



NOVEMBER 2020

Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
District 6 9:00am - 10:30am Warehouse 2:00pm-4:00pm	Ak-Chin 9:00am-9:45am WAREHOUSE OPEN 1:00pm-4:00pm	WAREHOUSE CLOSED	District 7 9:00am- 9:45am Santa Cruz 10:15am-11:45am Warehouse 2:00pm-4:00pm	WAREHOUSE CLOSED
WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE CLOSED HOLIDAY	WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE CLOSED
WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE CLOSED
WAREHOUSE OPEN 8:00am - 11:00am 1:00pm - 4:00pm	WAREHOUSE OPEN 1:00am - 4:00pm	WAREHOUSE OPEN 8:00am - 11:00am	WAREHOUSE CLOSED HOLIDAY	WAREHOUSE CLOSED HOLIDAY
WAREHOUSE CLOSED				



Warehouse will be closed November 4th, 11th, 26th, 27th, 30th & Fridays

LAST ISSUANCE DATE IS: November 25, 2020

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

Warehouse Closed during Lunch Hour: 12pm-1pm

Warehouse 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. This institution is an equal opportunity provider.



November is Native American Heritage Month

It's an important time to celebrate the current and historic role the Native American voice has played in the United States. It's a time to celebrate the modern and traditional cultures, people, and societies of Native American peoples. It's also an opportunity to highlight the important contributions of Native peoples and the shared histories between tribal nations and other communities.

The strength of culture and community comes from many voices. Natives are doctors, athletes, artists, leaders of nations, leaders of businesses, active duty soldiers and military veterans, elders, teachers, government employees, women and men, children and young adults.

One day of particular importance during the month of November is Veterans Day. Historically, Native Americans have the highest record of service compared to any other ethnic groups at the same income level.

During Heritage Month, as we celebrate the traditions and contributions of Native people to the greater society, this day in particular is an important time to honor the Native veterans who have sacrificed to protect our nation.

This month is a celebration to remember and recognize the past, to recognize what the native people face today; to give voice to great work and contributions they make; and to share the promise for the future generations.

Three sisters Polenta

Polenta Topping

1-3/4 cups yellow cornmeal; 1 Tbs. chili powder; ¾ tsp. salt

WHISK together cornmeal, chili powder, salt, and 6 cups chicken broth heavy sauce pan. COOK 15 minutes, or until polenta is thick and stiff, stirring often. REMOVE from heat.

Filling

3Tbs. olive oil, divided; 1 small onion, chopped (1 cup)

1 large bell pepper, cut into 1-inch dice (1 cup)

1 lb. zucchini squash, peeled and cut into 1-inch cubes (2 cups)

1 15-oz. can diced tomatoes; 1 can diced green chilies; 2 cloves garlic, minced (2 tsp.); 1 tsp. ground coriander

1 tsp. ground cumin; ½ tsp. salt; 1 tsp. pepper; 1 15-oz. can pinto beans, drained and rinsed; 1 can corn kernels, drained

1 cup grated cheese

PREHEAT oven to 375°F. HEAT 2 Tbs. oil in large saucepan over medium heat. ADD onion, and COOK until softened, stirring often. ADD bell pepper, and cook 5 minutes more, stirring often. STIR in squash, tomatoes, garlic, coriander, and cumin. COOK 5 minutes, stirring occasionally. STIR in ½ cup water and salt. Bring mixture to a BOIL. REDUCE heat to medium low, and SIMMER, partially covered, 10 to 15 minutes, or until squash is tender. STIR in beans and corn, and cook 5 minutes, or until slightly thickened, stirring occasionally. COAT 8 x 11 inch baking dish with cooking spray. SPREAD 2 cups polenta over bottom of prepared dish. SPOON squash mixture over polenta. SPRINKLE cheese over filling; SMOOTH remaining polenta (about 2½ cups) over top. SCORE casserole into 8 squares with knife. BRUSH top with remaining 1 Tbs. oil. BAKE 30 minutes, or until heated through and top is lightly browned.

Per serving: 201 calories; 7 grams protein; 7 grams fat; 31 grams carbohydrates

