



SEPTEMBER 2019

Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED Labor Day	3 WAREHOUSE OPEN 8:00AM-4:00PM	4 WAREHOUSE OPEN 8:00AM-4:00PM	5 WAREHOUSE OPEN 8:00AM-4:00PM	6 WAREHOUSE CLOSED
9 District 6 8:00am-9:30am District 7 10:15am-10:45am Warehouse 2:00pm-4:00pm	10 Ak-Chin 8:00am-8:45am WAREHOUSE OPEN 11:00pm-4:00pm	11 WAREHOUSE OPEN 8:00am - 4:00pm	12 SANTA CRUZ 8:00am-10:00am District 7 10:45am-11:15am Warehouse 2:00pm-4:00pm	13 WAREHOUSE OPEN 8:00am - 4:00pm
16 WAREHOUSE OPEN 8:00am - 4:00pm	17 WAREHOUSE OPEN 8:00am - 4:00pm	18 WAREHOUSE OPEN 8:00am - 4:00pm	19 WAREHOUSE CLOSED	20 CLOSED Native American Day
23 WAREHOUSE OPEN 8:00am - 4:00pm	24 WAREHOUSE OPEN 8:00am - 4:00pm	25 WAREHOUSE OPEN 8:00am - 4:00pm	26 WAREHOUSE OPEN 8:00am - 4:00pm	27 WAREHOUSE OPEN 8:00am - 4:00pm
30 WAREHOUSE CLOSED				



TIMES MAY CHANGE DUE TO UNFORESEEN CIRCUMSTANCES SUCH AS BAD WEATHER, ETC.
NOTE: Warehouse Store will be Closed September 2nd, 6th, 19th, 20th & 30th

LAST ISSUANCE DATE IS: SEPTEMBER 27, 2019
Missed your distribution issuance day?



Please feel free to stop by the Warehouse (Store) to pick up your monthly distribution.

Warehouse Closed during Lunch Hour: 12pm-1pm

Warehouse Store hours are shown in blue

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Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.



There is no better time to celebrate breakfast than during the entire month of September. Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

Coincidentally, September is also mushroom month and chicken month.

Mushrooms contain a ton of nutrients. Because of this, mushrooms are an excellent source of vitamins. Eating mushrooms is a great way to naturally get copper, fiber, potassium, protein, selenium, vitamin B, and zinc into your body.

Chicken is a staple food of many western countries, and often taken for granted. It is full of health benefits. When eaten without the skin, chicken is very lean. It is carb-free and rich in Vitamins B3 and B6, as well as two important minerals, phosphorus, and selenium.

Chicken Sausage

Tbsp. chopped onion; 1 Tbsp. olive oil, divided;
½ c. grated, peeled, tart apple; ½ c. mushrooms, chopped fine
1 Tbsp. minced fresh sage or ¾ tsp. rubbed sage
¼ tsp. salt; 1/8 tsp. pepper; Dash ground cinnamon
¼ pound ground chicken or turkey

In a large bowl, STIR together all ingredients except for oil. FORM into eight round patties. HEAT a nonstick skillet over medium heat. Add one teaspoon of oil. Working four patties at a time, COOK sausage until browned on one side, about 3-5 minutes, then FLIP and BROWN on the other side. Continue the process until cooked through, about 5 minutes. REMOVE from skillet and repeat with remaining oil and patties.

Serve hot or store extra sausage in the refrigerator in an airtight container.