





# JANUARY 2020

## Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>CLOSED</b> <b>Holiday</b>  <b>HAPPY NEW YEAR</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>	<b>WAREHOUSE OPEN</b> <b>8:00am - 4:00pm</b>
<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>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>CLOSED</b> <b>Martin Luther King Jr. Day</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>
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**TIMES MAY CHANGE DUE TO UNFORESEEN CIRCUMSTANCES**  
**SUCH AS BAD WEATHER, ETC.**

**Warehouse will be closed January 1st, 8th, 20th & 31st**

**LAST ISSUANCE DATE IS: JANUARY 30, 2020**

**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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## I BET YOU DIDN'T KNOW THAT JANUARY IS NATIONAL OATMEAL MONTH?



**This is the perfect month to focus on improving your overall health and increasing whole grains in your diet, giving you a good excuse to start the year off right. While January is national oatmeal month, all whole grains can have many great health benefits and can reduce the risk of some chronic diseases.**

***Grains are an important source of nutrients, like dietary fiber, several B vitamins, like thiamin, riboflavin, niacin and folate and minerals, like iron, magnesium and selenium.***

### ***Eating whole grains, including oatmeal, can:***

- Lower the risk of heart disease
- Help reduce blood cholesterol levels
- Prevent certain cancers
- Help manage your weight
- Reduce constipation and diverticulosis
- Prevent Type 2 diabetes
- Prevent high blood pressure
- Support a healthy immune system



**So go ahead, fix yourself a healthy bowl of oatmeal and celebrate national oatmeal month! And while you basking in the benefits of oats. But don't make the mistake of thinking that oatmeal is only for breakfast; it can be included in pies, savory dishes like meat balls, casseroles and desserts like apple and peach crisp.**

### **Pumpkin Oatmeal Cookies**

*Makes about 2 Dozen*

1-1/3 cup biscuit mix; 1-1/2 cup oats; 1 Tbsp. cinnamon; 1/2 tsp. ginger; 1/4 tsp. nutmeg; 1/2 cup margarine;  
1-1/4 cup sugar substitute; 2 Tbsp. Honey; 1 tsp. vanilla; 2 Tbsp. Egg mix; 2 Tbsp. Water;  
1/2 cup pumpkin or sweet potato puree; 1/2 cup raisins

PREHEAT oven to 375 degrees. SPRAY 2 cookie sheets with cooking spray. In a medium bowl, COMBINE dry ingredients and STIR. In a mixing bowl, CREAM the margarine, sugar, honey, pumpkin, and vanilla with an electric mixer. BEAT in egg mix and water. SCRAPE sides of bowl. ADD the dry mixture, then ADD the raisins. BLEND until combined (try not to over-mix). DROP the dough by heaping Tablespoons about 2 inches apart onto prepared cookie sheets. BAKE for 12 minutes, ROTATING pans halfway through the baking time. Let cookies set for a few minutes then transfer to wire racks to COOL completely.

*Per cookie: 72 calories; 2 grams protein; 2 grams fat; 11 grams carbohydrates*

### **Carrot Cake Oatmeal**

*Serves 4*

1 cup evaporated skim milk; 1 cup water; 1 Tbsp. cinnamon; 1/4 tsp. ginger; 1/8 tsp. nutmeg;  
1 large carrot, finely grated; 1/2 cup oats; 1 tsp. vanilla; 2 Tbsp. Crushed walnuts;  
2 Tbsp. Sugar Free syrup

MIX carrots, raisins & spices in a medium sauce pan, over medium heat, ADD milk, water, STIR well.

STIR in grated carrots and oats. ADJUST heat as necessary, if it starts to boil. COOK for about 8 minutes, stirring frequently. When mixture thickens, ADD vanilla, 1 Tbsp. nuts and syrup, REMOVE from heat and POUR into four bowls.

TOP with crushed walnuts and SPRINKLE cinnamon and raisins on top for garnish.

*Per serving: 195 calories; 8 grams protein; 5 grams fat; 31 grams carbohydrates*