



NOVEMBER 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
4 District 6 9:00am-10:30am District 7 11:15am-11:45am Warehouse 2:00pm-4:00pm	5 Ak-Chin 9:00am-9:45am WAREHOUSE OPEN 1:00pm-4:00pm	6 WAREHOUSE CLOSED	7 SANTA CRUZ 9:00am-10:45am District 7 11:30am-12:00pm Warehouse 2:00pm-4:00pm	8 WAREHOUSE OPEN 8:00am - 4:00pm
11 Veterans Day	12 WAREHOUSE OPEN 8:00am - 4:00pm	13 WAREHOUSE OPEN 8:00am - 4:00pm	14 WAREHOUSE OPEN 8:00am - 4:00pm	15 WAREHOUSE OPEN 8:00am - 4:00pm
18 WAREHOUSE OPEN 8:00am - 4:00pm	19 WAREHOUSE OPEN 8:00am - 4:00pm	20 WAREHOUSE OPEN 8:00am - 4:00pm	21 WAREHOUSE OPEN 8:00am - 4:00pm	22 WAREHOUSE OPEN 8:00am - 4:00pm
25 WAREHOUSE OPEN 8:00am - 4:00pm	26 WAREHOUSE OPEN 9:00am - 4:00pm	27 WAREHOUSE CLOSED	28 CLOSED	29 CLOSED



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

NOTE: Warehouse Store Closed Nov. 6, 11, 27, 28 & 29th

LAST ISSUANCE DATE IS: NOVEMBER 26, 2019

Missed your distribution issuance day?

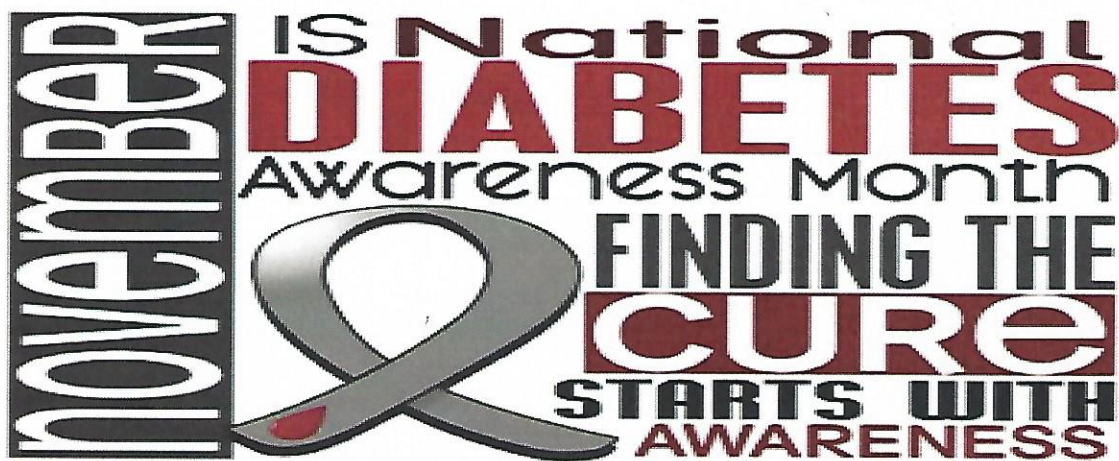


Please feel free to stop by the Warehouse (Store) to pick up your monthly distribution.

Warehouse Closed during Lunch Hour: 12pm-1pm

Warehouse (Store) hours are shown in blue

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Here's to managing your diabetes for a longer, healthier life.

Nearly 30 million Americans suffer from diabetes, another 86 million have prediabetes, and the total national cost of diagnosed diabetics is estimated to be around \$245 billion.

There isn't a cure yet for diabetes, but a healthy lifestyle can *really* reduce its impact on your life. What you do *every day* makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. **You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.** Ask your doctor if you should take the diabetes drug metformin to help prevent or delay type 2 diabetes.¹

Zucchini Cakes

2 servings

2 Tablespoons finely chopped red onion; 1 medium zucchini;

½ medium baking potato, peeled;

¼ cup egg mix; ¼ cup water; 4 ½ teaspoons oats; 1 teaspoon dill weed;

pinch of pepper

SHRED zucchini and potato with grater. SQUEEZE dry in paper towel. COMBINE onion, zucchini, potato, egg mix, water, oats, dill and pepper in medium bowl. SPRAY skillet with cooking spray.

DROP 4 heaping ¼ cupfuls mixture into skillet; FLATTEN.

COOK 10 minutes or until lightly browned, turning once.

Per Serving: 142calories; 6 grams fat; 16 grams carbohydrates; 3 gram fiber