




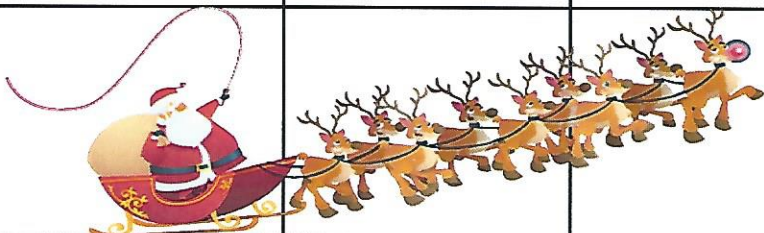
# DECEMBER 2019

## Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
<b>District 6</b> <b>9:00am-10:30am</b> <b>District 7</b> <b>11:15am-11:45am</b> <b>Warehouse 2:00pm-4:00pm</b>	<b>Ak-Chin</b> <b>9:00am-9:45am</b> <b>WAREHOUSE OPEN</b> <b>11:00pm-4:00pm</b>	<b>WAREHOUSE</b> <b>CLOSED</b>	<b>SANTA CRUZ</b> <b>9:00am-10:45am</b> <b>District 7</b> <b>11:30am-12:00pm</b> <b>Warehouse 2:00pm-4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>
<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>CLOSED</b> <b>Holiday</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>
<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 11am</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>
<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 11am</b>	<b>CLOSED</b> 	<b>WAREHOUSE</b> <b>CLOSED</b>	<b>WAREHOUSE</b> <b>CLOSED</b>
<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE</b> <b>CLOSED</b>			

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

Warehouse will be closed December 4, 10, 25, 26, 27 & 31. Store will only be open from 8-11 am on the 19 & 24.



**LAST ISSUANCE DATE IS: DECEMBER 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**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. 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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.



**December is known around the world as a family time of celebration honoring cultures, religions and traditions that have been with humanity for hundreds of years. See below for a mix of the weird and wonderful facts about this magical month!**

1. An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.

**2. The name December comes from the Latin *decem* for “ten”, as it was the 10<sup>th</sup> month in the Roman Calendar.**

3. The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days – later known as the 12 days of Christmas.

**4. December 12<sup>th</sup> is Poinsettia Day.**

5. Saint Nickolas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers!

**6. December 28<sup>th</sup> is considered by some to be the unluckiest day of the year.**

7. The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!

**8. Spiders and spider webs are considered good luck on Christmas.**

9. Common decorations on a Christmas tree each have their specific meanings. Candles the light of the world, the Star at the top is a reminder of the first Christmas night and Candy canes are to represent the Shepherd's cane.

**10. “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!**

11. In 1647 Oliver Cromwell, English Puritan leader, banned the festivities of Christmas for being seen as immoral on such a holy day. Anyone who was seen celebrating was arrested! The ban was lifted in 1660.

**12. An ancient legend states that forest animals can speak in human language on Christmas Eve!**

**13. December is also National Pear Month!**



A medium pear has **6 grams of fiber**, which equals about 24 percent of the recommended daily value. Did you know that the skin contains the majority of the fiber found in a pear? With an ever-growing population of food allergies, pears have been coined to be **hypoallergenic**. Safe food is good food!

**Pectin** is an essential water-soluble fiber that helps to bind to cholesterol and remove it from the body making pears an excellent addition to anyone with high cholesterol.

#### **Roasted Pears with Strawberry Relish**

(16 ounce) can cranberry sauce;  $\frac{3}{4}$  cup (about 10 ounces) frozen whole strawberries, cut in half;  
 $\frac{1}{2}$  cup chopped toasted pecans; 1 tsp ground ginger; 1 tsp grated orange zest; 4 firm, ripe Pears  
1 tablespoon melted butter

In microwave, heat cranberry sauce in large Pyrex bowl for 2 minutes on high power, or heat in saucepan over low heat until warm. Stir in strawberries, pecans, ginger, and orange zest. Keep warm.

Peel pears; cut in half. With spoon, scoop out seeds and enough flesh to make a large cavity. Place pears on baking sheet, cut side up, and brush with butter. Turn pears over and brush with butter again. Place under broiler until pears start to brown; turn pears over with spatula and broil cut sides until they start to brown, about 4 minutes on each side.

Fill cavity of each pear half with  $\frac{1}{4}$  cup strawberry relish.