



MARCH 2020

Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
2 District 7 9:00am-9:45am District 6 10:15am-11:45am Warehouse 2:00pm-4:00pm	3 Ak-Chin 9:00am-9:45am WAREHOUSE OPEN 1:00pm-4:00pm	4 WAREHOUSE CLOSED	5 District 7 9:00am-9:45am Santa Cruz 10:15am-11:45am Warehouse 2:00pm-4:00pm	6 WAREHOUSE OPEN 8:00am - 4:00pm
9 WAREHOUSE OPEN 8:00am - 4:00pm	10 WAREHOUSE OPEN 8:00am - 4:00pm	11 WAREHOUSE OPEN 8:00am - 4:00pm	12 WAREHOUSE OPEN 8:00am - 4:00pm	13 WAREHOUSE OPEN 8:00am - 4:00pm
16 WAREHOUSE OPEN 8:00am - 4:00pm	17 WAREHOUSE OPEN 8:00am - 4:00pm <i>Happy St. Patrick's Day</i>	18 WAREHOUSE OPEN 8:00am - 4:00pm	19 WAREHOUSE OPEN 8:00am - 4:00pm	20 CLOSED
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 OPEN 8:00am - 4:00pm	31 WAREHOUSE CLOSED			

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

Warehouse will be closed March 4th & 31st

LAST ISSUANCE DATE IS: March 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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Let's Celerybrate!

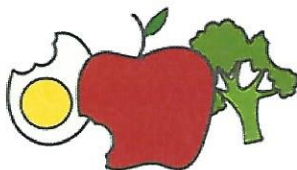
National Celery Month



Milan Style Celery

6 ribs celery, cut into 2 in. pieces
¾ c water
½ tsp. Chicken bouillon
2 Tbsp. Margarine
¼ cup parmesan cheese
BOIL celery for approx. 15 min.
DRAIN & ADD margarine,
COVER & let STAND until
margarine melts. **SPRINKLE**
with Cheese & **SERVE** hot.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020



Red Beans & Rice

½ pound Ground Beef or Bison; 1 onion, chopped; 3 cloves garlic, chopped; 3 ribs celery, chopped;
14 ½ oz. can diced tomatoes with liquid; 15 oz. can Kidney beans, drained and rinsed;
1 tsp. Black pepper; 2 tsp. each thyme, basil, paprika; 2-5 drops hot pepper sauce; 1 bay leaf;
1 cup uncooked brown rice; 1 green bell pepper, chopped

BROWN the meat with the onions, garlic & celery for 4-6 minutes; **ADD** the remaining ingredients, (except the rice & bell pepper); **ADD** 2 cups of water or broth; **BRING** to a boil; **ADD** the rice; **DECREASE** heat, **COVER** and **SIMMER** 45 minutes. **REMOVE** from heat. **ADD** green pepper, **STIR** well; **COVER & let stand** for 10 minutes, **STIR** before serving.

Seven Awesome Health Benefits of Celery

1. Lowers Cholesterol.
2. Fights Against Cancer.
3. Reduces inflammation.
4. Helps your eyes remain healthy.
5. Celery is useful for digestion.
6. Helps to lose weight.
7. Reduces high blood pressure.