



OCTOBER 2019

Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



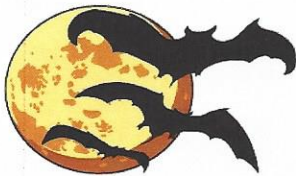
Monday	Tuesday	Wednesday	Thursday	Friday
	1 WAREHOUSE OPEN 8:00am - 4:00pm	2 WAREHOUSE CLOSED	3 WAREHOUSE OPEN 8:00am - 4:00pm	4 WAREHOUSE OPEN 8:00am - 4:00pm
7 District 6 9:00am-10:30am District 7 11:15am-11:45am Warehouse 2:00pm-4:00pm	8 Ak-Chin 9:00am- 9:45am WAREHOUSE OPEN 11:00pm-4:00pm	9 WAREHOUSE OPEN 8:00am - 4:00pm	10 SANTA CRUZ 9:00am-11:00am District 7 11:45am-12:15am Warehouse 2:00pm-4:00pm	11 WAREHOUSE OPEN 8:00am - 4:00pm
14 WAREHOUSE OPEN 8:00am - 4:00pm	15 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
21 WAREHOUSE OPEN 8:00am - 4:00pm	22 WAREHOUSE OPEN 8:00am - 4:00pm	23 WAREHOUSE OPEN 8:00am - 4:00pm	24 WAREHOUSE OPEN 8:00am - 4:00pm	25 WAREHOUSE OPEN 8:00am - 4:00pm
28 WAREHOUSE OPEN 8:00am - 4:00pm	29 WAREHOUSE OPEN 8:00am - 4:00pm	30 WAREHOUSE OPEN 8:00am - 4:00pm	31 WAREHOUSE CLOSED	

TIMES MAY CHANGE DUE TO UNFORESEEN CIRCUMSTANCES
SUCH AS BAD WEATHER, ETC.

NOTE: Warehouse Store will be Closed October 1st & 31st

LAST ISSUANCE DATE IS: OCTOBER 30, 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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is Eat Better, Eat Together Month

National Eat Better, Eat Together Month during October encourages families to gather for mealtimes. When families enjoy their main meals together they tend to be more balanced food choices. Also, what better way to spend time together and share each other's daily adventures?

One Meal Every Day!



With the busy lifestyles of today's families, it may seem impossible to eat together for every meal. Make it a goal to eat at least one meal a day as a family.

Get everyone involved in the cooking and table setting. No matter the age of the family member, no one should be left out. From forks to boiling water, there's a task for everyone.



Don't forget the cleanup!



Maybe try a no-cook night. Sometimes going raw or even a no-bake night not only makes clean up easy, but it's healthier, too. Fresh fruits and vegetables, peanut butter and fruit dips, cheeses and whole grain crackers are just as filling as an entire meal and provide the necessary nutrients as a home-cooked meal.

Another way to simplify supper is to have breakfast in the evening. Breakfast is one of the easiest meals to make. Why not have it for supper? Whether it's oatmeal, fruit and a protein, the meal provides just the right amount of nutrients to round out your family's day.



Blueberry Cornmeal Waffles

Makes about 10 waffles

1 cup whole wheat flour; 1 cup cornmeal; 2 T sugar; 2 tsp baking powder; 1 tsp baking soda
3/4 tsp salt; ¼ c egg mix 2 cups shaken buttermilk; ¼ c oil; 1 cup blueberries



In a large mixing bowl, whisk together dry ingredients; In a smaller bowl, whisk together the buttermilk and oil, Add the wet ingredients to the dry ingredients and stir until just combined. Carefully fold in the blueberries.

Spoon the batter into the middle of your waffle maker. Eat these hot of the griddle. They lose something in the wait.

