



# OCTOBER 2020

## Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
			1 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	2 WAREHOUSE CLOSED
5 District 6 8:00am - 9:30am WAREHOUSE OPEN 1:00pm - 4:00pm	6 Ak-Chin 8:00am - 8:45am 10:00am - 11am 1:00am - 4:00pm	7 WAREHOUSE CLOSED	8 District 7 8:00am - 8:45am Santa Cruz 9:15am - 10:45am 1:00pm - 4:00pm	9 WAREHOUSE CLOSED
12 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	13 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	14 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	15 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	16 WAREHOUSE CLOSED
19 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	20 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	21 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	22 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	23 WAREHOUSE CLOSED
26 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	27 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	28 WAREHOUSE OPEN 8:30am - 11:00am 1:00pm - 4:00pm	29 WAREHOUSE CLOSED	30 WAREHOUSE CLOSED



**Warehouse will be closed October 7th, 29th & Fridays**

**LAST ISSUANCE DATE IS: October 28th, 2020**

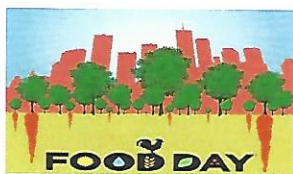
**Please feel free to stop by the Warehouse to pick up your monthly distribution.**  
**Warehouse Hours Are Shown In Blue**

Times may change due to unforeseen circumstances such as bad weather, etc.

**ATTENTION District 7 clients: The Commodity Food Program will only be in D7 once per month.**

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**OCTOBER 20, 2020**

## COVID19 FUELS HUNGER

Nearly 690 million people are hungry, up 10 million since 2019. The COVID-19 pandemic could add between 83-132 million people to this number, depending on the economic growth scenario.

## GROW, NOURISH, SUSTAIN, TOGETHER

As countries around the world suffer the impacts of the COVID-19 pandemic, #WorldFoodDay is launching a call for global solidarity to help the most vulnerable people to recover and make food systems more sustainable, stronger and resilient to shocks.

### Our actions are our future.

But the responsibility doesn't only lie with governments. We all have a role to play, from making food choices that improve both our health and that of our food system, to not letting sustainable habits fall by the wayside.

Today only nine plant species account for 66% of total crop production, despite the fact that there are at least 30 000 edible plants. We need to grow a variety of food to nourish people and sustain the planet.

## TIME FOR ACTION

A steady increase in hunger since 2014 together with rising obesity, clearly indicates the need to accelerate and scale up actions to strengthen food systems and protect people's livelihoods.

Over 2 billion people do not have regular access to safe, nutritious and sufficient food. The global population is expected to reach almost 10 billion by 2050.

The impact of malnutrition in all its forms - undernutrition, micronutrient deficiencies, as well as overweight and obesity - on the global economy is estimated at \$3.5 trillion per year.

### **Baked Pumpkin-Orange Custard**

*Makes 6-8 servings*

2 tablespoons low fat margarine, melted,

¼ c egg mix; ¼ cup water; ¾ cup brown sugar

3 cups (two 15-ounce cans) puréed pumpkin (unsweetened and unseasoned)

½ teaspoon cinnamon; ¼ teaspoon nutmeg; ¼ teaspoon allspice

Grated zest and juice of 1 orange; Pinch of salt

PREHEAT the oven to 350°F. SPRAY an 8- or 9-inch square pan or pie plate with cooking spray. Use an electric mixer or a whisk to beat the egg mix, water, and sugar in a large bowl until light. ADD the 2 tablespoons melted butter and remaining ingredients and BEAT until everything is thoroughly combined. POUR the mixture into the prepared pan and BAKE until set around the edges but still a little jiggly at the center, about 1 hour. Let COOL completely before serving, or REFRIGERATE for up to a day and serve cold.

**Per Serving (for 1/8 of the custard): Calories 180; Fat 5 g; Sat Fat 2.5 g; Protein 5 g; Carbs 30 g; Fiber 3 g; Cholesterol 55 mg; Sodium 30 mg.**