing so, healthy living is encouraged and the basket size increases.

The commissary continues to work with the Department of Defense to address the health and wellness needs of the military community. Continuing in 2022, in addition to shelf stable items for TOTB, we have elected to include more dairy, frozen, meat, and produce items in our recipes.

Industry representatives are encouraged to review the attached TOTB item list and submit promotional opportunities, to include cooking demos, to the category managers in support of this program. If selected, not only will your item be highlighted as part of the Dietitian Approved Recipe, it will also be featured in our Commissary Sale's Flyer that is released each display period.

The point of contact for this notice is Ms. Deborah Harris, [Deborah.Harris@deca.mil](mailto:Deborah.Harris@deca.mil), (804)734-8000 extension 48751, or Ms. Kirsten O'Neil, [Kirsten.O'Neil@deca.mil](mailto:Kirsten.O'Neil@deca.mil), extension 48126.

Attachments:

As stated

Cc:

Marketing

Logistics

Store Operations

Zone Managers

Store Directors

Bonita M. Moffett

Director of Sales

PROUD, COMMITTED AND MORE.

**THINKING OUTSIDE THE BOX DIETICIAN APPROVED RECIPES  
CY2022 DISPLAY PERIODS 1 – 26**

**DP 1 – Quick Brunswick Stew with Cornbread**

Cornbread mix  
14-15 oz. Low-sodium canned corn  
Frozen lima beans  
12-14 oz. Tomato sauce

**DP 2 – Pineapple Chicken**

Instant brown rice (not individual packets)  
12-14 oz. No added sugar canned pineapple in juice (chunks or tidbits)  
Hoisin sauce  
Cashews (unsalted)

**DP 3 – Chile Chicken Nachos**

14-15 oz. Low-sodium canned corn  
14-15 oz. Low-sodium canned black beans  
Whole grain tortilla chips  
Canned jalapenos  
8-12 oz. Fresh baby spinach leaves or other leafy green

**DP 4 – Dark Chocolate Zucchini Bread\***

Dark Chocolate Bar  
Flour  
Crush walnuts  
Cocoa powder  
8 oz. nonfat Greek Yogurt  
Unsweetened applesauce

**DP 5 – Pressure Cooker Irish Stew**

14-15 oz. Canned low-sodium crushed tomatoes  
Low-sodium broth  
Olive oil  
Wine vinegar  
Frozen mixed vegetables

**DP 6 – Made Over Country Fried Steak with Gravy\***

Whole wheat flour  
Whole wheat bread crumbs  
Nonfat evaporated skim milk  
Coffee  
Minced Garlic, Jarred

**DP7 – Tuna Banh Mi (Vietnamese Sandwich)**

Canned tuna in water  
Chipotle peppers in adobo  
Fish sauce  
Lite or olive oil Mayonnaise

**DP 8 – Semi-Homemade Spaghetti Sauce**

Whole wheat pasta  
14-15 oz. Can stewed tomatoes low sodium  
6-14 oz. Canned plain tomato sauce  
Parmesan cheese  
Dried Italian Seasoning

**DP 9 – Cheeseburger Salad\***

Cheddar cheese  
Dill pickles  
Ketchup  
Nonfat Greek yogurt  
Bagged lettuce or other green leafy vegetable  
Lite Italian Dressing or Balsamic vinaigrette

**DP 10 – BBQ Chicken and Biscuits**

Dry biscuit mix  
Canned chicken  
BBQ sauce  
Cheddar cheese  
Frozen vegetable mix

**DP 11 – On the Go Instant Oatmeal**

Instant oatmeal, plain  
Nonfat dry milk  
Chopped walnuts or pecans  
Any Dried fruit, no added sugar

**DP 12 – Lunch and Picnic worthy Quinoa Salad**

14-15 oz. Low-sodium canned corn  
14-15 oz. Low-sodium canned black beans  
Canned green chilies  
Salsa

**DP 13 – Mandarin Beef Stir Fry\***

14 oz. Can of no sugar added Mandarin oranges  
Soy sauce  
Unsalted peanuts or cashews  
5 oz. Can of water chestnuts  
Instant Brown Rice or Whole Wheat Fettucine  
Sesame Oil

**DP 14 - Chicken Enchilada Casserole**

Frozen sweet corn  
12 oz. Can red enchilada sauce  
12 oz. Mexican blend shredded cheese  
Mixed greens or baby spinach

**DP 15 – Honey Mustard Grilled Chicken\***

Frozen chicken (breasts or thighs, boneless)  
Yellow mustard  
Honey  
Steak sauce

**DP 16 – Grilled Fish Burgers with Cucumber Dill**

**Sauce** 14-15 oz. canned salmon or tuna  
Panko bread crumbs  
Nonfat Greek yogurt  
Lemon juice  
Dried Dill

**DP 17 - Peach Cobbler**

Canned peaches no sugar added  
Unsweetened applesauce  
Whole wheat/oat flour  
Baking powder

**DP 18 – Kung Pao Chicken\***

Low-sodium soy sauce  
Hot sauce  
Unsalted peanuts  
Frozen Stir Fry Vegetables (Plain)  
Bamboo Shoots, canned.

**DP 19 – Veggie Burrito Bowl**

Instant brown rice  
14-15 oz. Canned low-sodium kidney beans  
14-15 oz. Canned low-sodium corn  
Canned sliced black olives  
Taco seasoning

**DP 20 – Sun-Dried Tomato and Chicken Penne**

**Pasta** 4 oz. Sun-dried tomatoes in olive oil  
Low-sodium chicken or vegetable broth  
12-14 oz. Canned crushed tomatoes  
Whole wheat pasta

**DP 21 – Huevos, Beans and Tortillas with Mole Sauce**

10 oz. can diced tomatoes with green chilies  
4 oz. can green chilies  
8 in whole wheat tortilla  
16 oz. can of fat free refried beans  
Dark chocolate bar or candy  
Cheddar cheese, shredded

**DP 22 – Cajun Shrimp with Fettuccine**

Frozen shrimp  
12 oz. whole wheat fettuccine pasta  
Cajun seasoning  
Parmesan cheese

**DP 23 – Pumpkin Waffles and Chicken Dinner Whole**

wheat pancake mix  
Canned pumpkin  
14.5oz. Canned peaches no sugar added  
Walnuts

**DP 24 – Easy Unrolled Stuffed Cabbage Skillet Dinner**

Instant brown rice  
15 oz. can tomato sauce  
14-15 oz. can diced tomatoes  
Shredded cheddar cheese

**DP 25 – Quick and Pleasing Spring Rolls**

Hoisin sauce  
Chili-garlic sauce  
4 oz. can small shrimp  
15 oz. can corn  
Matchstick carrots

**DP 26 – Holiday Meatball Dinner**

Panko bread crumbs  
Cranberry sauce  
Instant Mashed Potatoes  
Ketchup  
Frozen Peas